



SPA ETIQUETTE

Arrival

We recommend you arrive 15 to 20 minutes prior to your appointment time to allow yourself to relax and experience our calm surroundings.

Food & Alcohol Consumption

Smoking and the consumption of alcohol within the spa is strictly prohibited. Consuming alcohol or caffeinated drinks before or immediately after a treatment is not recommended.

Valuables

Whilst no personal lockers are provided for you, we recommend you to leave all valuables in your hotel room or in a safe place prior to come to the spa, as we are not able to take responsibility for loss of damage of any kind.

Cancellations

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellations/changes with less than 24 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show".

Health Considerations

Your health and safety comes first. Please inform us of any medical conditions that need to be taken into consideration for your treatment. Let your therapist know of any skin allergies, or if you are pregnant, and indicate any areas of your body that may require special attention. During your treatment, let your therapist know if you are experiencing any pain or discomfort.

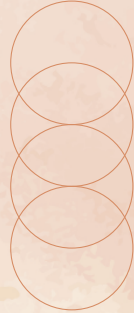
Green Environment

For the comfort of other spa guests and preserving the serene ambiance of the spa, please ensure your electronic devices are switched off upon entry. We also thank you in advance for walking and conversing quietly in the spa.

What to Wear

We encourage you to wear comfortable clothes when visiting the spa. Upon arrival you will be provided with a robe, towels and disposables. Disposable underwear is a must while on treatment.





RELAXING MASSESSES

BALINESE MASSAGE

A unique combination of Balinese techniques, acupressure, and muscle manipulation in a harmony of movement for the entire body.

Duration : 60 / 90 / 120 minutes

60 mins	65 USD
90 mins	85 USD
120 mins	110 USD

SWEDISH MASSAGE

A treatment done with the aid of oils, incorporating long, smooth, slow strokes, creating a relaxing experience.

Duration : 60 / 90 / 120 minutes

60 mins	65 USD
90 mins	85 USD
120 mins	110 USD

AROMATHERAPY MASSAGE

A gentle massage created to soothe and revitalise the mind and body, with Aromatherapy and essential oils.

Duration : 60 / 90 / 120 minutes

60 mins	65 USD
90 mins	85 USD
120 mins	110 USD

DEEP TISSUE MASSAGE

Applying sustained pressure using slow and deep strokes to target the inner layers of muscles and connective tissues. which will promote faster healing, by increasing blood flow and reducing inflammation.

Duration : 60 / 90 / 120 minutes

60 mins	65 USD
90 mins	85 USD
120 mins	110 USD

PREGNANCY MASSAGE

Expert techniques are used to alleviate discomfort during pregnancy.

Duration : 60 / 90 minutes

60 mins	85 USD
90 mins	110 USD



TRADITIONAL MASSAGE

Indulge yourself in a full body massage using various herbal oils and unique techniques to bring a deeply relaxing and nourishing experience, which will aid in promoting youthfulness, increasing energy, and decreasing toxin mobilization.

Duration : 90 minutes

90 mins	95 USD
---------	--------

INDIAN HEAD MASSAGE

A wonderful massage for your head, neck, shoulders, arms, and upper back. This will stimulate the blood circulation to your scalp, scalp, nourishing it and improving hair growth. This treatment is also effective in relieving headaches.

Duration : 30 minutes

30 mins	45 USD
---------	--------

STRESS FREE BACK MASSAGE

Feel the tension in your shoulders, neck, and lower back fade away with this relaxing treatment. Areas of focus will be customised to your needs.

Duration : 30 minutes

30 mins	45 USD
---------	--------

FOUR HANDS MASSAGE

Two therapists providing you with a deeply relaxing, sensual massage.

Duration : 60 / 90 minutes

60 mins	110 USD
90 mins	160 USD

HOLISTIC MASSAGES

SHIATSU MASSAGE (DRY MASSAGE)

This massage uses pressure, rubbing, stroking, and other techniques to stimulate the muscles and circulatory system of the body. By influencing the body's natural inner energies, it helps ward off illnesses, and maintain good health.

Duration : 90 minutes

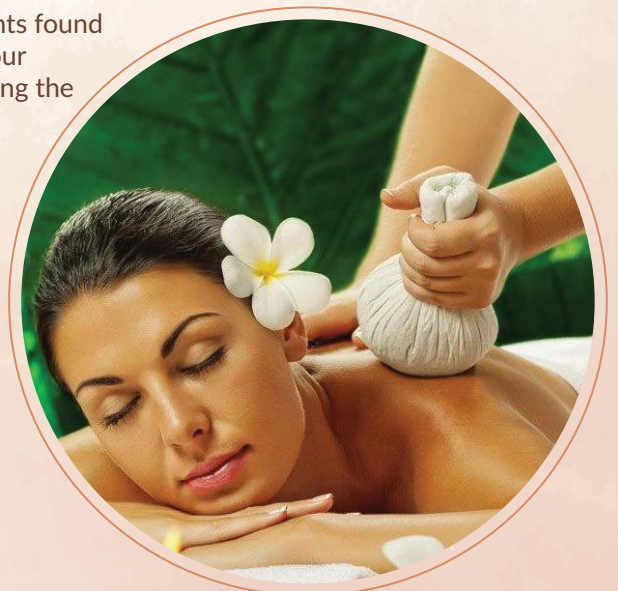
90 mins	110 USD
---------	---------

FOOT AND HAND REFLEXOLOGY MASSAGE

Application of pressure to the reflex points found on the soles of your feet and palms of your hands, which act as small mirrors reflecting the entire body.

Duration : 30 / 60 minutes

30 mins	45 USD
60 mins	55 USD





BODY TREATMENTS

SANDALWOOD TURMERIC SCRUB

A special blend of spices, sandalwood and turmeric that will help to remove all impurities and dead skin cells, adding a glow to your skin.

Duration : 30 minutes

30 mins	40 USD
---------	--------

ALOE VERA SCRUB

A natural healing ingredient known for its hydrating and soothing effects, this is ideal for sensitive skin, leaving you feeling refreshed and clean.

Duration : 30 minutes

30 mins	40 USD
---------	--------

BEAUTY CARE

BOTANICAL HAIR SPA

This treatment is customised for your unique hair and scalp needs. Fresh seasonal ingredients such as carrot and olive oil are massaged into the scalp for hair nourishing and strengthening, while relieving headaches, migraines, and mild insomnia.

Duration : 60 minutes

60 mins	45 USD
---------	--------

SOTHYS BASIC FACIAL

Experience the timeless Sothys Classic Treatment: A facial suitable for every skin type! This facial is designed to cleanse impurities, rejuvenate your complexion, and reveal a radiant glow. Relax and unwind with a soothing lymphatic drainage massage to melt away stress. Curated with a selection of Sothys products crafted to address your skin's concerns and enhance your natural beauty.

Duration : 90 minutes

90 mins	80 USD
---------	--------

SOTHYS CLEAN UP

Customized cleansing with a cleanser / toner adapted to your skin type, topped off with a scrub and deep cleanser. This is followed by facial steam and the extraction of whiteheads and blackheads.

Duration : 60 minutes

60 mins	65 USD
---------	--------



MANICURE

A combination of Hand Spa and Manicures, which includes nail cuticle care, massages, and colouring

Duration : 60 minutes

60 mins	45 USD
---------	--------

PEDICURE

A soothing, nourishing treatment for dry, tired feet, including nail and cuticle care, massages, and colouring.

Duration : 60 minutes

60 mins	45 USD
---------	--------

CLAY AND COCOAN HONEY WRAP

An ancient anti-fatigue therapy..! Begin this body ritual and baths you in holistic Clay rich in minerals and essential oils, it promotes healing while alleviating fatigue, aches and pains, Experience this phenomenal time proven anti-stress used since ancient times for complete renewal.

Duration : 30 minutes

30 mins	45 USD
---------	--------

GINGER AND HONEY WRAP

This treatment is used for detoxication or removal of body toxins The main ingredient is Ginger, which contents anti-oxidants that helps the body get rid of free radicals. This also causes the body to sweat, pushing nasty toxins out through the skin.

Duration : 30 minutes

30 mins	45 USD
---------	--------

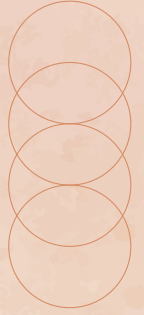


WARM STONE MASSAGE

This treatment uses Basalt Stones to change the body's response and to promote healing. It aids in detoxification by increasing the circulation of blood.

Duration : 90 minutes

90 mins	95 USD
---------	--------



COUPLES' PACKAGES

SVASTHA SERENE SPA RITUALS

Indulge in our Spa treatments, from the comfort of your own room. Plunge into the pool to start your couples spa treatment, which includes a Balinese Massage, a luxuriating Body Scrub, A 60-minute full body treatment, a 60-minute facial, and a 30-minute scrub enjoyed together giving you the ultimate spa date.

Duration : 150 minutes

150 mins per person	140 USD
150 mins per couple	270 USD

SVASTHA SERENE SPA SOUL CONNECTIONS

A treatment designed so that you can relax and rejuvenate, with your loved one. This includes a 60-minute Balinese Massage, a 30-minute Body Scrub, and a 30-minute Botanical Hair Spa

Duration : 120 Minutes

120 mins per person	125 USD
120 mins per couple	240 USD

SVASTHA SERENE SPA AMUSEMENT [3 DAYS PACKAGE]

A special blend of treatments that you can select from to create your own blissful routine. One person will be entitled to " Two hours per day " spa time and each day, you may select your treatment as stated below;

A choice of a 60 minutes Balinese / Swedish /or Aromatherapy,

A 30 minutes indian head massage,

A 30 minutes Stress free back massage.

Per person	420 USD
Per couple	700 USD

[This package should be utilized in 3 consecutive days only by the same person / persons]



Madhava Balinese Spa Pvt Ltd

*ALL Prices are Subject to Applicable Government Taxes and a 10% Service Charge