



# SOENDARAM

SPA & WELLNESS

MAHAPRANA EXPERIENCE

## SOENDARAM DIVINE SPA

"Soendaram" is a divine word which meaning represents the most beautiful aspect of life. The divine flow of flux and dynamic changes that create a beautiful shape and forms of colors of life. Our wellness menu refers to a perfect contour of practices, learning, healing session, beauty treatments and rituals also daily activities that allows our mind, body and spirit to be re-united. We invite you to experience the divine experiences of life through the sacred beauty of the heart. Bringing the best gift that life offers. Soendaram Wellness Sanctuary provides a divine space of transformation for your soul. Let your heart to flow like a river within the beauty of sacred water.

Our Wellness Sanctuary is nestled within the depth of sacred water flow. Our Sacred healing room is protected by the God of Wisnu, he who protects the divine rivers. The sound of sacred water flow becomes the divine sound from the mother earth who cleanse the mind from kilesa (the impurity). Awaken all senses and layers of consciousness to reconnect and opening the path of sacred healing. As you are receiving the divine healing, your senses are filled up with the sound of blessings. Allowing your body to connect with your soul, and bringing the unfathomable wisdom within the core of your heart.

Divine Healing at Soendaram Wellness Sanctuary convince with the perfect set of healing massage, energetic healing, body-care rituals such as body-scrub, body-mask, bath-rituals and completed with face-rituals. All of these self-love practices are using the organic and natural essence from the land of healing. Professional Balinese healers and therapist that has dedicated their life to serve people who are open for the path of healing. Take the step to dive deep into the sweetest taste of the heart and find the luminous jewel from deep within. Experience the depth of tranquility in your mind, finding peace within your physical, emotional and spiritual manifestation.

## **SPA Information**

Information regarding Soendaram Divine Spa has been compiled below to ensure the most experience at SOENDARAM DIVINE SPA.

## **SPA Operation Hour**

Soendaram Divine Spa opens daily at 9 AM – 9 PM.

## **Reservations**

Highly recommended to reserve the treatments in advance. Kindly contact us through WhatsApp to +62 859-2302-8934

## **Pre-Information**

Preparation and consultation are very important in spa treatment. Arrive 10 – 15 minutes prior to obtain maximum treatment time. It's advisable to avoid sunbathing, heavy eating, and consuming alcoholic beverages before undergoing treatments, as these activities can potentially have negative effects on your overall experience. Sunbathing might make your skin more sensitive to treatments, heavy eating could lead to discomfort during the session, and alcohol consumption might interfere with the effectiveness of the treatment or even cause adverse reactions. Following these guidelines will likely help ensure a more positive outcome and a more comfortable experience during your treatments.

Soendaram Divine Spa rooms cater for needs of individuals or couples. A disposable underwear, slippers, towels, shower facilities and hairdryer will be provided for comfort and convenience.

In order to avoid the unwanted accident, the therapist have been trained to discreetly drape a cloth over body during the treatment. It is highly recommended to leave valuable things in safety box.

Hotel will not be held responsible for any loss of valuables brought by the guests. It is recommended to not remove their contact lenses during treatments. Bring contact lens case and solution to the spa in case experience any discomfort.

## **NOTE For Men**

Men are advised not to shave for at least three hours before a facial.

## **NOTE For Woman**

Women are required to remove all traces of make-up prior to any treatment and avoid shaving before a body exfoliation treatment. Body treatments are not appropriate for pregnancy. However, please ask the receptionist to advise what treatments / rituals are considered safe experience during pregnancy.

## **Cancellation**

Please notify the spa 12 hours in advance to cancel or reschedule your appointment. 50% cancellation fee will be levied for treatments cancelled less than 12 hours in advance. No show will charge the full amount for missed services.

## **Payment**

Soendaram Divine Spa accepts cash and all major credit cards. All rates are in Indonesian Rupiah and subject to 11 % government tax and 5 % service charge.

# Body Massage

## Soendaram Signature Divine Healing Massage

**IDR 475.000<sup>\*\*</sup>** per person  
75 Minute

**IDR 650.000<sup>\*\*</sup>** per person  
90 Minute

A perfect thumb-circle technique bringing a divine pressure rebalancing the main energetic channels and transfer of energetic healing to rebalance major energetic pulse of chakra within our body. Warmed *Siddhitaru* medical oil smoothing the process of healing. The healing touches your physical, emotional and energetic body allowing your mind to finally settle down within tranquility and your heart at ease.

---

## Heaven Aromatic Healing Massage

**IDR 450.000<sup>\*\*</sup>** per person  
75 Minute

**IDR 575.000<sup>\*\*</sup>** per person  
90 Minute

Inhale the fragrance from heaven, the aromatic healing massage has been proven to bring inner-harmony. Reconnect and awaken your senses through the beauty of heaven scent of aromatic oil within Balinese full body healing massage stimulating the nature of our immune.

---

## Authentic Balinese Healing Massage

**IDR 425.000<sup>\*\*</sup>** per person  
75 Minute

**IDR 550.000<sup>\*\*</sup>** per person  
90 Minute

Healing through fusion technique of palm and thumb pressure and muscle stretching brings balance of energetic relaxation for the mind and body. Ultimate nourishment with virgin coconut oil perfect for all types of skin. Each of our healers brings unique touch in opening up to deeper healing journey.

---

## Deep Tissue Healing Massage

**IDR 575.000<sup>\*\*</sup>** per person  
90 Minute

**IDR 750.000<sup>\*\*</sup>** per person  
120 Minute

Release tension within the physical being through deep pressure healing massage. Within the meditative state of awareness, the deep pressure allows the healing happens immediately within our body, stimulating the release of physical discomfort. Deep tissue healing massage helps to release headache, muscle fatigue and chronic illness.

---

## Natural Warm Stone Healing Massage

**IDR 575.000<sup>\*\*</sup>** per person  
90 Minute

**IDR 750.000<sup>\*\*</sup>** per person  
120 Minute

A perfect marriage of authentic Balinese massage and heated river stones being placed along the main energetic points on the vertebrae, awakening body circulation to bring wellbeing for the body and the mind. Flow within deep relaxation and allow the healing happens.

---

## Energize Back, Shoulder & Head Massage

**IDR 350.000<sup>\*\*</sup>** per person  
45 Minute

Release tension within the physical being through deep pressure healing massage. Within the meditative state of awareness, the deep pressure allows the healing happens immediately within our body, stimulating the release of physical discomfort. Deep tissue healing massage helps to release headache, muscle fatigue and chronic illness.

---

## Divine Foot Reflexology

**IDR 250.000<sup>\*\*</sup>** per person  
30 Minute

**IDR 400.000<sup>\*\*</sup>** per person  
60 Minute

Deep pressure on the surface of your feet and along your lower leg up to the knees boost your body circulation. Reconnect the missing link within your nervous system and rebalance your hormones. Awaken the immune and sharpen the intuition within your body..

## Traditional Hawaiian Lomi-Lomi Massage

**IDR 550.000** <sup>++</sup> per person  
75 Minutes

A unique experience of healing massage by forearm-pressure dancing along the body, improving blood circulation, remove toxic, lowering acidity in the body and assisting muscle development. Strengthening our physical body comes with manifesting the well-being in our life.

## Traditional Japanese Shiatsu Massage

**IDR 450.000** <sup>++</sup> per person  
75 Minutes

Ultimate muscle stretching and thumb pressure dry massage improving circulation and flexibility and relieving long-lasting physical challenges within the body.

## Warm Bias Divine Healing Massage

**IDR 450.000** <sup>++</sup> per person  
75 Minutes

**IDR 575.000** <sup>++</sup> per person  
90 Minutes

Combining massage oil and hot sand compress, using traditional massage techniques to relieve muscle tension, and stiffness, and improve sleep, designed to stimulate blood circulation, and increase your energy.

## Bamboo Healing Massage

**IDR 450.000** <sup>++</sup> per person  
75 Minutes

**IDR 575.000** <sup>++</sup> per person  
90 Minutes

Bamboo massage is a Balinese massage technique combined with a bamboo massage technique originating from Thailand, which helps relax tense muscles, releases stress and tension, and is good for increasing blood flow.

## Body Exfoliation & Mask

**IDR 450.000**<sup>++</sup> per person  
45 minutes

## Refreshing Kumari Body-scrub

Soothing the skin from sun-burned with fresh coconut being applied and exfoliate your beauty skin. Continue with a perfect body mask of cucumber and aloe vera brings back the moisture and suppleness of the skin. Allow the nature to heal and bring back the wealth to your skin.

## Soendaram Signature Balinese Boreh Body Scrub

Activating the fire elements within the body with Balinese herbs. Powerful roots of galangal, ginger, harmonious seeds of white and red rice soaked within grinded and molded within the sacred water awaken the skin to heal from all disease. Smoothed with refreshing body mask of sweet-corn and aloe vera for a perfect ending.

## Balinese Sea Salt Body Scrub

Experience the wealth of the ocean within the touch of Balinese natural sea-salt. Absorb all of the nutrition from the ocean to the skin. Perfectly end with papaya body mask completing the vitamin from the land of healing. Experience the touch of segara gunung within the process of precious self-love.

## Black-sweet Coffee Body-scrub

Fight the free radical and brings harmonious to your skin with our organic coffee scrub. Grinded coffee mixed with virgin coconut oil being applied and exfoliate your skin, removing waste on the surface of the skin. Perfect time for bringing back all the best from the nature.

## Kukui Nut Kelor Body -scrub

A candlenut scrub with moringa body mask is a spa treatment that combines the exfoliating and moisturizing properties of candlenut scrub with the nourishing and detoxifying benefits of a moringa body mask. Both candlenut and moringa are natural ingredients that have been used in traditional skincare and wellness practices for their various benefits.

## Soendaram Bath Ritual

**IDR 550.000<sup>++</sup>** per bath  
45 minutes

### Seven Sacred Flowers Bath-ritual

Soak your body and dive into the wealth of seven sacred colors of Balinese flowers brings the essence of the seven heavens. Take in the precious energy of purity, wisdom, strength, courage awakening the sense of understanding, faith and hope within the enlightenment.

### Balinese Citrus Bath-ritual (60 Minutes)

Refresh your skin with all kinds of Balinese citrus juices. Allow your skin to savor the sweet vitamins of the fruits as your mind witness the beauty of life within the nature of the Mother Earth.

## Soendaram Face & Beauty

**IDR 425.000<sup>++</sup>** per person  
75 minutes

### Pure & Natural Facial-ritual

Taste the sweetness of life with sugar, honey and bengkuang roots to bring the light of beauty on your face. The pure and natural facial-ritual takes you to the next level of your beauty. Allow your eyes to glow and your smile to shine.

### Stress Relieve Facial-ritual

A unique experience of facial-ritual you will find only at Soendaram. With natural yogurt cleansing, virgin coconut oil and warm stone massage and exfoliate the darkness on your face, perfectly warped with spirulina and green tea ritual to open your heart into your healing scene.

## Soendaram Garden Mani or Pedi-care

**IDR 250.000<sup>++</sup>** per person  
60 Minutes

Care for your most precious nails and fingers on your hands and feet with our Balinese Garden mani and pedi-care. Your hands and feet are being cleanse with natural sea-salt, the blessing from the ocean. Cuticle being cleanse with aloe vera and massage with virgin coconut oil. Allow your sensitive skin to absorb the smallest blessing from the Mother Earth and Father Sky all together.

### Royal Coconut Milk Bath-ritual

Melt down within the gentleness of prosperous coconut milk. Absorb the luminous vibrant of moisture and sink within the depth of subtle heaven. Allowing your consciousness being awoken through the gentleness of the Mother Earth and allow your heart to be filled with kindness and compassion within.

### Soendaram Herbal Bath - ritual

Bali is very rich with a variety of heritage including various kinds of herbal baths that are dried and boiled such as ginger, lemongrass, betel leaf, clove, cinnamon stick and slice of lime which warms the body and stimulates blood circulation.

### Ultimate Hydrating Facial-ritual

Awaken the natural moist to your face with castor oil, oats and cucumber ritual. Bring back to life the smoothness and light within the gentle touch of the nature. This ritual is best for your dry skin.

### Sweet Green Tea Facial-ritual

Rebalance the oily-skin with green tea and honey ritual. Perfected with moringa to keep the moisture balance. No more worry of acne or pimples, all treated-well with the blessing from the nature.

## Karna Ritual

### Ear Treatment

**IDR 200.000<sup>++</sup>** per person  
30 Minutes

This treatment is really recommended after doing water activities. Unique and natural technique will be used to remove excess wax and debris from ears. The ear candle creates slight vacuum effect while oxidizing and vaporizing the ear wax.

## Soendaram Hair Care

Experience the transformative power of natural hair care. Our products are crafted with the finest botanicals, free from harsh chemicals, and designed to rejuvenate your hair from root to tip. Enriched with ingredients like coconut oil, aloe vera, avocado, lemon and hibiscus flower leaf, our formulas hydrate and strengthen your hair, leaving it soft, shiny, and full of life. Say goodbye to synthetic additives and embrace the purity of nature. Our natural hair care line supports a healthy scalp, reduces breakage, and enhances the natural beauty of your hair, giving you confidence with ever

### Nature-Infused Creambath

- Short Hair *IDR 300.000\*\* per person*
- Medium Hair *IDR 350.000\*\* per person*
- Long hair *IDR 400.000\*\* per person*

### Soendaram hair mask by DANCOLY ARGAN REPAIR HAIR MASK

- Short Hair *IDR 350.000\*\* per person*
- Medium Hair *IDR 400.000\*\* per person*
- Long hair *IDR 450.000\*\* per person*

This is a vital treat for your hair and scalp that also lifts the spirit. Your scalp will be massaged with a rich cream to stimulate circulation and release tension. Steaming with hot towel follows to hydrate and preserve suppleness. Your therapist will then slowly massage your shoulders and upper arms before a final wash, application of hair tonic and drying. It will leave your hair looking and feeling radiant.

## Hair Wash Only

**IDR 100.000\*\*** per person

## Add Blow Dry

- Short Hair *IDR 100.000\*\* per person*
- Medium Hair *IDR 150.000\*\* per person*
- Long hair *IDR 250.000\*\* per person*

\*Please note that some hairdressing services are priced on a case by case basis, according to your hair length/type, & the amount of time/product needed to achieve your desired result. A consultation with our hairdresser will clarify more exact pricing.

---

## Access Bars

**IDR 499.000\*\*** per person

Access Bars is a holistic energy healing technique that is often associated with alternative and complementary therapies. It was created by Gary Douglas in the early 1990s as part of the Access Consciousness system, which aims to help people expand their consciousness and explore greater possibilities in life. Access Bars involves the gentle touching of specific points on the head to release energy blockages and promote relaxation and well-being. Energy flow, Gentle Touch, Energy Release, Relaxation and Healing, Personal Transformation, Access Consciousness.

\*duration depend "alarm of body "

# Soendaram Spa Packages

## Soendaram Signature Goddess Ritual

**IDR 1.375.000<sup>++</sup>** per person  
150 Minutes

Give yourself the most beautiful gift of :

- 60 minutes of Signature Divine Healing Massage.
- 45 minutes of Balinese Boreh Scrub-ritual.
- 45 minutes of Soendaram Herbal Bath - ritual.

Witness the power of self-love acts within this practice, open your life experience with love through the language of beauty and kindness.

---

## Royal Beauty Ritual

**IDR 1.950.000<sup>++</sup>** per person  
240 Minutes

Experience the heart opening through

- 90 minutes of Natural Warm Stone Massage.
- 90 minutes Harmonious Coconut Ritual.
- 60 minutes Pure and Natural Facial Ritual.

Experience the change and transformation. Being reborn within the blessing and kindness from the land of healing.

---

## Divine Goddess Ritual

**IDR 2.450.000<sup>++</sup>** per person  
360 Minutes

Experience the prosperous life with

- 90 minutes of Aromatic Healing Massage,
- 90 minutes Coffee and Sacred Flowers Ritual,
- 60 minutes Pure and Natural Facial Ritual, Lunch
- 90 minutes Balinese Garden Mani and Pedi-Care.

Dive deep into your self-love practice and experience the unfathomable loving and compassionate bless of life.

---

## The Journey of Soendaram

**IDR 1.250.000<sup>++</sup>** per person  
210 Minutes

The journey of soendaram , this experience only find at Soendaram Divine Spa, you can experience making products and mixing the aroma of massage oil that you will use when having treatment at Soendaram Divine Spa.

- Consultation
- Soendaram Foot Wash Exfoliation with Organic Salt
- Aromatic Oil-making Workshop ( 50 ml )
- Revealing Secret of Balinese Boreh
- Making Body Mask
- Signature Divine Healing Massage 90 minutes
- Signature Balinese Boreh Scrub
- Body Mask and Wrap with Banana Leaf
- Herbal Tea with Balinese Authentic Cracker

\*You can bring the rest of massage oil you used after the massage

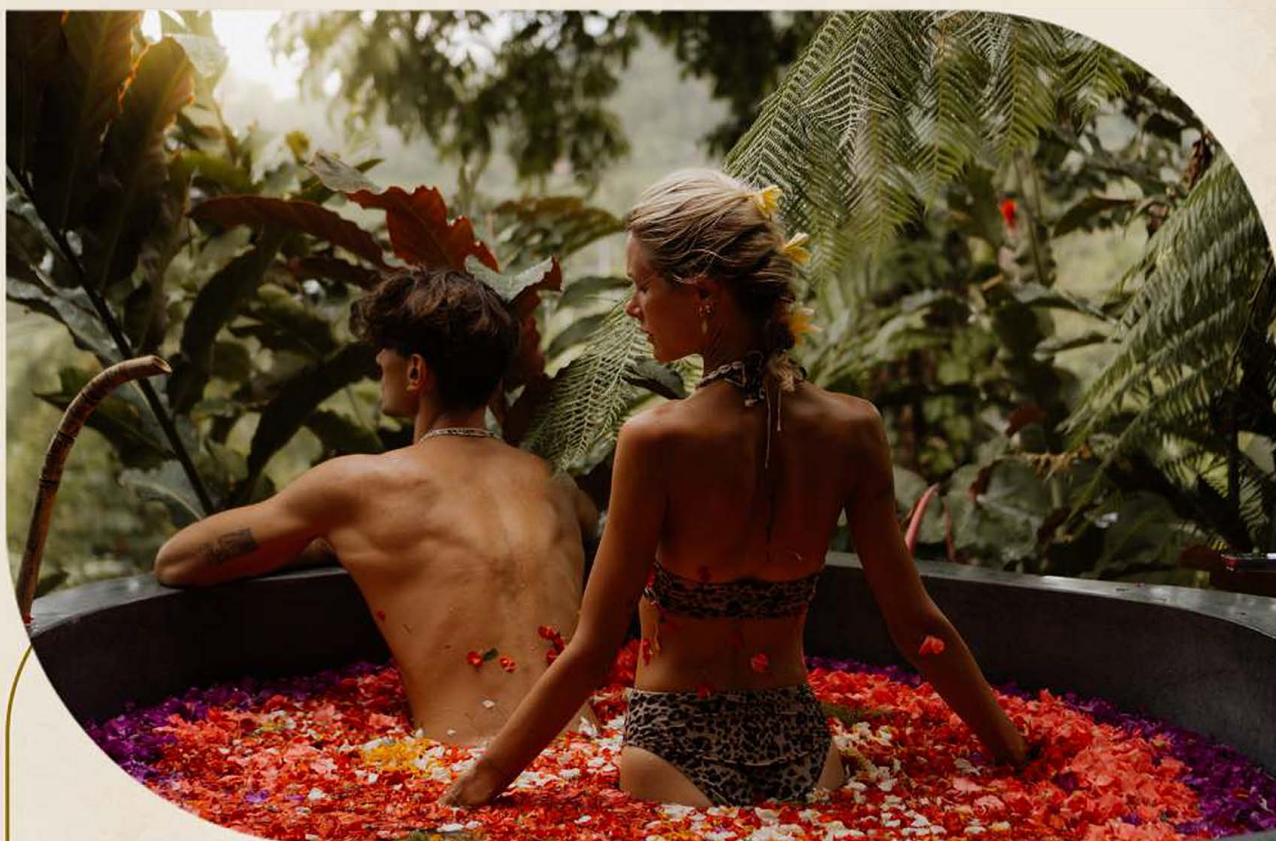


## *Romantic of Soendaram*

**IDR 3.750.000\*\*** per couple  
240 Minutes

Aromatic body massage and red flower bath to enjoy side by side with your loved ones. Indulge in secret meetings with your loved ones. Sync your pleasures, while lying side by side in the comfort of our couple suite, listening to the sound of the rushing river. Together you will be massaged from head to toe and surrounded by the scent of the essence of love, which enhances love and harmonizes. Complete your romantic journey floating in a bath of red hibiscus flowers, while enjoying our secret herbal tea concoction. Celebrate love.

- Consultation
- Romantic Foot Wash Ritual
- 90 Minutes of Heaven Aromatic Healing Massage
- 60 Minutes of Candlenut or Kukui Body Scrub Ritual with Moringa Body Mask
- 30 Minutes Romantic Seven Sacred Flower Bath - ritual
- Soendaram Herbal Tea
- 60 Minutes of Stress Relieve Facial Ritual
- Seasonal Fresh Juice



# Divine Skills at Soendaram

Life is our best teacher, and giving ourselves new knowledge from the master is the best way to seek for our highest potential as human being.

Join our classes and workshop of Divine Skills to awaken your heart with passionate knowledge of healing. We offer the knowledge from the ancient Balinese technique of authentic massage and healing ointments.

Open up to the study of self and float into the divine knowledge.

## Giving Balinese Massage Workshop

**IDR 2.500.000<sup>++</sup>** per person  
**360 Minutes**

Expand your knowledge of healing through the sacred touch of Balinese Massage technique. Learn the palm-pressure, thumb-pressure, healing strokes and awaken the ability of your body to listen to the healing. Cultivate yourself to help serving your beloved one with this sacred and authentic Balinese healing.

## Making Jamu Workshop

**IDR 150.000<sup>++</sup>** per person  
**60 Minutes**

Learn the way of the sacred recipe of healing of Jamu, the hand-made herbal drink that has been proven to gain vitality and longevity of the body. Bring yourself to come closer to the land of healing by understanding its natural language to heal.

## Revealing Secret of Balinese Boreh Workshop

**IDR 150.000<sup>++</sup>** per person  
**60 Minutes**

"Boreh" is the mixed of herbs that is being applied on the body and immediately help to rebalance the body heat and circulation. There are main secrets you can learn to make your own medicine at home. Access the sacred knowledge and explore your own way of healing.

## Aromatic Oil Making Workshop

**IDR 150.000<sup>++</sup>** per person  
**60 Minutes**

Learn the skill of the ancient way to extract the essence of heavens from the sacred flowers into your healing oils. Take a step of your healing close to you and bring home the skill that simply make your life more alive.

