



SOENDARAM

SPA & WELLNESS

SEASIDE OCEANA SUITES



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“Soendaram” represents the purest form of beauty—the natural flow of life that brings harmony and transformation.

Set along the tranquil coastline of Bali, Soendaram at Seaside Oceana offers a serene sanctuary where the rhythm of the ocean gently guides you back to balance. Surrounded by sea breeze and expansive views, each ritual invites you to reconnect your body, mind, and spirit.

Experience healing massages, energetic therapies, and nurturing body rituals—from scrubs and body masks to soothing bath rituals and facials—crafted with natural and organic ingredients inspired by the island.

Led by dedicated Balinese healers and therapists, every session is designed to release tension, quiet the mind, and restore your natural state of calm—carried by the soothing energy of the sea.

Spa Information

Information regarding Soendaram Spa & Wellness is provided below to ensure the most seamless and enjoyable experience during your visit.

Spa Operation Hour

Soendaram Spa & Wellness opens daily at 11 AM – 7 PM.

Reservation

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

Pre Information

Preparation and consultation are essential to enhance your spa experience. Please arrive 10–15 minutes prior to your scheduled appointment to allow sufficient time for consultation and to enjoy the full duration of your treatment.

It's advisable to **avoid sunbathing, heavy meal, and consuming alcoholic** beverages before undergoing treatments, as these activities can potentially have negative effects on your overall experience. Sun exposure may increase skin sensitivity, heavy meal could lead to discomfort, 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 Spa & Wellness offers treatment rooms suitable for individuals and couples. For your comfort and convenience, disposable underwear, slippers, towels, shower facilities, and hairdryers are provided. To ensure modesty and safety, our therapists are professionally trained to discreetly drape the body during treatments.

Guests are strongly advised to store valuables in the safety box provided. The hotel cannot be held responsible for any loss of personal belongings. Hotel will not be held responsible for any loss of valuables brought by the guests.

Guests who wear contact lenses are advised to remove them during treatments. Please bring a contact lens case and solution in case of discomfort.

Spa Information

Note For Men

Men are advised not to shave for at least three hours prior to any facial treatment.

Note For Woman

Women are kindly requested to remove all makeup prior to any treatment and to avoid shaving before body exfoliation treatments. Certain body treatments are not recommended during pregnancy. Please consult with our spa therapist for guidance on treatments and rituals that are considered safe during pregnancy.

Cancellation

Kindly inform the spa at least 12 hours in advance to cancel or reschedule an appointment.

A 50% cancellation fee will apply for cancellations made less than 12 hours prior.

A 100% charge will apply for no-show appointments.

Payment

Soendaram Spa & Wellness accepts cash and all major credit cards.

All prices are listed in **Indonesian Rupiah** and are subject to **11% government tax** and **10% service charge**.



Body Massage

Soendaram Signature Divine Healing Massage

60 Minutes | IDR 300,000++/ Person

90 Minutes | IDR 400,000++/ Person

A sacred thumb-circle massage that harmonizes energy channels, enhanced with warm Siddhitaru herbal oil for deeper physical and emotional healing.

Heaven Aromatic Healing Massage

60 Minutes | IDR 275,000++/ Person

90 Minutes | IDR 375,000++/ Person

A soothing Balinese massage using heavenly aromatic oils to calm the mind, balance the senses, and restore inner harmony.

Authentic Balinese Healing Massage

60 Minutes | IDR 250,000++/ Person

90 Minutes / IDR 350,000++ / Person

Traditional palm and thumb techniques with nourishing coconut oil to ease tension and encourage a gentle healing flow.

Deep Tissue Healing Massage

90 Minutes | IDR 350,000++/ Person

120 Minutes | IDR 500,000++/ Person

Deep pressure therapy designed to release tight muscles, fatigue, and chronic tension. Ideal for travelers and long-term body strain.

Body Massage

Natural Warm Stone Healing Massage

90 Minutes | IDR 350,000++/ Person

120 Minutes | IDR 500,000++/ Person

A sacred thumb-circle massage that harmonizes energy channels, enhanced with warm Siddhitaru herbal oil for deeper physical and emotional healing.

Energize Back, Shoulder & Head Massage

45 Minutes | IDR 200,000++/ Person

A soothing Balinese massage using heavenly aromatic oils to calm the mind, balance the senses, and restore inner harmony.

Divine Foot Reflexology

30 Minutes | IDR 150,000++/ Person

60 Minutes / IDR 250,000++ / Person

Deep stimulation on reflex points to boost circulation, balance the nervous system, and awaken the body's natural vitality.

Body Exfoliation & Mask

45 Minutes | IDR 200.000++/ Person

Balinese Boreh Body-scrub

Traditional warming herbs (ginger, galangal, rice) to boost circulation, followed by a soothing sweet-corn & aloe mask.

Black-sweet Coffee Body-scrub

Organic coffee blended with coconut oil to brighten, smooth, and energize the skin.

Balinese Sea Salt Body-scrub

Mineral-rich sea salt exfoliation followed by papaya mask for vitamin-rich nourishment.

Kukui Nut Kelor Body - scrub

Moisturizing candlenut scrub paired with a detoxifying moringa mask.

Soendaram Bath Ritual

45 Minutes / IDR 550.000++/ Bath

Seven Sacred Flowers Bath-ritual

A fragrant soak inspired by Balinese purification rituals, infused with seven sacred flowers.

Royal Coconut Milk Bath-ritual

Luxurious coconut milk bath that softens the skin and deeply relaxes the mind.

Balinese Citrus Bath-ritual

Refreshing citrus-infused bath to brighten the skin and uplift the mood.

Soendaram Herbal Bath - ritual

Warm herbal concoction of ginger, lemongrass, and cinnamon to ease the body and stimulate circulation.

Soendaram Face & Beauty

60 Minutes | IDR 250.000++/ Person

Pure & Natural Facial-ritual

A gentle facial ritual using yogurt, sugar, honey, and bengkuang to naturally cleanse, brighten, and refresh the skin.

Stress Relieve Facial-ritual

A deeply calming experience featuring yogurt cleansing, warm stone facial massage, virgin coconut oil nourishment, and a spirulina-green tea mask to release tension and restore inner balance.

Ultimate Hydrating Facial-ritual

A moisture-replenishing treatment with castor oil, oats, and fresh cucumber to hydrate, soften, and revitalize dry or tired skin.

Sweet Green Tea Facial-ritual

A balancing and purifying ritual using green tea, honey, and moringa to control excess oil, soothe inflammation, and reduce blemishes

Soendaram Spa Packages

Soendaram Signature Goddess Ritual

2,5 Hours | IDR 950.000++ / Person

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

A complete full-body healing and rejuvenation ritual.

Romantic Retreat for Two

3 Hours | IDR 1,750.000++/ Couple

- 90-minute body massage of your choice
- 45-minute body scrub and mask of your choice
- 45-minute romantic flower bath
- Fresh young coconut

A luxurious couples' escape of love, relaxation, and connection.

Wellness Activity

Yoga

IDR 350k++ / Person

A gentle asana practice to restore balance, release tension, and improve breathing.

Creative Mindfulness

Creating Mandala & Making Offering

1 Hours | IDR 350K++ / Person

A gentle, mindful journey into creativity through the crafting of floral mandalas and traditional Balinese Canang offerings.

Karna Ritual

Ear Treatment

30 Minutes | IDR 200,000++ / Person

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