

Svaasthya Wellness

– Body –

Desa Seni Signature Massage (60/90 Minutes)

A firm and deeply therapeutic massage using a combination of techniques designed to relieve tension within muscles, tendons and ligaments. By touching upon the pressure points of the body, muscle soreness and tension will dissolve as your body is returned to balance. A relaxing and revitalizing experience!

IDR 450,000++ / IDR 600,000++

Deep Tissue Massage (60 Minutes)

Deep tissue massage is a therapy that focuses on realigning deeper layers of muscles and connective tissue. It is helpful for chronically tense and contracted areas. When there is chronic muscle tension or injury, there are adhesions in muscles, tendons and ligaments. Adhesions block circulation and cause pain. Deep tissue massage works by physically breaking down these adhesions to relieve pain and restore normal movement.

IDR 450,000++

Head, Neck, Shoulder & Back Massage (45 Minutes)

Do you want to feel light, relaxed and energized again? Muscle tension, aches and pains can often hold us back from doing the things we want or need to do. Our head, neck and shoulder massage is beautifully relaxing and targets all the places you hold the most tension – the head, neck and shoulders. Choose your desired level of pressure, whether you need a strong massage to relieve built up tension, or a gentle and tranquil experience if you just need a break from busy life.

IDR 375,000++

Reflexology (45 Minutes)

This treatment, while concentrating on the feet and hands, focuses on the internal organs of the body. By massaging the pressure points in one's feet and hands, the therapist is able to stimulate blood flow, release tension, and promote healing by focusing on all the organs of the body.

IDR 400,000++

– Polish Rituals –

Balinese Boreh (100 Minutes)

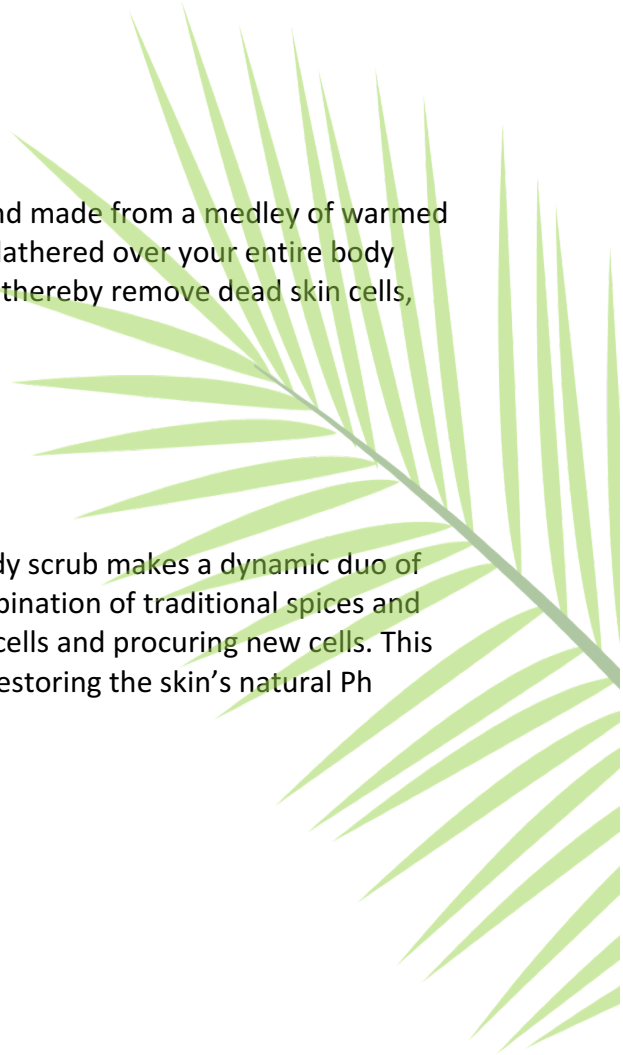
This traditional Balinese remedy is used as a healing art and made from a medley of warmed spices indigenous to the island of Bali. The Boreh paste is lathered over your entire body and massaged in a rhythmic motion to warm the skin and thereby remove dead skin cells, improve skin tone, and soothe the muscles.

IDR 650,000++

Javanese Lulur Body Scrub (120 Minutes)

A traditional massage teamed with the Javanese Lulur body scrub makes a dynamic duo of deep purification and exfoliation. Enhanced with the combination of traditional spices and roots, this healing art works well in eliminating dead skin cells and procuring new cells. This treatment is followed by a refreshing yogurt moisturizer restoring the skin's natural Ph Balance.

IDR 700,000++



– Balinese –

Aura Chakra Therapy (90 Minutes)

The healing begins, after an initial consultation, with an aura cleansing using Balinese holy water, young coconut and a traditional Balinese offering, followed by a warm salt-water footbath to remove toxins from the body. By using the Balinese art of Prana (similar to Reiki) the healer is then able to open and align the chakras, resulting in balancing and harmonizing one's physical, emotional and spiritual well-being. This cleansing and balancing aids in removing stress and heaviness from our mind, body and spirit. This process is achieved through the subtle manipulation of the vibrational frequency; as the aura rises, the mind and body can be healed and transformed.

IDR 900,000++

Melukat - Balinese Cleansing Ceremony (45 Minutes)

The body washed with water, the mind cleansed with honesty, the soul cleansed with science; all cleansed with wisdom." A Melukat ceremony aims to cleanse and purify the human body and soul in order to prevent havoc, bad luck and sickness by washing the body in holy water. The havoc caused by acquired activities and sins, whether originating from present life or from past lives. The Melukat ritual is an effort of achieving self-purification and can be performed many times, according to the situation, needs and goals. The priest uses blessings, prayer, and worship to call on the Divine Spirit (Ida Sang Hyang Widhi Wasa) through offerings of flowers, incense and mantras chanted in Sanskrit. Following the mantras, you will receive a holy water cleansing of the physical body (sekala) and psychological body (niskala) as blessed young coconut water is poured gently and gradually over your head and body. *Guests are required to wear a sarong and sash, both provided by Desa Seni.

IDR 1,250,000++

++ Subject to 21% government tax and service.
Hours 9:00 am – 5:00 pm daily

In order to provide the best service possible, please notify us 24 hours in advance for any cancellations. Cancellations made short of 24 hours prior to treatment time, will be billed in full.

