



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.

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 +6281338738939.

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 prices are subject to 10,5% Government Tax and 5% Service Charge

Body Massage

Soendaram Signature Divine Healing Massage

IDR 550.000⁺⁺ per person
75 Minute

IDR 650.000⁺⁺ 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.

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Heaven Aromatic Healing Massage

IDR 475.000⁺⁺ per person
75 Minute

IDR 575.000⁺⁺ 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.

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Authentic Balinese Healing Massage

IDR 425.000⁺⁺ per person
75 Minute

IDR 550.000⁺⁺ 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.

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Deep Tissue Healing Massage

IDR 575.000⁺⁺ per person
90 Minute

IDR 750.000⁺⁺ 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.

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Natural Warm Stone Healing Massage

IDR 575.000⁺⁺ per person
90 Minute

IDR 750.000⁺⁺ 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.

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Energize Back, Shoulder & Head Massage

IDR 350.000⁺⁺ 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.

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Divine Foot Reflexology

IDR 200.000⁺⁺ per person
30 Minute

IDR 400.000⁺⁺ 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..

Body Exfoliation & Mask

IDR 450.000⁺⁺ per person
45 minutes

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.

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.

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.

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.

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⁺⁺ 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.

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 awakened 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.

Soendaram Face & Beauty

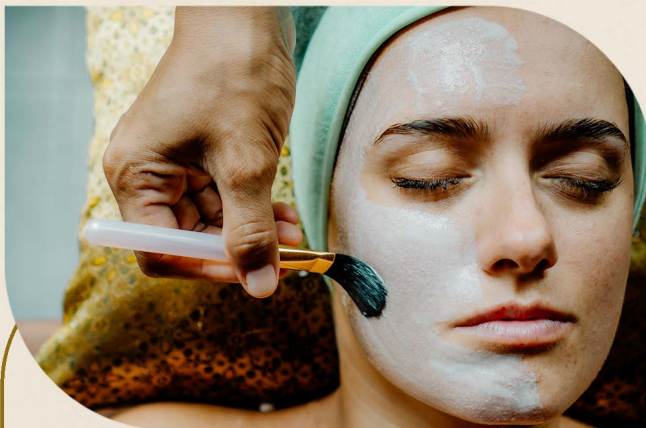
IDR 400.000 per person
60 minutes

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.



Karna Ritual

Ear Treatment

IDR 200.000 per person
30 minutes

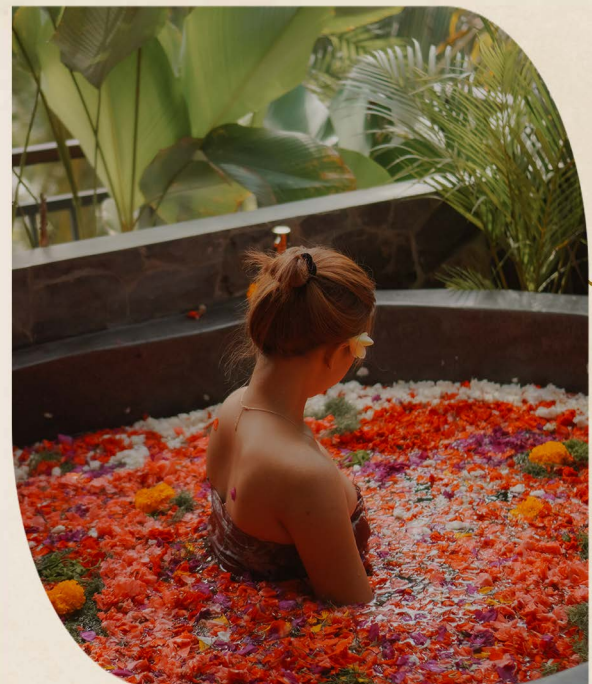
This treatment is really recommended after doing water activities. Unique and natural technique will be used to remove excess wax and debris from ears. The ear candle creates slight vacuum effect while oxidizing and vaporizing the ear wax.

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.



V – Streaming Ritual

IDR 200.000 per person
30 minutes

Ratus vagina, also known as V-steaming or vaginal steaming, is a traditional practice that originated in Indonesia and has been used in various cultures for centuries.

Ratus Vagina is a form of herbal steam therapy for the vaginal area. It involves sitting over a pot of steaming water infused with a mixture of herbs, which typically include ingredients like betel leaves, turmeric, jasmine, and other medicinal herbs. The steam is believed to have various health benefits for the female reproductive system.

Soendaram Spa Packages

Soendaram Signature Goddess Ritual

IDR 1.375.000⁺⁺ per person
2,5 hours

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 1.850.000⁺⁺ per person
4 hours

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.

Romantic Retreat for Two

IDR 2.450.000⁺⁺ per couple
3 hours

Indulge in Love and Luxury.

A side-by-side full-body massage in our private couples Spa room where expert therapists will tailor the experience to your individual preferences. And immerse yourselves in a luxurious bath infused with essential oils and romantic flowerbath, creating a romantic and soothing atmosphere.

- Choice 90 minutes Body massage
- Choice of 45 minutes Body Exfoliation and mask
- 45 minutes Romantic Flower bath
- Young coconut

Wellness Activity

Yoga

IDR 350.000⁺⁺ per person

"Asana" in Sanskrit refers to the manner of how we bring our physical being into life experiences. It is the first approach that is being explored in the yoga practice. Through the asana practice we learn to create the sacred geometry of life following the flow of the energetic channels in our body. Practice of asana yoga repair the un-balance condition; release suppress emotions and improve breathing.

Creative Mindfulness

Creating Mandala & Making Offering

IDR 350.000⁺⁺ per person
60 Minute

It is a combination between creation and devotion. It's a mindfulness journey through creating your own mandala with the local flowers and making offering. The host will acknowledge you about the local flowers in association with the spiritual meaning. The host also guide you to create your own Canang, the Balinese offering for everyday praying.