



SOENDARAM

SPA & WELLNESS

MAHAPRANA EXPERIENCE

SOENDARAM SPA & WELLNESS

Soendaram" is a divine word that represents the most beautiful aspects of life — the sacred flow of movement and transformation that shapes the vibrant colors and forms of existence. Our wellness menu reflects this perfect contour through a collection of practices, learnings, healing sessions, beauty treatments, rituals, and daily activities that allow the mind, body, and spirit to reunite. We invite you to experience the divine essence of life through the sacred beauty of the heart — a gift of presence and peace that life generously offers.

Soendaram Spa & Wellness provides a sacred space for transformation and inner renewal. Awaken your senses and layers of consciousness to reconnect with yourself, and open the pathway to sacred healing. As you receive divine care, your senses are bathed in the sounds of blessings. Your body gently aligns with your soul, guiding you back to the unfathomable wisdom at the core of your heart.

Divine Healing at Soendaram Spa & Wellness offers a carefully curated selection of healing massages, energetic therapy, and body-care rituals such as body scrubs, body masks, sacred bath rituals, and complete facial treatments. Each practice is a celebration of self-love, using natural and organic ingredients sourced from Bali's healing land. Our professional Balinese healers and therapists have dedicated their lives to serving those who are open to the path of healing. Step forward and dive into the sweetest taste of the heart — discovering the luminous jewel that lies deep within. Experience the depth of tranquility in your mind, and embrace the peace that gently flows through your physical, emotional, and spiritual being.



SOENDARAM

SPA & WELLNESS

MAHAPRANA EXPERIENCE

SPA INFORMATION

To ensure a serene and fulfilling experience at Soendaram Divine Spa, we have outlined the following information for your reference.

Spa Operation Hour

Soendaram Divine Spa opens daily at **11:00 A.M – 7:00 P.M**

Reservations

Advance Reservations Are Highly Recommended To Secure Your Preferred Treatment Time. Kindly Contact Us Via Whatsapp at **+62 859-2302-8934** To Make A Booking

Pre-Information

Preparation And Consultation Play A Vital Role In Achieving Optimal Treatment Results. We kindly request guests to arrive 10 to 15 minutes prior to their scheduled appointment to allow ample time for consultation and relaxation.

For your safety and comfort, we recommend the following:

- Avoid sun exposure before treatment, as it may increase skin sensitivity.
- Refrain from heavy meals prior to your session to prevent discomfort.
- Abstain from consuming alcoholic beverages before your treatment, as this may interfere with its effectiveness.

Our spa facilities are designed to accommodate both individual and couple treatments.

For your convenience, we provide disposable underwear, slippers, towels, shower facilities, and a hairdryer.

In accordance with spa etiquette and guest privacy, our therapists are professionally trained to use appropriate draping techniques throughout the treatment.

Please ensure that all valuables are stored securely in your room's safety box, as the spa cannot be held responsible for any loss of personal items.

Guests who wear contact lenses are advised to bring their lens case and solution in case of discomfort during treatment. It is not necessary to remove contact lenses unless advised.



SOENDARAM

SPA & WELLNESS

MAHAPRANA EXPERIENCE

SPA INFORMATION

Note For Man

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

Note for Women

- Please remove all makeup before your treatment.
- Avoid shaving before any body exfoliation treatment.
- Some body treatments are not recommended during pregnancy. However, we offer a selection of treatments that are safe for expectant mothers — feel free to consult our receptionist for guidance.

Cancellation

To cancel or reschedule your appointment, please notify the spa at least 12 hours in advance

- A 50% cancellation fee will apply for cancellations made less than 12 hours before the appointment.
- No-shows will be charged the full treatment amount

Payment

To cancel or reschedule your appointment, please notify the spa at least 12 hours in advance

- Soendaram Divine Spa accepts cash and major credit cards.
- All rates are quoted in Indonesian Rupiah (IDR) and are subject to 11% government tax and 10% service charge.

BODY MASSAGE

Soendaram Signature Divine Healing Massage

75 minutes

IDR 550,000 ++ / person

90 minutes

IDR 650,000 ++ / person

A refined thumb-circle technique delivers precise, divine pressure to rebalance the body's primary energy channels, facilitating the transfer of energetic healing. This process helps harmonize the major energetic pulses of the chakras within the body.

The application of warmed Siddhitaru medical oil enhances and smooths the healing journey, supporting the natural restoration process. This sacred touch works not only on the physical body, but also deeply affects the emotional and energetic layers—allowing the mind to settle into deep tranquility and the heart to rest in ease.

Heaven Aromatic Healing Massage

75 minutes

IDR 475,000 ++ / person

90 minutes

IDR 575,000 ++ / person

Inhale the fragrance of heaven — this aromatic healing massage is designed to restore inner harmony and balance. Allow your senses to reconnect and awaken through the sacred beauty of heavenly-scented oils, applied with a traditional Balinese full-body healing massage. This treatment not only soothes the mind and body but also stimulates the body's natural immunity, supporting holistic well-being

Authentic Balinese Healing Massage

75 minutes

IDR 450,000 ++ / person

90 minutes

IDR 550,000 ++ / person

Healing through fusion technique of palm and thumb pressure with gentle muscle stretching — promoting energetic balance and deep relaxation for both mind and body. The treatment is enriched with virgin coconut oil, offering ultimate nourishment suitable for all skin types. Each of our experienced healers brings a unique, intuitive touch, guiding guests into a deeper and more personal healing journey.

BODY MASSAGE

Deep Tissue Healing Massage

90 minutes

IDR 575,000 ++ / person

120 minutes

IDR 750,000 ++ / person

Release tension from the physical body through a deep pressure healing massage. Performed in a meditative state of awareness, the firm, focused pressure allows healing to begin immediately—stimulating the body's natural ability to release physical discomfort. This deep tissue massage is especially beneficial for relieving headaches, muscle fatigue, and symptoms of chronic conditions.

Traditional Hawaiian Lomi-Lomi Massage

60 minutes

IDR 475,000 ++ / person

Inhale the fragrance of heaven — this aromatic healing massage is designed to restore inner harmony and balance. Allow your senses to reconnect and awaken through the sacred beauty of heavenly-scented oils, applied with a traditional Balinese full-body healing massage. This treatment not only soothes the mind and body but also stimulates the body's natural immunity, supporting holistic well-being

Traditional Japanese Shiatsu Massage

75 minutes

IDR 450,000 ++ / person

90 minutes

IDR 550,000 ++ / person

Healing through fusion technique of palm and thumb pressure with gentle muscle stretching — promoting energetic balance and deep relaxation for both mind and body. The treatment is enriched with virgin coconut oil, offering ultimate nourishment suitable for all skin types. Each of our experienced healers brings a unique, intuitive touch, guiding guests into a deeper and more personal healing journey.

BODY MASSAGE

Warm Bias Divine Healing Massage

75 minutes

IDR 450,000 ++ / person

90 minutes

IDR 575,000 ++ / person

A restorative treatment that combines massage oil with a hot sand compress, using traditional massage techniques to relieve muscle tension, stiffness, and promote better sleep. This therapy is designed to stimulate blood circulation and boost overall energy levels

Warm Bias Divine Healing Massage

75 minutes

IDR 450,000 ++ / person

90 minutes

IDR 575,000 ++ / person

A restorative treatment that combines massage oil with a hot sand compress, using traditional massage techniques to relieve muscle tension, stiffness, and promote better sleep. This therapy is designed to stimulate blood circulation and boost overall energy levels

Energize Back, Shoulder & Head Massage

45 minutes

IDR 350,000 ++ / person

Release tension along your back, shoulders, and scalp through a gentle healing massage using palm and thumb pressure. This restorative session helps to recharge your energy, leaving you feeling lighter, more balanced, and deeply rested

Divine Foot Reflexology

60 minutes

IDR 475,000 ++ / person

Deep pressure applied to the soles of the feet and along the lower legs up to the knees stimulates blood circulation, supporting the body's natural flow of energy. This treatment helps to reconnect neural pathways, rebalance hormones, awaken the immune system, and enhance intuitive awareness within the body.



BODY EXFOLATION AND MASK

45 minutes | IDR 450,000 ++ / person

Soendaram Signature Balinese Boreh Body-scrub

Activate the fire elements within the body with Balinese herbs. A sacred blend of galangal, ginger, and harmonious white and red rice seeds is ground and molded with blessed water, awakening the skin's natural ability to heal from various imbalances. The ritual concludes with a refreshing body mask of sweet corn and aloe vera, leaving the body nourished, soothed, and rebalanced.

Refreshing Kumari Body-scrub

Soothe and restore sun-exposed skin with the natural healing power of fresh coconut, gently applied to cool and exfoliate the skin. The treatment continues with a nourishing body mask of cucumber and aloe vera, helping to replenish moisture and restore suppleness. Allow nature's touch to heal, revitalize, and bring renewed vitality to your skin.

Black-sweet Coffee Body-scrub

Combat free radicals and restore harmony to your skin with our invigorating organic coffee scrub. Finely ground coffee blended with virgin coconut oil is gently applied to exfoliate the skin, removing impurities and surface build-up. A rejuvenating treatment that reconnects you with the nourishing power of nature.

Balinese Sea Salt Body-scrub

Experience the richness of the ocean through the healing touch of Balinese natural sea salt. Let your skin absorb the ocean's vital minerals as you are gently exfoliated, renewing both body and energy. The ritual concludes with a nourishing papaya body mask, infusing the skin with vitamins from the land of healing. Embrace the sacred harmony of Segara Gunung—where ocean and mountain meet—as an act of precious self-love.

Kukui Nut Kelor Body-scrub

A candlenut scrub followed by a moringa body mask offers a deeply rejuvenating spa ritual that blends traditional ingredients with holistic care. The candlenut scrub gently exfoliates and moisturizes the skin, while the moringa body mask delivers nourishing and detoxifying benefits. Both ingredients, long valued in traditional skincare, help restore softness, clarity, and radiance to the skin—leaving you feeling refreshed and renewed.

All prices are subject to 11% government tax and 10% service charge.



SOENDARAM BATH RITUAL

45 Minutes | IDR 550,000 ++ / person

Seven Sacred Flowers Bath-ritual

Soak your body in the sacred essence of seven Balinese flowers, each representing the vibrant colors of the seven heavens. This floral ritual invites you to absorb the precious energies of purity, wisdom, strength, and courage, awakening deeper senses of understanding, faith, and hope. A serene journey toward inner clarity and spiritual enlightenment

Royal Coconut Milk Bath-ritual

Soothe and restore sun-exposed skin with the natural healing power of fresh coconut, gently applied to cool and exfoliate the skin. The treatment continues with a nourishing body mask of cucumber and aloe vera, helping to replenish moisture and restore suppleness. Allow nature's touch to heal, revitalize, and bring renewed vitality to your skin.

Balinese Citrus Bath-ritual

Combat free radicals and restore harmony to your skin with our invigorating organic coffee scrub. Finely ground coffee blended with virgin coconut oil is gently applied to exfoliate the skin, removing impurities and surface build-up. A rejuvenating treatment that reconnects you with the nourishing power of nature.

Soendaram Herbal Bath - ritual

Bali is blessed with a rich heritage of traditional healing, including a variety of herbal baths made from dried and boiled ingredients such as ginger, lemongrass, betel leaf, clove, cinnamon stick, and lime slices. This warm, aromatic infusion stimulates blood circulation and revitalizes the body, offering a deeply grounding and restorative experience.

All prices are subject to 11% government tax and 10% service charge.



SOENDARAM FACE AND BEAUTY

60 Minutes | IDR 400,000 ++ / person

Pure & Natural Facial-ritual

Taste the sweetness of life with sugar, honey and bengkuang roots designed to illuminate the natural beauty of your face. This pure, nature-inspired facial ritual elevates your radiance—allowing your eyes to glow and your smile to shine with renewed light.

Stress Relieve Facial-ritual

A truly unique facial ritual found only at Soendaram. This sacred experience begins with a gentle natural yogurt cleanse, followed by a nourishing virgin coconut oil and warm stone massage that helps release tension and exfoliate impurities from the skin. The ritual is beautifully completed with a spirulina and green tea mask, inviting your heart to open and your spirit to enter a deeper state of healing.

Ultimate Hydrating Facial-ritual

Awaken your skin's natural moisture through a soothing ritual of castor oil, oats, and cucumber. Let the gentle touch of nature restore smoothness and radiance to your face, bringing it back to life with softness and light. This deeply hydrating treatment is especially beneficial for dry and dehydrated skin.

Sweet Green Tea Facial-ritual

Rebalance oily skin with a purifying ritual of green tea and honey, known for their soothing and antibacterial properties. The treatment is perfected with moringa, helping to maintain optimal moisture balance. Say goodbye to acne and breakouts—your skin is gently cared for with the healing blessings of nature.

All prices are subject to 11% government tax and 10% service charge.



Soendaram Garden Mani or Pedi-care

60 minutes | IDR 250,000 ++ / person

Care for your most precious nails and skin with our Balinese Garden Manicure and Pedicure Ritual. Hands and feet are gently cleansed with natural sea salt, a sacred gift from the ocean. Cuticles are softened with fresh aloe vera and followed by a soothing virgin coconut oil massage. Let your skin absorb the subtle blessings of Mother Earth and Father Sky, brought together in this nurturing self-care ritual.

KARNA RITUAL

Ear Treatment

30 minutes | IDR200,000 ++ / person

This treatment is highly recommended after water activities. Using a unique and natural technique, excess wax and debris are gently removed from the ears. The ear candle creates a mild vacuum effect while oxidizing and vaporizing earwax, promoting a sense of clarity and balance.

SAUNA

start from IDR 350,000 ++ / person

**group maximal 4 person with special price*

Enjoy the therapeutic warmth of a sauna enhanced by breathtaking ocean views. This unique wellness experience combines the time-honored benefits of traditional sauna therapy with the calming presence of the sea. Designed to promote both deep relaxation and revitalization, ocean-view saunas are a luxurious feature often found in coastal resorts, high-end spas, and private retreats, offering a truly immersive connection to nature.

All prices are subject to 11% government tax and 10% service charge.



Soendaram Spa Packages

Signature ritual “Tepas Geni ring Segara”

2 hours | IDR 1.100.000 ++ / person

Sauna | Ice bath | Jacuzzi | Aromatic healing massage 75 minutes | Herbal tea

Indulge in ultimate relaxation with our Signature Spa Package, a luxurious fusion of wellness rituals set against the stunning backdrop of the sea. This exclusive experience features a rejuvenating combination of sauna, ice bath, jacuzzi, and massage, designed to restore balance to the body, mind, and soul.

Let our signature journey, “Tepas Geni ring Segar”, transport you to a state of deep tranquility and renewal—leaving you refreshed, recharged, and inspired. Perfect for individuals or couples seeking a premium coastal wellness escape.

Royal Beauty Ritual

4 hours | IDR 1,950,000 / person

Experience a heart-opening journey through:

- 90 minutes of Heaven Aromatic Healing Massage
- 90 minutes Harmonious Coconut Ritual, and
- 60 minutes Pure and Natural Facial Ritual.

Let yourself be guided through transformation and renewal, as you are lovingly reborn within the blessings and kindness of the healing land. A sacred invitation to reconnect with your essence—calm, radiant, and whole.

Romantic of Soendaram

4 hours | IDR 3,750,000 / couple

Celebrate love with an aromatic body massage and a red flower bath, shared side by side with your beloved. Unwind in the comfort of our couple’s suite, accompanied by the soothing sound of the river, as you both enjoy a full-body massage infused with the essence of love—designed to harmonize energy and deepen connection. Your romantic journey continues in a hibiscus flower bath, paired with our signature herbal tea—a quiet moment to cherish, together.

All prices are subject to 11% government tax and 10% service charge.



Soendaram Spa Packages

Romantic of Soendaram

4 hours | IDR 3,750,000 / couple

Celebrate love with an aromatic body massage and a red flower bath, shared side by side with your beloved. Unwind in the comfort of our couple's suite, accompanied by the soothing sound of the river, as you both enjoy a full-body massage infused with the essence of love—designed to harmonize energy and deepen connection. Your romantic journey continues in a hibiscus flower bath, paired with our signature herbal tea—a quiet moment to cherish, together.

Inclusion:

- Consultation
- Romantic Foot Wash Ritual
- 90 Minutes of Aromatic Healing Massage
- 60 Minutes of Sea salt Body scrub and Papaya Body Mask
- 30 Minutes of Romantic Seven Sacred Flower Bath - ritual
- Soendaram Herbal Tea
- Stress Relieve Facial Ritual 60 minutes
- Seasonal Fresh Juice

All prices are subject to 11% government tax and 10% service charge.



Wellness Activity

1 Hour | IDR 350 K ++ / person

Reconnect with the divine energy of Mother Earth—expand your senses and elevate your awareness across all levels of consciousness.

At our sanctuary, the fresh ocean breeze gently embraces the hills, offering a daily touch of nature's love. Here, you are renewed physically, emotionally, and spiritually.

Yoga Class

"Asana" in Sanskrit refers to the way we align our physical body to engage with life's experiences. It is the foundational approach explored in yoga practice.

Through asana, we learn to create the sacred geometry of life, aligning with the natural flow of the body's energetic channels.

The practice of asana helps to restore balance, release suppressed emotions, and enhance the quality of breath, supporting overall harmony in body and mind.

Meditation

"Mindfulness" is one of the highest states we can cultivate in our emotional experience of being. It is the awareness of the present moment—observing what arises and allowing it to be held within our conscious attention. To be mindful is to be present with what is happening in both our physical sensations and emotional states. This awareness becomes the first step in sharpening the mind, inviting clarity, calm, and deeper understanding.

Creative Mindfulness Creating Mandala & Making Offering

A beautiful blend of creation and devotion, this is a mindful journey of crafting your own floral mandala and traditional Balinese offering.

You will be introduced to the spiritual meaning of local flowers, guided by a knowledgeable host who will share the significance behind each element. The experience continues with the making of Canang, the daily Balinese offering used in prayer—inviting a deeper connection to presence, gratitude, and sacred ritual.

All prices are subject to 11% government tax and 10% service charge.



Balinese Dance Classes for a Cultural Journey

Embark on a captivating cultural journey with our Balinese Dance Class, where the island's rich traditions come to life through graceful movements, vibrant costumes, and expressive storytelling.

Immerse yourself in the enchanting world of Balinese dance—a sacred art form that beautifully weaves together myth, rhythm, and devotion, guided by the sounds of traditional gamelan music.

Balinese Sacred Melukat / purification

IDR 1.100 K ++ / person

Balinese water purification, known as *Melukat*, is a sacred ritual rooted in Balinese Hindu tradition, designed to cleanse the body, mind, and soul from negative energies and spiritual impurities.

Deeply connected to nature and self-healing, this ritual reflects the Balinese belief in water as a divine element—a sacred force capable of purifying many aspects of life.

The holy water used in Melukat flows from underground springs, believed to arise at spiritual crossing points beneath the land, carrying the energy of renewal and divine blessing.

**The experience is available on your customized time and get special price if booking more than 1 person*