

*Thevana Spa*

*Inspired by a Peranakan rich cultural heritage affair and natural environments*

Thevana Spa offers guests a unique Balinese experience blended with the exquisite Peranakan traditional therapies. We believe life force is enhanced through the balance of body, mind and soul by making time for calm movement and allowing your body to rest and rejuvenate.



# Thevana Spa

## A SANCTUARY OF RELAXATION

In order to attain the most from your spa experience, kindly please arrive 25 minutes prior to your treatment and enjoy a herbal tea in the relaxation lounge, take advantage of our steam, sauna and kneipp hydrotherapy facility, which are complimentary for all spa guests. Wet facilities may differ slightly amongst the properties.

Children below the age of 16 are only allowed in the spa when accompanied by an adult.

Your personal time at Thevana Spa is for relaxation and self-renewal. We kindly ask that you would respect other guests' privacy by speaking softly.

Kindly please switch off your mobile phones upon entering the sanctuary of Thevana Spa.

## OPENING HOURS

Thevana Spa is open from 10 AM and closes at 10 PM.

## HEALTH CONDITIONS

If you have any low / high blood pressure, heart conditions, skin allergy, or any other medical complications, we advise that you consult your doctor before reserving our spa treatments. Should you have any health conditions, please let us know so we may take a good care of you.

## PREGNANCY

For your own safety and your unborn child, use of the spa for pregnant women 3 months and under is not allowed during pregnancy. If you are 3 months pregnant and above, please notify our therapist to prepare special pregnancy treatments for you.

## VALUABLES

We recommend that you leave your valuables at home or in your villa. Lockers with locks are provided, however we are not responsible for any loss or damage of personal articles.

## CANCELLATION POLICY

Cancellation and change of scheduled treatment are accepted up to 12 hours prior to appointment time without incurring a charge. For cancellation within 12 hours, a cancellation penalty of 50% will be applied. For cancellation within 2 hours without any notification, a full amount will be charged to your account.

## PRICE

All price are quoted in thousands of Indonesian Rupiah (IDR) and is subject to 11% government tax and 10% service charge.

## THE PERANAKAN HERITAGE *a signature for couples*

Evolved over the centuries into a unique tradition, the Peranakan Spa rituals are influenced by the Portuguese, Dutch, British, Malay, Indonesian and Chinese culture. A complicated affair, this treatment requires delicate preparation of fresh herbs and ingredients found in a typical 'Nyonya' kitchen.

Your spa experience begins with the Malay Lulur, a special body scrub that incorporates heating herbs and ground rice, turmeric and nutmeg to promote blood circulation. Guests are then bathed in a Lemon Verbena Floral Tea bath, a Chinese cleansing bath to eradicate negative energy and traditionally given during the New Year to promote good health.

Wrapping up the experience to this exquisite spa journey is the Urut Melayu, an ancient massage employing medium to firm pressure to ease muscle tensions or for the ladies, a delicate massage using Rose Fragrant oil to promote relaxation. Last, an Organic Green Tea & Sesame Facial pouch, believed to impart cooling energy to complete your heavenly experience.

- Malay Lulur (Scrub)
- Lemon Verbena Floral Tea Bath
- Urut Melayu (Body Massage)
- Organic Green Tea & Sesame Facial Pouch
- Refreshments

**2.5 hrs / IDR 3,300,000 ++**



# *Shevana Tranquility*

## **MANDI LULUR**    *Balinese Rituals*

A tribute to the unique culture of Bali, this spa tradition starts with a rhythmic Balinese massage. Your skin will then be polished with the renowned Lulur scrub – an aromatic concoction containing sandalwood, nutmeg, turmeric and other enchanting spices to promote a healthy glowing skin. A fresh yogurt body wrap to brighten your skin and a last kiss of petal-scattered bath to the homage of these Balinese delights.

- Traditional Balinese Massage
- Lulur Body Scrub
- Yogurt Body Wrap
- Petal-scattered Floral Bath
- Refreshments

**3 hrs / IDR 1,900,000 ++**

---

## **THE JAVANESE EXPERIENCE**    *a Javanese ritual*

Breathe in into a classic ritual traditionally performed at the end of a hard-working day to relieve muscle ache. This experience begins with a mind soothing Herbal Steam.

After relaxing your mind and muscles, step into the Javanese Lulur – a fragrant paste made from concoction of powdered sandalwood, cloves, ginger, turmeric, and nutmeg. The Javanese Lulur will be smeared all over your body in thick consistency. The sensation of deep penetrating heat from the spices will melt away tension and invigorates the senses.

Last, the Javanese Body Massage using traditional techniques to treat muscles and improve blood circulation.

- Herbal Steam
- Javanese Lulur (Body Scrub)
- Javanese Body Massage
- Refreshments

**2.5 hrs / IDR 1,800,000 ++**

# *time honoured collections*

## **POT GARAM**     *medicinal salt therapy*

A favourite of guests, this treatment is a locally inspired ritual combining deep tissue massage with a heated salt pot to release tension in the shoulders and lower back muscles. Each heated pot contains a blend of coarse salt and medicinal herbs and the concoction is applied onto the skin, providing instant relief to your tired muscles. The therapy is paired with a full body massage using firm strokes and pressures that every guest years for.

**90 min / IDR 1,250,000 ++**

---

## **TUNGKU BATU**     *heated lava stone massage*

This calming therapy involves heated Volcanic stones positioned along the meridians of your body to soothe muscles and relieve tightness. The Lava stones are then sprinkled with essential oils and aligned to your chakras. A full body massage with warm stones will create a deep sense of relaxation.

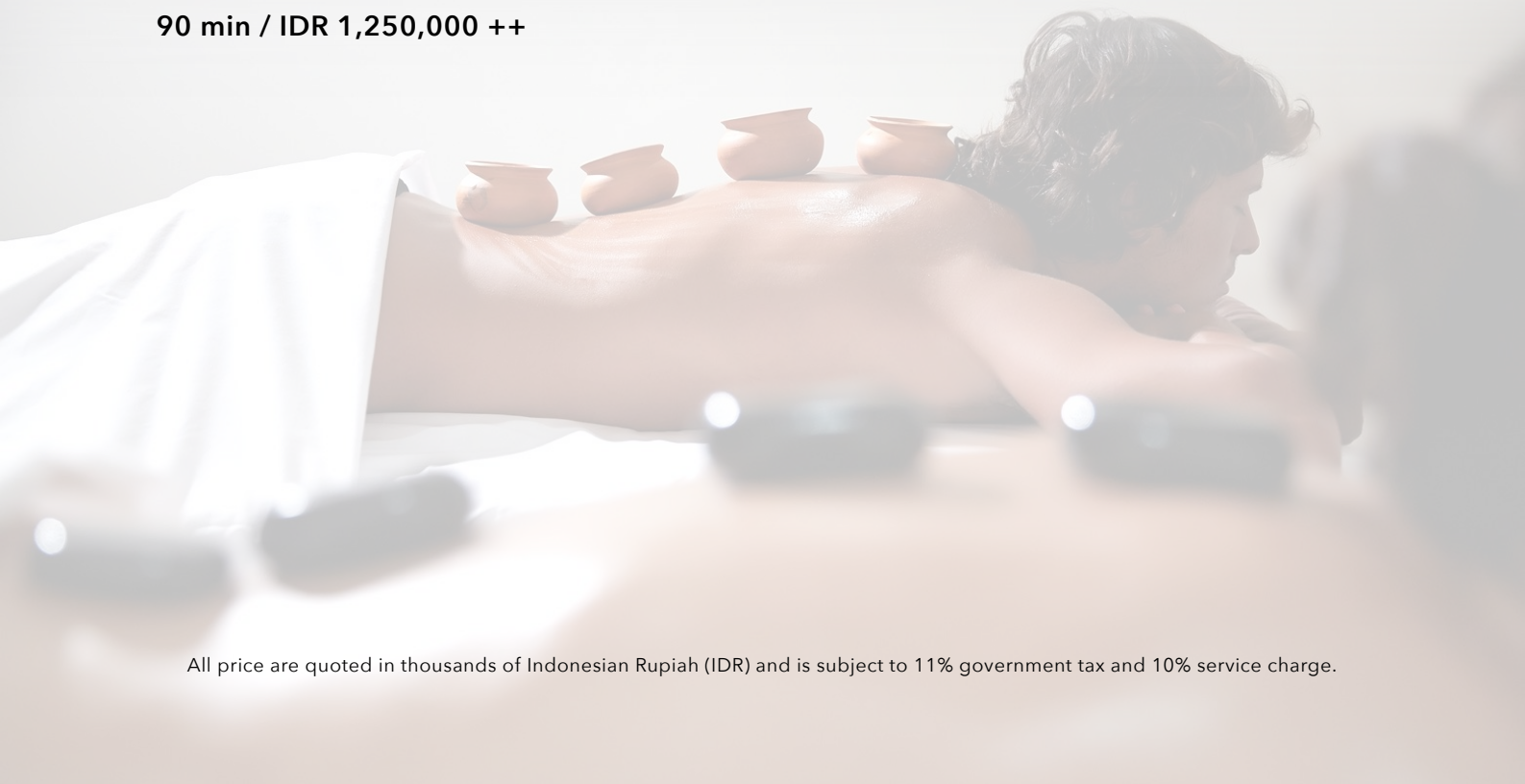
**90 min / IDR 1,200,000 ++**

---

## **ANCIENT HEALING**     *herbal compress massage*

This traditional massage features a warm poultice of different herbs including lemongrass, white turmeric, and kaffir lime to soothe aching muscles. This massage is particularly effective for alleviating sore muscles, arthritis and stress.

**90 min / IDR 1,250,000 ++**



# *basic healing*

## **BALINESE BODY MASSAGE**

Based on the healing expertise of the Balinese people, this massage uses a mix of acupressure, reflexology and skin rolling technique to reach further the superficial muscle layers. Deep pressure is applied to release tension and knotted tissue.

**60 min / IDR 899,000 ++**

**90 min / IDR 1,100,000 ++**

---

## **AROMATHERAPY BODY MASSAGE**

A full body massage using essential oil to relax the body and mind. Smooth and soothing movements will gently lull you into a realm of tranquil dreams, waking you totally rejuvenated. Choose your preferred pampering oil combination.

**60 min / IDR 899,000 ++**

**90 min / IDR 1,100,000 ++**

---

## **SWEDISH BODY MASSAGE**

Crafted with the sports enthusiast in mind, this massage is effective in loosening tight muscles and relieving aches associated with strenuous activity or exercise. Light or medium pressure is customised to your personal needs.

**60 min / IDR 899,000 ++**

**90 min / IDR 1,100,000 ++**

---

## **FOOT MASSAGE**

This treatment promotes relaxation to the entire body through the use of pressure points onto the soles of the feet. The treatment is ideal for those seeking relief from insomnia, jet-lag, or stress.

**60 min / IDR 750,000 ++**

## *wraps and scrubs*

*Rejuvenate and detoxify with our age-defying body scrubs. Enhanced with the powerful antioxidant of seasonal fruits and plants, this restorative treatment repairs stressed skin while helping to protect the skin from the sun's damaging effect. All scrub sessions begins by gently brushing your body to stimulate the lymphatic system.*

### **DETOXIFYING BALI COFFEE SCRUB**

This intoxicating scrub is a delicious divine experience for coffee lovers. The aroma of freshly ground coffee permeates the air while your therapist gently sloughs away old skin cells and nourishes the skin with natural minerals and antioxidants. The result will leave you feeling bright and alert!

**60 min / IDR 780,000 ++**

---

### **KEMIRI BODY SCRUB**

A body polish that features Kemiri or also known as Candlenut – a locally grown nut similar to macadamia. Renowned for its hydrating qualities, your therapist will gently polish your skin leaving it silky-smooth and radiant.

**60 min / IDR 780,000 ++**

---

### **BOREH BENGKUNG** *traditional herbal anti cellulite wrap*

A great treatment to improve lymphatic flow and melts away cellulite. A range of herbs, roots, and spices with hot elements are applied to the body as a paste. Relax with a scalp massage as the deep penetrating effect increases blood circulation.

**60 min / IDR 780,000 ++**

---

### **COOLING ALOE VERA & GREEN TEA SUNKISS WRAP**

Enjoy a heavenly scalp massage while your body is cocooned in the body wrap made from blends of fresh green tea, cucumber and therapeutic flower oils designed to calm, soothe, and nourish irritated skin from sunburn. After a refreshing rinse in the rainfall shower, aloe vera will be applied onto your body followed by a restoring cream to promote the process of healing to the skin.

**60 min / IDR 750,000 ++**

*facial*  
*Luxurious blend of natural botanical oils and plat essence  
to restore the youthful vitality of your precious skin.*

## **GOLDEN CAVIAR TREATMENT**

Savour moments of pure luxury and pamper your complexion with our precious caviar extract in its purest concentrated form, and experience its unique effect firsthand.

For more vitality and resilience, treat yourself to this intensive care program with Golden Caviar Pore-Refining Peel Pads, Pore-Refining Fluid and the Golden Caviar 24 hour care. Enjoy the rewards of a fine, smooth, and radiant skin that makes all other gold pale by comparison.

**90 min / IDR 1,500,000 ++**

---

## **CRYSTAL REPAIR FACIAL TREATMENT**

An unforgettable treatment which combined relaxation and effective care. Beginning with the experience with an enchanting gentle massage with rock crystal wands which harmonises and calms your skin. In different pressure phases, the energy pressure points of face, neck and décolleté are stimulated to clear energy blocks and to activate microcirculation. The Crystal Repair Facial Treatment restores your inner and outer balance, leaving your skin looking radiantly beautiful.

**60 min / IDR 1,200,000 ++**

---

## **FIRMING PHYTO STEM CELL TREATMENT**

Bring out the best of your skin through the interaction of anti-ageing product and our three massage combination treatments. The active ingredients are selected to act as the fountain of your for your skin, perfectly complete by the mask's lifting effect. Acupressure massage supported by deep vitals tissue massage provides instant relaxation followed by the Effleurage treatment.

**90 min / IDR 1,300,000 ++**

---

## **SENSITIVE TREATMENT FOR SUNBURNT SKIN**

This facial care system is specifically tailored for sensitive skin that becomes reddish, tense, scaly or itchy as a reaction to any disturbances such as drastic climate change, sunburn, new products, stress, improper skin care and many other.

**60 min / IDR 1,200,000 ++**

# *exclusive for her*

## **CLASSIC MANICURE / CLASSIC PEDICURE**

A basic care for your beautiful hands or feet. Your skin will be exfoliated and moisturised with Magnolia and Rose hydrating lotion, cuticles tidied, nails shaped and painted to decency with the fashionable OPI nail lacquer.

**60 min / IDR 390,000 ++**

---

## **CLASSIC MANICURE AND PEDICURE**

The classic beauty combination includes all the essential nail care components of the manicure and pedicure. Not to forget in this journey, the exfoliation and light massage to soften skin and heighten relaxation of the senses.

**90 min / IDR 690,000 ++**

---

## **FRENCH MANICURE / FRENCH PEDICURE**

Basic nail care includes hands or feet exfoliation, nail shaping, cuticle maintenance, and completed with a French manicure or pedicure.

**75 min / IDR 450,000 ++**

# *hair treatment*

## **HAIR WASH**

Look fresh and clean always in the beautiful island with a simple hair wash inclusive of blow drying.

**IDR 300,000 ++**

---

## **HAIR MASK**

Apply the preferred mask suitable for your type of hair and scalp, then we will wrap your hair with a hot towel for 20 minutes, inclusive of a hand, neck and shoulder massage. Ending with vitamin and hair tonic.

- Cooling Mint Invigorating Mask – invigorates scalp and conditions hair
- Colour Bloom Mask -- protects the radiance of your hair colour
- Strengthening Mask – helps prevent breakage, and reconstructs
- Hydra Crème – intense moisture for normal to dry hair

**IDR 420,000 ++**

---

## **HAIR CREAMBATH**

Massaged into the scalp and hair after shampooing, then wrapped with hot towel for 20 minutes alongside a hand, neck and shoulder massage. Completed with vitamin and hair tonic.

- Avocado – for dry hair and split ends. Protects the hair and covers damaged hair.
- Aloe Vera – for normal hair. Strengthens and maintains the fertility of your hair.
- Ginseng – for hair loss and brittle. Keeps hair healthy and strong.
- Anti Dandruff – Eliminates dandruff and reduces itchy scalp.

**IDR 360,000 ++**

---

## **WAXING**

After any pampering treatment you chose, do not forget to do waxing to show the bright and beautiful skin of yours.

**Full Leg / IDR 800,000 ++**

**Half Leg / IDR 600,000 ++**

**Under Arm / IDR 500,000 ++**



**AWARTA**  
Nusa Dua Luxury Villas & Spa