

## TEJAS SPA AT ADIWANA ALAS HARUM

**Tejas Spa at Adiwana Alas Harum** offers a serene sanctuary designed to restore harmony between body, mind, and spirit through movement, recovery, and relaxation. Guided by the philosophy of **Move – Restore – Relax**, our wellness hub integrates yoga, fitness, and spa experiences into one holistic journey.

We invite you to move your body through mindful practices, restore your energy with therapeutic treatments, and relax your mind in a calming environment. From revitalizing yoga sessions in our shala to rejuvenating spa therapies and self-guided workouts in the gym, every detail is thoughtfully crafted to support your personal path to wellness.

Here, wellness is not merely a treatment, but a lifestyle. An immersive experience where balance, vitality, and relaxation exist in perfect harmony.



## Signature Massage & Recovery

### Traditional Balinese Massage

Indulge in the ultimate relaxation with our traditional Balinese Massage. A perfect blend of gentle stretches, acupressure, and rolling strokes to melt your stress away and restore your body's natural balance.

**60 Minutes – IDR 750,000**

**90 Minutes – IDR 950,000**

### Deep Flow Massage

Experience rhythmic, wave-like movements combined with deep, mindful pressure to release tension, calm the nervous system, and restore harmony to both body and mind.

**60 Minutes – IDR 600,000**

**90 Minutes – IDR 850,000**

### Deep Tissue Massage

A therapeutic treatment designed to relieve chronic muscle tension by targeting the deeper layers of muscle and connective tissue. Using slow, firm pressure and specialized techniques, the therapist focuses on areas of tightness, knots, and muscle adhesions to promote relief and recovery.

**60 Minutes – IDR 600,000**

**90 Minutes – IDR 850,000**

### Aromatherapy Massage

A deeply relaxing and holistic treatment that combines gentle, flowing massage techniques with the therapeutic benefits of pure essential oils. Each oil is carefully selected to support physical, emotional, and mental well-being, creating a personalized sensory experience.

Using smooth, rhythmic movements, the therapist eases muscle tension while natural aromas gently soothe the nervous system and restore inner balance.

**60 Minutes – IDR 750,000**

**90 Minutes – IDR 1,000,000**

## Signature Massage & Recovery

### Candle Healing Massage

A deeply nurturing treatment that combines warm, melted candle wax with soothing massage techniques to relax the body and calm the mind. The candles are specially formulated with natural oils, butters, and aromatherapy essences, melting into a warm, skin-safe oil upon contact.

As the warm oil is gently poured and massaged into the body, it helps release muscle tension, nourish the skin, and create a sense of comfort and grounding. Soft candlelight and subtle aromas enhance the therapeutic atmosphere, supporting deep relaxation and emotional balance.

**60 Minutes – IDR 750,000**

**90 Minutes – IDR 1,000,000**

### Herbal Compress Therapy

A traditional therapeutic treatment using warm, steamed herbal bundles applied to the body to relieve muscle tension, improve circulation, and support the body's natural energy flow. The compresses are filled with a blend of therapeutic herbs known for their anti-inflammatory, detoxifying, and calming properties.

During the treatment, the warm herbal compresses are gently pressed, rolled, and applied along the body, allowing heat and herbal essences to penetrate deeply into the muscles and joints. This soothing warmth helps ease stiffness while natural aromas calm the nervous system and promote relaxation.

**60 Minutes – IDR 700,000**

**90 Minutes – IDR 900,000**



## Detox Scrub & Body Wrap

A purifying and revitalizing treatment designed to cleanse the body, support natural detoxification, and restore healthy, radiant skin.

### Available Selections:

- Herbal Detox Scrub & Clay Body Wrap
- Aromatherapy Sugar Scrub & Nourishing Body Wrap
- Coffee Detox Scrub & Firming Body Wrap

**60 Minutes – IDR 750,000**

# SPA PACKAGE

## Couple Wellness Package of Blissful Relaxation

Reconnect with your partner through a gentle Partner Yoga session, followed by a relaxing Couple Massage, and conclude with a calming Herbal Tea Ceremony designed to be shared together.

### Package Includes:

- 60 Minutes Partner Yoga
- 60 Minutes Couple Massage
- 30 Minutes Rose Petal Bath with Red Wine

150 Minutes — IDR 3,500,000 / couple

## Spa Romantic Package

Enjoy a relaxing couple's massage, followed by a flower pool ritual for two, and conclude the experience with a private romantic dinner—perfect for creating meaningful moments together.

### Package Includes:

- Welcome Herbal Drink
- 90 Minutes Signature Couple Massage
- Flower Pool Experience
- Private Romantic Dinner

Price: IDR 6,900,000 / couple

## Balance and recovery ( 2,5 hours )

Restore strength and vitality with self-guided gym access, followed by a targeted Sports Recovery Massage, and complete the experience with a refreshing herbal drink.

### Package Includes:

- Full-Day Gym Access
- 90 Minutes Sports Recovery Massage
- One-Time Herbal or Healthy Drink
- 60 Minutes Private Aqua Yoga

Price: IDR 1,400,000 / person

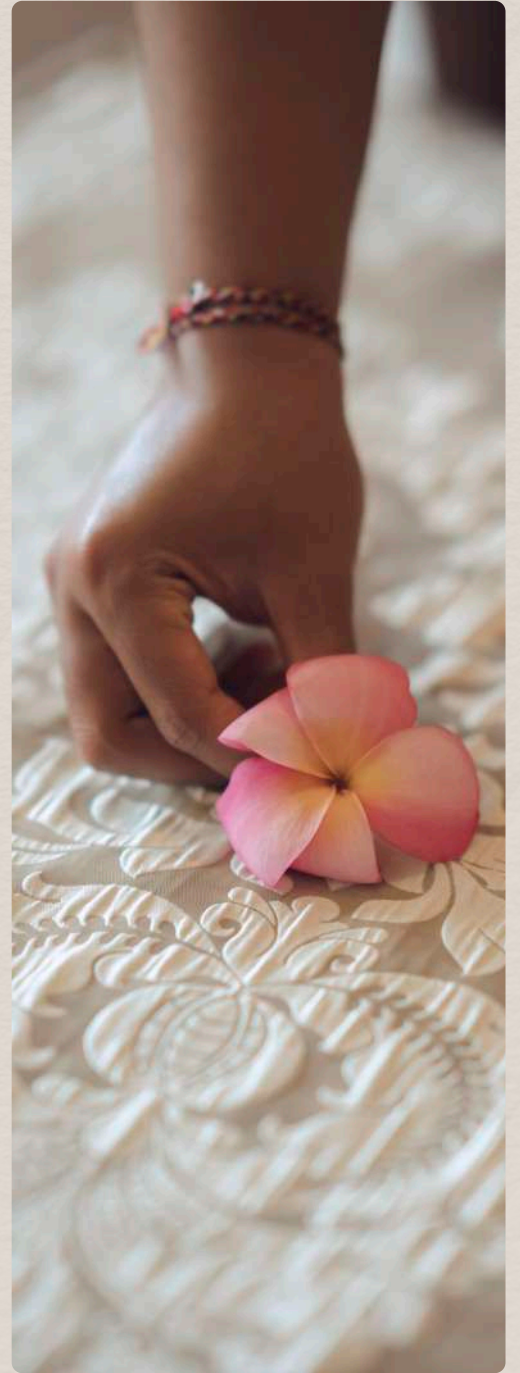
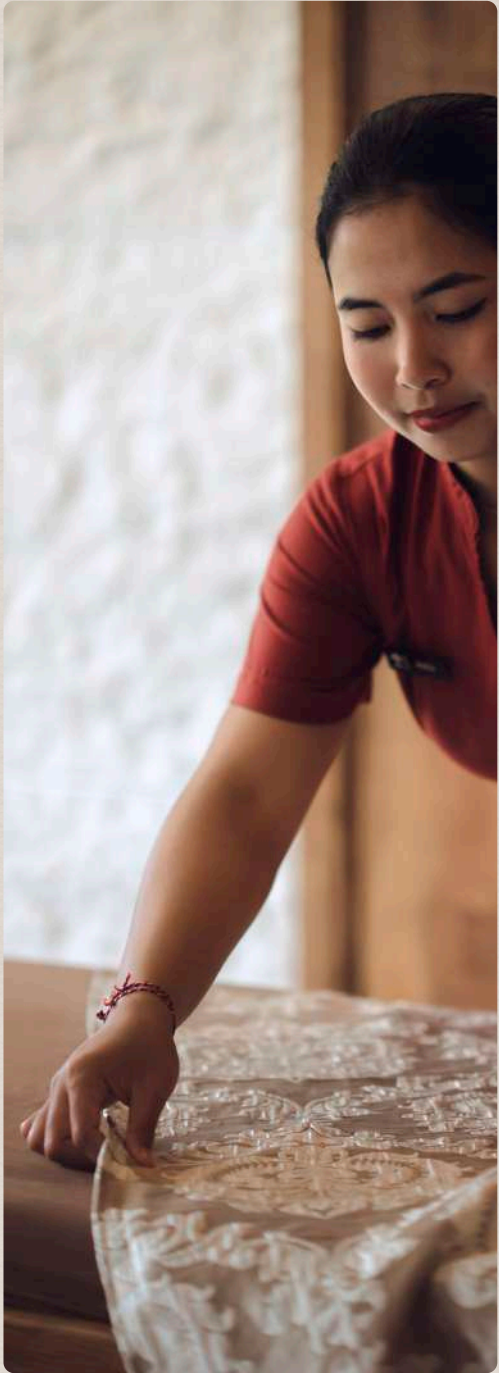
## Spa Romantic Ayurvedic Package

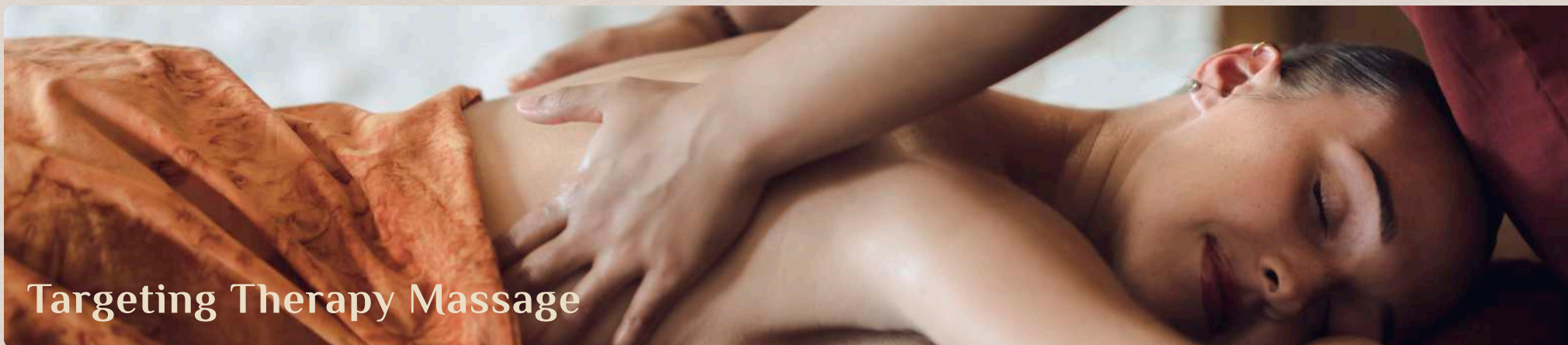
Experience a harmonious blend of Ayurvedic healing and relaxation through a thoughtfully designed romantic spa ritual.

### Package Includes:

- Welcome Herbal Drink
- 90 Minutes Four-Hand Couple Massage with Herbal Compress and Flower Petals
- Snana Bath Ritual
- Two glasses of red wine served during the bath

Price: IDR 4,000,000 / couple





## Targeting Therapy Massage

### Neck, Head & Shoulder Release Massage

A focused treatment designed to relieve tension in the neck, shoulders, and upper back—areas commonly affected by stress, poor posture, and prolonged sitting. Using firm yet soothing techniques, the therapist works deeply into tight muscles to release knots, improve mobility, and restore comfort.

**30 Minutes – IDR 350,000**

**60 Minutes – IDR 600,000**

### Back Relaxation Massage

A targeted treatment focused on the back, shoulders, and lower back to release built-up tension and restore ease of movement. Using a combination of flowing strokes, kneading, and focused pressure, the therapist works into tight muscles and stress points commonly affected by daily activities and poor posture. This massage helps soothe sore muscles, improve circulation, and reduce stiffness while promoting deep relaxation and mental calm.

**30 Minutes – IDR 350,000**

**60 Minutes – IDR 600,000**

### Foot & Leg Revitalizing Massage

A grounding treatment focusing on the feet and lower legs, combining massage and reflexology techniques to stimulate circulation, relieve fatigue, and restore balance throughout the body. Ideal after travel, long walks, or workouts, this massage leaves the legs feeling light and refreshed.

**30 Minutes – IDR 350,000**

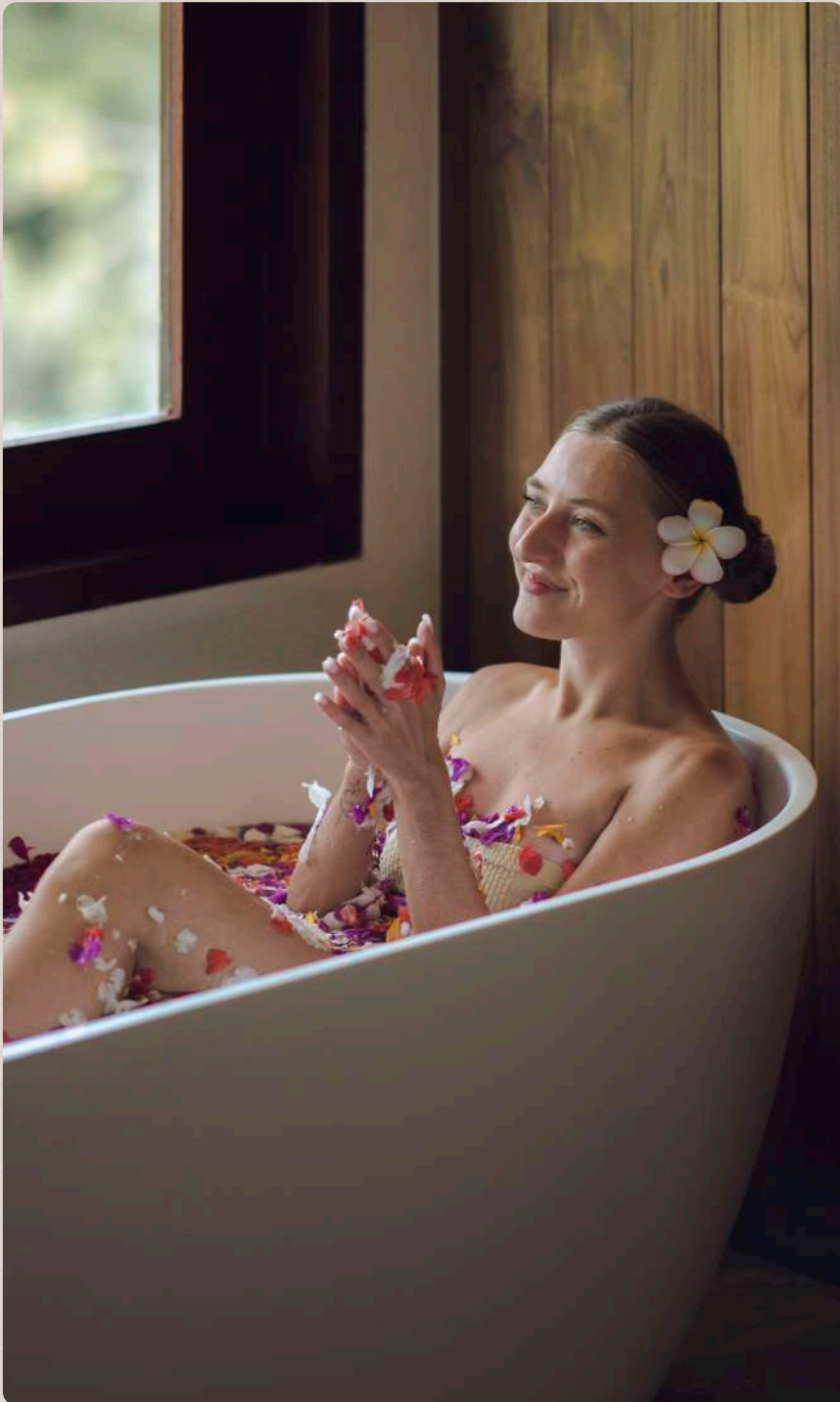
**60 Minutes – IDR 600,000**

### Reflexology

Therapeutic treatment that focuses on applying gentle pressure to specific points on the feet. These points are believed to correspond to different organs and systems in the body. By stimulating these reflex points, reflexology helps improve circulation, reduce stress, relieve tension, and support the body's natural healing process.

**30 Minutes – IDR 350,000**

**60 Minutes – IDR 600,000**



## BATHING SELECTION

Enhance your spa journey with a soothing therapeutic bath designed to relax the body, calm the mind, and prepare you for deeper wellness treatments.

### **Flower Bath – IDR 400,000**

A warm, soothing bath infused with fresh seasonal flowers and natural petals, creating a calming and restorative bathing experience.

### **Lemon Vitality Bath – IDR 600,000**

A refreshing bath infused with fresh lemon and natural citrus essences, designed to awaken the senses and support the body's natural energy. The invigorating aroma revitalizes the mind while gently refreshing the skin, leaving you feeling light and renewed.

### **Herbal Bath – IDR 400,000**

A traditional therapeutic bath infused with natural herbs and botanicals to promote relaxation and overall well-being.

# WELLNESS SPA PACKAGES

## Morning Wellness Ritual

Awaken your body and mind with a revitalizing yoga session, enjoy access to the gym, and complete the experience with a restorative massage designed to support total renewal.

### Package Includes:

- Pre-Workout with choices of Healthy Breakfast menu.
- 60 Minutes Private Yoga Session (Hatha Yoga, Aqua Yoga, or Sunrise Yoga)
- Light Gym Session
- Post-Workout Recovery Drink to Support Muscle Repair.
- 60 Minutes Signature Massage (Deep Tissue Massage)

Price: IDR 1,100,000 / person

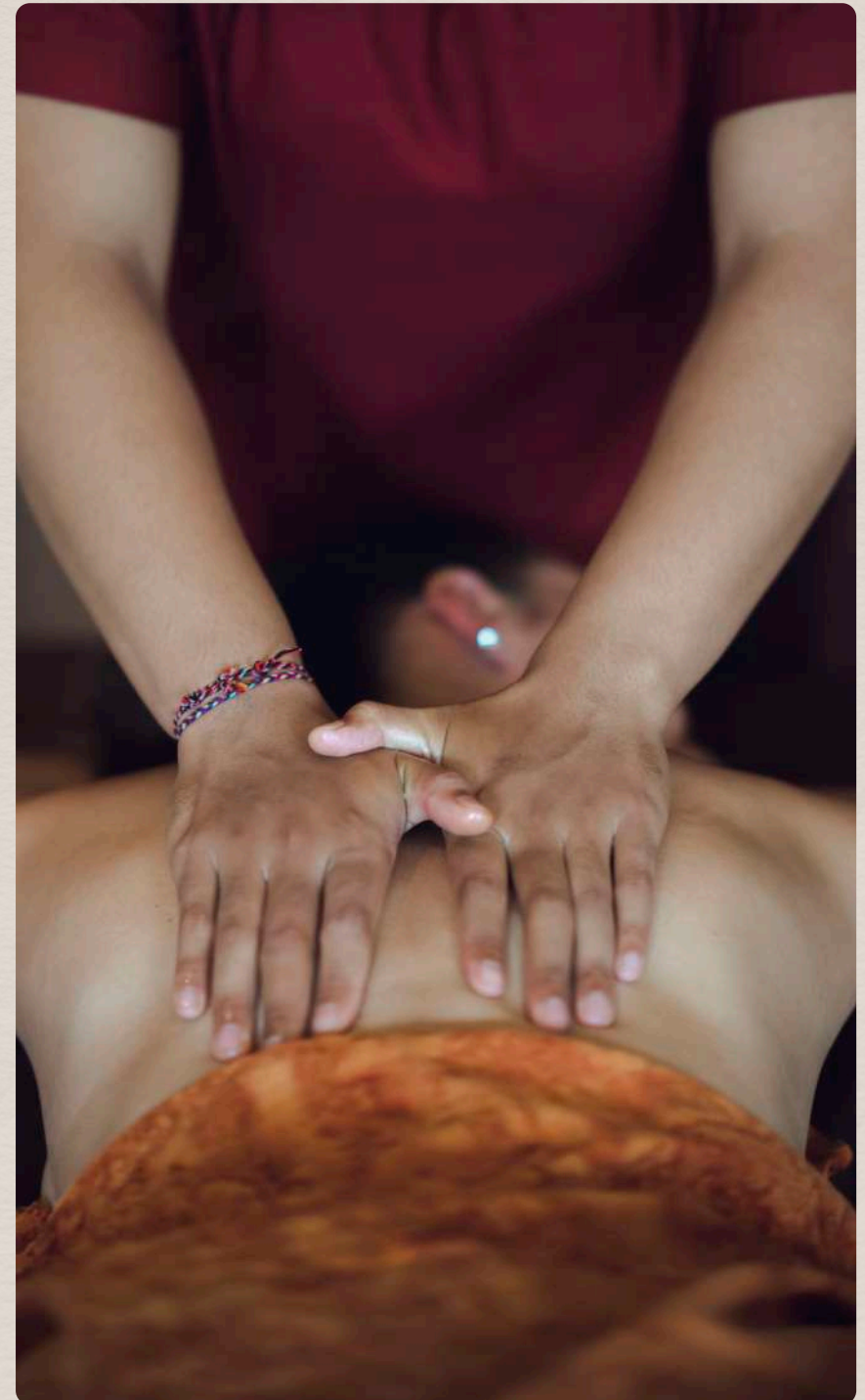
## Fit & Relax Day Pass

Enjoy a full day of wellness with unlimited gym access, one revitalizing yoga class, and a soothing aromatherapy massage designed to restore balance and relaxation.

### Package Includes:

- Pre-Workout Energy Fuel with choices of Healthy Breakfast menu.
- Full-Day Gym Access
- One Group Yoga Class or Aqua Yoga Session
- Post-Workout Recovery Drink (Green Smoothie, Coconut Water, or Detox Water)

Price: IDR 1,200,000 / person



All prices are subject to 21% government tax and service

## One-Day Balanced Wellness Package

Reconnect with nature, restore your energy, and rebalance body and mind through a thoughtfully designed day of movement, nourishment, and deep relaxation.

### Package Includes:

#### Morning

- Pre-workout energy fuel with choices of Healthy Breakfast menu
- Guided nature walk through rice fields and village surroundings

#### Midday

- Fitness or gym session
- Balanced lunch with choices of Healthy Breakfast menu

#### Afternoon

- Spa Treatment: 60 Minutes Deep Tissue Massage

#### Evening

- Hatha yoga or light stretching session
- Healthy dinner with choices of Healthy Breakfast menu

Price: IDR 2,100,000 / person



All prices are subject to 21% government tax and service