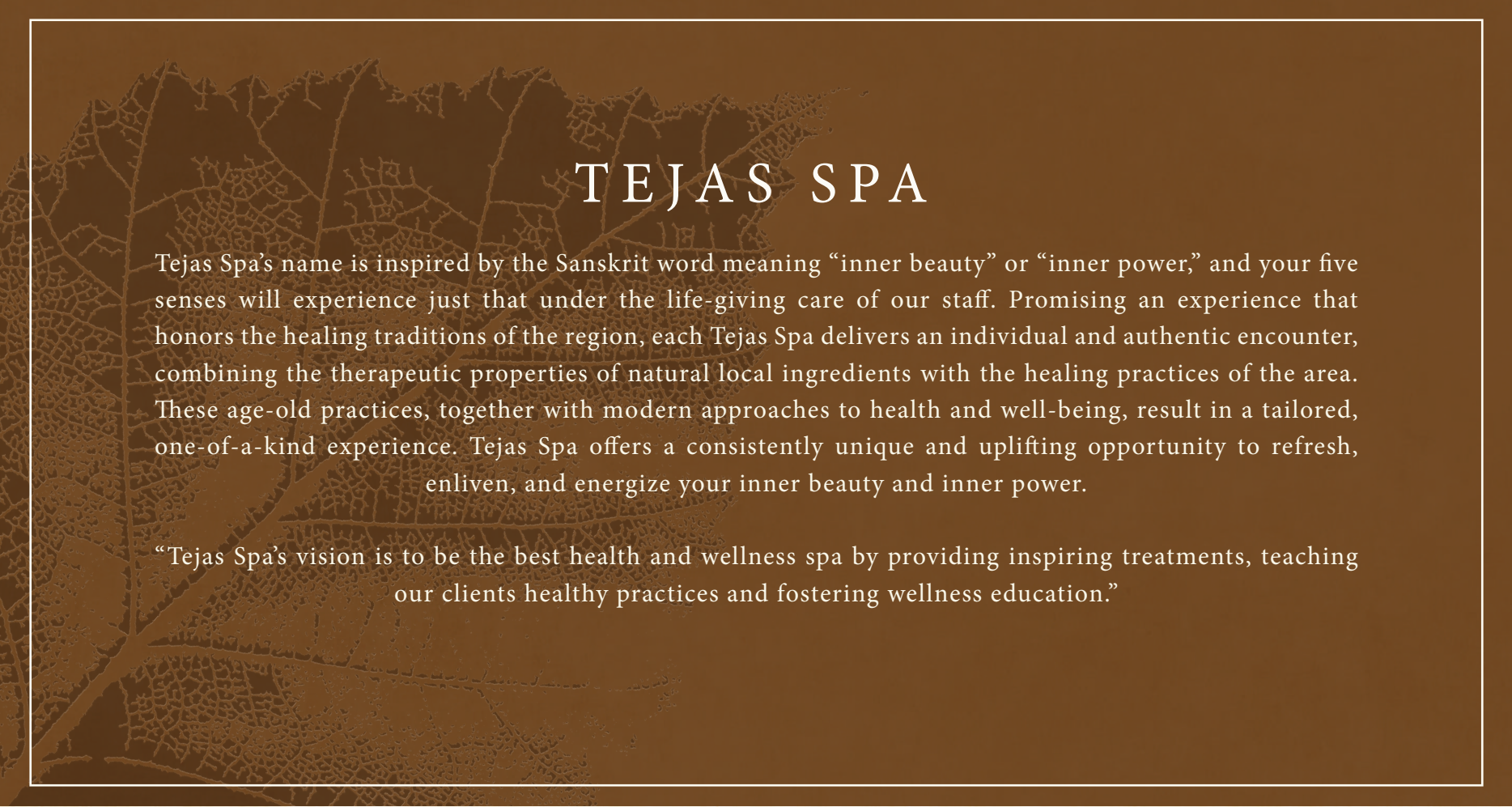
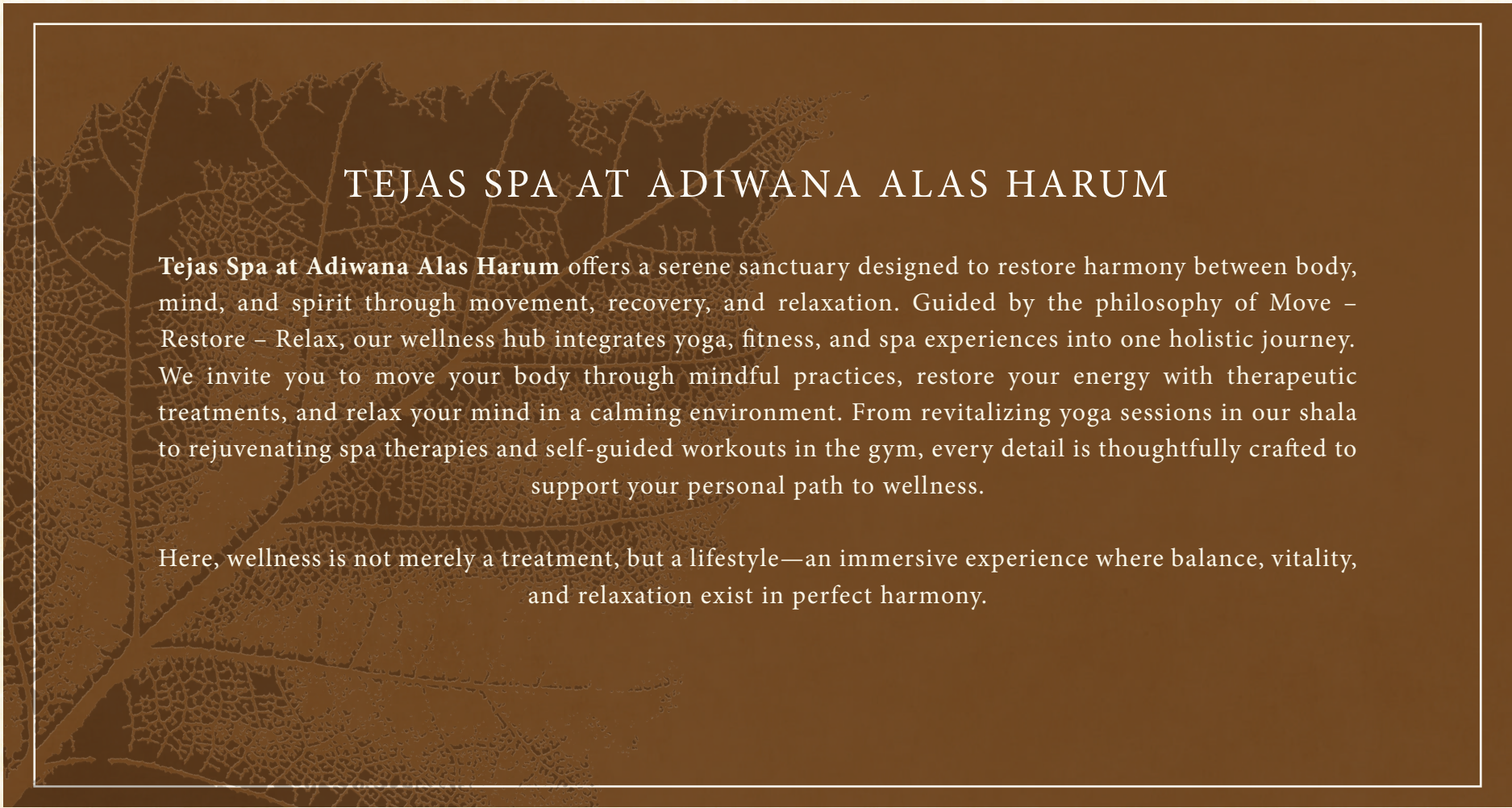




TEJAS SPA

Tejas Spa's name is inspired by the Sanskrit word meaning "inner beauty" or "inner power," and your five senses will experience just that under the life-giving care of our staff. Promising an experience that honors the healing traditions of the region, each Tejas Spa delivers an individual and authentic encounter, combining the therapeutic properties of natural local ingredients with the healing practices of the area. These age-old practices, together with modern approaches to health and well-being, result in a tailored, one-of-a-kind experience. Tejas Spa offers a consistently unique and uplifting opportunity to refresh, enliven, and energize your inner beauty and inner power.

"Tejas Spa's vision is to be the best health and wellness spa by providing inspiring treatments, teaching our clients healthy practices and fostering wellness education."



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

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 775,000

90 Minutes – IDR 1,025,000

TEJAS SEAMLESS EXPERIENCE

A synchronized four-hand massage by two therapists working in perfect harmony to melt away stress twice as fast. Experience a unique and innovative Asian fusion massage enhanced by Ayurvedic techniques. This massage is personalized to suit your bio-energy level, with a focus on complete relaxation of the mind, body, and soul. The seamless experience from head to toe will allow you to drift into a heavenly, unforgettable Tejas Spa therapy.

60 Minutes – IDR 950,000

90 Minutes – IDR 1,150,000

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 help calm the nervous system and restore inner 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.

90 Minutes – IDR 900,000

BALINESE SIGNATURE MASSAGE

Experience ultimate relaxation with our traditional Balinese massage, the 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

SACRED WARM STONE

A deeply restorative therapy using smooth, heated basalt stones placed strategically along the body. The penetrating warmth melts away deep muscle tension, boosts blood circulation, and promotes a profound sense of stillness and relaxation.

90 Minutes – IDR 900,000

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

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 600,000



TEJAS FACIAL

Radiance Glow Facial

A complete skin-reviving ritual designed to restore a bright, healthy glow. Includes deep cleansing, gentle exfoliation, a soothing face and neck massage, a hydrating mask, and a finishing moisturizer to leave your skin soft, refreshed, and visibly radiant.

60 Minutes – IDR 700,000

SUNDARIYA VARDDHINI

Ayurvedic Facial

This Ayurvedic beauty regimen helps firm and shape facial features while improving your complexion. The application of a face pack and cream made from herbal ingredients is followed by a face, head, and neck massage using herb-infused oil. It is suitable for all skin types and works well for pimples, blemishes, wrinkles, sagging, and eyelash loss.

60 Minutes – IDR 700,000



SPA PACKAGE

THE ROYAL JOURNEY OF LOVE

Treat yourselves to a beautiful celebration of togetherness. This couple's package begins with a deeply relaxing signature massage, followed by a skin-rejuvenating body scrub and mask, and concludes with the soothing experience of our signature Pushpa Snana Bath. Thoughtful touches and attentive service create a truly relaxing and intimate experience to share together.

Package Includes:

- Tejas Foot Ritual
- 60-Minute Aromatherapy Massage
- 40-Minute Sea Salt Body Scrub & Moisturizing Body Mask
- 20-Minute Pushpa Snana Bath
- Complimentary Afternoon Tea

*120 Minutes – IDR 1,350,000/pax
IDR 2,600,000/couple*

BALANCE AND RECOVERY

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
- 1-Hour Private Chakra Yoga Session
- 90-Minute Sports Recovery Massage
- One Complimentary Herbal or Healthy Drink

150 Minutes – IDR 1,400,000/person



BODY RENEWAL RITUAL

A complete head-to-toe revitalizing experience designed to restore both body and mind. Begin with a traditional Balinese massage to release muscle tension and promote relaxation, followed by your choice of a natural body scrub or Tejas Facial to gently exfoliate and nourish the skin, leaving you feeling refreshed and renewed.

Package Includes:

- Tejas Foot Ritual
- 60-Minute Traditional Balinese Massage
- 30-Minute Body Scrub or Tejas Facial
- Warm Herbal Tea

90 Minutes – IDR 950,000/pax

IDR 1,700,000/couple

COUPLE REJUVENATION

A romantic head-to-toe pampering ritual designed for couples to recharge their bodies, revitalize their skin, and reconnect in complete harmony.

Package Includes:

- Tejas Foot Ritual
- 60-Minute Traditional Balinese Massage
- 20-Minute Coconut Body Scrub
- 40-Minute Express Facial
- 30-Minute Flower Bath
- 1 Bottle of Sparkling Wine and Balinese Chocolate

150 Minutes – IDR 3,700,000/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

A therapeutic treatment that applies 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.

PUSHPA SNANA BATH

Immerse yourself in a sacred island ritual inspired by the ancient Balinese cleansing traditions. This exotic bath features a vibrant tapestry of local blooms—sacred marigolds, fragrant frangipanis, wild cananga, champaca, and water lilies—floating in warm water infused with island herbs and essential oils. As you soak, the floral essence purifies the aura, releases negative energy, and restores ultimate harmony to your body and spirit.

IDR 500,000

FLOWER BATH

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

IDR 500,000

LEMON VITALITY BATH

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.

IDR 600,000

HERBAL BATH

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

IDR 400,000

WELLNESS SPA PACKAGE

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:

- 60-Minute Private Hatha Yoga Session
- Pre-Workout Healthy Breakfast with a Choice of Menu Options
- Light Gym Session
- Post-Workout Recovery Drink to Support Muscle Recovery
- 90-Minute Deep Tissue Massage

IDR 1,400,000/person

AYURVEDIC & CHAKRA BALANCING ROMANCE

Immerse yourselves in a harmonious blend of Ayurvedic healing traditions, energetic alignment, and deep relaxation through this thoughtfully curated spa journey for couples.

Package Includes:

- Tejas Foot Ritual
- 45-Minute Reiki Crystal Healing
- 90-Minute Four-Hand Massage with Herbal Compress
- 15-Minute Herbal Bath Ritual
- Warm Herbal Tea

150 Minutes – IDR 1,650,000/person

IDR 3,100,000/couple

ONE-DAY BALANCED WELLNESS PACKAGE

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

Package Includes:

- **Morning**
 - Pre-Workout Energy Fuel with a Choice of Healthy Breakfast Options
 - Guided Nature Walk Through Rice Fields and the Surrounding Village
- **Midday**
 - Fitness or Gym Session
 - Balanced Lunch with a Choice of Healthy Menu Options
- **Afternoon**
 - Reiki Crystal Healing
 - 90-Minute Deep Tissue Massage
- **Evening**
 - Chakra Yoga
 - Healthy Dinner with a Choice of Healthy Menu Options

IDR 2,700,000/person

SPA INFORMATION

The information below has been compiled to help you make the most of your experience at Tejas Spa. Please do not hesitate to contact us if you have any questions or need assistance choosing a treatment that best suits your needs.

SPA HOURS

Tejas Spa is open daily from 9:00 AM to 9:00 PM.

RESERVATIONS

Reservations are highly recommended. Please dial #5 to book a treatment or contact Tejas Spa at Adiwana Alas Harum directly at +62 811-3960-1514.

PRE-INFORMATION

For your comfort, we kindly recommend taking a shower before your treatment.

We recommend arriving at least 15 minutes before your scheduled appointment. This allows us enough time to prepare you for your spa experience. Please note that arriving late may reduce the time available for your treatment and the full benefits of the experience.

Please refrain from sunbathing, eating a heavy meal, or consuming alcoholic beverages before your treatment, as these may affect your spa experience.

Please inform us if you are feeling unwell or have a history of high or low blood pressure, allergies, or any health condition that requires medication.

Our spa treatment rooms are designed to accommodate both individual and couple treatments. For your comfort and convenience, we provide disposable underwear, slippers, towels, shower facilities, and a hair dryer.

Please leave all valuables and personal belongings in your room. Tejas Spa cannot accept responsibility for any loss of valuables brought to the spa.

While it is not necessary to remove your contact lenses during your treatment, we recommend bringing your contact lens case and solution with you in case you experience any discomfort.

NOTE FOR MEN

Men are advised to avoid shaving for at least three hours before a facial treatment.

NOTE FOR WOMEN

Women are required to remove all traces of makeup before any treatment and are advised to avoid shaving before a body exfoliation treatment.

Body treatments are not recommended during pregnancy. However, please ask our receptionist for guidance on which treatments or rituals may be suitable during pregnancy.

CANCELLATION

Please notify the spa at least 12 hours in advance if you wish to cancel or reschedule your appointment.

A 50% cancellation fee will be charged for treatments canceled less than 12 hours in advance.

No-shows will be charged the full amount for the missed service.

PAYMENT

Tejas Spa accepts cash and all major credit cards, including Visa, Mastercard, and JCB.

All rates are quoted in Indonesian Rupiah and are subject to a 21% government tax and service charge.

PROHIBITED

Photography and smoking are strictly prohibited in and around the spa.

AGE LIMITATION

Children under the age of 14 are not permitted to use the spa facilities. Please do not leave children unattended in the spa reception area.