WELLNESS

SPA



A contemporary *Sanctuary* rooted in *Balinese Healing*

Harmonizing the celestial strength of *Bapa Akasa* and the nurturing fertility of *Ibu Pertiwi*, our spa is the perfect balance of masculine and feminine energies to rejuvenate your body, calm your mind, and uplift your spirit.

The Concept of *Bapa Akasa Ibu Pertiwi* in Hinduism
In Hinduism, the concept of *Bapa Akasa Ibu Pertiwi* symbolizes the relationship between the universe and humanity. Here's an explanation of this concept:

Bapa Akasa *(Father Sky)*
Meaning: *Akasa* is often interpreted as the sky or outer space.
Symbolism: *Bapa Akasa* represents the masculine aspect, strength, and protection.
Role: As Father, *Akasa* provides protection and space for life to flourish.

Ibu Pertiwi *(Mother Earth)*
Meaning: *Pertiwi* means earth or land.
Symbolism: *Ibu Pertiwi* represents the feminine aspect, motherhood, and fertility.
Role: As *Mother*, *Pertiwi* provides life, nourishment, and a place for living beings to grow.

In Hindu scriptures, this concept is often used to teach values of living in harmony with nature and spirituality.

Om Śānti Śānti Śānti Om
Peace in the body. Peace in the heart. Peace in the soul.

Where *Architecture* and *Healing* align

At the Wellness Spa, our design is a reflection of Bali's soul—crafted from natural wood and centered around a graceful spiral staircase, inspired by arsitektur Bali and the island's deep connection to nature and spirit.

Wood, sacred in Balinese tradition, brings warmth, grounding, and life energy *(jiwa)* into the space, creating an atmosphere of calm and rootedness. The spiral staircase symbolizes an inner journey—mirroring the sacred ascent toward clarity and balance, just as the Balinese seek harmony through *Tri Hita Karana*.

Every curve, texture, and material was chosen with intention, guided by the island's holistic wisdom. Our spa is more than a retreat—it is a sanctuary of *penyucian* (purification), *pemulihan* (restoration), and *ketenangan jiwa* (peace of soul), designed to honor tradition and nurture your wellbeing in every step.

Moreover, the concept is embodied through a majestic spiral staircase that descends from above to below, symbolizing the journey from the celestial realm of Akasa to the nurturing earthiness of Pertiwi, and looping infinitely, representing the eternal cycle of life and wellness.

The concept of Bapa Akasa and Ibu Pertiwi is also beautifully embodied in our signature massage, where we expertly blend relaxation techniques with gentle stretching, harmonizing the masculine and feminine energies to promote overall wellbeing. Warm oil is lovingly applied to soothe and nourish the skin, melting away tension and stress.







HOW TO SPA

OPENING TIMES
Sakala Wellness Spa open daily, from 9:00 AM - 9:00 PM. Last appointments booked at 7:30 PM and only for a 60-minutes treatment. Reservation must be made minimum one day in advance.

PRICES
Treatment prices are in thousands Indonesian Rupiah and do not include government taxes or service charge. A 21% service charge and local tax will be applied to your final bill as per government current law. Additional gratuities for your service provider(s) are subject to your discretion.

RESERVATION
To make your reservations, please contact reception at Ext. 0 or directly to Spa at Ext. 7000 from your suite. Prices are subject to change without prior notification.

PRE-ARRIVAL INFORMATION
Please arrive 15 minutes prior to your scheduled appointment time to prepare for your spa experience. Appointments begin promptly at the time scheduled. For late arrivals, appointment will be shortened and end on time.

HEALTH DISCLOSURES
Enjoy a personalized consultation with our spa concierge prior to the experience to determine the best treatment program. Please advise or any concerns, allergies, aliments or disabilities, especially if you have high blood pressure or are pregnant, as some services may not be appropriate for you at this time.

SPA ATTIRE
Sakala Wellness Spa will provide you with robe, disposable underwear and slippers for your personal use during your visit to our Spa.

QUIET ZONES
Kindly note that our SPA is a tranquil setting and a place to relax. Silence phones and maintain low volume voice. Our SPA is unsuitable place for babies and small children.

SAFETY & HYGIENE
Sakala Wellness Spa is not responsible for any personal lost or misplaced items. It is recommended to leave all jewelry and valuables in your room's safety deposit box.

Our Spa is a smoke and alcohol-free environment as we would like to provide a healthy and safe environment for all our guests.

OTHERS
We recommend that you do not sunbathe directly after your spa treatment and limit your sun exposure for two hours before and after any spa treatment.
For Kids massage is only intended for kids age 8-12 years old (for under 12 years old will need adult supervision).

CANCELLATION & RESCHEDULE
For any cancellations less than 24 hours notice, it will incur 50% charges. For no-shows will be charged 100%. For nail and hair braiding services, cancellations aren't accepted. For rescheduling is subject to availability and may not always be possible.

SPA GIFT CERTIFICATE
Our Gift Spa Certificates are available for those who wish to share the gift of relaxation, wellness, and indulgence with someone special.
Perfect for birthdays, anniversaries, celebrations, thank-you gifts, or simply to show someone you care.



SAKALA SIGNATURE HEAD SPA

"Inspired by Japanese scalp wellness traditions and enhanced with the calming spirit of Bali, this sensory ritual restores balance to the scalp, relaxes the mind, and leaves hair beautifully nourished. Gentle water flow, aromatic scalp massage, warm steam, and facial relaxation create a journey of complete wellbeing."

Prāṇa Head Ritual *(Life Force / Vital Energy)*

Awaken your senses. Restore your balance. Reconnect with yourself.

Discover Sakala's signature Japanese-inspired head spa journey, thoughtfully designed to restore a sense of balance and well-being. Beginning with mindful breathing, this immersive ritual combines a refreshing express facial, purifying scalp care, soothing halo water therapy, and a restorative head massage to nourish the hair and relax the mind.

A harmonious fusion of facial relaxation and scalp rejuvenation, leaving you feeling refreshed, renewed, and deeply relaxed.

90 minutes **IDR 1,250,000/person**

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

RITUALS

Akasa Pertiwi Balance Ritual

A special treatment created for Couples

Indulge in a luxurious spa experience designed for couples. Let the stresses of everyday life melt away as you and your partner indulge in these expertly crafted treatments, designed to nourish your body, calm your mind, and deepen your connection.

- Pranayama Ritual *(short breathing exercise with singing bowl)*
- Foot Ritual
- Sakala Signature Massage
- Frangipani Body Scrub & Body Mask
- Express Facial Cleopatra Rose
- Flower Bath
- Two (2) glasses of mixed Juice afterwards

210 minutes

IDR 3,750,000/couple

Napak Pertiwi Ritual

Pertiwi indicates a more feminine treatment that includes a facial

Indulge in our luxurious Sakala of Beauty Rituals, a divine retreat tailored to nourish your body, mind, and spirit. This treatment combines therapeutic foot massage with revitalizing facial.

- Foot Rituals
- Foot Massage
- Revitalizing Facial using Rose Damask

90 minutes

IDR 1,350,000/person

Bapa Kayangan Ritual

Bapa Kayangan more masculine meaning, related with the treatment esp for muscle treatment

The Balinese Boreh body Rituals is designed to ease off tired muscles, enhance circulation : A blend of ginger, turmeric powder, clove, cinnamon, rice powder is applied to the skin , gentle apply into your body leave it on the skin surface to absorb to warm up the muscles, active the mind, boost circulation of the blood and increase metabolism.

- Foot Rituals
- Authentic Balinese Massage
- Balinese Boreh Wrap

90 minutes

IDR 1,350,000/person

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





Sang Samudaya Ritual

Samudaya means ocean, where we associate the island's tropics with coconuts

Sang Samudaya Ritual is a luxurious retreat designed to rejuvenate your body, calm your mind, and soothe your soul.

This treatment is carefully crafted to provide the ultimate pampering experience, featuring a series of treatments that will leave you feeling refreshed, revitalized, and radiant.

- Pranayama Ritual (short breathing exercise with singing bowl)
- Foot Ritual
- Authentic Balinese Massage
- Coconut Body Scrub
- Coconut Body Mask
- Tropical Bath (cucumber, *pandan* leaf and a slice of lemon)
- Enjoy a whole Coconut Drinks

150 minutes

IDR 1,650,000/person
IDR 2,950,000/couple

Kapila Varna Ritual

Kapila Varna means chocolate in Sanskrit

Indulge in our luxurious Cocoa Bliss Treatment, a delightful combination of traditional Balinese massage and rich cocoa pampering.

- Pranayama Ritual (short breathing exercise with singing bowl)
- Authentic Balinese Massage
- Cocoa Body Scrub
- Cocoa Body Mask
- Cocoa Milk Bath
- Two glasses of Milkshake *(ingredients: fresh milk, choco ice cream, sugar, choco flakes)*

150 minutes

IDR 1,650,000/person
IDR 2,950,000/couple

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

MASSAGE THERAPIES

The Sakala Signature Massage
Exquisite in all its movements, the Sakala Signature Massage is a holistic approach to balance the body by using warm aromatherapy oils using massage techniques combined with stretching to relieve muscle tension and improve blood circulation.

60 minutes	**IDR 800,000**
90 minutes	**IDR 1,000,000**

Authenthic Balinese Massage
Balinese massage combined effleurage, thumb pressure, petrissage, acupressure, knuckle, to create a holistic and deeply relaxing experience. It aims to release muscle tension, improve circulation, and restore body's natural balance and harmony to promote relaxation, relieve stress, and rejuvenate the body.

60 minutes	**IDR 785,000**
90 minutes	**IDR 985,000**

Deep Tissue Massage
The therapist uses their palm, knuckles, elbows, and forearms to apply deeper, more concentrated pressure to helps reduce chronic pain and muscle soreness, particularly in areas like the lower back, neck, and shoulder. It targets deep muscle layer to release tightness and improve mobility.

60 minutes	**IDR 785,000**
90 minutes	**IDR 985,000**

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





Back Massage

Therapeutic and comforting massage that focuses on the back with pressure points and an aim to relax muscles and joints that are stiff from exercise or fatigue.

30 minutes	**IDR 650,000**
60 minutes	**IDR 775,000**

Healing Aroma Massage

Experience the ultimate relaxation treatment with our Healing Aroma Massage, combining the benefits of massage therapy with the healing properties of essential oils. Let our skilled therapists guide you on a journey of deep relaxation, stress relief, and rejuvenation, as the soothing aromas work to balance and harmonize your body and mind

60 Minutes	**IDR 785,000**
90 Minutes	**IDR 985,000**

Warm Stone Massage

Dissolving muscular tension and releasing stress is key to this treatment. Great for easing muscle stiffness and increasing circulation and metabolism. It also promotes deeper muscle relaxation.

60 minutes	**IDR 850,000**
90 minutes	**IDR 1,050,000**

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

EXFOLIATE

Sensational Coffee Scrub
As coffee grounds are a natural exfoliator that helps to remove dry and dead skin cells, this treatment will exfoliate and help reveal a smooth, healthy, and glowing skin underneath.

45 minutes

IDR 575,000

Rejuvenating Coconut Scrub
Known for its many health and beauty benefits, coconut's antioxidants and anti-inflammatory elements will leave your skin moisturized, fresh, and free from redness or swelling. It's also packed with vitamin B2 and vitamin E that helps maintain skin collagen levels and supports skin cell growth. Enjoy this rejuvenating coconut exfoliation as the ultimate form of self-pampering.

45 minutes

IDR 575,000

Creamy Chocolate Scrub
Carefully curated, cocoa is known to soften the epidermis and stimulate surface oxygenation of the skin. Enjoy a full body cocoa exfoliation that will leave your skin better than ever before.

45 minutes

IDR 575,000

Frangipani Body Scrub
Features the Frangipani flower (aslo known as *Kamboja* flower) as its key incredient or fragrance to help remove dead skin cells, leaving the skin feeling smooth and refreshed, hydration, smoothing and softening: the exfoliating ingredients in the scrub (like sugar or salt) work to smooth out rough patches and dry skin, helping to make your skin feel softer and more supple.

45 minutes

IDR 575,000

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





BODY WRAPS

Decadent Chocolate

Awaken your senses and pamper your skin with our luscious chocolate body mask that helps to calm, nourish, and moisturize the skin in a way you've never felt before.

45 minutes **IDR 600,000**

Luscious Coconut

Anti-aging and rich with vitamins, our coconut body mask helps to recharge and restore the balances of the skin. Rich with antioxidants, this treatment aims to protect the skin while activating healthy skin cell growth.

45 minutes **IDR 600,000**

Soothing After-Sun

Revitalize your skin after a day out in the sun with our soothing Aloe Vera body wrap. Aloe Vera contains a lot of water, minerals, and vitamin C which will help to rehydrate your skin in the best way. The treatment will follow with a cooling Aloe Vera gel that your body and skin will definitely thank you for!

45 minutes **IDR 600,000**

BLISSFUL STEPS

Foot Reflexology

Reflexology is based on the theory that the feet are reflections of the entire body. This foot massage will focus on specific points to stimulate and improve blood circulation and promote a healthy, balanced body. Ideal for tired legs and feet.

30 minutes **IDR 475,000**
60 minutes **IDR 675,000**

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

FACIALS

*Made locally on the island, **Sensatia Botanicals** is a holistic brand strives to create healthy skincare products using pure and natural ingredients. Prioritizing your wellness, we have worked together with Sensatia to bring you the most wonderful experience through our facials...*

Anti-Aging Facial

Experience a confidence-boosting transformation as this remarkable formula from Sensatia plumps and hydrates your skin, reducing the appearance of fine lines and wrinkles. Promoting collagen production, this facial will leave you with a rejuvenated and youthful complexion.

60 minutes **IDR 885,000**

Revitalizing Facial

Pamper your skin with this facial using Rose Damask which are enriched with rose petals from Damascus that plays a serious role in regulating sebum and nurturing skin. Rose Damask is also known to help prevent signs of anti aging, revitalizing and refreshing your skin to its original glow.

60 minutes **IDR 785,000**

Express Facial Cleopatra Rose

Using the Blossom Dream Cream from the Cleopatra Rose Series for revitalization and glow, this facial on-the-go is one that your skin will thank you for!

60 minutes **IDR 600,000**

Sensatia® botanicals

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





SCALP TREATMENTS

Avocado Hair Treatment

Indulge your scalp in the rich, natural goodness of our Avocado Cream Treatment — a luxurious blend of nutrient-rich avocado cream and freshly mashed avocado. This deeply hydrating treatment is packed with essential fatty acids, vitamins A, D, and E, and antioxidants that work together to moisturize the scalp, strengthen hair roots, and promote healthy growth. Ideal for dry, itchy, or flaky scalps, it leaves your hair feeling softer, shinier, and revitalized from root to tip.

90 minutes **IDR 650,000**

Soothing Aloe Vera Hair Treatment

Give your hair a natural boost with our refreshing Aloe Vera Hair Treatment, made with freshly extracted aloe vera blended into a soothing cream base. Rich in vitamins, minerals, and enzymes, aloe vera deeply nourishes the scalp, helps reduce dandruff, soothes irritation, and restores moisture to dry or damaged hair. This cooling treatment strengthens hair strands, promotes healthy growth, and leaves your hair feeling soft, shiny, and revitalized.

90 minutes **IDR 650,000**

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

KIDS SPA MENU

Specially designed for our young guests aged 8–12 years

Relax • Play • Glow • Shine

Mini Me Massage

A gentle and relaxing full-body massage specially designed for young guests. Light-to-medium pressure is carefully adjusted to ensure comfort while helping little bodies relax and unwind.

30 minutes **IDR 585,000**

Happy Little Feet

A soothing foot massage designed to refresh tired little feet. The treatment combines gentle massage techniques with a relaxing touch to leave the feet feeling light, refreshed and comfortable.

30 minutes **IDR 475,000**

Glow Mini Facial

A gentle botanical facial featuring nourishing candle nut, refreshing cucumber, and calming oat, specially selected to provide a soft, comfortable and refreshing experience for young skin.

30 minutes **IDR 500,000**

Shiny Happy Hair

A fun and gentle hair ritual designed especially for little ones, featuring fresh Aloe Vera to leave the hair feeling soft, refreshed and beautifully cared for.

30 minutes **IDR 450,000**

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





JUNIOR ISLAND RITUALS

Junior Island Duo

Choose any 2 treatments and enjoy both experiences in one delightful spa journey.
Perfect for young guests who would like to enjoy more than one treatment during their spa visit.
Treatment selection:

- Mini Me Massage
- Happy Little Feet
- Glow Mini Facial
- Shinee Happy Hair

60 minutes **IDR 850,000**

Junior Island Trio

Choose any 3 treatments for a complete wellness experience.
A wonderful combination of relaxation, refreshment and pampering, specially created for our young guests.
Choose any 3:

- Mini Me Massage
- Happy Little Feet
- Glow Mini Facial
- Shinee Happy Hair

90 minutes **IDR 950,000**

SPECIAL FAMILY EXPERIENCE

Mommy and Me in Chocolate

A sweet and memorable wellness experience for mother and child, combining relaxing chocolate-inspired treatments, a playful bubble milk bath and a delicious chocolate moment to enjoy together.

- 30mins Back Massage with Chocolate oils
- 30mins Chocolate Body Mask
- 30mins Milky Bubble Bath
- Complimentary Ice Chocolate for two *(ingredients: cocoa powder, fresh milk, sugar)*

90 minutes **IDR 1,850,000**

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

OTHER TREATMENTS

We also offer Gel Nail Manicures, Pedicures, and Hair Braiding. For more information, please book your appointments directly at the Spa or by dialing ‘0’ from the telephone in your suite.





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