



Su Spa – A Sanctuary of Goodness and Harmony, inspired by the name Sumitra, “Su” in Balinese means “Good” and that is the heart of our philosophy. At Su Spa, we are dedicated to delivering a genuinely good and memorable experience for every guest. Embracing the essence of goodness and harmony, we nurture connections between people and nature through treatments designed to restore balance, soothe the body, and calm the mind in a peaceful, natural setting. With warm hospitality and skilled therapists, Su Spa offers more than just a service, it offers a journey of relaxation, renewal, and inner peace.

## HAIR SPA

### *Traditional Indonesian Hair Creambath 60 min*

**700.000 IDR**

Discover the secret behind the sleek, lustrous hair of Indonesian women. A rich conditioning cream is gently massaged into the scalp to improve circulation and promote healthy growth. As the cream is steamed into your hair for maximum absorption, unwind with a soothing neck and shoulder massage that melts away tension.

### *Warm Stones Hair Revival Creambath 90 min*

**900.000 IDR**

Our traditional ceambath combined with our signature hot stone massage, targeting the neck, shoulders, and upper back for profound stress relief. While your hair steams to enhance moisture absorption, enjoy a calming arm and hand massage to complete your full-body relaxation. Your experience concludes with our signature blow-dry, leaving you feeling refreshed, polished, and utterly rejuvenated.

### *Scalp Treatment 45 min*

**700.000 IDR**

A soothing scalp massage follows to promote oxygenation, calm irritation, and restore balance to the scalp, a gentle hand massage completes the experience, releasing tension and enhancing overall relaxation.



# Massage

Massage provides a host of health enhancing benefits. It can help to lower blood pressure, increase blood circulation and lymph flow, relax muscles, improve skin condition reduce stress and deliver a harmony feeling of mind-body wellness. Feel tension melt away and the rapture begin under the expert hands of our therapist.

## *Su – Signature Massage 75 min*

**1.000.000 IDR**

Experience the ultimate transformation as expert hands work away stress, tension, and fatigue. Our Signature Spa Massage blends the best of Balinese, Deep Tissue, and Thai techniques to improve circulation, release tight muscles, and leave you feeling completely recharged.

## *Balinese Massage*

Our Traditional Balinese Massage invites you to surrender body and mind to a deeply restorative experience. This holistic therapy blends long, flowing strokes, gentle stretches, acupressure, and rhythmic kneading, applied with intuitive precision and care. Rooted in ancient wisdom, it melts away muscle tension, calms the mind and relaxing

**60 min**

**800.000 IDR**

**90 min**

**1.200.000 IDR**

## *Deep Tissue Massage*

Designed to release chronic tension, it combines long, deliberate strokes with targeted pressure point techniques to stimulate circulation, ease muscle tightness, and restore balance to your inner energy flow. Through skilled pushing, kneading, and deep pressure, this massage coaxes tired muscles into a state of relief and renewal. Perfect after a long flight, a late night, or whenever your body craves restoration.

**60 min**

**1.000.000 IDR**

**90 min**

**1.500.000 IDR**

## *Healing Stone Therapy*

Warm and cool river stones are expertly applied in rhythm with flowing massage techniques, melting away tension, easing weary muscles, and reawakening your energy centers. Ideal for refreshing a tired body and uplifting the spirit, this treatment blends the grounding power of nature with the healing touch of intuitive hands.

**60 min**

**1.200.000 IDR**



### ***Custom Designed Massage 60 min***

**800.000 IDR**

This fully personalized treatment is designed in collaboration with you—simply let us know your areas of focus, and our skilled therapists will tailor the techniques and pressure to suit your preferences. Whether you seek deep relief or gentle relaxation, this session is crafted entirely around your well-being.

### ***Four Hand Massage 60 min***

**1.500.000 IDR**

In this sublime massage experience two therapists perform a choreographed dance and smooth your mood. This is the ultimate guilt-free indulgence. Two therapists work together in perfect harmony to deliver to you the most incredible massage.

### ***Reflexology Massage***

This revitalizing treatment focuses on the feet and legs to promote healing throughout the entire body. Based on the ancient art of reflexology, it targets specific pressure points on the feet that correspond to internal organs and systems. Gentle yet precise stimulation of these points helps improve circulation, release tension, and restore the body's natural balance and energy flow

**45 min**

**500.000 IDR**

**60 min + hot compress**

**700.000 IDR**

**75 min + lime foot bath**

**900.000 IDR**

### ***Prenatal Nurture Massage 60 min***

**900.000 IDR**

Specially designed for mothers-to-be after the first trimester, this gentle massage offers soothing relief and deep relaxation for both mother and baby. Using safe, supportive techniques and our specially formulated Nurture Oil, this treatment helps ease pregnancy-related tension, improve circulation, and promote overall well-being

### ***Postnatal Recovery Massage 60 min***

**900.000 IDR**

Designed specifically for new mothers within the first 12 weeks after childbirth, this restorative massage supports both physical healing and emotional well-being during the postpartum period. Gentle yet effective techniques help relieve muscle tension, reduce swelling, and soothe areas of soreness, recovery, and a renewed sense of balance as your body adjusts after birth.

### ***After - Sun soothing body wrap 60 min***

**700.000 IDR**

Soothe and hydrate, deeply cooling and refreshing treatment. A nourishing blend of aloe vera, cucumber, and natural botanicals is applied to restore moisture and calm sun-exposed skin. You'll be gently wrapped in banana leaves to enhance absorption while enjoying a relaxing scalp massage. After a refreshing shower, a soothing sun-repair gel is applied, leaving your skin soft and replenished

### ***Body Scrub Only 45 min***

**650.000 IDR**

## Su Signature Facials

### *Sensitivity facial 60 min*

**900.000 IDR**

Perfect for sensitive skin, this treatment uses gentle, nature-inspired ingredients to nourish and refresh your complexion. We use a trusted range of Indonesian pharmaceutical-grade facial products—not fully organic, but highly effective in cleansing, exfoliating, toning, and moisturizing

### *Traditional facial 60 min*

**800.000 IDR**

Experience the gentle power of nature with this traditional facial ritual. Your treatment begins with a soothing blend of yogurt and honey as a natural cleanser, followed by a gentle scrub made from pure, natural ingredients to exfoliate and refresh the skin. Enjoy a calming facial massage using nourishing coconut oil, then relax with a cooling cucumber mask while receiving a comforting hand massage. The experience concludes with the application of a traditional moisturizer to hydrate and maintain your skin's natural glow.

## SPA PACKAGES

### *Romantic Honeymoon Spa Package*

Celebrate love with our specially curated couples experience, designed for ultimate relaxation and connection. Begin with a 60-minute Balinese massage, followed by a 30-minute body scrub to leave your skin soft and glowing. After a refreshing shower, unwind together in a 30-minute aromatic flower bath. Complete the 2-hour journey with warm ginger tea and homemade cookies. Upgrade to our 3-hour package to include a soothing aromatherapy facial, perfect for couples seeking a deeper escape into bliss.

#### *Honeymoon Package 2 hours*

**5.000.000 IDR**

#### *Honeymoon Package 3 hours*

**7.500.000 IDR**

### *Sea Salt Ritual Package 2 hours*

**2.000.000 IDR**

Prepared our special unique healthy treatment, Begin with your choice of a 25 minute of special sea salt scrub, Then, released your muscle tension with our Su signature massage 75 minutes, with three combination step of massage sequence, following with 20 minutes of herbal bath using betel leaf and cristal salt to increase your body immunity.

### *Island Indulgence Ritual 2 hours*

**2.500.000 IDR**

Treat yourself to a blissful escape with this nourishing head-to-toe experience. Begin with your choice of a 30-minute refresher facial or relaxing foot massage. Then, revitalize your skin with our aromatic vanilla and coconut body scrub—delivering deep exfoliation and a touch of tropical luxury. A soothing 60-minute full-body massage follows, using our signature oil to ease tension and restore balance. The ritual concludes with a rich carrot body conditioner to deeply hydrate and leave your skin silky-smooth and glowing with wellness.



### ***Royal Javanese Lulur Ritual 2 hours***

**2.500.000 IDR**

Indulge in a timeless beauty tradition once reserved for Javanese royalty. This exquisite body therapy begins with a luxurious application of jasmine-infused rice powder blended with traditional spices, gently exfoliating the skin and awakening the senses. A soothing yogurt body mask follows, deeply nourishing the skin and leaving it silky-soft and delicately fragrant. After a refreshing shower, your journey continues with a full-body massage and a calming 30-minute aromatherapy flower bath. Complete your royal escape with warm ginger tea and homemade cookies.

### ***Balinese Boreh Ritual Package 2 hours***

**2.500.000 IDR**

Ease tension and restore balance with this deeply therapeutic treatment, perfect for relieving jet lag and fatigue. Begin with a 60-minute aromatherapy massage to relax the body and calm the mind. This is followed by the application of traditional warm Balinese *boreh*. While your body is wrapped in this revitalizing blend, enjoy a soothing 30-minute scalp or foot massage. A cooling cucumber application follows to calm and refresh the skin before a warm shower leaves you feeling renewed and re-energized.

### ***Ultimate Indulgence Package 3 hours***

**3.500.000 IDR**

Unwind with this luxurious full-body experience designed to relax, rejuvenate, and refresh. Begin with a 60-minute Balinese massage to melt away tension, followed by your choice of a 30-minute body scrub to gently exfoliate and soften the skin. Soak in a calming 30-minute aromatherapy flower bath while enjoying warm ginger tea and cookies. Your journey concludes with a refreshing 60-minute facial, leaving your skin radiant and your body completely renewed.

### ***Volcanic Anti-Cellulite Body Scrub 90 min***

**2.000.000 IDR**

Harness the power of Bali's mineral-rich volcanic clay in this invigorating body scrub designed to target uneven skin texture and boost circulation. A blend of volcanic clay, sea salt, and sugar gently exfoliates dead skin. A mild tingling sensation may occur as the active minerals work to detoxify and tone the skin. For best results, a series of treatments is recommended. After a refreshing shower, your ritual continues with a deeply relaxing full-body massage to complete the experience.

### ***Mother's Nurture Packages 2 hours***

**2.500.000 IDR**

The perfect way to care for expecting and new mothers. This gentle and soothing experience is designed to support both body and mind during pregnancy or postpartum recovery. The package includes a traditional facial to refresh and revive your skin, along with a specialized pregnancy massage using safe, nurturing oils and our custom-designed pregnancy pillow for ultimate comfort. Safe, effective, and deeply relaxing, because every mother deserves a moment of care.



## JUNIOR SPA MENU

### *My Prince & Princess Package 30 min*

**600.000 IDR**

Creambath 30 minute + French Braiding ( simple Braiding ).

### *My Prince & Princess Package 45 min*

**850.000 IDR**

30min Back Massage + normal nail polish.

### *Kids Nail Packages 60 min*

**1.000.000 IDR**

Mini Me manicure with nail art.

Mini Me pedicure with nail art.

Extra 15 min massage for hands and feet.

### *Mother and Daughter Spa Moment 60 min*

**1.500.000 IDR**

Celebrate a special bond with a shared moment of relaxation and connection. Enjoy side-by-side treatments with your choice of a 60-minute Balinese Massage or Traditional Facial—perfect for unwinding together and creating beautiful memories. A gentle, nurturing experience designed for mothers and daughters to cherish.

### *Father & Son Spa Time 60 min*

**1.500.000 IDR**

Spend meaningful time together with this bonding experience designed for fathers and sons. Choose between a 60-minute Balinese Massage or a relaxing Scalp & Hair Treatment. A perfect way to unwind, reconnect, and strengthen your special relationship in a calm and nurturing setting.

All price are subject with 21% the Government Tax and service charg  
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## MANICURE & PEDICURE

Experience flawless nails with the expert touch of our SU-trained nail technicians. Committed to the highest standards of hygiene, we use only disposable items or sterilized stainless-steel tools for every treatment. Enjoy perfectly groomed hands and feet in a clean, safe, and relaxing environment that prioritizes your well-being.

***Express Classic Manicure 45 min*** **700.000 IDR**

A quick yet thorough treatment for well-groomed hands. quick precise cuticle care, and nail shaping—perfect for those who prefer a clean, natural look without polish.

***Signature Manicure 60 min*** **850.000 IDR**

A swift yet meticulous manicure featuring a soothing hand soak, careful cuticle grooming, nail shaping, scrub, enjoying the hand massage and precise polish application.

***Express Basic Pedicure 45 min*** **750.000 IDR**

A quick yet thorough pedicure featuring a relaxing soak, nail clipping, trimming, and shaping, finished clean and natural, without polish.

***Signature Pedicure 60 min*** **900.000 IDR**

Short on time, big on results. Enjoy a refreshing soak, gentle callus care, precise nail trimming and shaping, and a flawless polish finish.

***Add on Nail Art ( Flower )*** **200.000 IDR**

***Add On Back Massage 30'*** **400.000 IDR**

***Add on Scalp Massage 30'*** **400.000 IDR**

***Add on Blow Dry 30'*** **350.000 IDR**

***Hair Wash only*** **350.000 IDR**

## SU spa regulations

Opening Hours: 10:00 AM–8:00 PM

Please Arrive: At least 5 minutes before your appointment

Pregnancy Notice: Please inform us and note on the consultation form Cancellation

Policy: 24-hour notice required for any changes

Gift Certificates: Available at reception – transferable but non-refundable