



**Su
spa**

A Sanctuary of Goodness and Harmony

Inspired by the name Sumitra, “Su” in Balinese embodies all that is good — the very heart of our philosophy. At Su Spa, we are dedicated to curating genuinely memorable experiences for every guest, nurturing a deep connection between people and nature through treatments that restore balance, soothe the body, and calm the mind.

MASSAGE

A timeless art refined to perfection — a profound gateway to total mind and body restoration. Our therapeutic rituals work in harmony to lower blood pressure, stimulate circulation, encourage lymphatic flow, and deeply relax the muscles.

Su Signature Massage · 75 min

IDR 1,000,000

An artful fusion of Balinese, Deep Tissue, and Thai techniques, orchestrated to stimulate circulation, liberate deeply held muscle tension, and restore the body to its most vibrant state. Each movement is purposefully performed to recharge, renew, and leave you feeling profoundly restored from within.

Balinese Massage

- 60 min
- 90 min

IDR 700,000

IDR 1,000,000

Rooted in centuries of ancient Balinese wisdom, this holistic therapy artfully weaves long flowing strokes, gentle stretches, acupressure, and rhythmic kneading into a seamless ritual of intuitive care. Deeply held muscle tension dissolves, the mind grows still, and the spirit is gently restored.

Jet Lag Recovery Massage

- 60 min
- 90 min

IDR 1,000,000

IDR 1,400,000

Thoughtfully created for the international traveller, designed to reawaken the body after long-haul travel. Targeted circulatory enhancement and lymphatic drainage flush fatigue and revive the body's natural vitality, while a nervous system reset restores complete equilibrium.

Healing Stone Therapy · 90 min

IDR 1,200,000

Warm and cool river stones expertly applied in rhythm with flowing massage techniques, melting away tension, easing weary muscles, and reawakening the body's natural energy. Blending the grounding power of nature with the healing touch of intuitive hands.

Restorative Sound Therapy · 75 min

IDR 800,000

A deeply meditative healing experience harnessing vibrational sound, guided breathing, and immersive aromatherapy to ease anxiety, overstimulation, and emotional exhaustion. Carried by the resonance of healing sound, a profound sense of inner stillness is restored.

Stress Release Head Therapy · 45 min

IDR 500,000

A Japanese-inspired head spa ritual adapted for the serenity of Bali, designed to relieve mental fatigue, scalp tension, and overstimulation. Through a deeply intentional sequence of scalp therapy, precise pressure-point work, and calming touch, the mind is gently unburdened.

Tension Melt Back Therapy · 60 min

IDR 600,000

Targeted upper-body recovery designed to relieve the modern stress patterns of travel, work, and digital fatigue. Focused therapeutic work along the neck, shoulders, jaw, and scalp addresses deep-seated tension and brings lasting relief to stress-induced headaches.

Breathwork Therapy Massage · 60 min

IDR 800,000

Synchronized breathwork and therapeutic bodywork unite in perfect harmony. Nervous system calming breath patterns work in union with slow, rhythmic massage to dissolve stress, quiet an overactive mind, and restore lasting stillness.

Reflexology Massage

Rooted in the ancient art of reflexology, this revitalising ritual targets precise pressure points on the feet and legs corresponding to the body's internal organs and systems, improving circulation and restoring natural balance.

45 min

IDR 500,000

60 min · with hot compress

IDR 700,000

75 min · with lime foot bath

IDR 800,000

PRENATAL & POSTNATAL

Prenatal Nurture Massage · 60 min

IDR 850,000

Thoughtfully designed for mothers-to-be after the first trimester. Safe techniques combined with our specially formulated Nurture Oil gently ease pregnancy-related tension, encourage healthy circulation, and nurture an overall sense of warmth and well-being.

Postnatal Recovery Massage · 60 min

IDR 850,000

Exclusively for new mothers within the first twelve weeks after childbirth. Gentle yet purposeful techniques relieve muscle tension, reduce swelling, and soothe soreness while nurturing the body through its natural process of recovery.

BODY TREATMENTS

After-Sun Soothing Body Wrap · 60 min

IDR 700,000

A deeply cooling ritual crafted to soothe, hydrate, and restore sun-exposed skin. A nourishing blend of aloe vera, cucumber, and natural botanicals is lovingly applied, then you are gently cocooned in banana leaves to enhance deep absorption while a relaxing scalp massage carries the senses into stillness. A soothing sun-repair gel is applied following a refreshing shower.

Body Scrub Only · 45 min

IDR 550,000

A luxuriously indulgent body scrub that gently buffs away dull, tired skin to unveil a visibly smoother and more radiant complexion. A curated blend of natural exfoliants and nourishing botanicals refines skin texture, stimulates circulation, and restores a luminous glow from head to toe.

HAIR & SCALP WELLNESS

Tropical Keratin Recovery Creambath · 60 min

IDR 500,000

A restorative hair ritual crafted to counteract the effects of tropical humidity, sun exposure, and environmental stress. Features a personalised scalp analysis, exfoliating serum, peptide concentrate, and a masterfully performed pressure-point head massage to elevate scalp vitality.

Deep Relaxation Creambath · 50 min

IDR 450,000

A sleep-focused hair and scalp ritual designed to calm the senses while deeply nourishing and restoring the hair from within. Enriched with calming botanicals and sleep-inducing aromatherapy, completed with a soothing pressure-point head massage.

Scalp Renewal Creambath · 45 min

IDR 350,000

An advanced scalp-health ritual combining clinically inspired ingredients with therapeutic scalp therapy to refresh the microbiome and support healthier, stronger hair growth. Includes a soothing hair mask ritual.

MANICURE & PEDICURE

Every treatment is performed with strictly disposable items or fully sterilised stainless steel tools, ensuring an environment of impeccable hygiene and complete peace of mind.

Express Classic Manicure · 50 min

IDR 500,000

Precise cuticle care and expert nail shaping for beautifully groomed hands in their most natural and understated form.

Signature Manicure · 60 min

IDR 750,000

A soothing hand soak, careful cuticle grooming, expert nail shaping, gentle scrub, relaxing hand massage, and a precise polish application leaving hands beautifully refined and impeccably groomed.

Express Basic Pedicure · 60 min

IDR 550,000

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

Signature Pedicure · 75 min

IDR 800,000

A refreshing foot soak, gentle callus care, precise nail trimming and shaping, and a flawlessly applied polish finish, leaving feet beautifully groomed and impeccably presented.

ADD-ON SERVICES

+ Nail Art (Flower)	IDR 200,000
+ Back Massage 30 min	IDR 400,000
+ Scalp Massage 30 min	IDR 300,000
+ Wash and Blow Dry 30 min	IDR 350,000
+ Hair Wash Only	IDR 200,000

SPA PACKAGES

Immersive multi-treatment journeys thoughtfully curated for those seeking a deeper escape into restoration and bliss.

Romantic Honeymoon Package

- 2 hours **IDR 5,000,000**
- 3 hours **IDR 7,000,000**

Curated for two — an intimate celebration of love, connection, and shared serenity. Includes a 60-min Traditional Balinese Massage, 30-min body scrub, 30-min aromatic flower bath, and warm ginger tea with handcrafted cookies. Upgrade to 3 hours to include a soothing aromatherapy facial.

Sea Salt Ritual Package · 2 hours **IDR 2,000,000**

Inspired by the ancient salt harvesting traditions of Kusamba. A 25-min mineral-rich sea salt scrub, 75-min Su Signature Massage, and a 20-min herbal bath infused with betel leaf and crystal salt — a time-honoured Indonesian remedy renowned for strengthening immunity.

Island Indulgence Ritual · 2 hours **IDR 2,500,000**

Your choice of 30-min refresher facial or foot massage, an aromatic vanilla and coconut body scrub, a 60-min full-body massage using signature oil to ease tension and restore balance, and a rich carrot body conditioner to leave skin silky-smooth and glowing.

Royal Javanese Lulur Ritual · 2 hours **IDR 2,500,000**

Rooted in centuries of Javanese royal heritage. A jasmine-infused rice powder and spice exfoliation, deeply nourishing yogurt body mask, full-body massage, 30-min aromatherapy flower bath, and warm ginger tea with handcrafted cookies bring this royal escape to a graceful conclusion.

Balinese Sleep Reset Therapy · 90 min **IDR 2,500,000**

A 60-min aromatherapy massage followed by a traditional warm Balinese boreh — time-honoured healing spices envelop the body while a 30-min scalp or foot massage deepens surrender. A cooling cucumber application and warm shower leave you profoundly renewed and re-energised.

Ultimate Indulgence Package · 3 hours **IDR 3,500,000**

A 60-min Traditional Balinese Massage, 30-min body scrub, 30-min aromatherapy flower bath with ginger tea and cookies, and a 60-min facial that illuminates and renews the complexion, leaving the skin radiantly refreshed and the body completely restored.

Volcanic Anti-Cellulite Body Scrub · 90 min **IDR 2,000,000**

Mineral-rich volcanic clay, sea salt, and sugar exfoliate and purify while active minerals tone and revitalise the skin. Following a refreshing shower, a deeply relaxing full-body massage completes the experience, leaving skin visibly renewed and the body in a state of pure restoration.

All prices are subject to 21% government tax and service charge

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Mother's Nurture Package · 2 hours

IDR 2,500,000

A sanctuary curated for expecting and new mothers. A traditional facial gently refreshes the complexion, while a specialised pregnancy massage performed with safe, nurturing oils and a custom-designed pregnancy pillow envelops the body in unparalleled comfort. Safe, deeply effective, and profoundly relaxing.

JUNIOR SPA MENU

Thoughtfully designed experiences for our youngest guests, and cherished bonding moments for families.

My Prince & Princess Package · 30 min

IDR 600,000

30 min Hair Creambath with French braiding (simple braiding).

My Prince & Princess Package · 45 min

IDR 850,000

30-min back massage with normal nail polish.

Kids Nail Package · 60 min

IDR 700,000

Mini Me manicure with nail art + Mini Me pedicure with nail art. Includes an extra 15-min massage for hands and feet.

Mother & Daughter Spa Moment · 60 min

IDR 1,500,000

A heartfelt shared ritual inviting mothers and daughters to unwind, connect, and create lasting memories side by side. Choose from a 60-min Traditional Balinese Massage or Traditional Facial, each thoughtfully performed in unison for a gentle, nurturing experience.

Father & Son Spa Time · 60 min

IDR 1,500,000

A thoughtfully curated bonding experience for fathers and sons. Choose from a 60-min Traditional Balinese Massage or a deeply relaxing Scalp and Hair Treatment, each performed side by side in a serene setting.

SU SIGNATURE FACIALS

Sensitive Skin Facial · 60 min

IDR 900,000

Thoughtfully curated for sensitive and delicate skin. Utilising Indonesian pharmaceutical-grade formulations, each step — cleansing, exfoliation, toning, and moisturising — is performed with the utmost care and precision, leaving the skin visibly balanced, beautifully hydrated, and radiantly restored.

Traditional Facial · 60 min

IDR 800,000

Rooted in the gentle power of nature. A soothing blend of yogurt and honey purifies, followed by a natural exfoliating scrub, nourishing coconut oil facial massage, cooling cucumber mask, and comforting hand massage. The ritual concludes with a traditional moisturiser, leaving skin beautifully hydrated and naturally radiant.

SPA REGULATIONS & INFORMATION

Opening Hours

Our spa sanctuary welcomes you daily from 10:00 AM to 8:00 PM.

Arrival

To ensure a seamless and unhurried welcome, we kindly invite you to arrive at least 5 minutes prior to your scheduled appointment.

Cancellation Policy

Should you need to amend or cancel your appointment, we kindly request a minimum of 24 hours advance notice out of consideration for our therapists and fellow guests.

Pregnancy Notice

We respectfully ask that you notify our team of any pregnancy upon booking and indicate this on your consultation form, allowing us to thoughtfully tailor your experience with the utmost care and attention.

Gift Vouchers

A beautifully presented gift voucher is available at reception, offering a truly thoughtful gesture for those you hold dear. Vouchers are transferable but non-refundable.