

TEJAS SPA

Tejas Spa 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 hand 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 and the healing practices of the area, these age-old practices together with modern approaches to health and well-being results in a tailored one-of-a-kind experience. Tejas Spa offers a consistently unique and uplifting opportunity for 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 inspired treatments, teaching our clients healthy practices, and fostering wellness education."

WELCOME TO TEJAS SPA SUWETA

At our Spa, we believe in the transformative power of nature to restore balance, rejuvenate the spirit, and renew the body. Nestled amidst serene landscapes and inspired by the tranquility of the natural world, Tejas Spa at Adiwana Suweta is meticulously crafted to provide you with an immersive experience that celebrates the beauty and serenity of the outdoors. From soothing massages to revitalizing treatments, each offering is thoughtfully designed to harness the restorative properties of nature, leaving you feeling refreshed, revitalized, and deeply connected to the world around you.

Indulge your senses with our selection of organic, sustainably sourced ingredients, carefully chosen to nourish both your skin and your soul. Every element of our treatments is chosen with your well-being in mind, ensuring a truly natural and luxurious experience from start to finish. Step into our sanctuary and leave the stresses of daily life behind as you immerse yourself in a world of pure relaxation and tranquility.



TEJAS BODY MASSAGE

SIGNATURE MASSAGE *90 Minutes*

Our Signature massage harmonizes body, mind, and spirit, restoring energy flow. It combines foot reflexology, a relaxing massage, and ends with a soothing scalp massage.

IDR 870.000++ /person

DETOX MASSAGE *90 Minutes*

Embark on a rejuvenating journey starting with dry body brushing to boost circulation, followed by targeted cellulite treatment using a specialized cream or gel.

IDR 850.000++ /person

BALINESE MASSAGE

Experience the tranquility of a traditional Balinese massage, renowned for its long, flowing strokes that ease tension and stress, promoting restful sleep and enhancing blood circulation.

IDR 595.000++ /person *60 Minutes*

IDR 780.000++ /person *90 Minutes*

SHIRODARA TREATMENT *90 Minutes*

This treatment combines Ayurvedic therapies and begins with relaxing message rhythmic massage to stimulate circulation and prana (energy). Warm oil continuously flows over the third eye, stimulating the pineal gland to enhance well-being and balance emotions.

IDR 840.000++ /person

FOOT REFLEXOLOGY *60 Minutes*

Reflexology employs precise movements to enhance blood circulation by targeting pressure points in the feet, which are intricately linked to various areas of the body, including vital organs.

IDR 550.000++ /person

PRENATAL MASSAGE *75 Minutes*

This treatment aims to reduce swelling and relieve the stress of pregnancy by alleviating fatigue, lower back pain, shoulder strain and muscle cramps. It is suitable for second and third trimester of pregnancy.

IDR 840.000++ /person

DEEPTISSUE

This technique uses a fusion of pressure point targeting and stretching to relax muscle tension and improve circulation is best suited for people who engage in highly physical activities, such as running, or those who have an injury or chronic pain.

IDR 750.000++ /person 60 Minutes

IDR 900.000++ /person 90 Minutes

HOT STONE *90 Minutes*

Hot stone message is a type of massage therapy; it helps decreased muscle spasms and tension. The stones are also placed on various energy points to stimulate the body natural healing.

IDR 840.000++ /person

KID MASSAGE (5-12 YEAR) *60 Minutes*

This therapy commences with a brief warm-up and deep breathing exercises, paving the way for a serene journey into relaxation through the soothing touch of a virgin coconut oil massage.

IDR 480.000++ /person



SPA PACKAGES

ISLAND BLISS

Start with a soothing foot wash, followed by a traditional Balinese massage using kneading and long stroke techniques to release tension. Complete the experience by exfoliating with our organic body scrub to remove dead skin cells.

IDR 850.000++ /person 90 Minutes

IDR 1.600.000++ /couple 90 Minutes

JOURNEY OF JOY

Treat yourself to a delightful two-hour pampering experience with a harmonious fusion of Balinese massage, rejuvenating body scrub infused with antioxidant wine, and a fragrant flower-scented bath ritual. This delightful combination is designed to enhance your well-being and leave you feeling refreshed and renewed.

IDR 1.080.000++ /person 120 Minutes

IDR 2.040.000++ /couple 120 Minutes

REFRESH & REBALANCE *90 Minutes*

Pamper yourself with a combination facial treatment to relax your face and feet, followed by a soothing foot massage and a neck and shoulder massage.

IDR 840.000++ /person

FOOT SURRENDER *90 Minutes*

The experience begins with a soothing foot ritual, followed by a relaxing foot massage and exfoliating foot scrub, culminating in a nourishing foot mask. While you enjoy the foot mask, we'll also provide a gentle shoulder massage, enhancing blood circulation and revitalizing your feet for a truly rejuvenating experience.

IDR 816.000++ /person

COUPLE IN ROMANCE *150 Minutes*

Focusing on rejuvenating techniques, this treatment combines deep tissue pressure, muscle stretching, and relaxation. Enjoy a yogurt body mask, followed by a soothing face massage, and finish with a Balinese bath infused with five different flowers.

IDR 2.520.000++ /couple





WELLNESS PACKAGE

RHYTHMS OF RENEWAL

Surrender to serenity as the gentle rhythms of sound healing wash over you. This revitalizing experience combines the ancient art of sound therapy with a traditional Balinese massage to restore inner balance, calm the mind, and awaken your natural energy flow.

Includes 60-minute Traditional Balinese Massage

*90 minutes | IDR 1,700,000++ per person /
IDR, 1,850,000++ per couple*

LAYERS OF SERENITY

3-4 Days of Restorative Bliss

Let time slow down as you immerse in a gentle journey of restoration. With thoughtfully selected treatments, this package invites you to relax, renew, and reconnect with your inner calm, one serene moment at a time.

- Balinese Massage – 90 minutes
- Facial for Her or Him – 60 minutes
- Body Mask & Scrub – 60 minutes
- Reflexology – 60 minutes

Let each day bring a deeper sense of calm and clarity.

IDR 1,790,000++ per person

RETREAT TO RENEWAL

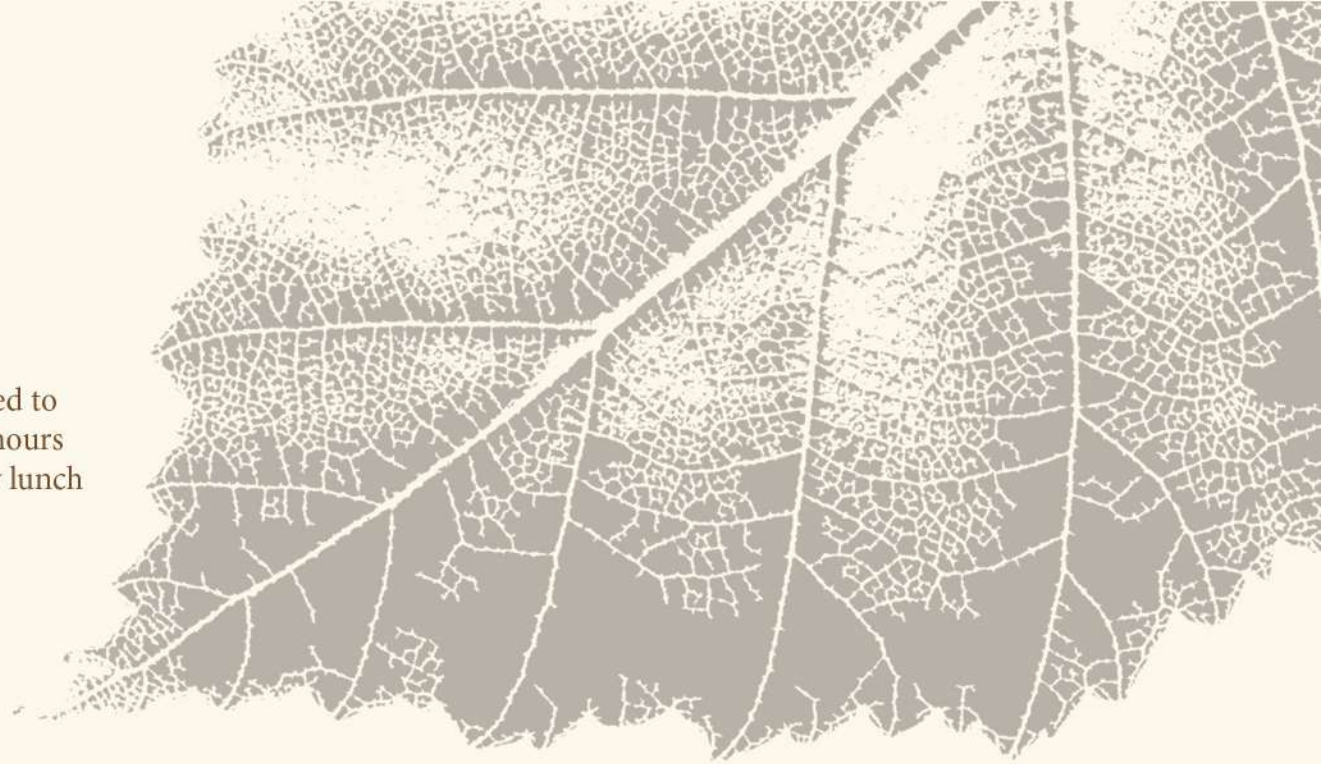
4-6 Days of Rejuvenation

Embark on a revitalizing journey crafted for those seeking deeper rest and renewal. This thoughtfully curated package blends traditional techniques and soothing therapies to restore balance, ease tension, and refresh your entire being.

- Warm Stone Massage – 90 minutes
- Detox Massage – 90 minutes
- Hair Cream bath – 60 minutes
- Balinese Massage – 60 minutes
- Body Scrub of Your Choice – 60 minutes
- Back Relief & Floral Bliss Bath – 60 minutes

Let the days unfold in complete serenity, surrounded by healing hands and peaceful energy.

IDR 2,960,000++ per person



SOOTHE & SAVOR

Three Hours of Bliss with a Nourishing Lunch

Nourish your body and mind with a complete wellness experience designed to leave you feeling refreshed, radiant, and deeply relaxed. Begin with three hours of personalized spa treatments, followed by a wholesome 3-course healthy lunch to complete your journey of renewal.

Treatment Selection:
Choose one from each category:

90-Minute Options

- Warm Stone Massage
- Balinese Massage
- Deep Tissue Massage
- Shirodhara

60-Minute Options

- Facial for Her or Him
- Body Scrub
- Hair Spa

30-Minute Options

- Reflexology
- Back Relief
- Body Mask
- Flower Bath
- Mini Facial

IDR 2,570,000++ per person

Includes 3-hour treatment and healthy 3-course set menu lunch

HEARTS IN HARMONY

Three Hours of Pure Relaxation with a Romantic Twist

Celebrate love with a spa journey designed for couples seeking deep relaxation and meaningful connection. This indulgent experience blends ancient healing rituals with romantic touches, ending with a candlelit dinner to complete the evening.

- Warm Stone – 90 minutes
- Facial for Her or Him – 60 minutes
- Body Mask – 30 minutes
- Romantic Flower Bath

IDR 2,950,000++ per couple

Includes 3-hour spa treatment and 3-course romantic dinner



TEJAS BODY TREATMENTS

SUN RECOVERY

60 Minutes

This recommended treatment for sunburn is crafted from an organic recipe, blending fresh cucumber and aloe vera to alleviate the discomfort and redness associated with sunburn.

IDR 540.000++ /person

COCONUT PASSION

60 Minutes

Begin with gentle pressure and stretching, followed by the application of a blend of fresh coconut and virgin coconut oil to rid the skin of dead cells, leaving it rejuvenated.

IDR 540.000++ /person

RED RICE SCRUB

60 Minutes

Utilizing the red rice scrub aids in alleviating the skin issues triggered by UV exposure, restoring skin health gently.

IDR 540.000++ /person

BOREH RICE SCRUB

60 Minutes

Crafted from a blend of traditional Balinese herbs, this scrub is designed to ward off colds during the rainy season, offering a natural and effective remedy.

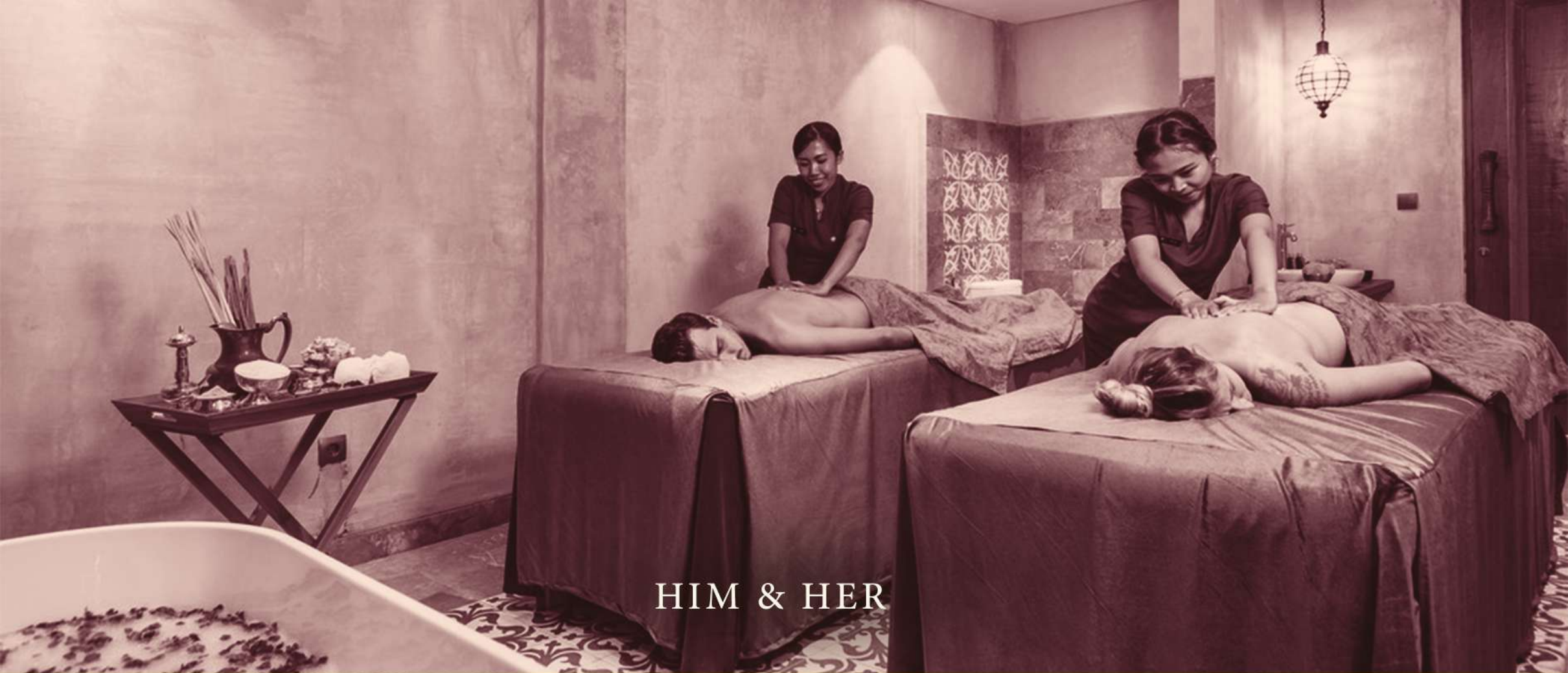
IDR 540.000++ /person

COFFEE BODY SCRUB

60 Minutes

Treat yourself to a coffee scrub that gently removes dead skin cells, boosts circulation, and leaves your skin with a radiant, silky-smooth perfection.

IDR 540.000++ /person



HIM & HER

FOR HIM

60 Minutes

Our facials for men are tailored to address specific skin concerns. Regular facial treatments aim to rejuvenate your skin, enhancing its brightness and promoting an even tone, resulting in a spot-free complexion.

IDR 540.000++ /person

FOR HER

60 Minutes

Facials promote skin cell renewal by enhancing blood circulation, reducing puffiness and fluid buildup. This treatment includes deep cleaning, a facial scrub, gentle massage, and application of a revitalizing face and lip mask.

IDR 540.000++ /person



HAIR TREATMENT

HAIR CREAMBATH

60 Minutes

Explore the traditional hair treatment, unveiling the secrets behind Indonesian hair's lustrous shine with fresh ingredients like avocado and coconut milk.

IDR 575.000++ /person

HAIR SPA

60 Minutes

Revitalize your hair with a natural spa treatment, hydrating and sealing in moisture for healthy locks. Enjoy a relaxing hand and neck & shoulder massage during your session.

IDR 660.000++ /person

HAIR WASH

45 Minutes

Experience a delightful hair wash that leaves your locks feeling renewed and revived. Our complete treatment includes a gentle head massage, wetting the hair, and the application of shampoo, conditioner, hair tonic, and vitamin for thorough care.

IDR 480.000++ /person



OTHER TREATMENT

BACK RELIEF

45 Minutes

Enjoy a soothing massage of the back, neck, and shoulders using warm stones.

IDR 430.000++ /person

FOOT REFLEXOLOGY

30 Minutes

Reflexology employs precise movements to enhance blood circulation by targeting pressure points in the feet, which are intricately linked to various areas of the body, including vital organs.

IDR 330.000++ /person

BODY MASK

30 Minutes

This mask offers gentle exfoliation to remove old skin cells, while the lactic acid from yogurt provides a moisturizing effect, leaving your skin feeling smooth and silky.

IDR 330.000++ /person

BATHTUB TREATMENTS

FLORAL BLISS BATH SOAK *30 Minutes*

Immerse yourself in an indulgent bath infused with a blend of fresh flowers, including rose petals, lavender buds, and chamomile blossoms. This soothing soak will envelop you in a delicate floral aroma while calming your mind and relaxing your body.

IDR 504.000++ /person

CITRUS INFUSION DETOX BATH *30 Minutes*

Rejuvenate your senses with a revitalizing bath infused with a medley of citrus fruits such as lemon, orange, and grapefruit. Packed with vitamin C and antioxidants, this detoxifying soak will leave your skin feeling refreshed and invigorated, while uplifting your mood with its vibrant citrus scent.

IDR 504.000++ /person

HERBAL HEALING BATH *30 Minutes*

Experience the therapeutic benefits of herbs with this healing bath infused with a blend of aromatic botanicals such as eucalyptus, peppermint, and sage. Perfect for soothing sore muscles and relieving tension, this herbal soak will leave you feeling rejuvenated and revitalized from head to toe.

IDR 504.000++ /person

TROPICAL PARADISE BATH *30 Minutes*

Transport yourself to a tropical paradise with this indulgent bath infused with exotic fruits like pineapple, mango, and papaya. Rich in vitamins and enzymes, this fruity soak will nourish and hydrate your skin, leaving it soft, smooth, and irresistibly fragrant.

IDR 504.000++ /person

GARDEN OASIS BATH *30 Minutes*

Escape to a tranquil garden oasis with this calming bath infused with a variety of fresh herbs such as rosemary, thyme, and basil. Known for their soothing properties, these aromatic herbs will help to melt away stress and tension, leaving you feeling serene and rejuvenated.

IDR 504.000++ /person

SPA INFORMATION

OPENING HOUR

Spa is open daily from 10 AM to 10 PM

ARRIVAL TIME & LATEST ARRIVAL

Please arrive 10 minutes prior to your schedule in case of late arrivals, the treatment may need to be shortened.

RESERVATION

Reservation are highly recommended, please call #0 to book a treatment.

NOTE FOR MEN

Men advised not to shave at least 3 hour before facial.

CANCELLATION

Please note that cancellation made with less than 24 hours' notice are subject to a cancellation fee equal to 50% of your schedule appointment.

HEALTH CONDITION

Please advise us of any health condition, allergies or injuries that could affect your spa experience when making review any specific preference with your therapist prior to your treatment.

WHAT TO WEAR

It is not essential to carry or wear any specific attire; we provide bathrobes and disposable underwear.

FEEDBACK & REVIEW

Please feel free to let the therapist know, how to improve quality service and treatment.

PAYMENT

Payments are accepted in cash as well as all major credit cards including Visa and Mastercard, with rates calculated in Indonesian Rupiah. A 21% government and service charge will be applied.

PROHIBITED

Photography and smoking within the Spa area are strictly prohibited

AGE LIMITATION

Children under the age of 14 are not permitted to utilize Spa facilities. We kindly request that parents or guardians refrain from leaving their children unattended in the Spa reception area.