



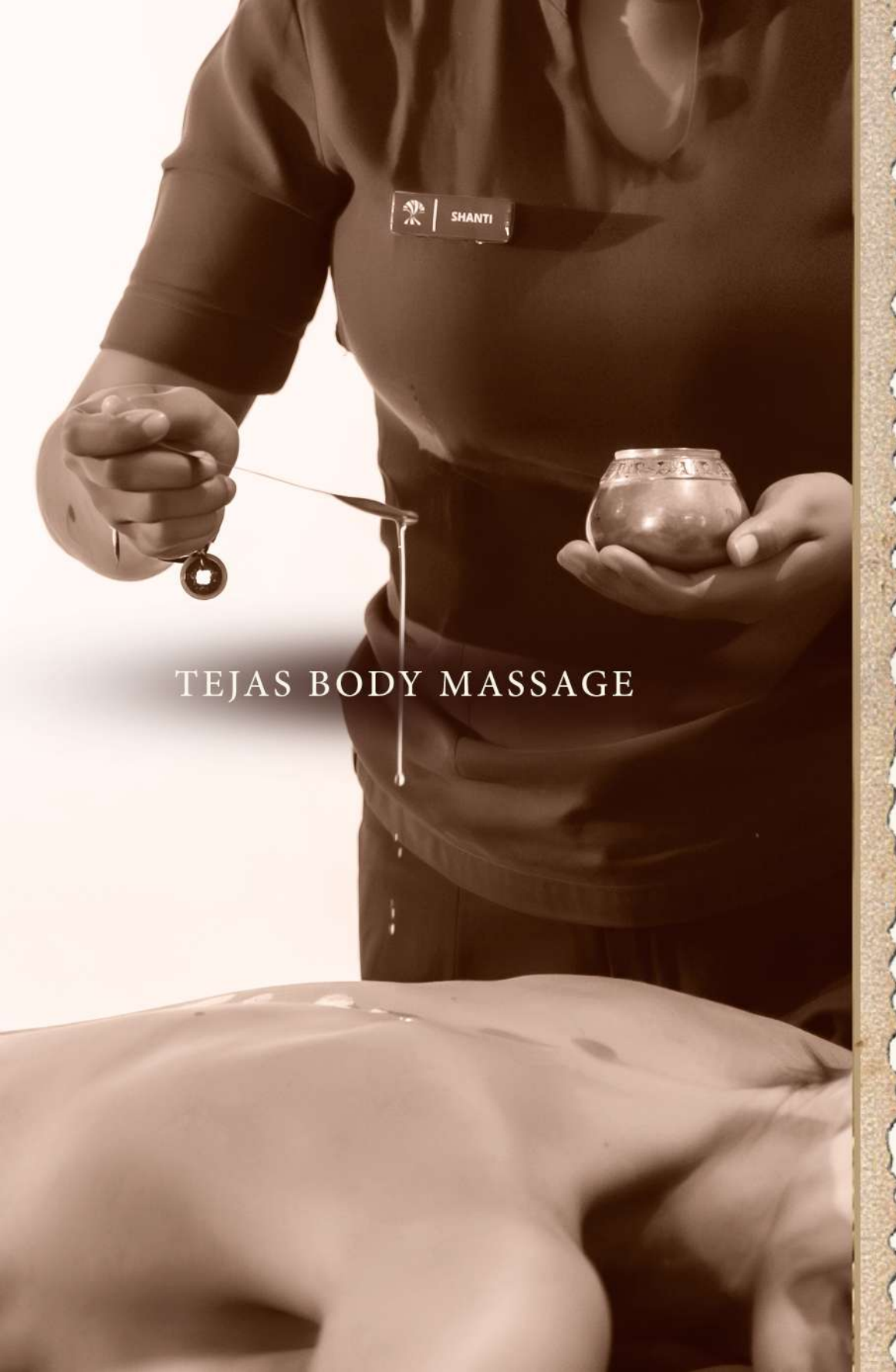
WELCOME TO TEJAS SPA SUWETA

Tejas, the Sanskrit word for inner radiance, reflects the essence of our philosophy; a quiet journey inward, where balance is restored and well-being unfolds naturally.

Nestled within the tranquil surrounds of Ubud, Tejas Spa Suweta draws inspiration from Bali's enduring healing traditions and the restorative power of nature. Indigenous botanicals, skilled therapeutic touch, and time-honoured rituals come together in treatments designed to calm the mind, nurture the body, and awaken the senses.

Each experience is offered with intention, honouring the uniqueness of every guest while embracing a slower, more mindful rhythm. In this sanctuary of stillness, wellness is not pursued, but gently rediscovered.

We welcome you to experience a place where nature, tradition, and thoughtful care inspire lasting renewal.



TEJAS BODY MASSAGE

HARMONY FLOW MASSAGE *90 Minutes*

A wellness ritual designed to restore balance and enhance energy flow. This treatment combines foot reflexology, a relaxing full-body massage, and a soothing scalp massage to leave you feeling deeply relaxed and rejuvenated.

IDR 980,000++ /person

BODY RENEWAL MASSAGE *90 Minutes*

A revitalizing treatment featuring dry body brushing to stimulate circulation, followed by a targeted cellulite treatment with a specialized cream or gel.

IDR 850,000++ /person

BALI'S SIGNATURE TOUCH

Experience the timeless art of Balinese massage, featuring long, flowing strokes to relieve tension, promote relaxation, and improve circulation.

IDR 695,000++ /person 60 Minutes

IDR 850,000++ /person 90 Minutes

CHAKRA AWAKENING

90 Minutes

A holistic treatment designed to rebalance the seven chakras through therapeutic massage, calming aromatherapy, and healing touch to restore harmony between body, mind, and spirit.

IDR 950.000++ /person

SACRED HERBAL COMPRESS MASSAGE

75 Minutes

A deeply relaxing massage combined with warm herbal compresses to ease muscle tension, improve circulation, and promote total body relaxation.

IDR 790.000++ /person

MUSCLE RECOVERY THERAPY

90 Minutes

A restorative treatment focused on relieving muscle fatigue and physical tension through firm therapeutic techniques and recovery-focused massage movements. Ideal for active lifestyles, this therapy helps improve mobility, stimulate circulation, and rejuvenate tired muscles for total body recovery.

IDR 890.000++ /person

SPORT LYMPHATIC MASSAGE

90 Minutes

Recovery-focused massage combining lymphatic drainage and deep muscle techniques to reduce soreness, improve circulation, and support faster body recovery.

IDR 990.000++ /person



SACRED SHIRODHARA *90 Minutes*

Inspired by Ayurvedic traditions, this treatment begins with a rhythmic massage to stimulate circulation and energy flow, followed by a continuous stream of warm oil over the third eye to promote deep relaxation and inner balance.

IDR 990,000++ /person

DEEP RECOVERY MASSAGE

Using targeted pressure and stretching techniques, this massage helps release deep muscle tension, improve circulation, and support recovery after physical activity.

IDR 750,000++ /person 60 Minutes

IDR 900,000++ /person 90 Minutes

REFLEXOLOGY ESCAPE *60 Minutes*

Using targeted pressure techniques on key points of the feet, this treatment helps ease tension, improve circulation, and restore balance.

IDR 550,000++ /person

WARM STONE THERAPY *90 Minutes*

A deeply relaxing massage using warm volcanic stones to ease muscle tension, promote circulation, and restore balance.

IDR 840,000++ /person

MAMA'S RETREAT *75 Minutes*

A gentle massage designed for expectant mothers to ease muscle tension, reduce swelling, and promote relaxation. Suitable for the second and third trimesters of pregnancy.

IDR 840,000++ /person

LITTLE ONE'S MASSAGE (AGES 5-12) *60 Minutes*

A gentle massage for children, beginning with light stretching and deep breathing exercises, followed by a soothing virgin coconut oil massage to encourage relaxation.

IDR 550,000++ /person

• SPA PACKAGES •

COUPLE IN ROMANCE

Escape into a world of romance with a rejuvenating ritual for two, featuring a deep tissue massage, gentle stretching, a nourishing yogurt body mask, a soothing face massage, and a fragrant Balinese flower bath.

IDR 2,520,000++/couple 150 Minutes

ISLAND BEAUTY JOURNEY

Reawaken your natural beauty with a restorative ritual combining botanical hair care and nourishing skin treatments for a radiant finish.

IDR 1,090,000++ /person 120 Minutes

IDR 2,080,000++/couple 120 Minutes

RADIANCE & RECOVERY JOURNEY

Restore body and skin with a revitalizing ritual featuring a deep tissue massage, a natural body scrub, and a refreshing facial for a radiant, renewed glow.

IDR 1,390,000++ /person 120 Minutes

IDR 2,580,000++/couple 120 Minutes

THE SACRED REJUVENATION

Reconnect with your well-being through a restorative ritual featuring an Herbal Compress Massage and a rejuvenating Gua Sha Facial, leaving you balanced, relaxed, and naturally radiant.

IDR 1,280,000++ /person 120 Minutes

IDR 2,360,000++/couple 120 Minutes

• SPA PACKAGES •

ISLAND BLISS

Begin with a soothing foot wash, followed by a traditional Balinese massage using kneading and long, flowing strokes to release tension. Complete the ritual with an organic body scrub for smooth, radiant skin.

IDR 990,000++ /person 90 Minutes

IDR 1,780,000++ /couple 90 Minutes

REFRESH & REBALANCE *90 Minutes*

A revitalizing ritual combining a refreshing facial, soothing foot massage, and relaxing neck and shoulder massage to restore balance and well-being.

IDR 840,000++ /person

JOURNEY OF JOY

Indulge in a two-hour ritual featuring a traditional Balinese massage, a rejuvenating body scrub, and a fragrant flower bath for a deeply relaxing and refreshing experience.

IDR 1,080,000++ /person 120 Minutes

IDR 2,040,000++ /couple 120 Minutes

FOOT SURRENDER *90 Minutes*

Begin with a soothing cleansing ritual, followed by a relaxing massage, gentle exfoliation, and a nourishing mask. Complete the experience with a calming shoulder massage for total relaxation.

IDR 816,000++ /person

AFTER SUN RETREAT

IDR 540,000++ /person 60 Minutes

A soothing treatment for sun-exposed skin, featuring fresh cucumber and aloe vera to cool, comfort, and restore hydration.

COCONUT PASSION

IDR 540,000++ /person 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.

RED RICE ESSENCE

IDR 540,000++ /person 60 Minutes

A nourishing red rice body scrub that gently exfoliates, smooths, and revitalizes sun-exposed skin for a naturally radiant glow.

THE BOREH EXPERIENCE

IDR 540,000++ /person 60 Minutes

Inspired by traditional Balinese healing, this warming herbal scrub gently exfoliates the skin while leaving the body feeling comforted and refreshed.

COFFEE THERAPY

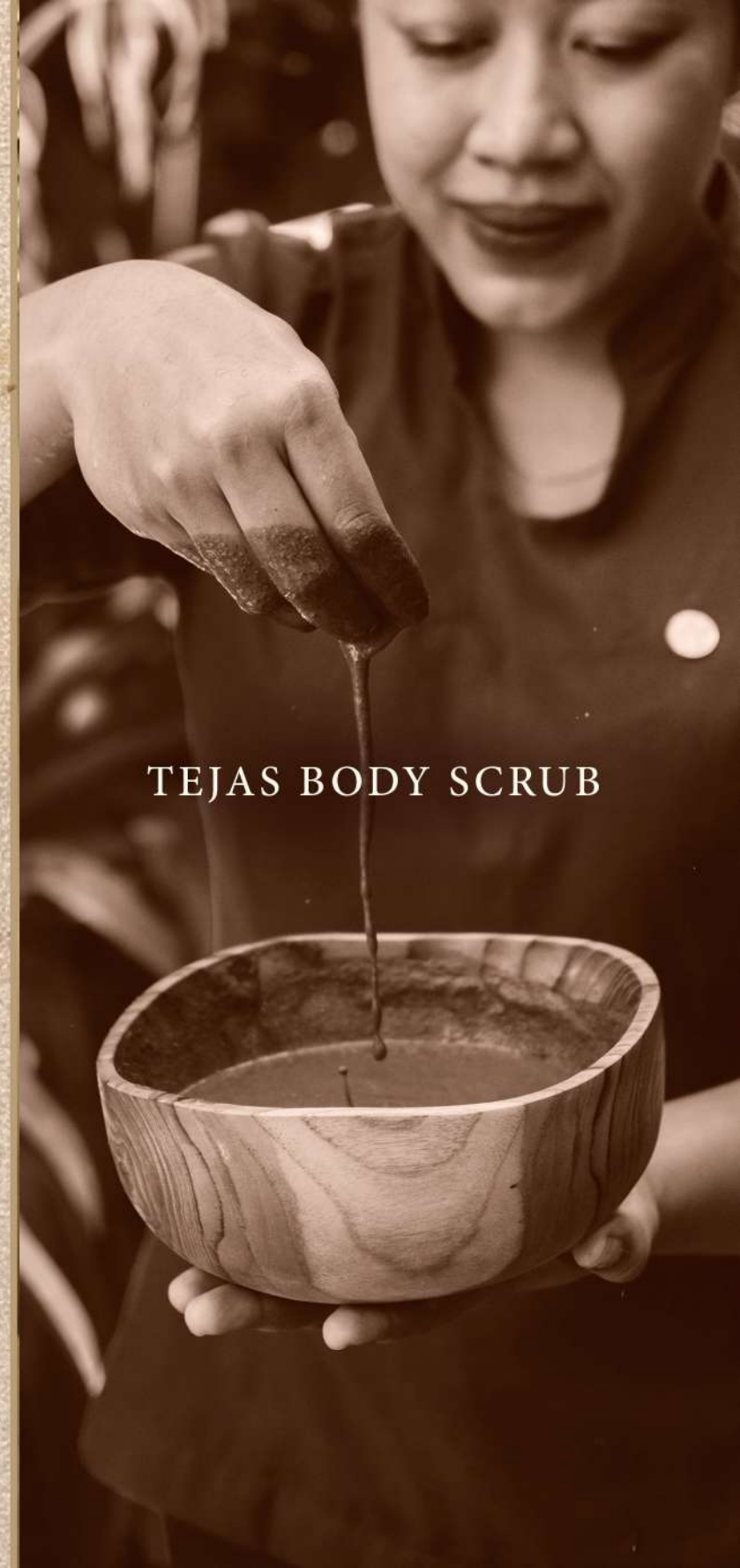
IDR 540,000++ /person 60 Minutes

Indulge in a coffee body scrub that gently exfoliates, smooths, and revitalizes the skin for a naturally radiant glow.

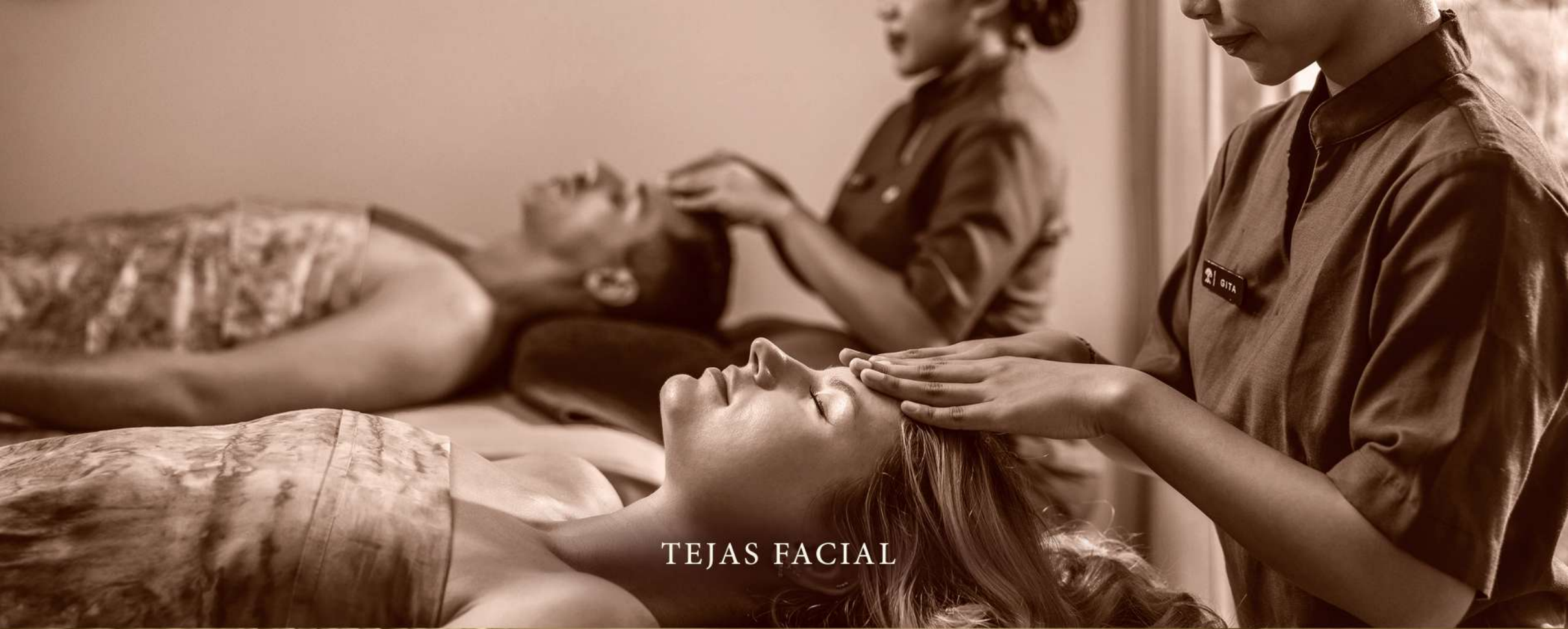
SANDALWOOD BLISS

IDR 540,000++ /person 60 Minutes

Experience the calming essence of sandalwood in a gentle exfoliating scrub that leaves the skin smooth, refreshed, and beautifully radiant.



TEJAS BODY SCRUB



TEJAS FACIAL

GENTLEMAN'S SKIN RITUAL

Expertly tailored for men's skin, our facial treatments combine cleansing, hydration, and nourishment to reveal a refreshed, balanced, and healthy-looking complexion.

IDR 540,000++ /person
60 Minutes

LADY'S BEAUTY RITUAL

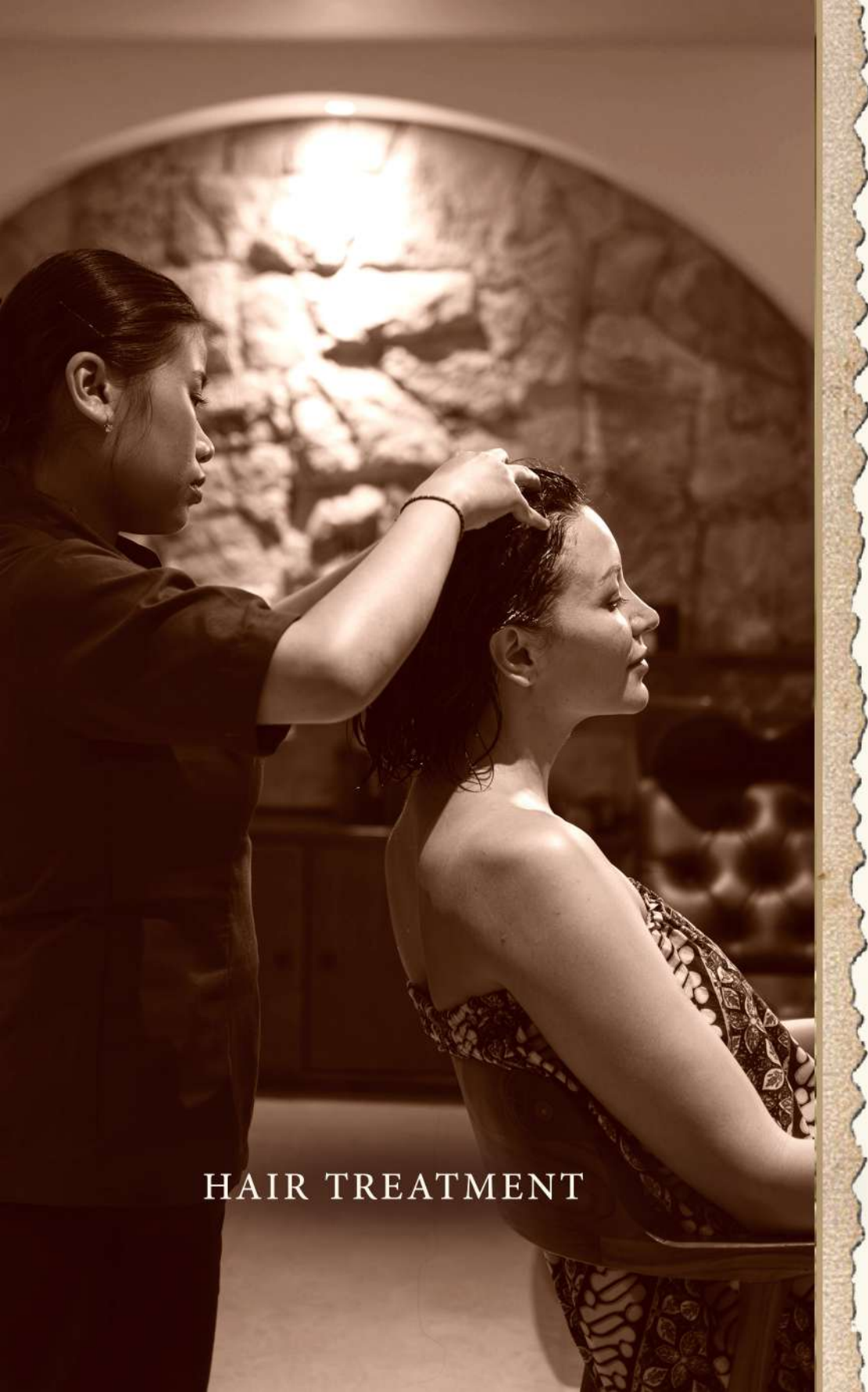
Restore your skin's natural radiance with a rejuvenating facial ritual featuring deep cleansing, gentle exfoliation, a soothing facial massage, and nourishing face and lip masks.

IDR 540,000++ /person
60 Minutes

RADIANCE LIFT FACIAL

Ease away tension with an Herbal Back Massage, followed by a nourishing facial enhanced with Gua Sha techniques to restore your skin's natural radiance.

IDR 1,050,000++ /person
90 Minutes



HAIR TREATMENT

HAIR CREAMBATH

60 Minutes

Reawaken your hair's natural beauty with a traditional Indonesian treatment enriched with fresh avocado and coconut milk for lasting softness and shine.

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

Rejuvenate your hair with a soothing head massage and refreshing cleanse, followed by conditioner, hair tonic, and hair vitamin to leave it feeling soft, healthy, and refreshed.

IDR 480,000++ /person

BACK SERENITY

45 Minutes

Ease away tension with a soothing back, neck, and shoulder massage enhanced by warm volcanic stones, leaving you feeling relaxed, comforted, and renewed.

IDR 550,000++ /person

REFLEXOLOGY ESCAPE

30 Minutes

A soothing foot therapy using targeted pressure techniques to encourage relaxation, improve circulation, and promote overall well-being.

IDR 330,000++ /person

NOURISHING BODY MASK

30 Minutes

A nourishing body mask enriched with yogurt to gently soften, hydrate, and leave the skin feeling smooth, supple, and refreshed.

IDR 330,000++ /person

STRESS RELEASE MASSAGE

30 Minutes

Ease away everyday tension with a soothing back, neck, and shoulder massage designed to relax tired muscles and restore a lasting sense of comfort and well-being.

IDR 390,000++ /person

EXPRESS GLOW

30 Minutes

An express facial that delivers essential cleansing, hydration, and nourishment, leaving your skin refreshed, radiant, and beautifully revitalized.

IDR 350,000++ /person

AWAKEN & GLOW

30 Minutes

Refresh and revitalize your complexion with a soothing facial massage designed to ease tension, promote relaxation, and reveal a naturally radiant glow.

IDR 350,000++ /person

BATHTUB TREATMENTS

FLORAL BLISS SOAK

30 Minutes

Sink into a fragrant bath adorned with fresh roses, sunflowers, and chrysanthemums, designed to soothe the body, calm the mind, and leave you feeling refreshed and renewed.

IDR 504,000++ /person

CITRUS INFUSION SOAK

30 Minutes

Refresh your senses with a vibrant bath infused with fresh lemon, orange, lime, and fragrant pandan, leaving your skin feeling refreshed while uplifting the senses with its bright citrus aroma.

IDR 504,000++ /person

HERBAL HEALING BATH

30 Minutes

Immerse yourself in the calming essence of sage and peppermint as this aromatic herbal bath gently restores comfort and invites a deep sense of relaxation.

IDR 504,000++ /person

TROPICAL ESCAPE BATH

30 Minutes

Inspired by the abundance of the tropics, this refreshing fruit bath blends pineapple, papaya, cucumber, and dragon fruit to soften the skin and rejuvenate the senses.

IDR 504,000++ /person

GARDEN OASIS BATH

30 Minutes

Retreat into a peaceful garden-inspired bath infused with fresh aromatic herbs, offering a soothing escape that calms the mind, relaxes the body, and awakens the senses.

IDR 580,000++ /person



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*

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

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

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

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



SPA INFORMATIONS

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.

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.

NOTE FOR MEN

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

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

Childen under 4 Years old 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.