



Sava



## **SAVA PROMISES**

### **Sava Hours of Service**

10 a.m. to 8 p.m. daily. Last appointment will be at 9 p.m.  
for 60 minutes treatment.

## **SAVA ARRIVAL**

***Please arrive at least 20 minutes prior to your scheduled appointment.***

***Late arrivals will be subject to a time reduction from the  
scheduled treatment.***

## **SAVA APPOINTMENT.**

***We will hold your appointment for 15 minutes after the appointment time, after which it will be released. All booking are confirmed 24 hours in advance. We suggest that you schedule your appointment in advance in order to obtain your preferred treatment time. Should you wish to reschedule/cancel an appointment please give us a minimum 4 hours advance notice or a 50% cancellation fee will be charged to your credit card for all guaranteed reservation. For our in-villa guests, indulge your senses in the privacy of your villa. All of our in-house guests can book our treatment(s) through our Neighbourhood Host or directly from your TV menu. No-shows will be charged as full amount.***

## **SAVA ENVIRONMENT**

***To fully enjoy the peaceful and tranquil environment of our spa, we respectfully request that all visitors keep noise level at a bare minimum. Usage of cellular phones and electronic devices are discouraged. Smoking and consumption of alcohol within the premise is prohibited. SPA guests must be 16 years of age or accompanied by an adult. Spa services are catered and can for all ages depending on the treatment designed. You will be provided cabinet with a robe, slipper and other amenities for your comfort. Please leave your valuables at home or in your room safe. The hotel accepts no responsibility for loss of money or valuables brought onto the SPA premises. Guests who have a history of high/low blood pressure, heart conditions or are on medication, pregnant or have other medical conditions are advised to consult their doctors before having any SPA Treatments. Please do make special note with our reception or therapist of any medical conditions you may have prior to your treatment.***

## **SAVA PAYMENT**

***We accept Credit Cards (Amex, Visa, Master, JCB, Diners, Union Pay). Alternatively, if you are an in-house guest, you may sign and charge to your room account. All prices are subject to 21% of government tax and service charge.***

## **SIGNATURE JOURNEY**

***Through the years of cultural experiences, we have collected memories from the past and integrated them into pampering rituals. Each of our signature packages represents characteristics from distinct heritage, whether it is Balinese, or simply Oriental. Although distinct through their elements, all signature packages offer luxurious head-to-toe indulgence.***

### **JOURNEY OF BALINESE WISDOM**

**IDR 2,750,000**

**180 MINUTES**

As a gift from God, Balinese Rice is a significant part of the journey. Beginning the treatment with an aromatic foot ritual with rice scrub for deep cleansing, followed by a full body scrub that works wonderfully on the skin. Infused with natural beauty ingredients, this rice scrub leaves your skin satin-smooth and soft. It polishes away flaky and dead skin cells leaving your skin clean and refreshed. Cold Balinese River stone massage is one of the elements of this package, reflecting the local neighborhood wisdom while promoting circulation for the body, and helping to decrease muscle tension through soothing circular motions. The result of this treatment is an overall feeling of invigoration. Complete the journey with the unique Balinese Herbal Facial Treatment. This revitalizing and hydrating treatment leaves you with soft, supple and glowing skin.

### **JOURNEY OF THE EASTERN ROSE**

**IDR 2,750,000**

**180 MINUTES**

The rose symbolizes romance and timeless beauty. In fact, its botanical extracts are loaded with powerful anti-oxidants to combat damaging factors which are harmful to your skin. When combined with other anti-aging agents such as Coenzyme Q-10 and Nano-seaweed extracts from Red and Green seaweed, our Oriental Rose skincare revitalizes your skin, bringing back innate radiance while de-stressing your body and mind. Oriental massage techniques will relieve your body from stress, promoting overall blood circulation and energy flow. To fulfill your indulgence, the program ends with a 60-minute cellular regenerating facial massage, ridding you of toxins and dead skin cells. The results you can feel instantly as the treatment leaves you with soft and supple skin.





  
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## JOURNEY OF THE SIAMESE PURITY

IDR 2,750,000

180 MINUTES

White and delicate Jasmine is the pinnacle of purity and serenity. For centuries, Thai people use the sweet-scented Jasmine to make garlands, as an auspicious offering to the Buddha and monks. Known for its famous heritage in traditional Thai Medicine, the Journey of Siamese Purity definitely lives up to its name. The Siamese Purity package is a complete Spa experience, invigorating all your senses with the exotic, spiritually awakening scent of Jasmine essential oils. Starting from exfoliation to remove dullness, and increase botanical absorption through skin, followed by a gentle aromatic oil massage. Ancient Thai wisdom of energy flow is combined with soothing and relaxing manual techniques. Such techniques aim to relieve tension, which in turn can improve blood and lymphatic circulation. The package is concluded with a facial treatment, using rich and all-natural active ingredients from Water Lily, Chamomile and Pomegranate. As a result, your skin becomes toned, softened and free from imperfections.

## JOURNEY OF SAVA WANDERER

IDR 1,950,000

150 MINUTES

The Sava Wanderer package comprises of the Sava Revival massage followed by the Sava Compress. Sava Revival helps to detoxify your body through reflexology. It removes toxins, including those in the liver and kidneys, and helps maintain a healthy pH balance. This has been proven to have beneficial effects on other body areas: clearing acne and wrinkles, and strengthening the immune system. Sava Compress promotes relaxation while soothing aching muscles and stiff joints. Due to the gentle motion, it can be more appropriate for parts of the body that require a delicate touch. It also represents a great alternative to acupuncture, as it stimulates the same points of the body. Herbal Compress massage is known for its healing properties: it improves blood circulation and stimulates the internal organs. It increases the blood and oxygen circulation in the body and improves the functions of different organs.

## SAVA LIFESTYLE DESIGN

IDR 1,600,000

120 MINUTES

Knowing the needs of your body best creates your own personal heaven. This why we have created this package that allows you to choose between the various nourishing benefits of a body exfoliation together with a healing massage to relieve emotional blockages and physical tension, or body exfoliation with a pampering facial treatment or a healing massage with a pampering facial treatment designed specifically for your facial skin type.



## SAVA AFTER SUN RITUAL

90 MINUTES

IDR 1,500,000

Aloe Vera helps with sunburns through its powerful healing properties at the epithelial level of the skin, a layer of cells that cover the entire body. It acts as a protective layer on the skin and helps replenish its moisture. Because of its nutritional features and anti-oxidant properties, the skin heals quicker. Its anti-inflammatory properties help treat blemishes, acne and other skin problems.



## SAVA MASSAGE THERAPY

*Restoring vital connection between nature and mankind, Sava Massage Therapy is designed to right your path to personal wellness through a holistic approach. Traditional therapeutic practices are applied along with the use of the purest natural ingredients. Each therapy begins with pre-treatment consultation, aromatic foot bath & scrub and ends with refreshments.*

### SAVA COMPRESS MASSAGE

IDR 1,500,000

90 MINUTES

Hot compresses promote relaxation while soothing aching muscle and stiff joints. Due to the gentle motion, it can be more appropriate for parts of the body that require a delicate touch. It also represents a great alternative to acupressure, as it stimulates the same points of the body. Herbal Ball Massage is known for its healing properties: it improves blood circulation and stimulates the internal organs. It increases the blood and oxygen circulation in the body and improves the functions of different organs.

### EASTERN ROSE AROMATIC BODY MASSAGE

60 MINUTES IDR 1,300,000

90 MINUTES IDR 1,600,000

Inspired by Oriental reflexology and thumb kneading techniques, this full body massages with an emphasis on neck, back, and shoulders will help alleviate your muscle tension. Oriental Rose Massage Oil with Organic Rose Water, Coenzyme Q10, Shea Butter and Rice Bran Oil will restore your natural glow and protect your skin from harmful environments.

### SIAMESE AROMATIC BODY MASSAGE

60 MINUTES IDR 1,200,000

90 MINUTES IDR 1,500,000

We created the perfect combination of traditional Thai and aromatic oil massages for your comfort. Manual techniques using palm pressure and stretching to ease muscle tension and restore agility with natural Vitamin-E rich Rice Bran oil to boost inner radiance and protect your skin harmful environments.

## **SIAMESE HERITAGE BODY MASSAGE**

**60 MINUTES IDR 1,200,000**

**90 MINUTES IDR 1,500,000**

The Traditional Thai Massage developed from stretching techniques used after Buddhism Meditation, was introduced in Thailand from India 2,500 years ago. Manual manipulation is applied to various trigger points, using fingers, palms, elbows and knees. Certain sets of unique postures are aligned by professional therapists to stretch various muscle groups, stimulating a flow of internal energy. To further relax tensed muscle, a warm Herbal Compress can be added. The heat from Herbal Compress releases contracted muscles, while its active botanical ingredients are absorbed through the skin, maximizing therapeutic effects.

## **BALINESE RIVER STONE MASSAGE**

**IDR 1,500,000**

**90 MINUTES**

River stones are excellent because they promote circulation for the body. By promoting circulation, cold or hot stone treatment can ease inflamed tissues, soothe muscle spasms, and can reduce swelling. The overall effect of the treatment is the reduction of tension with a simultaneous feeling of invigoration.

## **TRADITIONAL BALINESE MASSAGE**

**60 MINUTES IDR 850,000**

**90 MINUTES IDR 1,000,000**

Balinese massage has its origin in Bali. It is a powerful massage that restores vitality, and balances the body in a wholesome manner. The massage therapist uses long, firm strokes, performed in a rhythmic method.

## **SAVA DE-STRESS MASSAGE**

**IDR 850,000**

**60 MINUTES**

Developed specifically to treat sore and stiff back, deep tissue massage with your choice of Massage Balm offers a relaxed sensation for the back muscle, reducing stiffness and improves circulation. This therapy is ideal for relieving chronic back and shoulder problems.



**SAVA REVIVAL THERAPY**  
**IDR 850,000**  
**60 MINUTES**

Inspired by traditional Chinese Reflexology, this treatment works on various acupressure points, promoting healthy organs and overall wellbeing. These points correspond to internal organs and systems of the body which react to manual stimulation. Pressure is applied by thumbs, fingers, and palms. After the treatment, feel relieved from muscle aches, tension in the upper body, poor blood circulation, sluggish digestive system, and stress.





## JAVANESE LULUR BODY EXFOLIATION

IDR 850,000

45 MINUTES

Lulur exfoliates and removes dead skin cells to smoothen and provide a radiant glow. Frequent usage reduces skin pigmentation and evens out skin tone by getting rid of dark patches especially in areas prone to darkening like the elbows, knees, armpits and the area between the thighs. Contains Green Tea Extract and Vitamin E to help protect the skin and keep it healthy. It also moisturizes and leaves skin with a mildly fragrant scent.

## BALINESE BODY BOREH

IDR 850,000

45 MINUTES

Boreh is a Balinese spice body mask – a popular treatment for fever, headaches, muscle aches and arthritis. The aromatic mask increases circulation, while exfoliating and softening the skin.



## SAVA UPLIFTING FACIAL

IDR 1,200,000

FOR DRY OR AGING SKIN  
60 MINUTES

Dryness is the main cause of aging skin. Rejuvenate your skin with the uplifting massage. Ultra-hydrating facial mask and cellular-regenerating massage helps combat dry skin and improve blood circulation along with ease the tensed facial muscle, one of the factors causing deep wrinkles. This facial treatment produces the effect of a firm and luminous facial skin.



  
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## SAVA LUXURY PARAFFIN & GEL FOOT CARE

**IDR 1,100,000**

85 MINUTES

This treatment starts with gentle cutting, shaping and moisturising your cuticles and heels using Callus Softener, followed by a relaxing foot massage using pressure points before applying the Paraffin mask to nourish your skin. Gel polish is applied to complete your nail grooming ritual. Gel is a product used to create nail extensions, nourish the nails and keep the polish intact with a high shine at least for a couple of weeks without cracking, peeling or chipping.

## HOT STONE AROMATIC FOOT CARE

**IDR 650,000**

75 MINUTES

This treatment begins with a blessing ritual using Holy water to deeply cleanse your body and soul before your nail grooming journey. This is followed by gentle shaping of the nails, removing cuticles and softening your heels. Calluses are removed, dead skin exfoliated and your feet are pampered using a hot aromatic towel. For your absolute indulgence, a soothing hot stone massage with our signature Puras essential oil is delicately performed on your feet. Lastly, our expert nail specialist will polish your nails with the colour of your choice or a natural nail buffing for a high gloss shine.

## SPICE AND CITRUS FOOT CARE

**IDR 500,000**

50 MINUTES

This treatment begins with a softening soak of your feet in a bowl of Spice & Citrus bath salts and Puras essential oils. This is followed by gentle shaping of the nails, removing cuticles and softening your heels. Calluses are removed, dead skin exfoliated and your feet are pampered using a hot aromatic towel. For your absolute indulgence, a soothing foot massage with our signature Puras essential oil is delicately performed on your feet. Lastly, our expert nail specialist will polish your nails with the colour of your choice or a natural nail buffing for a high gloss shine.



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## GLAM AND GLOSSY HAND AND FOOT CARE

*Discover yourself a timeless beauty of Hand and Foot Therapy inspired by the arts of aromatherapy and Asian traditional massage techniques bringing you to new manicure and pedicure experiences. Your magnetic charm springs from your fingertips. Besides the good nutrition, the well treat of nail condition is equally important for your personality. Nail is a part of body or shown as an ornament to reflect your beauty that shine from insider out. Experience our exclusive packages now, get alluring and ready for your next glamorous party.*

### SAVA LUXURY PARAFFIN & GEL HAND CARE

IDR 1,000,000

80 MINUTES

This treatment starts with gentle cutting, shaping and moisturising your cuticles and skin, followed by a relaxing hand and arm massage using pressure points before applying the Paraffin mask to nourish your skin. Gel polish is applied to complete your nail grooming ritual. Gel is a product used to create nail extensions, nourish the nails and keep the polish intact with a high shine at least for a couple of weeks without cracking, peeling or chipping.

### HOT STONE AROMATIC HAND CARE

IDR 550,000

70 MINUTES

This treatment begins with a blessing ritual using Holy water to deeply cleanse your body and soul before your nail grooming journey. This is followed by gentle shaping, removing of cuticles, exfoliating dead skin and pampering your hands with a hot towel. For your absolute indulgence, a soothing hot stone massage with our signature Puras essential oil is delicately performed on your hands and arms. Lastly, our expert nail specialist will polish your nails with the colour of your choice or a natural nail buffing for a high gloss shine.

### SPICE AND CITRUS HAND CARE

IDR 400,000

45 MINUTES

This treatment begins with a softening soak of your hands in a bowl of Spice & Citrus bath salts and Puras essential oils. Nails and cuticles are groomed to perfection while a soothing lower arm massage is performed using our signature Puras hand lotion to moisturize your skin. Our expert nail specialist will polish your nails with the colour of your choice or a natural nail buffing for a high gloss shine.



## **SAVA BODY PAMPERING**

*Dead skin cells not only make the skin look dull but also act as barriers preventing the skin from absorbing nutrients and active ingredients from skincare products properly. Thus, regular skin exfoliation is highly recommended for enhancing radiance and natural glow. Choosing the right body scrub will not only de-stress your mood, but also promote better overall wellbeing. We offer a wide range of scrubs from Oriental Rose to Siamese Jasmine for your preference so you can pick a scrub that best suits your complexion and taste. Each treatment is 45-minutes long, and begins with a pre-treatment consultation and Aromatic Foot Bath & Scrub. After the treatment and shower, your skin is cleansed and refreshed. Aromatic Body Oil Spray will then be applied to store moisture, leaving your skin soft and supple.*

### **EASTERN ROSE SKIN PURIFYING BODY EXFOLIATION**

**IDR 1,300,000**

**45 MINUTES**

Experience the unveiling of natural healthy glow with Skin Purifying Body Scrub, containing essential natural botanical extracts. Organic Rose Water is the key extract to enrich your skin, Apricot Seeds work as gentle beads exfoliating dead skin cells without causing harsh abrasion. Moreover, Shea Butter and Coenzyme Q10 are added to help replenish moistures, improve your skin condition, and promote natural glow.

### **SIAMESE PURIFYING BODY EXFOLIATION**

**IDR 1,300,000**

**45 MINUTES**

Ideally created for dry and sensitive skin, Siamese Jasmine Body Scrub contains mild natural exfoliating beads from grounded fragrant red rice and corn, Marshmallow oil (*Althaea Officinalis*) and Pennywort (*Centella Asiatica*) extracts to soothe and nourish to delicate skin. Marshmallow is a botanical species indigenous to Africa, used as a medical and ornamental plant.

A confection made from the root since ancient Egyptian time evolved into today's Marshmallow treats.

## **SAVA FACIAL RITUALS**

***Let your natural beauty shine from inside out. Thus, proper cleansing and moisturizing steps are essential to improve complexion and maintain skin's elasticity – key factors in maintaining a young and healthy look. At Sava, we believe in the holistic approach, the wholesomeness of body and mind as one entity. To have great skin, we believe one must incorporate proper diet, cardiovascular exercise, decent amount of rest for both body and mind, and sufficient skin nourishment. This is the real path to achieve the absolute glow. While consistency is critical, an occasionally special pampering is highly recommended, to cleanse and replenish facial skin from harmful environments. Our facial collection utilizes extracts from Water Lily, Pomegranate, Chamomile, and Black Tea. Natural extracts from Water Lily contains Amino Acids, responsible for restoring Elastin and Collagen, Vitamin C from Pomegranate fends off harmful free-radicals from damaging your skin. Chamomile helps soothe facial skin and Black Tea's Acid acts as a mild astringent and anti-inflammatory, decreasing roughness and restoring the skin's natural glow.***

### **BALINESE HERBAL FACIAL**

**IDR 1,200,000**

**FOR NORMAL SKIN**

**60 MINUTES**

Designed for normal skin, this facial delicately cleanses the skin, followed by a gentle and relaxing facial massage using an herbal ball. A hydrating fresh cucumber mask completes the facial therapy, helping restore a healthy balance.

### **SAVA CLARIFYING FACIAL**

**IDR 1,200,000**

**FOR NORMAL TO OILY SKIN**

**60 MINUTES**

Gentle facial treatment starts with a deep cleansing, facial steam with Ozone, gentle exfoliation, and a balancing facial mask. Light nourishment helps replenish skin's moisture without adding greasiness but leaving your face soft and radiant.

### **SAVA HYDRATING FACIAL**

**IDR 1,200,000**

**FOR NORMAL TO DRY SKIN**

**60 MINUTES**

This nourishing treatment will take you through a completely relaxing journey. Starting with gentle facial cleansing, the ritual is followed by a mild exfoliation, and a detoxifying facial mask. Facial skin is revitalized and hydrated, leaving you with soft, supple and glowing skin.