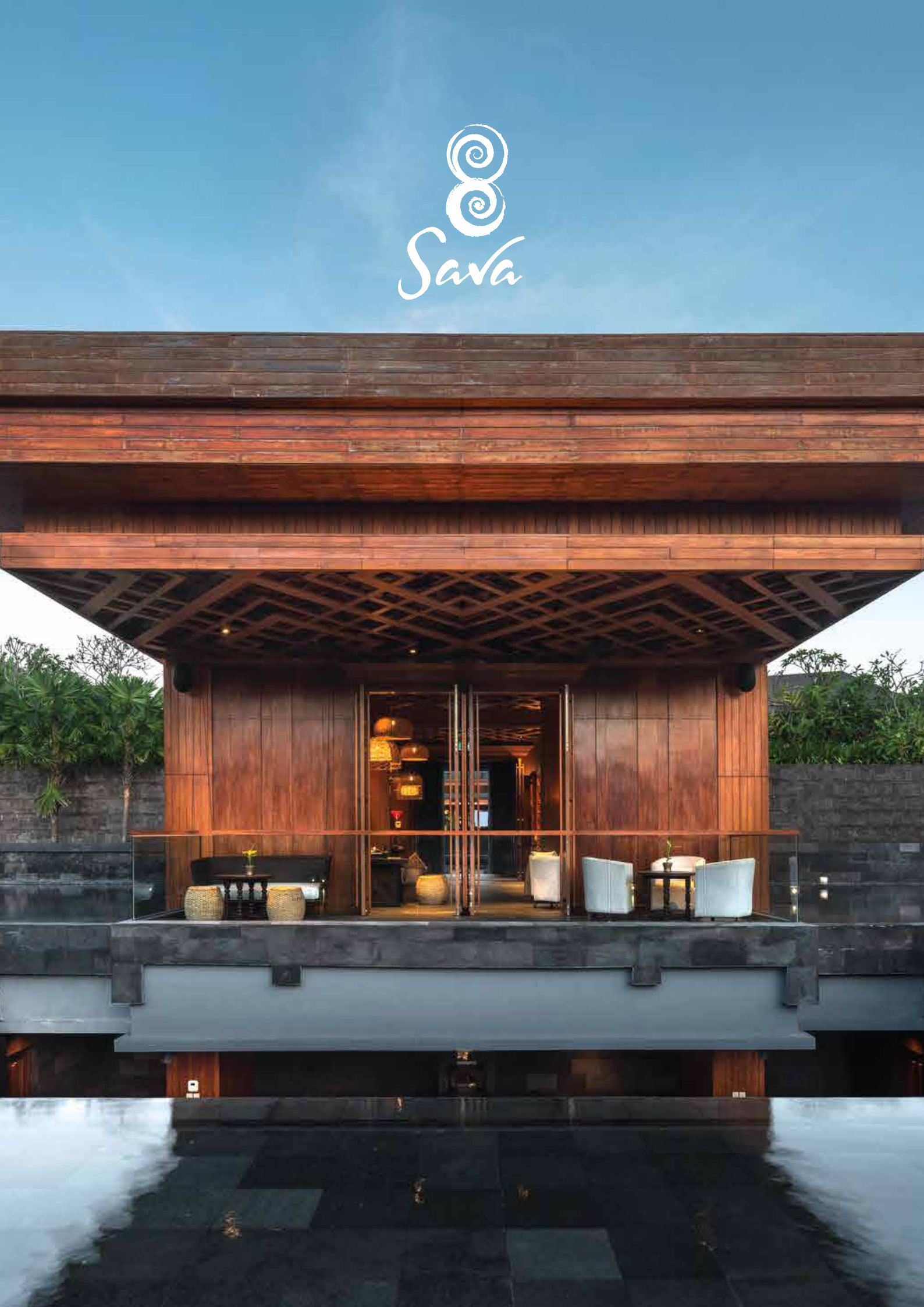

Sava

We offer a complete menu of pampering treatments designed for deep relaxation, which unite modern holistic natural healing with traditional local wisdom. Our exquisite body care collection, local herbs, Balinese rice and fresh sea salt provide the therapeutic benefits that makes a trip to Sava Spa, a transformational experience.

Sitting under a Zen pool inspired by the Balinese age-old subak irrigation system, Sava Spa presents six couples massage rooms--each one with a shower facility and one with a bath--as well as four treatment rooms for singles, and a dedicated reflexology room. Our manicure and pedicure parlor has four pedicure stations and two manicure tables that feature designs resembling a vintage apothecary. We only use natural nail treatment products with top-of-the-line O.P.I nail lacquers. Our Sava spa also has two lounge areas, one for pre-treatment and one for post-treatment.

Well-trained in many different methods, from traditional Balinese massage to Thai massage, acupressure, and many more, our spa team's holistic approach also includes meditation and chakra application to their treatments as well as developing their own massage oils and scrubs that blend all-natural and locally-sourced ingredients. All of our spa services are performed by our magnificent award-winning spa team that has been awarded as Best Junior Spa Therapist and Best Spa Receptionist in Indonesia, undoubtedly making it the best spa in Seminyak.

Sava Promises

Operational hours

9AM – 9PM daily.
Last appointment will be at 8PM for a 60 minutes treatment.

Arrival

Please arrive at least 10 minutes prior to your scheduled appointment. Late arrivals will be subject to a time reduction from the scheduled treatment.

Appointment

We suggest that you schedule your appointment one day in advance in order to obtain your preferred treatment time. Should you wish to reschedule/cancel an appointment please give us a minimum of 4 hours advance notice or a 50% cancellation fee will be charged to your credit card for all guaranteed reservation. No-shows will be charged as full amount.

Environment

To fully enjoy the peaceful and tranquil environment of our spa, we respectfully request all visitors to 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.

Selected spa treatment only available for guest on a minimum age of 16 years. Kids menu available for all ages based on treatment selection.

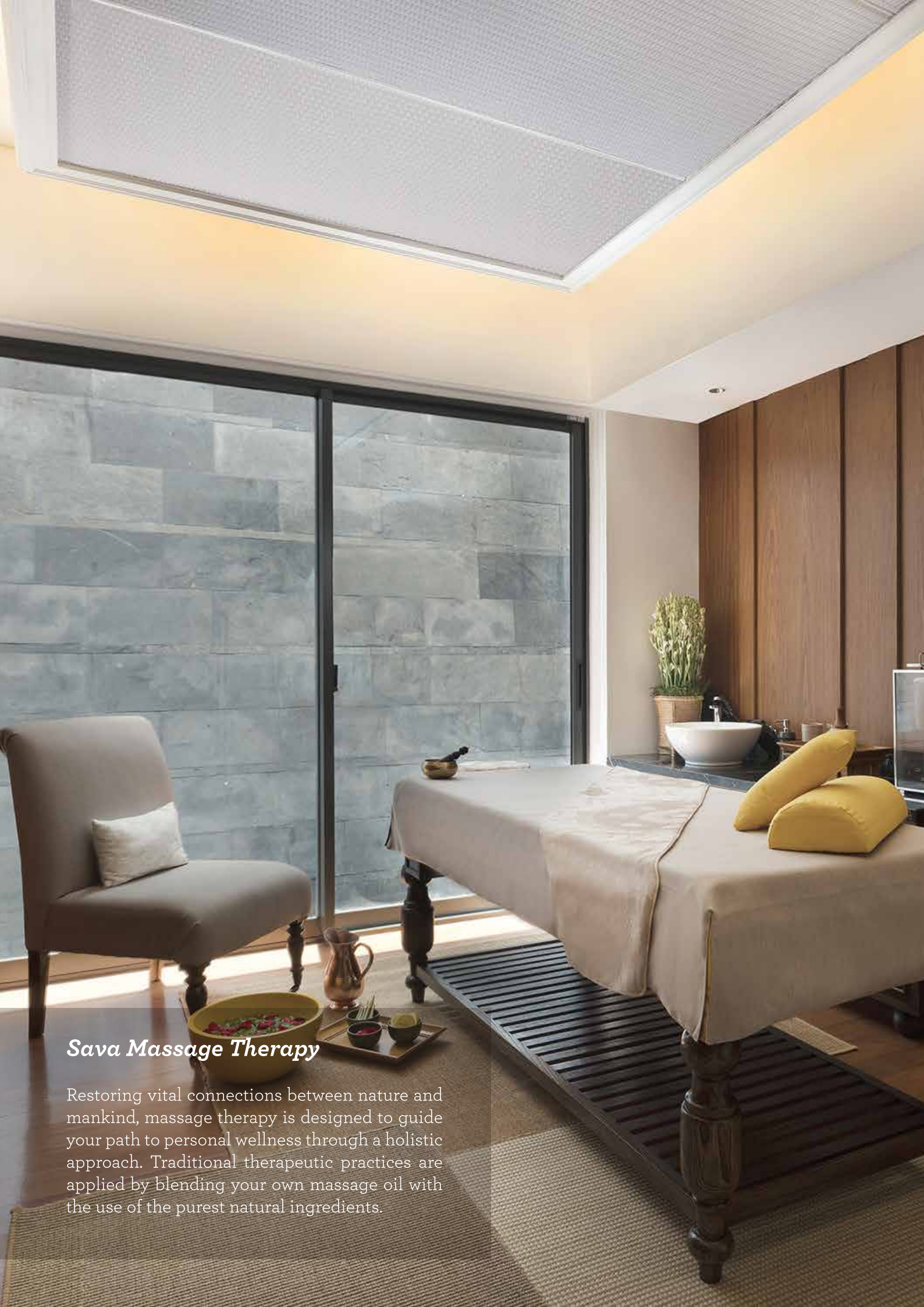
You will be provided with a cabinet with a robe, slippers and other amenities for your comfort.

Please leave your valuables at home or in your room safe. The hotel accepts no responsibility for loss of money or valuables brought into the SPA premises.

Guests who have a history of high/low blood pressure, under medical treatment, pregnant or have other medical conditions are advised to consult with their doctors before having any SPA treatments.

Please do make a special note to our reception or therapist of any medical conditions you may have prior to your treatment.

All prices are subject to 10% service charge and 16,5% prevailing government tax.



Sava Massage Therapy

Restoring vital connections between nature and mankind, massage therapy is designed to guide your path to personal wellness through a holistic approach. Traditional therapeutic practices are applied by blending your own massage oil with the use of the purest natural ingredients.

Sava Balinese Signature

60 minutes | IDR 840,000
75 minutes | IDR 1,050,000
90 minutes | IDR 1,250,000

We created the perfect combination of long stroke movement technique 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.

Traditional Seminyak Massage

60 minutes | IDR 840,000
75 minutes | IDR 1,050,000
90 minutes | IDR 1,250,000

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

Ocean Aromatic Body Massage

60 minutes | IDR 840,000
75 minutes | IDR 1,050,000
90 minutes | IDR 1,250,000

Inspired by the oriental reflexology and thumb kneading techniques, this full body massages focus is an emphasis on neck, back and shoulders that will help alleviate your muscle tension.

Herbal Compress Massage

90 minutes | IDR 1,250,000

Hot Herbal compresses, with a gentle motion, well promote relaxation while soothing aching muscles and stiff joints. 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.

River Stone Massage

90 minutes | IDR 1,250,000

Playing around with circulation, River Stone Massage can ease inflamed tissues, soothe muscle spasms and reduce swelling. The overall effect of this treatment is the reduction of tension with a simultaneous feeling of invigoration.

Lymphatic Drainage Massage

60 minutes | IDR 840,000

Manual Lymphatic Drainage Massage is the application of specific very light techniques which assist in the movement of lymph. Known as manual lymphatic drainage, relieves swelling that happens when medical treatment or illness blocks your lymphatic system. Lymphatic drainage massage involves gently manipulating specific areas of your body to help lymph move to an area with working lymph vessels.

De-Stress Massage

60 minutes | IDR 720,000

Developed specifically to treat sore and stiff back, this deep tissue massage offers a relaxed sensation for the back muscle, reducing stiffness and improving circulation. This therapy is ideal for relieving chronic back and shoulder problems.

Foot Revival Therapy

60 minutes | IDR 720,000

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.

Sava Body Pampering

Dead skin cells do not only make the skin look dull but also prevent the skin from absorbing nutrients and active ingredients from skincare products properly. Thus, regular skin exfoliation is highly recommended for enhancing the radiance and natural glow of your skin.

Body Aloe-Vera Cooling Gel

60 minutes | IDR 840,000

Pampering your back with a 20 minutes back, neck and shoulder massage followed by a gentle circulation using aloe-vera cooling gel, to reduce your sunburn.

Sea Salt Cleansing Scrub - Lime and Ginger

60 minutes | IDR 840,000

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Treatment starts with 20 minutes back massage to release your muscles.

Rice Cloves Lemongrass Scrub

60 minutes | IDR 840,000

Exfoliate and remove dead skin cells to smoothen and provide a radiant glow. This treatment begins by choosing and creating your own body scrub to be used during the treatment. Frequent treatment can reduce skin pigmentation and even out skin tone by getting rid of dark patches. Finish the treatment with vitamin E to help protect the skin and keep it healthy.

In Coffee We Trust Scrub

60 minutes | IDR 840,000

Exfoliate and remove dead skin cells to smoothen and provide a radiant glow. This treatment begins with 20 minutes of back and shoulder massage followed by roasted coffee scrub. Frequent treatment can reduce skin pigmentation and even out skin tone by getting rid of dark patches, and vitamin E to help protect the skin and keep it healthy with a mild fragrance.

Sava Facial by Maria Galland

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. While consistency is critical, an occasional special pampering is highly recommended, to cleanse and replenish facial skin from getting damaged.

Cleansing Facial

60 minutes | IDR 1,400,000

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

Hydration Facial

60 minutes | IDR 1,400,000

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.

Energizing Facial

60 minutes | IDR 1,400,000

A revelation for oily, congested or hormonal skin. This energizing facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

Uplifting Facial

60 Minutes | IDR 1,750,000

Rejuvenate your skin with the uplifting massage. Ultra-hydrating facial mask and cellular-regenerating massage improve blood circulation while combating the tensed facial muscle, one of the factors causing deep wrinkles. This facial treatment produces the effect of a firm and luminous facial skin

Sava Package Journey

Through the years of cultural experiences, each of our signature treatments represents characteristics from a distinct heritage, whether it is Balinese, or oriental, that offers luxurious head-to-toe indulgence.

Balinese Wisdom

180 minutes
Single | IDR 2,800,000
Couple | IDR 5,400,000

As a gift from God, Balinese rice, ginger and lemongrass are a significant part of the journey. Purify yourself with a 30 minutes of rice, clove and lemongrass body scrub to leaves your skin satin-smooth and refreshed. Continue with a 90 minutes of Traditional Seminyak Massage to melt away your muscle tension through soothing circular motions. Lastly, complete the journey with the 60 minutes of Sava facial by Maria Galland for your absolute glow and radiant skin.

Seminyak Blend

180 minutes
Single | IDR 2,800,000
Couple | IDR 5,400,000

Discover your timeless beauty. Enjoy 90 minutes of our Sava Balinese Signature body massage with Seminyak blend Aromatic Massage oil that is good to relieve tension and improve blood lymphatic circulation. Next, 30 minutes of Sea Salt Cleansing Scrub - Lime and Ginger will gently slough away dead skin cells, encouraging the regeneration of new cells, and complete the journey with 60 minutes of Sava Facial by Maria Galland to your absolute glow and radiant skin.

Glowing and Purity

180 minutes
Single | IDR 2,800,000
Couple | IDR 5,400,000

Invigorate all your senses through the spiritually awakening scent of Coffee and Milk starting from 30 minutes of Coffee Body Scrub followed by 90 minutes of Ocean Aromatic Massage. An emphasis on neck, back, and shoulders will help alleviate your muscle tension.

And complete the journey with 60 minutes of Sava Facial by Maria Galland to your absolute glow and radiant skin.

Lifestyle Design

120 minutes
Single | IDR 1,900,000
Couple | IDR 3,600,000

Design your own personal heaven, allowing you to select one of the 60 minutes Sava Massage Therapy paired with one of Sava Body Scrubs to relieve emotional blockages and physical tension, or choose from one 60 minutes Sava Massage Therapy with a pampering of Sava Facial by Maria Galland designed specifically for your facial skin type.

Half Day Package

Twilight Retreat

Single	IDR 4,700,000
Couple	IDR 9,000,000

Indulge in the height of luxury Sava Spa with the Ultimate twilight half day package. You will start your day with private class of Yoga Pranayama focuses on deep breath exercise and stretching conducted by our professional Yoga instructor. Continue the journey with healthy salad bowl and a glass of seasonal fruit juices from our Makase restaurant. Your day also includes a 90 minute hot stone massage and 60 minute Hydra Facial, to make you feel truly pampered. As the perfect end to your day, enjoy an afternoon tea while our age-old therapist perform 30 minutes of foot massage under the Zen pool in our relaxation area. Bring with you a Spa welcome pack to continue your pampering session at home.

Glory of Sensory

Single	IDR 4,700,000
Couple	IDR 9,000,000

Choose your favorite scent from our sensory collection Lavender, Tea-Tree, Lemongrass, Bergamot and Citrus to start your journey. Hand cleansing ritual and blessing water are performed in the beginning of your treatment, and followed by a 15 minutes of steam bath and 30 minutes body exfoliation. Continue the journey with 90 minutes body massage and 60 minutes of facial treatment. To close the deal, enjoy a glass of wine while you take a plunge into the bathtub with flower petal and drops of essential oil. Bring with you a Spa welcome pack to continue your pampering session at home.

Glam and Glossy Hand and Foot Care

Discover a timeless beauty of hand and foot therapy inspired by the arts of aromatherapy and Asian traditional massage techniques, bringing you to the next level of manicure and pedicure experiences. This treatment starts with gentle cutting, shaping and moisturizing your cuticles and skin, followed by a relaxing massage using pressure points Color up your nail with your choice of nail polish as a completion of your nail grooming ritual.

Sava Menicure (30 minutes)	IDR 250,000
Sava Pedicure (35 minutes)	IDR 300,000
15 minutes Hot Stone (Hand/Foot)	IDR 150,000
Nail Polish Normal	IDR 200,000
Nail Gel Polish	IDR 350,000
Removed Gel Polish	IDR 200,000
Removed Normal Polish	IDR 100,000
Removed Callus	IDR 300,000

Kids Menu

Nothing says "I love you" better than a day of pampering with a special spa treatment created for soon-to-be adults.

Mini Me Massage

30 minutes | IDR320,000

Gentle full body massage. Help your kids relax after their activities.

Mini Me Facial

30 minutes | IDR320,000

Using fresh natural kid's friendly products. This facial includes essentials such as honey and yogurt. Enjoy cleansing, face massage, facial mask, toning and moisturizing for a dream soft skin.

Happy Kids Pampering

60 minutes | IDR 620,000

Feel like a big girl (or boy)! A kid's spa package including body massage followed by facial with fresh natural product. Be ready to get pampered.

Sweet Nail Art

30 minutes | IDR170,000

A delightful experience of fun spa, hand or foot nail art.

Dive into our collection of hand and foot products.

In Villa Service

Hours of Service

12PM – 6PM daily.

Last appointment will be at 5PM for a 60 minutes treatment.

Sava Bali Signature

75 minutes | IDR 1,250,000
90 minutes | IDR 1,450,000

We created the perfect combination of long stroke movement technique 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.

Ocean Aromatic Body Massage

75 minutes | IDR 1,250,000
90 minutes | IDR 1,450,000

Inspired by Oriental reflexology and thumb kneading techniques, this full body massage comes with an emphasis on neck, back and shoulders that will help alleviate your muscle tension.

Traditional Seminyak Massage

60 minutes | IDR 1,100,000
90 minutes | IDR 1,450,000

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

De-Stress Massage

60 minutes | IDR 950,000

Developed specifically to treat sore and stiff back, deep tissue massage offers a relaxed sensation for the back muscle, reducing stiffness and improving circulation. This therapy is ideal for relieving chronic back and shoulder problems.

Foot Revival Therapy

60 minutes | IDR 950,000

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 the 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.

Sava Spa

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