



## KAHYANGAN JOURNEY

Kahyangan translates to a sacred place where gods and goddesses live. Inspired by a sanctuary that mortals can only dream of, Kahyangan Spa aims to provide an ethereal retreat where our physical selves are healed and restored, our senses rejuvenated and our minds enlightened – to be well and to be whole in the way that we are always meant to be.











## “AN INTEGRATIVE APPROACH TO HOLISTIC WELLNESS”

*“Your body is precious. It is our vehicle for awakening.  
Treat it with care”  
-Buddha-*

At Kahyangan Spa, we believe that to prevent is better than to cure, and our mission is to help all of our guests achieve a sound body, mind and soul. We also understand that human bodies differ from one another, and understanding each individual’s unique needs is paramount to deliver the desired results.

We adopt and implement Tridosha, an ancient Ayurvedic method to analyse body type in a holistic way in order to fully understand your physical, mental and spiritual necessities. Each individual will be given very personalised treatments and products to achieve a balance between the body, mind and soul.

At Kahyangan Spa, our aim is to enhance your holistic wellness journey, providing treatments that nurture inner balance and harmony.

# MASSAGE RITUALS



### **Liang Manah**

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**60 Minutes - IDR 900.000 & 90 Minutes – IDR 1.200.000**

Liang Manah means happiness in Balinese, and that is exactly what we want to help you achieve with our Liang Manah ritual.

Incorporating Balinese traditional mepijet massage technique.

You will leave the spa feeling renewed as you step into a new sense of rejuvenated body and mind.

### **Kahyangan Loka**

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**60 Minutes - IDR 900.000 & 90 Minutes – IDR 1.200.000**

In old Javanese, Kahyangan Loka is a beautiful heaven-like place.

Get ready to find peacefulness and blissfulness with our

Kahyangan Loka ritual, comprising an indulgent flower foot bath and the signature Kahyangan Touch massage.

### **Escape to Paradise (couples massage)**

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**90 Minutes – IDR 2.500.000**

Reignite the romantic fire with your partner with this unique couples massage that realigns both your feminine and masculine energies to achieve harmony. A thorough guidance to inhalation, combined with flower petal and cananga flower bath, will regenerate your inner kundalini energy, breathing new life into your passion for each other. Fresh fruit juice served at the end of the treatment.

### **Healing River Stone**

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**90 Minutes – IDR 1.300.000**

Invigorate your aura and embrace the positive changes and resolutions with our healing river stone treatment. This treatment uses river stones, a volcanic rock that retains heat to relieve tension, aid pain relief, and achieve balance. Rest and relax as our therapist performs restorative massage using heated river stones to nourish your weary mind and body.

### **Thai Yoga Massage**

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***60 Minutes - IDR 900.000 & 90 Minutes – IDR 1.200.000***

If you are on the active side and looking to have proper stretching for your weary muscles and joints, Thai Yoga is the perfect treatment for you. The energizing and rigorous massage comprises muscle compression, joint movements and acupressures from the therapist's hands, knees, legs and feet that will realign and invigorate your entire body.

### **Deep Tissue**

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***60 Minutes - IDR 900.000 & 90 Minutes – IDR 1.200.000***

Find a peaceful energy balance by releasing deep muscle tension with this Deep Tissue massage treatment. This treatment consists of long strokes, firm pressure point techniques and squeezes that will heal and energized your body.

### **Reflexology Crystal Healing**

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***60 Minutes – IDR 900.000***

Achieve the ideal state of wellbeing with the healing effects of our curated crystals. The ritual includes ancient pressure point massage techniques that will revive weary feet, improve circulation, and re-align your chakras, resulting in peace and harmony.

### **Tui-Na Massage**

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***75 Minutes – IDR 1.100.000***

Balance your Chi to prevent health issues and live better with Tui-Na massage, an ancient Chinese therapeutic massage. With rejuvenating techniques like kneading, pressing, rolling and stretching, you can have your energy re-balanced and feel lighter.

## **Cakra Balancing**

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**75 Minutes – IDR 1.300.000**

Bring harmonious balance to your chakra with the meditative pranayama breathing ritual, complete with therapeutic aromatherapy. The guided breathing session is followed by opening the chakra energy centres using Tibetan singing bowl's vibration, and warm herbal poultice therapy – taking you on a complete journey through healing meditation.

## **Champi Indian Head Massage**

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**45 Minutes – IDR 750.000**

Founded in India centuries ago, the deep and penetrating massage technique will help you release muscular tension, especially for the head, neck and shoulders. This massage also helps in stimulating hair growth and shine, giving you luscious locks as a result.

## **Shirodhara**

**60 Minutes - IDR 1.200.000**

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Harmonize your mind, body and soul with this ancient and traditional Ayurvedic treatment. Leave your stress behind as your third eye and crown chakras open and bring in healing qualities, and have a heavenly time being pampered.

## **Dosha Massage**

**90 Minutes – 1.200.000**

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Dosha massage is a classic Ayurvedic treatment using warm herb-infused Ayurvedic oils that aid in detoxifying, improving lymph circulation and soothing the central nervous system.



# FACE RITUALS



## The Rituals by BABOR

Dr. Babor - the German beauty pioneer. Founded by renowned biochemist Dr. Michael Babor in 1956, the company has been steadfastly focused on innovation and has established itself as a true pioneer in the field of professional skincare. The BABOR Research and Innovation Centre has been transforming the secrets of nature into natural, high-tech products for over 55 years. The BABOR beauty programme is tailored to suit your individual needs.

### **Dr. Babor Collagen Booster (Anti-Aging Facial) \_\_\_\_\_** **60 Minutes – IDR 1.500.000**

The anti-aging facial is using high-quality collagen booster from the world-renowned brand BABOR. The potent hyaluronic acid and collagen help to boost the skin, and smooth lines and wrinkles from inside out.

### **Skinovage PX** **60 Minutes – IDR 1.100.000 \_\_\_\_\_**

The treatment consists of cleansing and hydrating the skin in order to maintain a youthful look. The facial is gentle, yet it is innovative and power-packed with Alpine stem cells and OsmoTec formula that is efficient to slow down aging. Offering solutions for different skin conditions, choose from the options below to achieve radiant and younger-looking skin:

- Vita Balance (dry skin)
- Calming Sensitive (sensitive skin)
- Perfect Combination (combination skin)

### **After-Sun Facial**

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**60 Minutes - IDR 1.100.000**

A perfect ending for a day out in the sun, the After Sun Treatment hydrates, soothes and protects the skin, as well as restoring moisture. The treatment helps repair skin from heat and sun exposure, and pollution.

### **Natural Refreshing Facial**

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**60 Minutes - IDR 900.000**

Using fresh and natural ingredients, this facial cleans and revives skin with a cleansing, scrub and mask session to promote healthy, radiant skin. Enjoy the special massage techniques to achieve complete relaxation. You can also choose the product depending on your facial needs:

- Calming
- Balancing
- Hydrating

### **Refreshing Juara Facial**

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**60 Minutes - IDR 900.000**

This facial is designed with antioxidant-rich minerals and vitamins to relieve any tension caused by our modern lifestyle. Relax as the treatment helps detoxification, regenerates skin cells and rebalances sebum for a glowing, healthier complexion.



# SCRUB & POLISH

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### **Sandalwood and Aloe Body Scrub**

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**30 Minutes – IDR 700.000**

The aloe vera refreshes and hydrates the skin, as well as releasing toxins and other impurities from the skin, bringing a smooth and radiant result. The refreshing quality of the aloe vera removes dead skin cells while maintaining the skin's natural PH balance.

Furthermore, the sandalwood essential oil soothes the muscles and the mood.

### **Bali Coffee Body Scrub**

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**30 Minutes – IDR 700.000**

The treatment will delight coffee lovers with the fragrant coffee scrub and vanilla essence. The caffeine provides high-impact exfoliation and boosts your skin appearance, followed by a nourishing and hydrating application of carrot and sandalwood body conditioner.

### **Candlenut Kemiri**

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**30 Minutes – IDR 700.000**

For a glowing and soft skin, choose our Candlenut Kemiri scrub, using the nurturing oil extracted from Balinese candlenut known for its hydrating and exfoliating characteristics. In addition, the moisturising quality of the scrub is ideal for dry skin.

### **Javanese Herbal Lulur**

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**30 Minutes – IDR 700.000**

Inspired by the royal ritual performed in 17th century Javanese palaces, the ancient lulur comprises of a natural body scrub, made from saffron mixed with rice flour, traditional spices and herbal roots. Lulur is effective in removing dead cells, resulting in smoother and softer skin.



## **Soothing Sunburn Therapy**

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***60 Minutes - IDR 1.000.000***

It's not just sunburnt skin that will benefit from this cooling, hydrating and anti-inflammatory therapy. First, we apply a breezy cocktail of cucumber and essential oils, wrap you and throw in a head massage for the pampering effect. Then we add a layer of peppermint, mandarin and vitamin E cooling gel and treat your feet to a massage. Once chilled, we gently re-nourish your skin with vanilla and mango body lotion. Recommended after sun exposure.



# GROOMING



**Finest Hand Treatment** \_\_\_\_\_  
*60 Minutes – IDR 550.000*

**Finest Foot Treatment** \_\_\_\_\_  
*60 Minutes – IDR 600.000*

**Express Hand or Foot Treatment** \_\_\_\_\_  
*45 Minutes – IDR 490.000*

**Creambath Hair Therapy** \_\_\_\_\_  
*60 Minutes - IDR 750.000*

Creambath is believed to be the secret to Indonesian women's sleek, lustrous locks. The ritual comprises massaging a thick coating of conditioning cream throughout the scalp and every strand of hair. The cream softens, strengthens and glosses the hair, while the therapist releases some tension on the neck and shoulders with a soothing massage.

**Basic Hair Wash & Blow Dry** \_\_\_\_\_  
*45 Minutes - IDR 450.000*



# KIDDIES SPA

(12 years old and under)

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**Foot Massage or Hand Massage** \_\_\_\_\_  
**30 Minutes - IDR 290.000**

Let the tiny travellers choose from the 30-minute foot massage or hand massage ritual, with their choice of strawberry fields of vanilla massage oil.

**Kids' Hand & Foot Care** \_\_\_\_\_  
**30 Minutes - IDR 350.000**

The little ones can also indulge in hand and foot treatments, including nail shaping, cleaning, hand scrub, massage and nail polish.

## SPA PACKAGES



### **Kahyangan Ultimate Indulgence**

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*150 Minutes, Single – IDR 1.950.000 & Couple - IDR 3.500.000*

Enjoy a complete pampering session comprising a floral foot bath, your choice of body scrub, the signature Kahyangan Touch massage, and the Refresher Facial, before indulging in a lavish floral bubble bath.

### **The Balinese Ritual**

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*120 Minutes, Single – IDR 1.750.000 & Couple - IDR 3.000.000*

The Balinese Ritual offers an enlightening experience inspired by the Balinese way of creating a harmonious life. The body and mind cleansing ritual starts with a cleansing ceremony, foot bath ritual, followed by a Balinese coffee scrub and traditional Balinese massage.

### **Heaven & Earth Package**

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*90 Minutes, Single – IDR 1.500.000 & Couple - IDR 2.500.000*

Starting with a foot cleansing ritual, the treatment offers soothing traditional Balinese massage and is followed by your choice of foot massage or the Refresher Facial. Be prepared to leave relaxed, refreshed and renewed.

### **The Javanese Royal Ritual**

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*120 Minutes, Single – IDR 1.750.000 & Couple - IDR 3.000.000*

Hailing from 17th century Javanese royal palaces, the beauty ritual consists of coating your body with lulur – a scrub mixture made from spices, before gently polishing it off and applying yoghurt all over your body. The ritual is followed by a relaxing massage, refreshing facial or foot massage.

### **Stress Relieving Package**

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*90 Minutes, Single – IDR 1.500.000 & Couple - IDR 2.500.000*

For a complete deep muscle relaxation, the Stress Relieving Package covers a hydrotherapy session, a deep tissue massage and the Champi Indian Head Massage. Bid farewell to tight muscles and draining stress and say hello to top-to-toe relaxation.





# YOGA

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"Atha Yoga-Anusasanam" Yoga Sutra vol 1.  
"Yoga in here & now " with The Seminyak Beach Resort & Spa...  
an introduction to the study and practice of yoga



## **Hatha Yoga**

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**60 Minutes – IDR 900.000**

‘Hatha Yoga teaches us to use the body as the bow, asana as the arrow, and soul the target’ Hatha yoga is considered as the most ancient yoga system, believing that Lord Shiva directly shares this knowledge to humans for helping them to release from sufferings. Hatha yoga is not just exercise. Understanding the mechanics of the body, creating a certain atmosphere, and then using body postures to drive your energy in a specific direction. “Asana” means a “posture”.

## **Ashtanga Yoga**

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**60 Minutes – IDR 900.000**

Ashtanga Yoga is an eight-limb yoga founded by Rishi Patanjali, known as the Father of Yoga. Believed to be the most scientific and systematic yoga, the practice is called the eight-limb yoga because it comprises restraint, observance, postures, breathing regulation, food substitution for the mind, the mind’s ability to focus, meditation and higher state of consciousness. The exercise is also beneficial to calibrate the mind with the indwelling soul known as Antaratma.

## **Kundalini Yoga**

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**60 Minutes – IDR 900.000**

Combining movements, breathing exercise, meditation and chanting, Kundalini yoga is effective to strengthen and bring more energy to the body, as well as increasing the level of self-awareness and consciousness.





*"He breathes in experiencing the whole body,  
he breathes out experiencing the whole body"*

### **Anapanasati**

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**60 Minutes - IDR 1.000.000**

Anapanasati is the simplest form of meditation showcasing the art of in-and-out breathing, believed to be the foundations of mindfulness. In Buddhism, the practice of Anapanasati is considered the core contemplative practice and the gateway to enlightenment. With the goal of achieving mindfulness and concentration by relaxing the body, feelings and mind, and learning to be still and present, this form of meditation is recommended for beginners.

### **Vipasana**

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**60 Minutes - IDR 1.000.000**

Vipasana is one of India's oldest techniques of meditation, a cleansing effort from mental impurity in order to achieve a balanced mind filled with love and compassion. The self-transformation practice involves self-observation and focusing on the deep interconnection between mind and body, resulting in self-liberation and contentment.

### **Japa Meditation**

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**60 Minutes - IDR 1.000.000**

Japa means muttering in Sanskrit, and it explains how Japa meditation involves chanting a mantra to keep the mind balanced against any disturbance. Using mala beads to keep track of the chant, the meditative practice is meant to provide peace of mind.

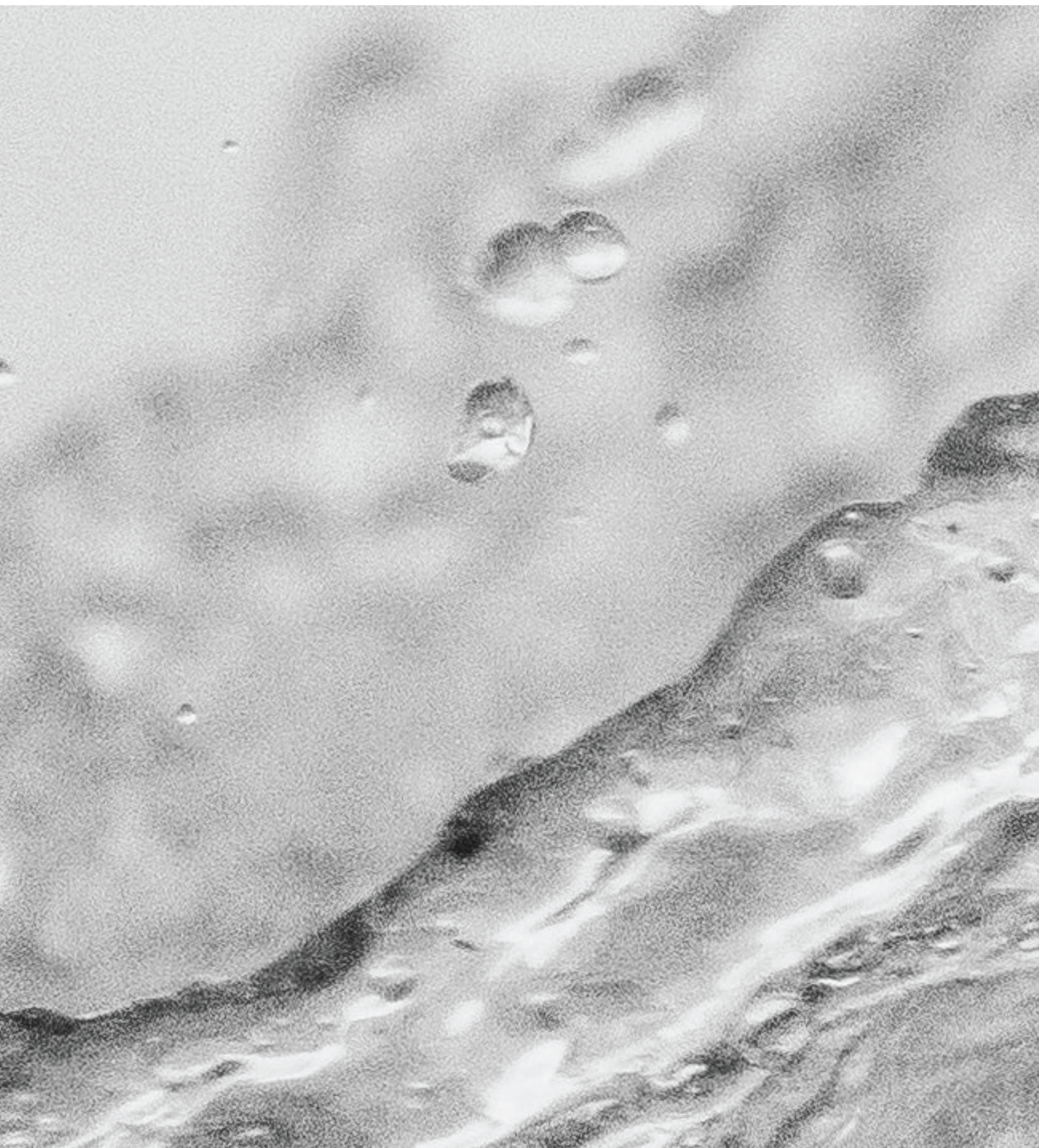
### **Pranayama**

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**60 Minutes - IDR 1.000.000**

"Pranayama is control of Breath". "Prana" is Breath or vital energy in the body. On subtle levels prana represents the pranic energy responsible for life or life force, and "ayama" means control. So Pranayama is "Control of Breath". One can control the rhythms of pranic energy with pranayama and achieve healthy body and mind. Patanjali Father of Yoga in his text of Yoga Sutras mentioned pranayama as a means of attaining higher states of awareness.

# WELLNESS PROGRAMS





## Spiritual Wellness Programs

### Palm Reading

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**30 Minutes - IDR 800.000**

Palm readings, also known as chiromancy, involve analyzing the lines, shapes, and mounts on a person's hands to gain insights into their personality, life potential, and future. This practice, which dates to ancient cultures, interprets features such as the heart line, lifeline, and headline, each believed to represent different aspects of a person's life. Palmistry combines intuition and tradition, offering a unique perspective on individual destinies.

### Soul Blessing Melukat

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**60 Minutes - IDR 1.000.000**

Melukat, a traditional Balinese purification ritual, aims to cleanse the mind, body, and soul. This ritual, deeply rooted in Balinese Hinduism, is believed to wash away negative energy, restore spiritual harmony, and bring about inner peace and rejuvenation. It involves burning impurities with incense and banten called bia kawon, followed by washing away the ashes with holy water, symbolically cleansing from head to toe. The Guru guides this process, often conducted at a beach temple, and concludes with recharging by drinking young coconut water.

### Acupuncture

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**60 Minutes - IDR 1.800.000**

Acupuncture involves inserting very thin needles into strategic points on the body. A key component of traditional Chinese medicine, it is primarily used to treat pain and improve overall wellness by balancing the flow of energy, or chi, through pathways (meridians) in the body. This practice aims to re-balance energy flow and manage stress.

### Chakras Alignment

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**60 Minutes - IDR 1.500.000**

Meet our Guru, I Ketut Budiasa, a traditional Balinese healer from Sanur, Bali, who inherited his special gift from his ancestors. He specializes in cleansing and releasing blocked energies to create harmony in the seven chakras, promoting physical and emotional well-being. "Practicing self-chakra balancing daily is a wonderful way to balance mind, body, and soul," he says.

## **Reiki Healing Energy Balance**

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**60 Minutes - IDR 1.000.000**

Experience deep relaxation and holistic healing with Reiki, an ancient energy therapy that restores balance to the body, mind, and spirit. Gentle yet powerful, Reiki promotes stress relief, emotional harmony, and overall well-being, leaving you refreshed and revitalized.

## **Active Wellness Programs**

### **Tai Chi**

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**60 Minutes - IDR 1.000.000**

Tai chi involves slow, gentle movements, physical postures, a meditative state of mind, and controlled breathing. Originally an ancient Chinese martial art, it has evolved to focus on health promotion and rehabilitation. Regular practice enhances flexibility, strength, and cardiovascular fitness.

### **Qi Gong**

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**60 Minutes - IDR 1.000.000**

Traditional Chinese practice combines physical postures, breathing techniques, and focused intention to cultivate and balance the body's energy, or "qi." It aims to improve health, enhance physical strength, and promote a sense of well-being. Qi Gong exercises can vary from gentle, slow movements to more vigorous practices, often incorporating meditation to support mental clarity and emotional stability.







THE SEMINYAK  
BEACH RESORT & SPA