

# 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 vision is to be the best health and wellness spa by providing inspired treatments, teaching our clients healthy practices and fostering wellness education.”



## TAKE OUR HAND AND STEP BACK TO WELLNESS AT TEJAS SPA

Tejas Spa at Adiwana Dara Ayu offers an escape in one of the most beautiful and richest indigenous cultural areas in Bali. Inspired by holistic teachings of Ayurveda and beauty tradition, each unique treatment offers a mix of the world's most sophisticated therapies integrated with the healing practices of the region. Paying tribute to the cultural diversity and rich healing heritage of the area, this most stylish of spas blends ancient practices with modern, using natural local ingredients to provide a blissful relaxation and recovery opportunity.



## TEJAS BODY TREATMENT

### SHIROABHYANGAM | 60 minutes

#### *Back, head, face and neck massage*

A soothing massage of the head, neck and shoulder is performed with warm herbal oil. This massage increases the supply of oxygen to the brain along with improving blood circulation. It is not only relaxing but has many health benefits and is believed to stimulate the scalp, enhance sight and the power of concentration, facilitate sound sleep and reduce headache symptoms.

*IDR 450,000++/person    IDR 810,000++/couple*

### BALINESE MASSAGE | 60 minutes

This massage uses the traditional Balinese techniques of firm finger and palm pressure together with long stimulating strokes. Performed with your choice of essential oil blend, this local therapy eases body tension and invigorates the senses.

*IDR 450,000++/person    IDR 810,000++/couple*

### REFLEXOLOGY | 60 minutes

Reflexology is an ancient Indian natural healing therapy that uses the hands only. Pressure placed on specific reflex points of the feet sends signals to the corresponding organs and glands acting as a wakeup call. Sensitive or trained hands can detect tiny deposits and imbalances in the feet. By working on these points, blockages can be released and the flow of energy is restored. Reflexology reduces stress, improves blood circulation and helps the body regain balance by allowing self-healing to take place.

*IDR 450,000++/person*

### DEEP TISSUE SPORT MASSAGE | 60 minutes

A deep tissue sport massage incorporates elbow and forearm work on deeper tissue and is ideal for guest seeking harder pressure. It helps to release the air trap in the blood stream and veins for physical well-being.

*IDR 810,000++/couple*

### RIVER STONE DETOX MASSAGE | 60 minutes

Warm river stones anointed with massage oil are placed on the chakra energy centers and used to massage the body, melting away stress and tension. The heated stones promote a deep state of relaxation and clarity of mind.

*IDR 450,000++/person    IDR 810,000++/couple*



## TEJAS BODY SCRUB

### **BALINESE LULUR BODY SCRUB** | 30 minutes

Lulur is an exfoliation that has been practiced in the Balinese palace. It is aimed to soften your skin and leave your skin smoother and fresher looking. Suitable for all skin type.

*IDR 280,000++/person    IDR 504,000++/couple*

### **HERBAL BODY SCRUB** | 30 minutes

A gentle body exfoliation treatment designed to help and remove dull surface skin cell accumulation, improving circulation and resulting in soft and revitalized skin.

*IDR 280,000++/person    IDR 504,000++/couple*

### **CANDLENUT BODY SCRUB** | 30 minutes

The candlenut has a soft and oily consistency, which makes it a wonderful scrub. It helps draw out impurities and promotes smooth and radiant skin. Suitable for dry and mature skin.

*IDR 280,000++/person    IDR 504,000++/couple*

# SPA INFORMATION

The information listed below has been compiled to help you make the most of your experience at Tejas Spa. Please do not hesitate to contact us if you have any further questions or require assistance in choosing a treatment to suit your needs.

## SPA HOURS

Tejas Spa opens from 9 am to 5 pm daily.

## RESERVATIONS

Reservations are highly recommended. Please call (+62 361) 9000797 to book treatments.

## PRE-INFORMATION

For your comfort, kindly take a shower prior to treatment, you may also come in your room kimono.

We advise you to arrive at least 15 minutes prior to your scheduled appointment, which will enable us to prepare you for your spa experience. Arriving late will limit the time and full benefits of your treatment.

Please refrain from sunbathing, heavy eating and consuming alcoholic beverages prior to your treatment as this may have an adverse effect on your spa experience.

Please let us know if you are feeling unwell or have a history of high/low blood pressure, allergies or a health condition that requires medication.

Our spa treatment rooms cater to the needs of individuals or couples. We will provide you with disposable underwear, slippers, towels, shower facilities and a hair dryer for your comfort and convenience.

Please leave any valuables and personal belongings in your room.

We will not accept responsibility for the loss of valuables brought to the spa.

While it is not necessary for you to take out contact lenses during your treatment, we advise you to bring your case and solution to the spa just in case you feel any discomfort.

## NOTE FOR MEN

Men are advised not to shave for at least three hours before a facial.

## NOTE FOR WOMEN

Women are required to remove all traces of make-up prior to any treatment and avoid shaving before a body exfoliation treatment. Body treatments are not appropriate for pregnant women. However, please ask our receptionist to advise what treatments/rituals are considered safe to experience during pregnancy.

## CANCELLATION

Please notify the spa 12 hours in advance if you would like to cancel or reschedule your appointment. A 50% cancellation fee will be levied for treatments cancelled less than 12 hours in advance.

No-show will be charged the full amount for missed services.

## PAYMENT

Tejas Spa accepts cash and all major credit cards including Visa, Master Card and JCB. All rates are in Indonesian Rupiah and subject to 21% government and service charge.

## PROHIBITED

Photography and smoking in and around the spa are strictly prohibited.

## AGE LIMITATION

Children under the age of 7 are not permitted to use the spa facilities. Please do not leave the children unattended in the spa reception.