



## 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 best health and wellness spa by providing inspired treatment, teaching our clients healthy practices and fostering wellness education.”



## TEJAS SPA INARA

### “A SANCTUARY OF HEALING AND REJUVENATION”

Tejas Spa & Wellness Retreat invites you to experience the timeless healing traditions of Bali, where ancient wisdom meets modern rejuvenation. Our carefully curated selection of holistic treatments blends Balinese rituals with contemporary wellness techniques to restore harmony in your mind, body, and spirit.

Led by our expert therapists, each session is a journey of natural beauty and therapeutic healing designed to rejuvenate and inspire. Allow yourself to be enveloped in tranquility as we guide you through a transformative experience that will leave you balanced, refreshed, and deeply at peace.



## SPA PACKAGES

### MEBOREH RITUAL

*Foot Ritual, Farmer Massage, and Boreh*

The traditional Balinese treatment was passed down through generations. This invigorating therapy is perfect for the rainy season and uses a fragrant paste made from fresh herbs and spices to boost circulation and ease muscle tension. Let the warmth and natural ingredients uplift your body, preventing colds while restoring balance and vitality.

*90 minutes: IDR 1.000.000++/person*

### BALINESE WEDDING RITUAL

*Foot Ritual, Balinese Traditional Massage, Balinese Lulur Scrub, and Flower Bath*

Indulge in the regal experience once reserved for Balinese royal brides. Begin with a calming foot ritual followed by a deeply relaxing traditional Balinese massage. Next, enjoy the luxurious Balinese Lulur exfoliation, where a nourishing blend of turmeric, sandalwood, and rice powder is gently applied to your skin, leaving you radiant. The journey concludes with a refreshing Balinese flower bath, creating a rejuvenating experience fit for royalty.

*120 minutes: IDR 1.550.000++/person*

### BALINESE BEAUTY RITUAL

*Foot Ritual, Stones River Massage, Tingkih Lulur, Dewi Milk Bath, Mukha Kanthi*

In Balinese tradition, true beauty and well-being radiate from within, reflecting in your body and face far beyond what cosmetics can mask. Experience the timeless wisdom of this Balinese women's tradition, where every treatment is designed to cleanse, rejuvenate, and enhance your natural beauty, leaving you refreshed and glowing from the inside out.

*180 minutes: IDR 1.450.000++/person*

### BEAUTY TREATMENT

Treat your skin to the soothing benefits of a traditional Balinese facial, crafted with natural ingredients like honey, cucumber, and yogurt that are perfect for all skin types. This rejuvenating experience begins with a deep cleanse, gentle exfoliation, and toning, followed by a relaxing steam to open pores. A nourishing rice mask is then applied to reduce pigmentation, leaving your skin soft, smooth, and beautifully refreshed.

*60 minutes: IDR 700.000++/person*



TEJAS BODY  
TREATMENTS

## BALI TRADITIONAL MASSAGE

Experience the ultimate relaxation with the traditional Balinese massage, where firm finger and palm pressure techniques are combined with long, soothing strokes to release tension and energize your body. Choose your preferred essential oil blend for a personalized, aromatic experience that leaves you feeling deeply refreshed and rejuvenated.

*60 minutes: IDR 550.000++/person*

*90 minutes: IDR 743.000++/person*

## FARMER MASSAGE

Experience the powerful relief of the deep tissue massage, featuring targeted elbow and forearm techniques to reach deeper muscle layers for a firmer, more effective pressure. This treatment helps release trapped air in the bloodstream and veins, leaving you feeling revitalized and balanced.

*60 minutes: IDR 550.000++/person*

## STONE RIVER MASSAGE

Let the soothing warmth of river stones melt away tension and release negative energy. This calming treatment relaxes tight muscles and nurtures your emotions, leaving you feeling profoundly renewed and at peace.

*60 minutes: IDR 670.000++/person*

*90 minutes: IDR 950.000++/person*

## STRESS RELEASE MASSAGE

Designed for those who spend long hours at a desk, this soothing treatment targets neck, shoulder, and back tension. It relaxes tight muscles, boosts blood circulation, and restores a smooth energy flow along the neck and spine, leaving you refreshed and revitalized.

*30 minutes: IDR 350.000++/person*

*60 minutes: IDR 550.000++/person*

## REMPAH MASSAGE

Experience the healing power of traditional Balinese therapy with our herbal bolus treatment. A blend of aromatic herbs and spices, wrapped in cotton and infused with warm oil, is gently used alongside a calming massage to relieve ailments, promote relaxation, and enhance healing.

*60 minutes: IDR 670.000++/person*

## BALINESE REFLEXOLOGY

Discover the healing power of reflexology, an ancient therapy that uses targeted pressure on specific points of the feet to stimulate corresponding organs and glands, awakening your body's natural energy. Skilled hands detect subtle imbalances, helping restore vitality and promote self-healing.

*30 minutes: IDR 350.000++/person*

*60 minutes: IDR 550.000++/person*







D'LULUR

## D'LULUR

Pamper in the timeless beauty of lulur, an ancient Indonesian body scrub that exfoliates and revitalizes your skin. This traditional treatment removes dirt and dead skin cells, leaving your skin feeling clean, soft, and irresistibly smooth.

### *Lulur Tingkih*

Pamper in the timeless beauty of lulur, an ancient Indonesian body scrub that exfoliates and revitalizes your skin. This traditional treatment removes dirt and dead skin cells, leaving your skin feeling clean, soft, and irresistibly smooth.

*30 minutes: IDR 350.000++/person*

### *Lulur Rempah*

Revitalize your skin with the Rempah body scrub, designed to gently exfoliate dead skin cells and stimulate natural rejuvenation. Packed with nourishing ingredients, it restores moisture and boosts skin health, making it the perfect choice for oily skin.

*30 minutes: IDR 350.000++/person*

### *Balinese Lulur*

Experience the royal tradition of Balinese Lulur, a timeless exfoliation once cherished in Bali's palaces. This treatment gently softens and smooths the skin, leaving it refreshed and radiant. It is ideal for all skin types and enhances your natural glow with every use.

*30 minutes: IDR 350.000++/person*



## BATH RITUAL

### BATH RITUAL

The art of immersing yourself in baths dates back to 500 BC with the Romans. It is celebrated for its ability to balance the senses and create a deep sense of calm. Indulge in this soothing ritual privately in your villa or share the experience with a loved one at Tejas Spa.

#### *Flower Bath*

Share a meaningful moment with your partner in this intimate bath, where a peaceful atmosphere melts away the day's stresses. Set in a romantic and tranquil setting, it is the perfect opportunity to deepen your connection and create lasting memories together.

*30 minutes: IDR 350.000++/person*

#### *Ratu Milk Bath*

Inspired by Dewi's timeless beauty secret, renowned for her flawless skin, this luxurious bath blends organic milk, rose petals and rose essential oil. Rich in lactic acid, the milk gently exfoliates, leaving your skin soft and supple. At the same time, the delicate rose petals infuse the water with an enchanting fragrance, nurturing both body and soul.

*30 minutes: IDR 350.000++/person*

#### *Rempah Rempah Bath*

Immerse yourself in the soothing warmth of the Rempah Rempah herbal bath, designed to relax your body, ease muscle tension, and stimulate blood circulation. This unique blend of healing herbs enhances the therapeutic effects of warm water, promoting overall well-being and helping to alleviate cold symptoms, leaving you refreshed and rejuvenated.

*30 minutes: IDR 350.000++/person*

# SPA INFORMATION

The following information has been compiled to ensure you maximize your experience at Tejas Spa. Feel free to contact us should you have any further questions or require assistance selecting a treatment tailored to your needs.

## SPA HOURS

The spa is open daily from 11.00 AM to 09.00 PM.

## RESERVATIONS

Reservations are highly recommended. Please call #6 to book your treatment or contact the Spa at Inara Alas Harum at (+62 361) 620 8199 for more details.

## PRE-TREATMENT INFORMATION

For your comfort, we kindly ask that you shower before your treatment. You may also arrive in the room with a kimono provided. We recommend arriving at least 15 minutes before your appointment to ensure adequate preparation and fully enjoy your spa experience. Late arrivals will shorten the time and effectiveness of your treatment.

Please refrain from sunbathing, heavy meals, and alcohol consumption before your treatment, as these may negatively affect your experience.

If you are feeling unwell or have a history of high or low blood pressure, allergies, or any health conditions requiring medication, it is crucial that you inform us before your treatment. Your safety and well-being are our top priorities.

Our spa treatment rooms are designed to cater to both individual and couple experiences. To ensure your comfort and hygiene, we provide disposable underwear, slippers, towels, shower facilities, and hairdryers.

For your peace of mind, we advise you to leave valuables and personal belongings in your room. Please be aware that we are not responsible for any loss of items brought into the spa.

While contact lenses are not required to be removed during treatment, we recommend bringing your case and solution for comfort if needed.

## NOTE FOR MEN

For optimal results, men are advised to avoid shaving for at least three hours prior to a facial treatment.

## NOTE FOR WOMEN

Please remove all makeup before your treatment and refrain from shaving prior to body exfoliation. Body treatments are not recommended for pregnant women; however, our receptionist will be happy to guide you on safe treatments and rituals during pregnancy.

## CANCELLATION POLICY

Kindly notify us at least 12 hours in advance if you need to cancel or reschedule your appointment. A 50% cancellation fee will apply for appointments canceled within 12 hours. No-shows will be charged the full amount for the missed services.

## PAYMENT

We accept cash and all major credit cards, including Visa, MasterCard, and JCB. All rates are in Indonesian Rupiah and subject to a 21% government and service charge.

## PROHIBITED

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

## AGE LIMITATION

Children under the age of 14 are not permitted to use the spa facilities. Kindly refrain from leaving children unattended in the spa reception area.