



SUARGA PADANG PADANG

Jl. Pantai Labuan Sait, Pecatu, Bali

Phone : +62 811 399 1199

email : info@suarga.com



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Our special procedures follows holistic principles, combined with an individual choice of our organic and Ayurvedic medicine (herbal) made by local specialist.

Our products are organic and manually processed naturally in which 90% are of ingredients are locally planted in the island Involving our local farmers, where the herbs plants in the archipelago are widespread with a tropical climate that is very supportive.

** Prices are in thousand rupiahs.

Subject to 10% service charge & 11% Government tax

SARI SIGNATURE

30 Min 60 Min 90 Min

Balinese Massage

*

450

675

Balinese massage uses a combination of gentle acupressure to stimulate the flow of the blood, Oxygen and energy around your body and bring a sense of wellbeing.

* choose from our signature organic oils

Hot stone Massage

*

500

750

An ultimate form of self-care. An Hour spent distressing, Relaxing, and Relieving Muscular Soreness, this massage uses warm stone as the main tool to pressure your body.

* choose from our signature organic oils

Deep Tissue Massage

*

450

675

Restore your overall sense of wellbeing by enjoying a slow unique style of deep tissue massage. This massage is based on cross fiber stroke, kneading, friction and firm pressure with particular emphasis on the joint.

* choose from our signature organic oils

Foot Reflexology

250

450

*

Reflexology is a massage treatment that involves stimulating key energetic points on the foot. Each of these, is link with an organ or part of your body.

* choose from our signature organic oils

Pregnancy Massage

250

450

*

A gentle massage to reduce stress, addressing any particular areas of tension or pain, and thoroughly relax any mothers-to-be. Available until 6 months of pregnancy at the comfort of your villa.

* choose from our signature organic oils

SARI SIGNATURE

30 Min 60 Min 90 Min

Jet Lag Massage

250 450 *

The perfect jet lag recovery solution. Our jet lag massage is just what you need when you have discomfort in your head neck, shoulders or back.

*** choose from our signature organic oils**

Lymphatic Massage

250 450 *

A gentle lymphatic drainage massage to stimulate the body's lymphatic system. Benefits include reducing water retention, promoting healing, boosting the immune system and detoxification.

*** choose from our signature organic oils**

Signature Shiatsu

450 675

Our signature shiatsu combines the pressure on acupressure points, that lie along the body with palm pressure massage and leg stretching to relieve tension and aid recovery

HAIR, FACE & NAIL

30 Min 60 Min 90 Min

Classic Manicure	*	450	*
Classic Pedicure	*	450	*
Relaxing Head Massage	*	450	*
Suarga Relaxing Facial	*	450	*
Body Scrub	250	450	*
Bali Flowers Hair Therapy	250	450	*

PACKAGE TREATMENT

Suarga Harmony (90 min)	: - Relaxing Head Massage - Foot Reflexology	675
Suarga Indulgence (2 hours)	: - Balinese Massage (60 min) - Suarga Relaxing Facial (30 min) - Relaxing Head Massage (30 min)	950
Suarga Ritual (90 min)	: - Balinese Massage (60 min) - Relaxing Head Massage (30 min)	675

Dive into our selected four hands express therapies through:

Suarga Signature (90 min)	: - Sweet Almond Body Scrub Light Massage (30 min) - Balinese Flower Head Massage with Relaxing Facial & Reflexology (60 min)	1.150
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SIGNATURE ORGANIC OILS

***Also available at our store Toko Malika**

Our Massage oil is made from 100% natural, where virgin coconut oil is well known for its rich benefits, namely helping fight wrinkled skin, reducing arthritis pain when massaging, acting as a fever reliever, and healing wounds faster.

SIDHI TARU

Sidhi Taru is a product made from ginger and Javanese chilies, and spices containing essential oils which are very beneficial for the health of the body, especially helping to relieve inflammation in the joints of the body. This product is also very good to help overcome gout, relax stiff muscles. Will be very suitable to use after exercise or other physical activity.

Ingredients :

Coconut nucifera organic oil, Cengkeh (Syzgium aromatic), Cabe jack (Piper retrofractum), Piper nigrum, Zengiber officinale, Lengkuas (Languas galangal), Amla (Emblica officinali), Sereh (Cymbopogon nardus), Ginger oil, Citronella oil, Clove oil, Metil salisilat, Frangipani flower extract, Champaka Oil

YLANG-YLANG

The aroma of ylang-ylang can help improve sleep quality, is able to provide elasticity to the skin and balance the oil content of the skin. Ylang Ylang Essential Oil effectively facilitates the healing of wounds, enhances the health of the nervous system, reduces the stress exerted on the nerves, balances blood pressure levels, and stabilizes the heart rate.

Ingredients:

Coconut oil(cocos nucifera), Ylang ylang (cananga ondorata)

LEMON GRASS

Lemongrass essential oil are known to have antifungal, insecticidal, antiseptic and anti-inflammatory properties and it antioxidant properties. It also contains substances that are used to alleviate muscle pain, reduce fever, plus stimulate uterus and menstrual flow, lemongrass will affect and relaxing the nervous system of the brain muscles.

Ingredients :

Coconut (*Cocos nucifera*) oil, Lemongrass (*Cymbopogon citratus*) extract, Lemongrass (*Cymbopogon citratus*) leaf oil, Lemon (*Citrus limonum*) peel oil, Ginger (*Zingiber officinale*) root oil

FRANGIPANI FLOWERS

Frangipani aroma soothes the soul helps calm in meditation and moisturizes the skin, It is known to alleviate inflammation, headache, back pain, and tinnitus. While the aphrodisiac nature of this oil relaxes nerves, muscles, and boost libido. Imbued with strong antioxidant and anti-inflammatory traits, the frangipani flower is beneficial in uplifting overall health and well-being.

Ingredients :

Coconut (*Cocos nucifera*) oil, Frangipani (*Plumeria alba*) flower oil. *Coconut nucifera* oil, Frangipani (*plumeria alba*) Flower extract

HAIR TONIC BALINESE FLOWERS THERAPY

Hair Tonic (Balinese Flowers) is a product that is efficacious to strengthen hair roots, so they don't fall out easily, smoothes and soften hair strands, slows the growth of gray hair and treats dandruff.

Ingredients :

Cocos nucifera oil, *michelia champaca* flower extract, *cananga adorata* flower extract, *pandanus amarylofolius* leaf, *trigonella foenum graceum* seed powder, *plumeria alba* flower oil, *jasminum officinale* flower oil, *pogostemon cablin* oil, *cananga adorata marcophylla* oil

GENTLY TOUCH

Made from a mixture of essential oils that can help provide moisture to the skin, relax the skin, make the skin smoother, firmer.

Ingredients :

Coconut (Cocos nucifera) oil, *Jasmine (Jasminum officinale)* flower oil, *Champaka (Michelia champaca)* flower oil, *Frangipani (Plumeria alba)* flower oil.

GREEN TEA

Green tea essential oil works as an anti-filtering agent that mobilises the lymph (it improves drainage and elimination of toxins) It is a general antiseptic that facilitates the re-epithelialization and protects the skin against damages caused by an excessive solar radiation.

Ingredients :

Coconut (Cocos nucifera) oil, *Green tea (Camelia sinensis)* oil

BODY SCRUB SWEET ALMOND

The content of Vit-E in almonds serves to keep the skin supple and moist. Combined with cocoa powder which contains fatty acids, it can help treat very dry and irritated skin, helping to restore skin damage caused by sun exposure

Ingredients :

AyurVedic Base, Balinese rice, cocoa butter, cardamon, almond, cashewnut, gentle touch blend



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