



THE ALENA



PARASAYU

SPA

SPA MENU

Parasayu Spa at The Alena Resort A Pramana Experiences
Banjar Silungan, Desa Lodtunduh, Ubud Gianyar – Bali 80571.
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WELCOME TO PARASAYU SPA

PARASAYU, a sanctuary where the enchanting traditions of Bali harmonize with luxurious modern treatments for an unparalleled wellness journey.

As a center for well-being and beauty, our luxury treatment rooms are set up with handpicked design marrying traditional wisdom with exquisite material & process. Parasayu Spa equipped with yoga room for practice, a gym for warm-ups, jacuzzi, sauna, and steam room to rejuvenate your mind and body.

Balinese wisdom, rich with magical powers, weaves stories of balance and a beautiful life. At Parasayu Spa, we bring these timeless tales to life, guiding you toward harmony and well-being.

Our thoughtfully curated menu invites you to nourish your body, soothe your mind, and uplift your spirit. Let us guide you on a journey of pure bliss and rejuvenation. Choose your own journey by calling us at 0 from your room, we will be delighted to help you to find what you need!

OUR OFFERINGS

RITUALS

FOLKLORE: RAJAPALA & KEN SULASIH

BODY MASSAGE

DE-STRESS MASSAGE

BODY SCRUB

ESTHETICS

BODY CARE PACKAGES

HOLISTIC PACKAGE

PARASAYU COCONUT PACKAGES

HEALING PACKAGE

FLOWER BATH

BALINESE OTONAN RITUAL

At Otonan Rituals, we invite you to embrace the sacred tradition of Otonan - a unique celebration that occurs every 210 days according to the Balinese Pawukon Calendar. More than just a birthday, Otonan is a spiritual rite of passage that connects you with your ancestors, your soul, and the universe.

Engage in rituals that purify your spirit, helping you to shed negativity and invite positivity into your life. Our signature treatments are designed to rejuvenate both body and mind, leaving you feeling refreshed and revitalized. Each treatment is infused with intentions of well-being, ensuring that you leave with a sense of balance and harmony.



BALINESE OTONAN RITUAL

This transformative experience includes:

- Penglukatan: Immerse yourself in the transformative power of Penglukatan, derived from the Kawi-Bali word for "cleanse." This profound spiritual cleansing experience reconnects you with the divine and restores harmony within yourself and the world around you. Before your treatment, you'll partake in a sacred blessing with Tirta Penglukatan, holy water sourced from sacred springs and bestowed by our priest. This ritual allows you to release the past and embrace a fresh start, infused with positive energy and intention.
- Tapak Dara: Our journey concludes with Tapak Dara, symbolizing addition and growth. For generations, this delicate flower has been celebrated in Balinese traditional medicine for its natural healing properties. At the end of your session, we will gently apply Pamor, a chalk powder made from finely ground sea coral, to your forehead or forearm. This act symbolizes the closing of your treatment, infusing you with strength and grace. The petals of Tapak Dara remind us of inner purity and resilience, blooming beautifully even in challenging conditions.

Below package are inspired from Otonan Ritual. Each treatment at Otonan Rituals is infused with intentions of well-being, ensuring you leave with a renewed sense of balance and connection to the universe.

POINT ZERO

IDR 1.700K

2 Hours 15 Minutes A Holistic Journey of Renewal

Parasayu Signature Massage + Balinese Boreh
Body Scrub & Mask + Yeh Kumkuman Bath

Embark on a holistic journey of renewal. Begin by soothing your mind with the gentle tones of a singing bowl, followed by a tension-relieving massage that melts away stress. Next, cleanse your body with invigorating Boreh scrubs, designed to refresh and invigorate your skin. Conclude your experience with a soak in a fragrant, flower-infused bath, enveloping you in tranquility and serenity.

FOR BALANCE

IDR 1.500K

3 Hours Restoring Harmony Between Body and Soul

Hamam Treatment + Deep Tissue Massage +
Jegeg Body Scrub + Mask

Indulge in deep relaxation as this treatment promotes blood circulation and aids in healing injuries. After the restorative massage, enjoy an expertly blended traditional herbal scrub that revitalizes your skin. Complete your experience with a soothing steam bath in our Hamam, opening your pores and leaving you rejuvenated.

Each ritual culminates in a moment of reflection at our local shrine (Padma). Here, you'll be gently guided by our therapist to express gratitude to the universe. Take this peaceful moment to connect and give thanks for your journey toward wellness.

All subject to 10% service charge and 11% government tax

FOLKLORE: RAJAPALA & KEN SULASIH

Rajapala is a legendary figure from traditional Balinese folklore, often featured in ancient stories that explore the complex relationship between humans and supernatural beings. The tale of Rajapala revolves around love, fate, and the intertwining of the earthly and spiritual worlds.

The essence of this legendary tale is beautifully captured in the handcrafted relic displayed by our jacuzzi. Immerse yourself in warm, soothing waters while admiring the exquisite artistry of a Balinese native, and experience the serenity of feeling like one of the celestial nymphs.



The lore:

“Once upon a time, a hunter called Rajapala was hunting in deep forest, when he heard laugh and chattering of girls. He climbed a tree, and look for the source of the chattering when he saw seven nymphs was taking a bath at secluded springs. Tempted by the beauty of the nymphs, Rajapala devised a plan to keep one of the nymphs on Earth by hiding her magical shawl, which allowed her to return to the heavens. When other nymphs have flew back to heaven, one of the nymphs left behind. She was Ken Sulasih. In her sorrow, Rajapala showed himself and offered her helps, in return for her to marry him. Ken Sulasih, has no other options, accept the offer and follows Rajapala home.

They married and lived a happy life, even having a son together named Durma. However, Ken Sulasih’s longing for her heavenly home never fully disappeared. One day, she discovered her hidden shawl, and, torn between her love for Rajapala and her divine origins, she ultimately chose to return to the heavens, leaving behind her husband and children. The story often concludes with Rajapala left heartbroken, gazing at the sky, longing for his lost love.”

Step into a world where the earthly and spiritual collide with our exclusive spa packages inspired by the enchanting folklore of Rajapala and Ken Sulasih.

NYMPH OF THE DAY

IDR 2.600K

Indulge in 5 Hours and 30 Minutes: Cilinaya Massage + Paras Ayu Signature Facial + Hair Wash & Mask Treatment + Pedicure & Manicure

Experience a full-body treatment that leaves you feeling rejuvenated and radiant, just like the celestial nymphs. Let our skilled therapists transport you to a realm of tranquility as you bask in the warm waters of our jacuzzi, adorned with handcrafted relics that echo the beauty of Balinese artistry.

KEN SULASIH'S LIBERATION

IDR 2.100K

Embrace 3 Hours 45 Minutes: Aromatherapy Massage + Foot Reflexology + Chocolate Body Scrub + Hair Wash & Mask Treatment

Celebrate the moment of freedom as Ken Sulasih ascends to the heavens. Let the fragrant air and soothing treatments envelop you, ensuring your skin glows, your body relaxes, and your spirit soars. This is a day of pure bliss, where everything feels perfect and beautiful.

RAJAPALA'S REGRET

IDR 1.100K

Reflect with 2 Hours: Hammam Treatment + Balinese Massage

Take a moment to reflect on love and longing. Our Balinese massage combined with a rejuvenating hammam treatment will ease your tense muscles and cleanse your skin deeply. Experience the soothing steam that opens your pores and revitalizes your body from within.

Allow the tale of Rajapala and Ken Sulasih to inspire your self-care ritual. Each package is a step into a narrative of beauty and grace, designed to help you reconnect with yourself. Experience the magic of Bali, where folklore meets wellness.

BODY MASSAGE

PARASAYU SIGNATURE MASSAGE

60/90 Minutes: IDR 750K / IDR 950K

Capture the essence of our renowned Parasayu therapy with this holistic massage designed to release negative energy and enhance your vitality. Our skilled therapists will melt away tension while restoring balance to your body. The experience includes a soothing foot wash, a full-body massage, and the calming vibrations of a singing bowl.

CILINAYA MASSAGE

60/90 Minutes: IDR 650K / IDR 850K

Indulge in luxury with this ultimate massage experience. Begin with a mineral-rich Balinese foot massage, followed by the unique Pramana technique featuring rhythmic finger movements that dance across your body. This treatment also includes a soothing foot wash, full-body massage, and invigorating foot reflexology for total relaxation.

TRADITIONAL BALINESE MASSAGE

60/90 Minutes: IDR 600K / IDR 750K

Experience a time-honored healing tradition passed down through generations. This massage uses thumb, palm, and stretching techniques to relieve muscle tension and promote deep relaxation. Enjoy a soothing foot wash followed by a full-body massage that rejuvenates both body and mind.

BODY MASSAGE

DEEP TISSUE MASSAGE

60/90 Minutes: IDR 700K / IDR 900 K

Perfect for improving blood circulation and aiding recovery from injuries, this deep tissue massage promotes profound relaxation throughout your body. The treatment includes a soothing foot wash and a full-body massage for a complete restorative experience.

AROMATHERAPY MASSAGE

60/90 Minutes: IDR 625K / IDR 725K

Delight in a relaxing massage that combines various techniques with warm essential oils. Long, soothing strokes ease muscle tension while an aromatic oil burner amplifies the healing benefits of herbal and plant extracts. This treatment includes a refreshing foot wash, a full-body massage with your choice of warm oils, and a calming ambiance.

PARAS AYU STONE MASSAGE

60/90 Minutes: IDR 600K / IDR 750K

Reconnect with nature through our heated stone therapy. Using river rocks warmed to perfection, this treatment provides deep muscle relaxation, improves circulation, and alleviates pain. Enjoy a refreshing foot wash followed by a revitalizing stone massage for a complete rejuvenation experience

DE-STRESS BODY MASSAGE

FREQUENT FLYER MASSAGE

45 Minutes: IDR 500K

Perfect for travelers, this treatment is designed to relieve tension after a long flight. Enjoy a focused yet thorough head, neck, and shoulder massage using our special blend of oils. The experience is completed with a soothing warm towel wrap, targeting those tight areas to leave you feeling refreshed and rejuvenated.

FOOT REFLEXOLOGY

45 Minutes: IDR 500K

Immerse yourself in the ancient healing art of foot reflexology. This treatment focuses on pressure points in your feet that correspond to organs and muscles throughout your body, promoting improved circulation and overall wellness. Enjoy a soothing foot wash followed by targeted foot reflexology for a deeply restorative experience.

BODY CARE TREATMENT

JEGEG SCRUB AND MASK

60 Minutes: IDR 500K

Indulge in a traditional herbal blend that gently exfoliates and nourishes your skin. This revitalizing treatment leaves you with a radiant glow, perfect for enhancing your natural beauty.

BALINESE BOREH SCRUB AND MASK

60 Minutes: IDR 500K

Experience an exotic blend of warming spices and hand-crushed rice in this invigorating scrub. Designed to deeply cleanse and rejuvenate, this treatment is a delightful way to refresh your skin and spirit.

BALI COFFEE SCRUB AND MASK

60 Minutes: IDR 500K

Pamper yourself with this luxurious scrub combining coconut cream and traditional Balinese coffee. This nourishing treatment invigorates and rejuvenates your skin, leaving it soft and radiant.

CHOCOLATE SCRUB AND MASK

60 Minutes: IDR 500K

Indulge your senses with this moisturizing scrub infused with cocoa extract. Designed to exfoliate and deeply hydrate, this treatment eliminates impurities and leaves your skin with a smooth, radiant finish.

HAMMAM

60 Minutes: IDR 500K

Begin your rejuvenating journey with our indulgent Hammam treatment. Enjoy a warming herbal steam followed by a Balinese soap body wash and gentle mitt exfoliation to soften and refresh your skin. Continue with a soothing back massage and a clarifying clay mask application. After a refreshing shower, a luxurious body milk will leave your skin nourished and supple. This treatment includes herbal steam, soap body wash, mitt exfoliation, clay mask, and moisturizing body milk.

ESTHETICS TREATMENTS

AYU SIGNATURE FACIAL

60 Minutes: IDR 550K

Indulge in a unique facial experience that utilizes entirely edible natural ingredients and extracts. Combined with gentle acupressure massage targeting key energy points on your face, this treatment helps release toxins while revitalizing delicate skin. Leave feeling thoroughly cleansed, refreshed, and nourished in both body and spirit.

HAIR WASH

30 Minutes: IDR 300K

Experience luxurious hair care with our comprehensive wash and normal dry service, featuring your choice of premium products. Relax as the stresses of the day melt away during a soothing shampoo and conditioning treatment. The experience concludes with a nourishing vitamin application, leaving your hair refreshed, revitalized, and beautifully soft.

HAIR MASK

60 Minutes: IDR 450K

Pamper your hair with our luxurious hair mask treatment. Enjoy a soothing neck and shoulder massage using coconut cream to relax your muscles, followed by a revitalizing hair tonic and vitamin application. This indulgent experience deeply nourishes your hair, promoting health and radiance.

ESTHETICS TREATMENTS

MANICURE

60 Minutes: IDR 500K

Restore and nurture your hands with this revitalizing manicure. Featuring restorative minerals and essential oils, this treatment includes a rejuvenating hand scrub, gentle cuticle care, and an indulgent hand massage. Finish with your choice of nail polish for a polished, perfect touch.

PEDICURE

60 Minutes: IDR 500K

Revitalize and pamper your feet with our comprehensive pedicure treatment. Enjoy a refreshing foot scrub, softening cuticle care, and a luxurious foot massage that leaves your skin smooth and rejuvenated. Complete the experience with your choice of nail polish for a polished look.

MANICURE AND PEDICURE

120 Minutes: IDR 950K

Nurture your hands and feet with this complete revitalizing treatment featuring restorative minerals and essential oils. Enjoy both a refreshing foot scrub and a rejuvenating hand scrub, softening cuticle care, and indulgent massages. Finish with your choice of nail polish for a flawless finish. This all-encompassing treatment leaves you feeling refreshed from head to toe.

HOLISTIC PACKAGES

PARASAYU SENSATION

120 Minutes: IDR 1.350K

Immerse yourself in the ultimate relaxation with our luxurious Parasayu Sensation package. This indulgent experience begins with a refreshing foot bath infused with lime slices, followed by a soothing Balinese massage that melts away tension. Enjoy a revitalizing body scrub, an Indian head massage with a warm towel, and finish with rejuvenating foot reflexology. A complete journey to restore and rejuvenate both body and mind.

PARASAYU PEELING

90 Minutes: IDR 850K

Rejuvenate your skin and relax your body with our thoughtfully crafted Parasayu Peeling package. This revitalizing experience blends the best of Balinese and Javanese treatments, including a soothing foot bath, a traditional Javanese scrub, and a deeply relaxing Balinese massage. Experience complete renewal and refreshment.

SURYA BEAUTY

120 Minutes: IDR 990K

Indulge in the therapeutic Surya Beauty experience that pampers both body and soul. Start with a deep tissue massage designed to relieve muscle tension using expert techniques, followed by our signature facial for the ultimate indulgence. This treatment includes a soothing foot wash, deep tissue massage, and revitalizing facial, leaving you completely cleansed and refreshed.

HOLISTIC PACKAGES

SUNARI BEAUTY

150 Minutes: IDR 1.250K

The perfect way to end your day, the Sunari Beauty treatment begins with an aromatherapy massage, where warm oil is applied in long, soothing strokes to gently warm your skin. Follow this with a Javanese scrub and mask for a glowing complexion, and complete your experience with our signature facial and a luxurious floral bath. This indulgent package includes a foot wash, body massage, body scrub and mask, facial, and serene flower bath for ultimate relaxation.

PRAMESTI BEAUTY

120 Minutes: IDR 1.400K

Indulge in the nourishing properties of cocoa with our luxurious Pramesti Beauty experience. Begin with an aromatherapy massage using rich chocolate oil, followed by a decadent chocolate body scrub and mask. Conclude your treatment with a relaxing floral bath infused with chocolate bath salts and essential oils. Enjoy a warm cup of hot chocolate to complete this indulgent package, which includes a foot wash, chocolate aromatherapy massage, chocolate scrub and mask, flower bath, and delightful chocolate drink.

COCONUT SPA PACKAGES

Immerse yourself in the tropical bliss of our Coconut Spa Packages. Celebrated for its antibacterial and antifungal properties, coconut oil serves as a luxurious moisturizer, deeply nourishing both hair and skin.

135 Minutes: IDR 1.200K

Indulge in a symphony of coconut-infused treatments that include:

- Revitalizing Foot Ritual: Begin your journey with a soothing foot soak and gentle massage.
- Coconut Shampoo & Conditioner: Cleanse and condition your hair with our nourishing coconut formulas.
- Hydrating Hair Mask: Restore shine and vitality to your locks.
- Coconut Oil Massage: Experience relaxation as our skilled therapists melt away tension with a warm coconut oil massage.
- Coconut Body Lotion: Lock in moisture for a silky-smooth finish.
- Exfoliating Body Scrub & Mask: Reveal radiant skin with our refreshing scrub and mask, enriched with coconut goodness.
- Special Spa Gift: Take a piece of paradise home with you.

Celebrate the versatility of coconut and let your senses be transported to a tropical oasis. Book your escape today!

HEALING TREATMENTS

JIWA PRAMANA HEALING

120 Minutes: IDR 950K

Experience profound relaxation with our Jiwa Pramana Herbal Massage. This holistic treatment blends soothing hot compresses, traditional massage techniques, and the power of natural herbs and spices to melt away stress and rejuvenate your spirit.

Your journey includes:

- Invigorating Foot Wash: Start with a refreshing cleanse to prepare your body for relaxation.
- Herbal Massage: Enjoy a deeply soothing massage that harmonizes body and mind.
- Traditional Boreh Scrub: Revitalize your skin with our aromatic scrub, rich in herbal goodness.
- Boreh Mask: Nourish and detoxify with a luxurious herbal mask that enhances your skin's natural glow.
- Soothing Flower Bath: Unwind in a tranquil bath infused with delicate lotus petals, promoting peace and serenity.

Complete your pampering experience with a refreshing turmeric drink, blended with honey and lime for a revitalizing finish

REIKI HEALING

60 Minutes: IDR 1.700K nett

Energy healing targets the energy fields around the body. According to practitioners, energy can stagnate in the body where there has been physical injury or possibly emotional pain. In time, there energy blocks can cause illness. Energy medicine aims to help the flow of energy and remove blocks in a similar way to acupuncture or acupressure. Improving the flow of energy around the body, say practitioners, can able relaxation, reduce pain, speed healing, and reduce other symptoms of illness. Reiki is alleged to aid relaxation, assist in the body's natural healing processes, and develop emotional, mental, and spiritual well being. It is also said to induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall wellbeing. People who receive Reiki describe it as "intensely relaxing".

BATH DECORATION

FLOWER BATH DECORATION

30 Minutes: IDR 350K

Pamper yourself with our exquisite Flower Bath Decoration—perfect for solo relaxation or a romantic couples' escape. Experience the beauty of Bali with a magnificent flower bath that provides therapeutic benefits and a serene atmosphere. Ideal after a day of adventure, this luxurious soak immerses you in tranquility and is perfect for capturing beautiful moments.

TROPICAL BATH

30 Minutes: IDR 350K

Indulge in a Tropical Bath experience infused with pandan leaf, lime, lemon, and tangerine. Let the calming aroma of pandan and vitamin-rich citrus nourish your skin and revitalize your senses. This natural goodness creates the perfect environment for relaxation and renewal, leaving your skin refreshed and glowing.

YEH KUMKUMAN FLOWER BATH

30 Minutes: IDR 450K

Immerse yourself in a traditional Yeh Kumkuman Flower Bath, featuring Bali's most fragrant blooms. Enjoy a therapeutic soak filled with Cempaka (*Magnolia champaca*), Kenanga (*Cananga odorata*), and Jepun (*Plumeria*), enhanced by finely cut Samsam (*Pandanus utilities*) leaves. Known for their calming fragrances, this indulgent bath promotes deep relaxation while helping to ward off negative energy. Experience the serene blend of nature's aromatic treasures.

PARASAYU SPA

Rediscover your inner balance with us. We look forward to welcoming you and making your experience truly unforgettable.

Choose your own journey at Parasayu Spa. Your path to tranquility begins here.

Parasayu Spa at The Alena Resort A
Pramana Experience
www.thealenaresort.com
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Opening hour 9am – 9 pm

