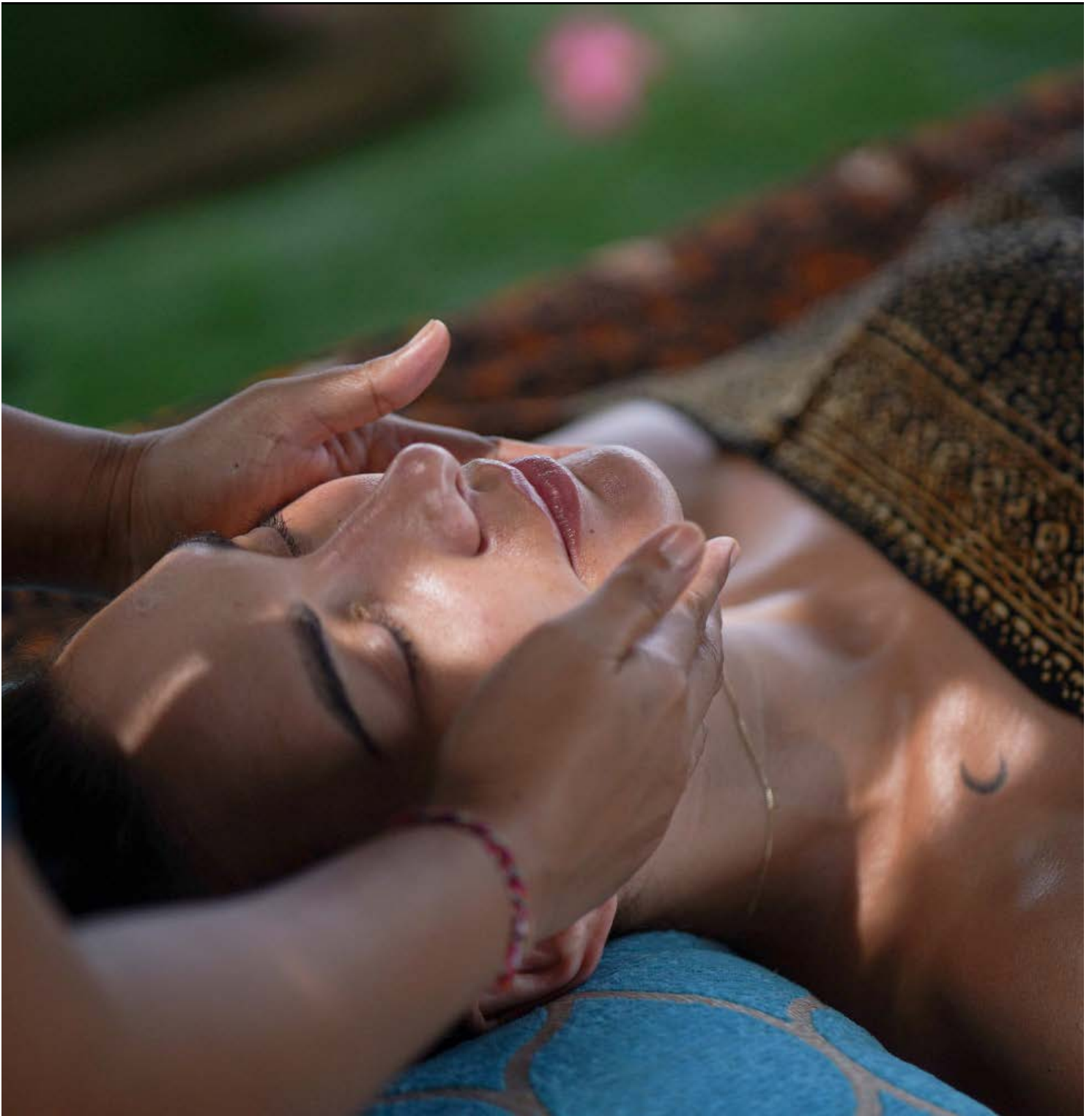




SPA & HEALING TREATMENT

M E N U





SKY SPA

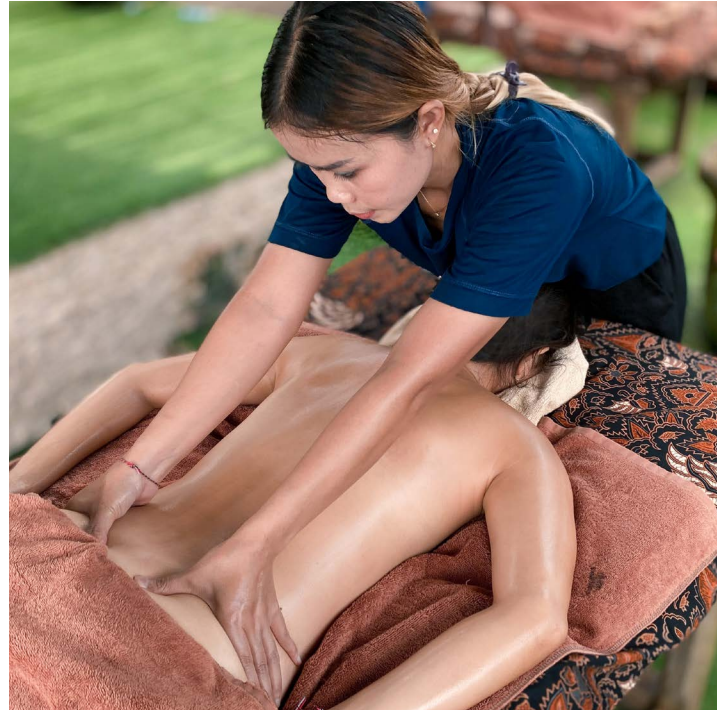
SIGNATURE · UDARA

Opening Hours: 10 am - 8 pm (last treatment starts at 7 pm).
For bookings and inquiries, contact us at:
WhatsApp at +62 878-7779-9970 or E-mail to info@udara-bali.com

Body of Udara

Signature Balinese Massage 60 or 75 Minutes | 35 US\$ / 38 US\$

The Signature Balinese Massage at Udara is our guests' favorite choice! Feel tension dissolve with this ancient Balinese healing therapy that combines long therapeutic strokes and skin rolling to relieve muscle pain. Palm and thumb pressure techniques are also applied to unravel the deepest stress on any level and improve blood flow.



Deep Tissue Massage 75 Minutes | 43 US\$

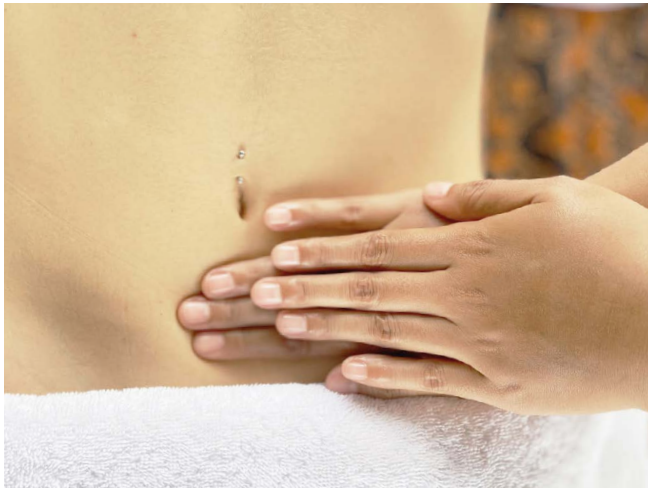
Experience a complete body awakening with the combination of sport massage techniques and Hawaiian Lomi Lomi movements, using palm or elbow pressure to relax even the deepest parts of the muscles. This treatment is especially beneficial for those who desire stronger pressure and seek to dissolve deep-seated tension that has long awaited release.

Body of Udara

Foot Massage

60 Minutes | 30 US\$

Your feet carry you around all day and surely deserve some extra love and attention. As you recline and let go, your therapist applies varying degrees of pressure to all areas of your feet and lower legs, using thumbs and fingers to unblock energy flow and promote your body's natural healing abilities. Tired legs and feet find relief with this soothing massage treatment.



Lymphatic Drainage

75 Minutes | 45 US\$

This massage aims to assist the body in maintaining proper blood circulation, body fluid balance, and immune function. It mainly utilizes gentle circular and pumping movements that target the lymphatic system, reducing swelling, fluid stagnation, and enhancing circulation throughout the lymphatic system. Additionally, it promotes detoxification, aiding in the removal of toxins from the body.

Body Flexibility

60 Minutes | 40 US\$

This unique treatment harmoniously blends the art of passive stretching, inspired by the ancient Thai massage tradition, with the targeted application of acupressure on strategic points across your body to increase flexibility and release muscle tension. It is a great treatment when you feel a bit stiff after a long flight or have done a lot of exercise. Please wear comfortable, loose clothes for this treatment.



Body of Udara



Hot Stone

90 Minutes | 47 US\$

Experience the therapeutic power of touch combined with the grounding energy of the earth in this muscle-relaxing massage. Smooth, heated river stones are used in rhythmic, flowing strokes over the body to melt tension, soothe emotions, and stimulate the body's natural healing potential.

Sun Soother

60 Minutes | 41 US\$

Indulge in this wonderfully refreshing treatment that gives your skin a boost of hydration, balance, and anti-inflammatory benefits. This is a great treatment when your skin has received too much sun exposure and needs some soothing and refreshment. Start the experience with a foot massage using cooling cucumber and lavender essential oil, creating a divinely relaxing sensation. Conclude the session with a soothing application of healing Aloe Vera gel, leaving your skin revitalized and refreshed.



Enhancers | 15 Minutes

Book 15 minutes of additional focus for various body parts, when you feel that certain areas need some extra care and attention.

- Foot Massage
- Back Massage
- Head Massage
- Neck and Shoulders
- Face Acupressure

7 USD for each additional 15 min treatment.

(can only be booked in combination with another treatment).



UDARABALI

YOGA DETOX SPA

Body Scrub and Body Mask



Balinese Boreh Body Mask

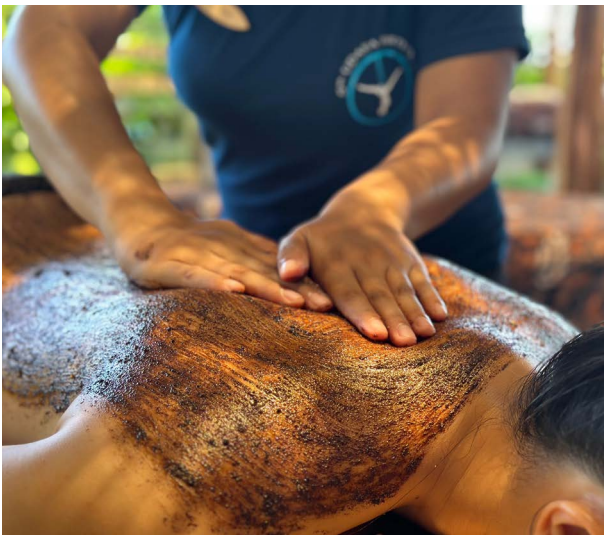
60 Minutes | 40 US\$

The Boreh is an ancient Balinese healing medicine to combat colds, increasing the metabolism and warming the body. A paste of cloves, ginger, Babakan powder (the bark of a healing tree) and rice powder is applied to your skin.

Balinese Lulur

60 Minutes | 40 US\$

Royal princesses across the Indonesian Archipelago have been doing this treatment for centuries as a beauty ritual to keep their skin soft, glowing and smooth. This traditional Lulur is a mix of rice powder, turmeric, tamarind seeds and flowers which will leave a beautiful scent on your skin. The Lulur is removing dead skin cells and promotes regeneration of the skin. To complete the treatment, we apply a yogurt mask to rehydrate and moisturize your skin.



Coffee Scrub

60 Minutes | 40 US\$

Revitalize your skin with our invigorating coffee scrub that harnesses the exfoliating power of coffee grounds to gently take off dull skin, leaving you with a radiant and smooth complexion. Infused with aromatic coffee, this scrub stimulates circulation and provides antioxidant benefits, leaving you feeling refreshed and rejuvenated.

Hair & Scalp Treatment



Signature Crown Chakra Treatment

45 Minutes | 31 US\$

The Crown Chakra head treatment is a harmonious fusion of ancient Indian head rush techniques and the therapeutic benefits of herbal hair oil. Our skilled therapists work to stimulate blood circulation through acupuncture around the head area, alleviating tension and reducing headaches. This unique treatment is designed to calm your mind while at the same time providing care for hair follicles and scalp.

Aloe Vera Hair Creambath

60 Minutes | 34 US\$

Embark on a journey of ultimate pampering with our luxurious Hair Cream Bath treatment. To start your treatment, surrender to the soothing touch of a back massage that helps you enter into a state of pure relaxation. Our nourishing hair cream bath, enriched with the goodness of avocado and aloe vera, will leave your hair feeling lusciously soft and revitalized.



Face of Udara



Refreshing Facial

60 Minutes | 40 US\$

Elevate your skincare routine with our refreshing Facial Massage, a treat suitable for all skin types. Immerse yourself in a pampering journey with high-quality products enriched with soothing aloe vera, unlocking your skin's full potential and leaving it with a radiant glow. This Facial not only helps new skin cells regenerate but also works wonders by lifting facial muscles, providing a natural facelift effect. The loving hands of our therapists pamper you through each step – from cleansing and toning to gentle scrubbing and a luxurious face massage – your skin will be treated with lots of care. Finish off with a nourishing face mask and moisturizer, and unveil a smoother, more radiant complexion.

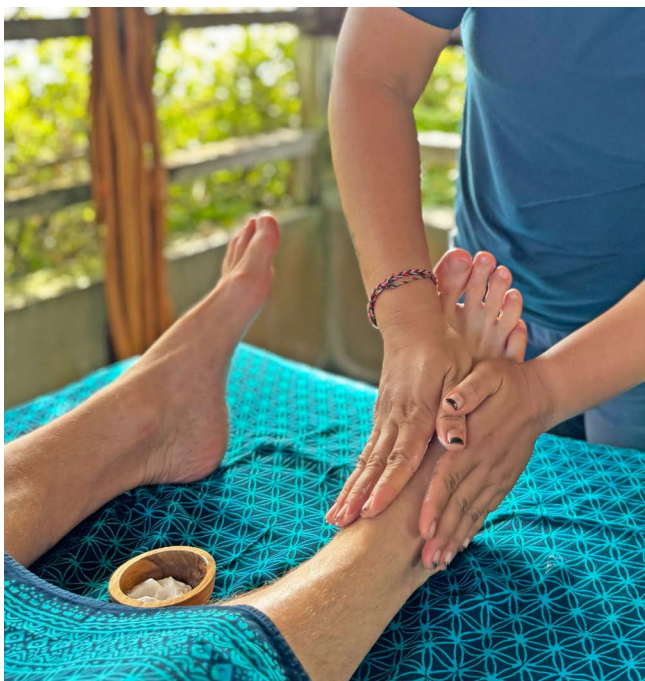
Package of Udara

You and I

150 Minutes | 121 US\$

Signature Balinese Massage - Balinese Lulur Scrub - Crown Chakra Head Massage for Him / Brightening Mini Facial for Her

A romantic rejuvenating escape to reconnect and spend quality time with your other half. This treatment for two starts with our relaxing Signature Balinese Massage, followed by a traditional Javanese Lulur body exfoliation. The couple package ends with a stimulating Crown Chakra Head Massage for Him, and a brightening Mini Facial for Her.



Spa Discovery

90 Minutes | 55 US\$

Deep Tissue Massage - Foot Massage or Scalp Treatment

Experience the pleasure of deep relaxation with the combination of a Deep Tissue Massage and your choice of foot massage or scalp treatment with hair oil.

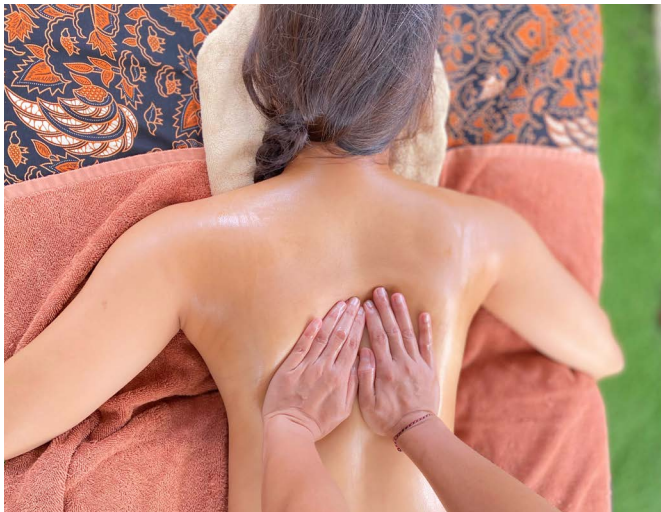
Package of Udara

Dreaming on Earth

150 Minutes | 75 US\$

*Head massage - Hair Cream Bath or Hair Oil -
Refreshing Facial - Foot massage*

Indulge in a pampering spa package from head to toes! Select your desired scalp and hair treatment with a hair cream bath or hair oil, followed by a refreshing facial. Complete your spa experience with a relaxing foot massage to keep you moving forward.



Pure Indulgent

180 Minutes | 105 US\$

*Signature Balinese Massage - Body scrub or
Body mask - Foot massage or Refreshing Facial*

Immerse yourself in a luxurious spa experience with this indulgent three hours package. Choose your favorite body scrub or body mask after our signature Balinese Massage, completed with a soothing foot massage or refreshing facial.

Over the Top

120 Minutes | 72 US\$

*Signature Balinese Massage - Body Scrub -
Head massage or Mini Facial.*

A Signature Balinese Massage to relax your whole body, followed by a Body Scrub - Coffee Scrub or traditional Lulur - to open your pores, completed with your choice of head massage or mini facial.



Hands and Feet



Essential Manicure

60 Minutes | 20 US\$

This indulgent spa manicure includes a stimulating hand scrub, soothing hand bath, relaxing hand massage, and essential nail maintenance and grooming to ensure that your hands look and feel impeccably cared for.

Essential Pedicure

75 Minutes | 23 US\$

Treat your feet to the attention they deserve! This pampering spa pedicure, which includes an invigorating foot scrub, a relaxing foot bath, a foot massage, and essential nail care, not only promotes relaxation and rejuvenation but also ensures your feet are ready to step into the world with renewed comfort and confidence.

Express Pedicure or Manicure

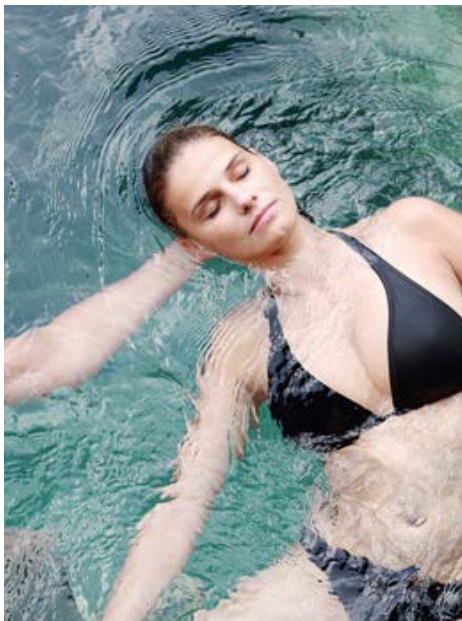
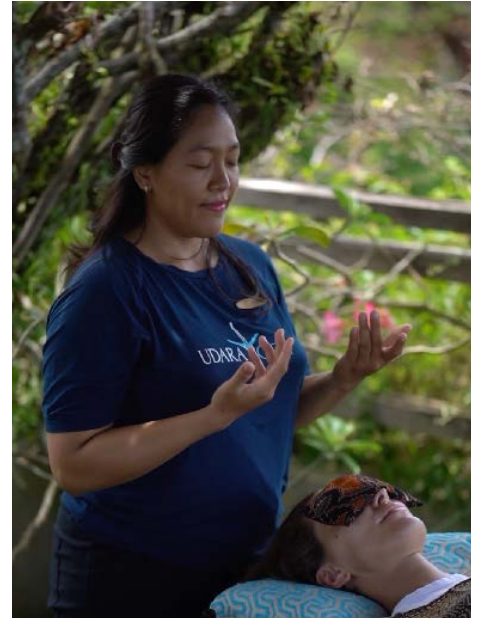
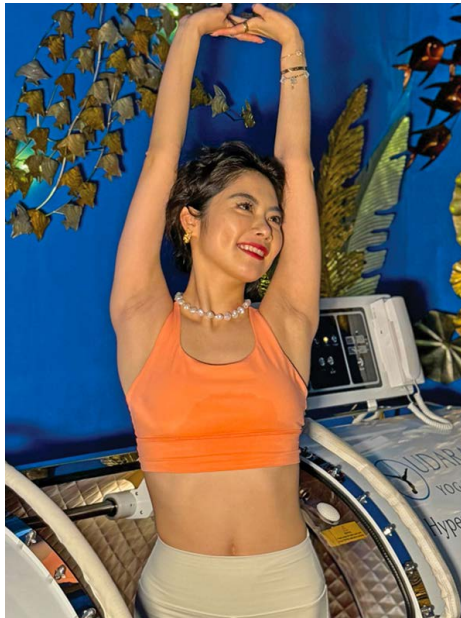
30 Minutes | 12 US\$

Experience the Express Pedicure or Manicure in just half an hour, featuring a quick and efficient file and tidy for well groomed nails.

Express Pedicure & Manicure Combination

75 Minutes | 21 US\$

Groom your nails of hands and feet with a combination package, featuring an efficient nail shaping, complemented by application of a soothing lotion to your hands and feet.



HEALING TREATMENT

For bookings and inquiries, contact us at:
WhatsApp at +62 878-7779-9970 or E-mail to info@udara-bali.com



UDARABALI
YOGA DETOX SPA

Healing
Treatment



Sound Healing Journey

Ongoing 20% Discount

Simply lie down and close your eyes to receive the sounds in this private healing journey. The sounds of Tibetan singing bowls and various other instruments such as tuning forks, chimes and bells help you to slow down your brain waves and relax deeply. Sound healing is based on the principle that everything is vibration and that sound can help us to realign with our natural harmonic state of being.

The sounds will help release blockages on physical, emotional and energetic level, increase a sense of wellbeing and expand your consciousness. If you wish, the sound healing practitioner will also place singing bowls on your body, so you can actually feel the vibration traveling through your body. Essential oil sprays will further enhance your multi-sensory experience which can have profound effects on your journey towards balance between body, mind and spirit.

Price : ~~120US\$~~

96 US\$ / 1 - 2 Persons

Duration : 60 - 75 Minutes | *including Tax & Service Charge

www.udara-bali.com



UDARABALI
YOGA · DETOX · SPA

Healing
Treatment

Water Healing Treatment

Ongoing 20% Discount

The Water Healing treatment at Udara can be one of the most memorable and unique experiences you have ever had. The therapist will support, hold and move your body in the warm water pool, drawing from Aquatic Bodywork modalities such as Watsu, Water Dance or Healing Dance. Moments of stillness alternate with rhythmical flowing movements, which free the whole body and the mind. We recall our cellular memory of being born in water and come back to our natural, effortless flow. This healing treatment creates deep relaxation and promotes physical benefits such as releasing muscular tension and mobilizing the joints. It also helps to improve your energy flow and release emotional blockages. The sense of weightlessness can induce higher states of consciousness with meditative stillness, expansion and sensations of bliss.

Price : ~~120 US\$~~

96 US\$

Duration : 60 - 75 Minutes

*including Tax & Service Charge and free access to Spa Facilities
with sauna, steam room, warm and cold pools.

www.udara-bali.com



UDARABALI
YOGA DETOX SPA

Healing
Treatment



REIKI

Ongoing 20% Discount

In a Reiki session, the practitioner transfers energy through their hands by placing them over or on various body parts. To receive the session, you are comfortably lying on a massage bed, fully clothed. The universal Reiki energy can help improve energy flow in the body, induce deep relaxation, balance emotions and speed up the body's natural healing processes. It is a subtle healing modality that treats the whole person including body, mind, emotions and spirit.

Price : ~~65US\$~~

52 US\$

Duration : 60 Minutes

*including Tax & Service Charge

www.udara-bali.com



UDARABALI
YOGA DETOX SPA

Healing
Treatment



Water Massage

Ongoing 20% Discount

Enter into the 35-degree warm pool of our Spa facilities to receive a unique massage session floating on the surface of the water. This treatment combines gentle stretches with acupressure massage to release muscular tension, increase range of motion and relieve pressure from joints. Floating pillows allow you to completely let go and soft underwater music will help you relax deeply. Receiving bodywork and healing touch in warm water truly brings your Spa experience to the next level.

Price : ~~70US\$~~

56 US\$

Duration : 60 Minutes

*including Tax & Service charge and free access to Spa Facilities with sauna, steam room, warm and cold pools.

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UDARABALI
YOGA DETOX SPA

Healing
Treatment



BALINESE CHAKRA HEALING

Ongoing 20% Discount

Boost your Self-Confidence by balancing your Chakras and get a Balinese blessing ceremony. What lies behind us and what lies before us is a small matter compared to what lies within us.

Our Chakras are located at certain points in the human energy body. Their role is to regulate and create energy in order to synergize with a person's physicality so that the person can move and think well. If a chakra is blocked or imbalanced, there can be weakness, confusion, boredom, lack of enthusiasm and even diseases may arise.

The healer will connect to the energy of the universe and transfer it to the participants' body, so he or she starts to relax more and more. During the Chakra healing process the healer gently massages various nerve points, helps to stretch stiff muscles and cleanses each chakra with meditation and mantra chanting. Crystals will be placed on each chakra point, which work to neutralize imbalanced energies and support the mantra of each chakra. Singing bowls will be played to provide a peaceful, serene and calm energy in the body and mind.

Price : ~~250 US\$~~
200US\$

Duration : 60 Minutes

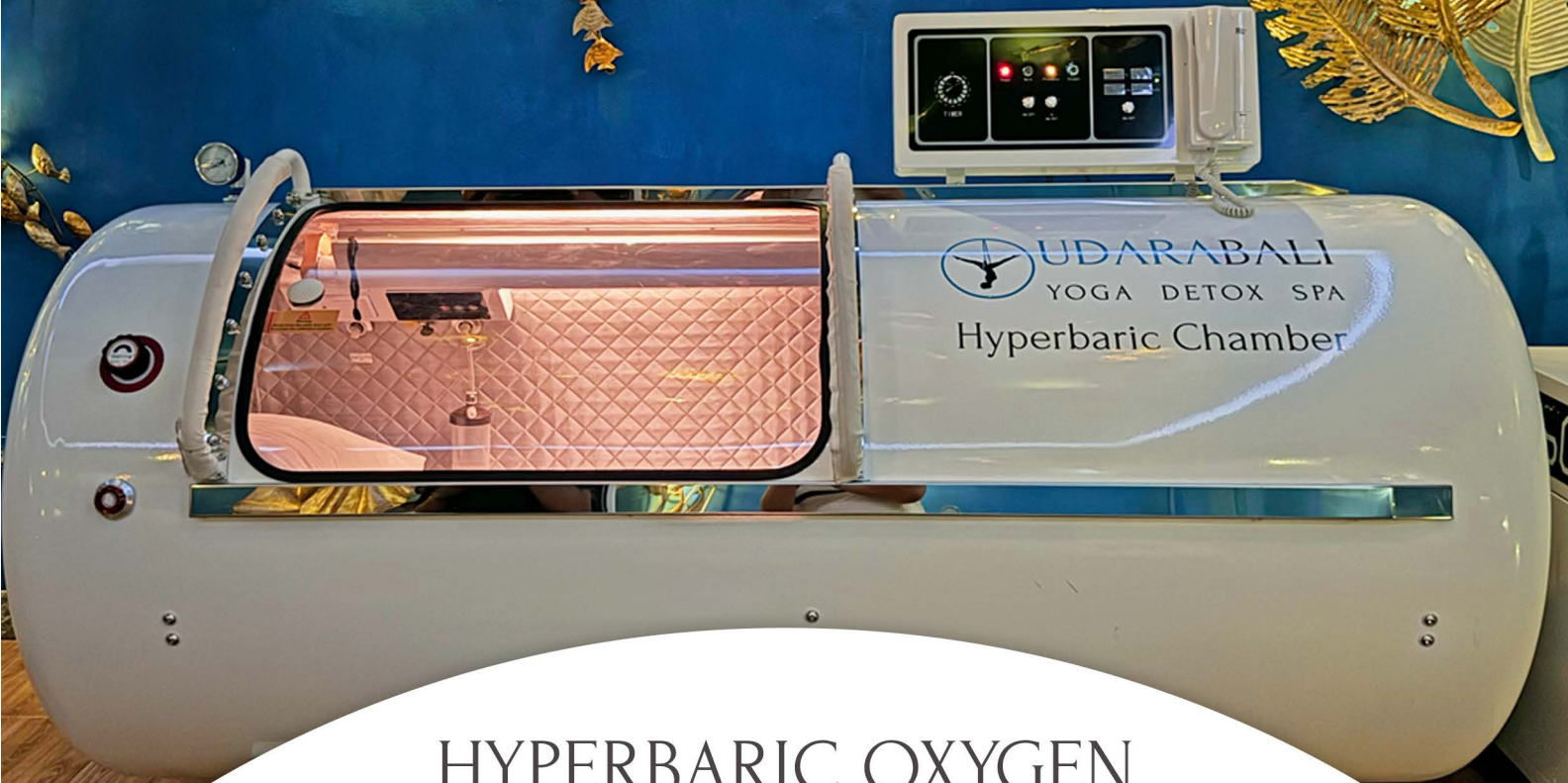
**including Tax & Service Charge*

www.udara-bali.com



UDARABALI
YOGA DETOX SPA

Healing
Treatment



HYPERBARIC OXYGEN CHAMBER TREATMENT (HBOT)

Bring your health and well-being to an optimum level with Hyperbaric Oxygen Therapy. This new treatment involves breathing almost pure oxygen in a pressurized chamber to treat various health conditions and improve quality of life. During this treatment your lungs can gather much more oxygen than would be possible breathing oxygen at normal air pressure. Increasing your oxygenation levels has shown to be important for our health, vitality and longevity. Book your session now to accelerate your recovery and performance while you lie back and relax.

Pay 10 Sessions Get 2 Free!

Price: 70 US\$ / Session

Duration : 60 - 90 Minutes | *including Tax & Service Charge

www.udara-bali.com



UDARABALI
YOGA DETOX SPA

Healing
Treatment

ACUPUNCTURE

Acupuncture has its roots in ancient Chinese medicine. Fine needles are inserted at certain points in the body to treat many types of health conditions and improve overall wellness. Acupuncture is based on the belief that energy (Qi) flows through the body in channels called meridians. An imbalance or blocked flow of this life force may lead to illness. There are hundreds of acupoints in the body along the 14 major meridians. According to your condition, the therapist will choose various points on your body for needling. An acupuncture session may help to reduce pain, headaches, muscular tension and relieve stress. These treatments aim to improve the flow of Qi and help the body heal itself naturally.

Price: 65 US\$

Duration : 45 - 60 Minutes

***including Tax & Service Charge**

www.udara-bali.com



CUPPING

Cupping therapy is one of the oldest therapies in the world, going back to ancient Egypt scriptures from 1550 BC and is still widely practiced in modern times, mainly by Chinese medicine practitioners. Before and after a short massage of the body parts to be treated, the therapist places cups on your back, stomach, arms or legs and a vacuum will pull the skin upward and the blood vessels expand. The purpose of the therapy is to release muscle tension, remove exogenous pathogens and help the body release body toxins to regain balance.

Price: 65 US\$

Duration : 45 - 60 Minutes

*including Tax & Service Charge



UDARABALI
YOGA DETOX SPA

Healing
Treatment



HEALING BREATHWORK

Private session with Gus Wira

Gus Wira is one of the most experienced local breathwork and energy healers in Bali. His private sessions can be a real catalyst to remove blockages on the energetic and emotional level, improve breathing capacity and release unfavourable breathing patterns. After an initial check-in, Gus will choose various breathing exercises to oxygenate the body, liberate universal life energy and bring you into a quantum state, in which the body can heal itself. Negative patterns can be transformed and consciousness can expand to reach deep states of clarity and harmony.

Price: 120 US\$

Duration : 90 Minutes

*including Tax & Service Charge

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UDARABALI
YOGA DETOX SPA

Healing
Treatment



THETA HEALING

The modality of Theta Healing is a unique way to reprogram the subconscious mind and integrate challenging experiences of the past in a very effective way. This state is different from hypnotherapy - you remain conscious of what you say and hear at all times.

During a session, you will be guided into the relaxing Theta brainwave. A state in which underlying patterns become apparent: The connections of your thoughts to your emotions (stored in the body) leading to (re)actions, will get first of all identified and then addressed.

From there, Hanna will guide you to work on a specific feeling and/or belief system that you want to upgrade. Sessions have immediate effects of changing the way you feel, act and ultimately the situations you draw into your life.

Price: 120 US\$

Duration : 75 Minutes

***including Tax & Service Charge**

www.udara-bali.com



UDARABALI
YOGA DETOX SPA

Healing
Treatment

PSYCHOLOGICAL COUNSELLING

Expressing your emotions and verbalising your thought processes can aid in finding clarity and emotional relief. Every psychological counselling session offers you the space to share your thoughts, doubts and fears in a safe space. A space to be listened to and offered advice on how to integrate & deal with turbulent emotions and times in your life.

Hanna has a master's degree in psychology, trained in the Western systems to foster mental & emotional well-being. Furthermore, her approach also integrates Eastern influences of mindfulness, meditation and how the gateway through the body can help shift your state towards inner peace and freedom.

Price: 120 US\$

Duration : 75 Minutes

*including Tax & Service Charge

www.udara-bali.com



UDARABALI
YOGA DETOX SPA

Healing
Treatment

HEALING FOR TRAUMA RELEASE & MANIFESTATION

The truth is that any kind of trauma (childhood/present, light/deep) is not just “in your head”. It imprints on your body. If you don't release it, sooner or later the negative patterns i.e. fear, guilt or anger will affect your daily life and block your goals. Through this special therapy, Edwin has helped many people globally to heal trauma that has been stored in the body, break old patterns and manifest a new life. This session is the combination of scientific healing - brainspotting (a new form of psychotherapy) and holistic healing - medical Qigong and transformational breathwork. You will feel like having a 'new body' after the session, then manifestations will flow to you with ease.

Price: 250 US\$

Duration : 120 Minutes (including 15 min for consultation)

*including Tax & Service Charge

www.udara-bali.com



LIGHT & SOUND IMMERSION

Activate your pineal gland, regulate your nervous system and journey to expanded states of consciousness in this special experience featuring hypnagogic lights and sounds. This transformative experience combines cutting-edge technology of flickering lights and the art of live sound healing. Through the process of audio-visual brainwave entrainment, these meticulously crafted sessions give you access to expanded states of mind and consciousness. The session can be tailored to specific needs including deep rest and meditation, stress and anxiety relief, creative states of flow and peak performance, expanded states of consciousness, and drug free psychedelic experiences.

PS: Contraindication is light-sensitive epilepsy, due to the flickering nature of the lights.

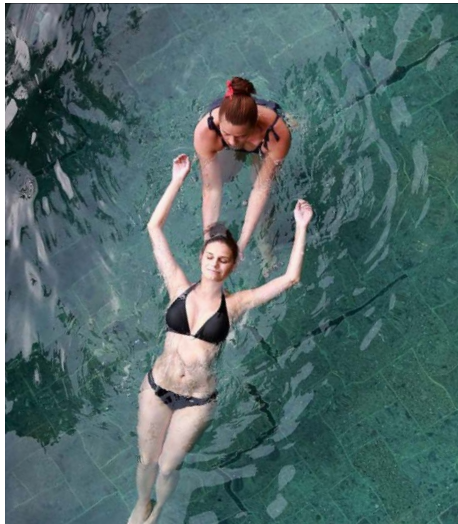
Price: 200 US\$ for 1 person | 240 USD for 2 persons

Duration : 90 Minutes including preparation & integration

*including Tax & Service Charge



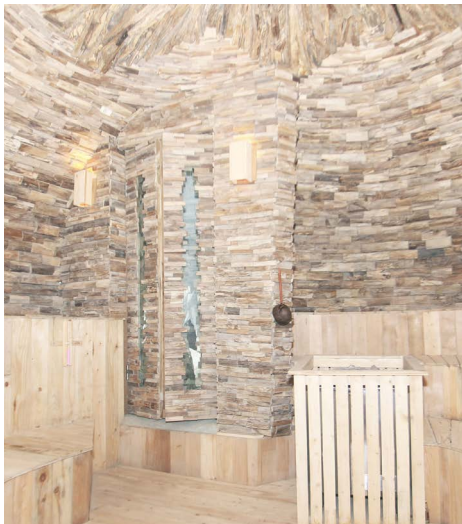
Main Pool



Warm Watsu Pool



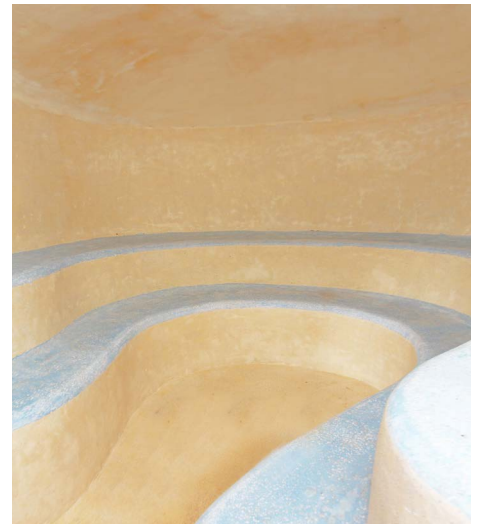
Jacuzzi & Cold Plunge



Sauna Room



Ice Bath



Steam Room

SAUNA & POOLS FACILITIES

Opening Hours: 8 am - 9 pm

Entrance Fee: 250K IDR

For bookings and inquiries, contact us at:

WhatsApp at +62 878-7779-9970 or E-mail to info@udara-bali.com

Udara Facilities

Warm Water Watsu Pool

Our 35°C warm water Watsu pool is used for individual Water Healing treatments, Water Yoga and Floating sessions. Besides the classes and sessions, the pool is free for your own use to swim, float or relax. An underwater speaker inside the pool with soft music will bring you into a beautiful space of deep relaxation. Feel free to use some of the foam noodles to float on the water surface and enjoy a beautiful feeling of weightlessness and a meditative state.



Pool Bar & Main Pool

Our largest pool faces the beautiful Indian ocean. With a temperature of about 25°C and access to our pool bar, it is the perfect place to stretch your muscles and take a swim!

Warm & Cold Plunge Pools

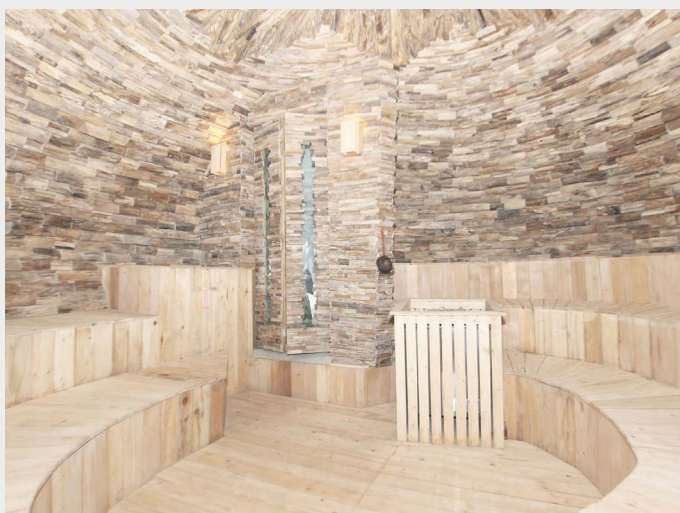
Our pool landscape inside the Spa grotto includes 4 small lagoons. There is a Jacuzzi in the warm plunge pool for a bubbly relaxation and a cold plunge pool, cooled down to around 15° for a refreshing dip after the Sauna.



Udara Facilities

Relaxation Area & Meditation Cave

After your treatments and in between your sauna sessions, you can relax in the meditation cave at the back side of the grotto, lie down to catch some sun rays on the grass area on some bean bags besides the pool or relax on a sunbed in the shade of an umbrella directly at the beach in a designated area uniquely reserved for Udara guests.



Sauna & Steam Room

At Udara Bali we have two saunas for you to sweat out all those toxins and feel renewed. The traditional hot wooden sauna is inside our beloved Kura Kura (the Indonesian word for turtle) at the centre of Udara. The second sauna is a herbal steam sauna, with a unique glass ball design. Sauna infusions made from high quality aroma oils will enhance your experience

Ice Bath

Ice baths have already been used for thousands of years in many different civilizations as a way to improve health and wellbeing. Immersing your body in about 5-10 degrees cold water regularly has various benefits for body and mind. It is a great way to cool down on a hot Bali day or after staying in the sauna.

