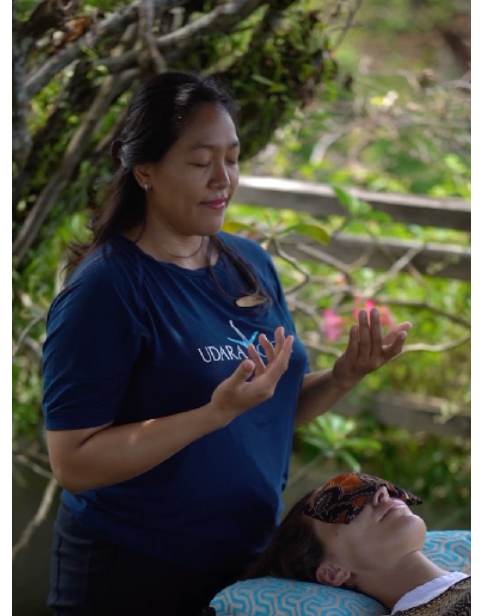
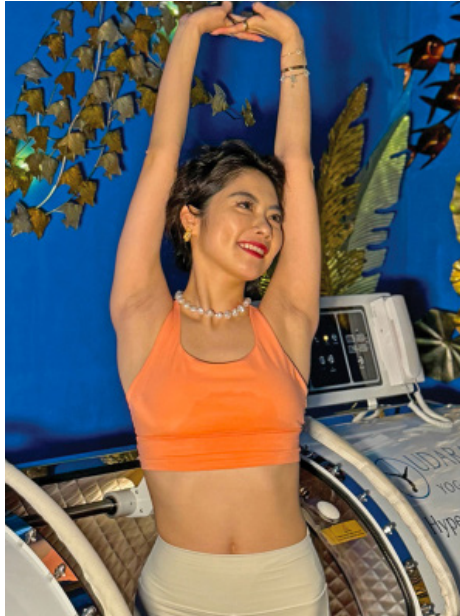




HEALING TREATMENT

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



SOUND HEALING JOURNEY

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.

Price : 1.920.000 IDR for 1 - 2 Persons

Duration: 60-75 Minutes

**including Tax & Service Charge*



HYPERBARIC OXYGEN CHAMBER TREATMENT (HBOT)

Bring your health and well-being to an optimum level with Hyperbaric Oxygen Therapy. This 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: 1.120.000 IDR

Duration : 60-90 Minutes

**including Tax & Service Charge*



WATER MASSAGE

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: 1.120.000 IDR

Duration : 60 Minutes

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



WATER HEALING TREATMENT

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 : 1.920.000 IDR

Duration : 60-75 Minutes

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



REIKI

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: 1.040.000 IDR

Duration: 60 Minutes

**including Tax & Service Charge*



AERIAL THAI MASSAGE

Experience the unique fusion of Thai Massage and Aerial Yoga in Aerial Thai Massage. As you are gently cradled in the hammock, you'll feel a sense of weightlessness, allowing your body to relax deeply and release tension. The cocoon of the hammock supports the movements, enabling gentle stretches, spinal traction, and joint mobilization, while acupressure points are activated to release blockages and stress. The flowing movements, combined with the hammock's support, create a sensation of being held while effortlessly floating, enhancing the therapeutic benefits and promoting relaxation. Dressed in comfortable clothing, you will enjoy a soothing session that enhances flexibility, relieves tension, and restores energy.

Price : 1.088.000 IDR

Duration : 60 Minutes

**including Tax & Service Charge*



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: 1.040.000 IDR

Duration : 45-60 Minutes

**including Tax & Service Charge*



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: 1.040.000 IDR

Duration : 45-60 Minutes

**including Tax & Service Charge*



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: 1.920.000 IDR

Duration : 90 Minutes

**including Tax & Service Charge*



KUNDALINI ACTIVATION & BODYWORK

Private session with Saïda

Experience a deeply healing one-on-one session with Saïda, the founder of Embodied Healing and a masterful energy practitioner known for her grounded, intuitive approach.

These sessions blend Kundalini Activation, intuitive bodywork, and vocal light codes to help you release emotional blockages, reconnect with your body, and access expanded states of awareness. Whether you are navigating trauma, ancestral patterns, inner child wounds, or simply seeking clarity and integration, this space is held with depth, precision, and care.

Each journey is tailored to what your system is ready to receive.

Price: 6.000.000 IDR for 1 person

Price: 8.500.000 IDR for 2 persons

Duration : 120 Minutes

**including Tax & Service Charge*



HEALING FOR TRAUMA RELEASE & MANIFESTATION

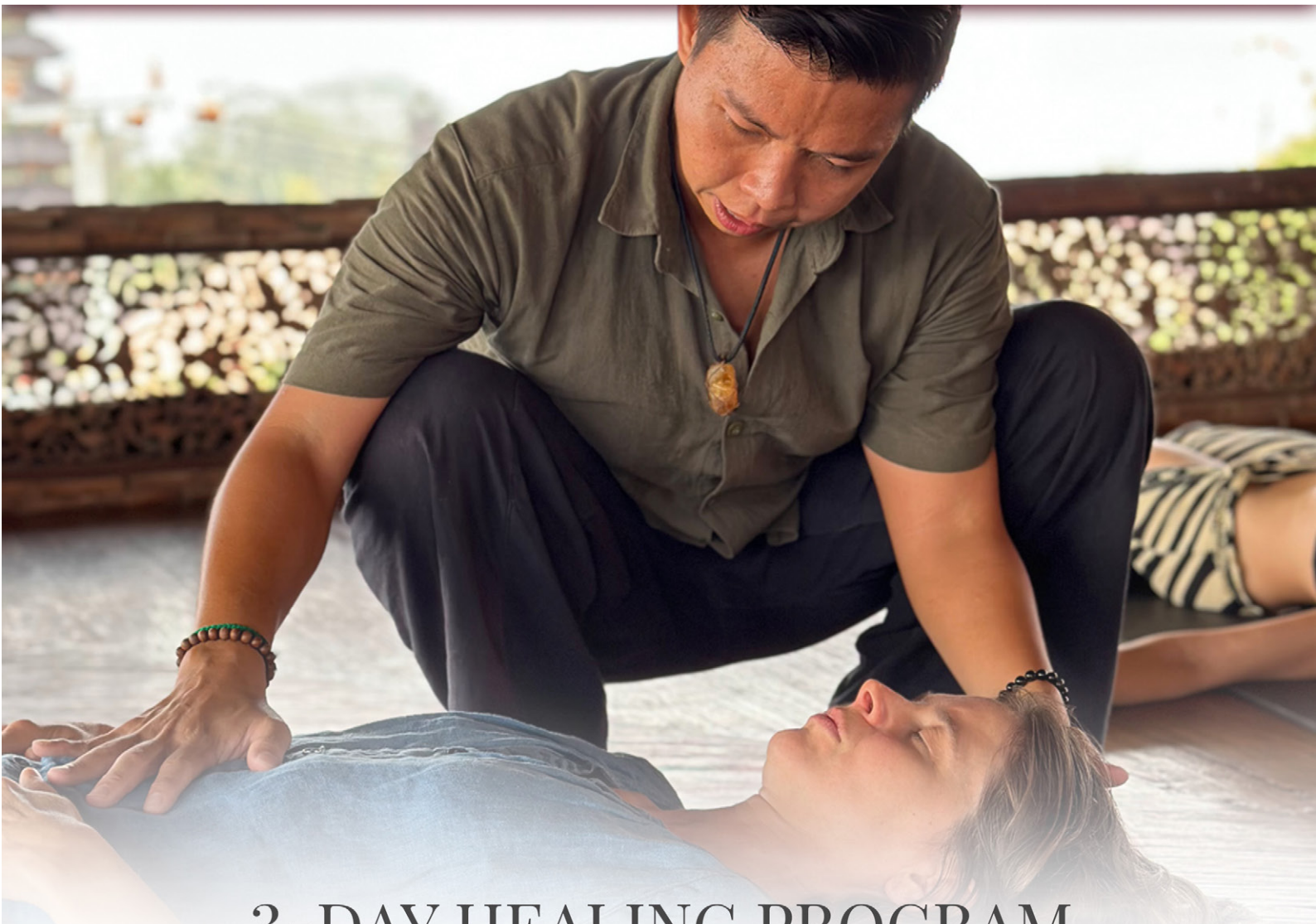
Private session with Edwin Tan

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 - brain-spotting (a new form of psychotherapy) and holistic healing - medical Oigong and transformational breathwork. You will feel like having a new body after the session, then manifestations will flow to you with ease.

Price: 4.500.000 IDR

Duration: 120 Minutes (including 15 min for consultation)

**including Tax & Service Charge*



3-DAY HEALING PROGRAM FOR TRAUMA RELEASE & MANIFESTATION

This tailored 1:1 program is for you if you have tried many healing modalities but you are still stuck with your trauma patterns that block your happiness.

You will experience the combination of scientific healing - brainspotting (a new form of psychotherapy) and holistic healing - medical Qigong, transformational breathwork, pranayama and meditation.

You will master self-healing tools so you can protect and maintain your energy. To become your own healer. Through this special program, Edwin has helped many people globally to heal individual/generation trauma that has been stored in the body, break old patterns and manifest a new life.

Price: 13.000.000 IDR

Duration: 3 sessions conducted in 3 days. Per session is 2 hours.

**including Tax & Service Charge*



YOUR VOICE, YOUR MIRROR

*A vocal lesson & exploration journey combined
with Theta Healing treatments to remove the blocks to your truest expression*

Private Session with Hanna Williams

Whether you're exploring your vocal potential or overcoming limiting beliefs about your singing ability, harnessing your voice can significantly enhance your confidence & freedom in self expression in everyday situations.

This unique program combines vocal techniques —such as pitch, range, and breath support—with theta healing to address emotional blockages. Over three sessions, you'll practice singing while also working on self-love and trust, creating a supportive foundation for your vocal journey.

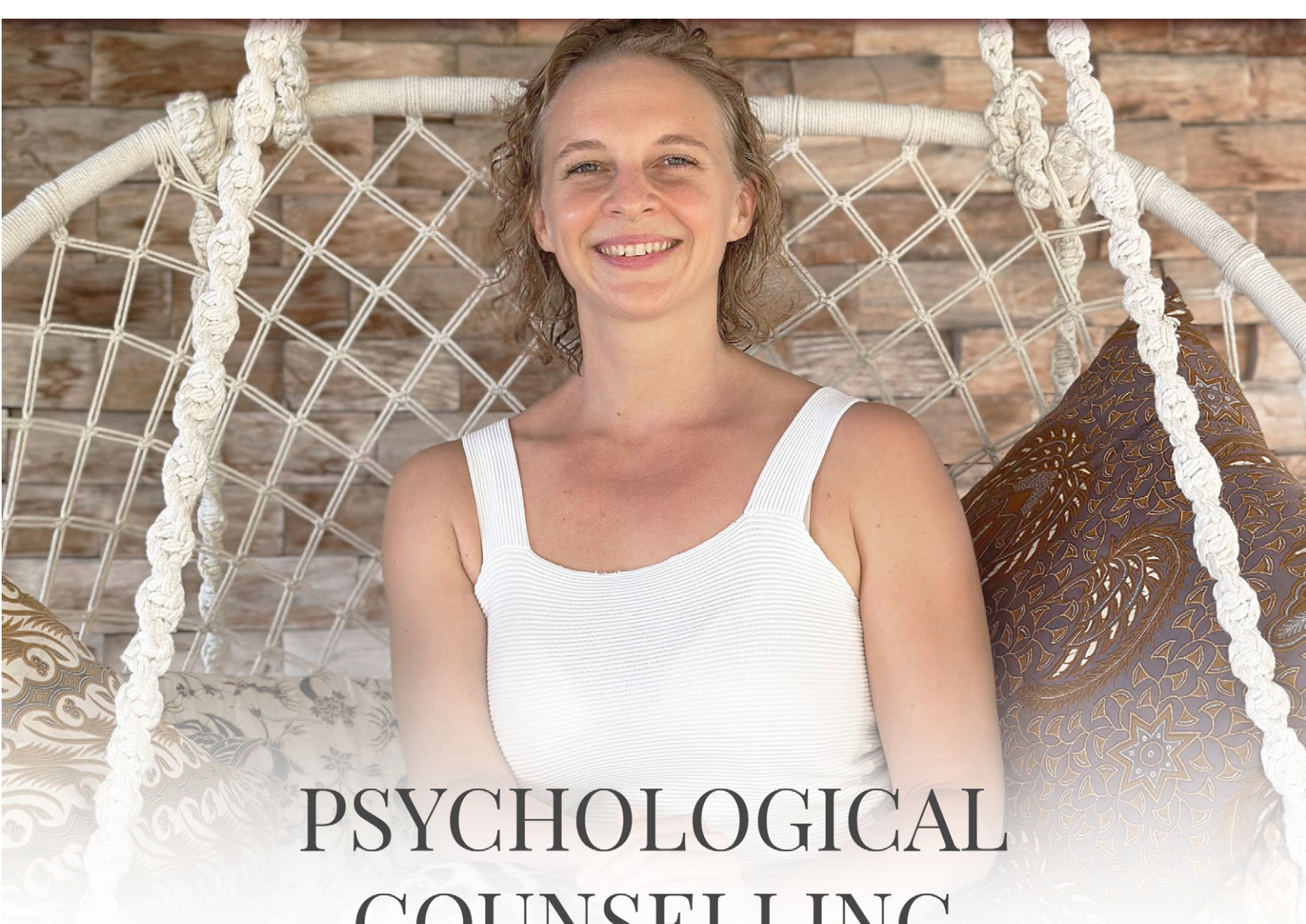
This holistic approach helps shift your mindset and encourages you to embrace your voice fully.

If you are an in-house guest, all three sessions should be taken within the duration of your current stay at the resort. A one off session can already be very beneficial, if you come ready to dive in and explore.

Single Session: 4.560.000 IDR (Duration 1 x 120 min)

Package Price: 11.760.000 IDR (Duration 3 x 120 min)

**including Tax & Service Charge*



PSYCHOLOGICAL COUNSELLING

Private Session with Hanna Williams

Embark on a journey of self-discovery and healing with personalised counselling sessions led by Hanna. Experience a compassionate and confidential space to explore your emotions, thoughts, and life challenges.

Areas of focus range from dealing with anxiety & stress, depression & mood challenges, relationship & communication issues, personal growth & self-esteem to coping with life transitions.

Hanna has a master's degree in psychology, trained to foster mental & emotional well-being. Creating a safe, non-judgmental space for you to openly discuss concerns. And working in a collaborative approach to create clarity & open up a pathway for meaningful and lasting change.

Price: 2.600.000 IDR

Duration: 90 Minutes

**including Tax & Service Charge*



THETA HEALING: CLEAR BLOCKS & RECLAIM YOUR POWER

Private Session with Hanna Williams

Theta Healing® is a powerful technique that uses the Theta brainwave state—a deeply relaxed state reached during meditation or just before sleep—to access the subconscious mind. In this state, deep-rooted beliefs, emotional blocks, and unconscious patterns can be uncovered and transformed.

Clients often experience immediate clarity, emotional relief, and lasting change. During a session, you'll be gently guided into the Theta state, where you and Hanna will explore how thoughts and emotions are stored in the body and how they shape your behaviour and life experiences. Together, you'll shift limiting beliefs and release outdated patterns.

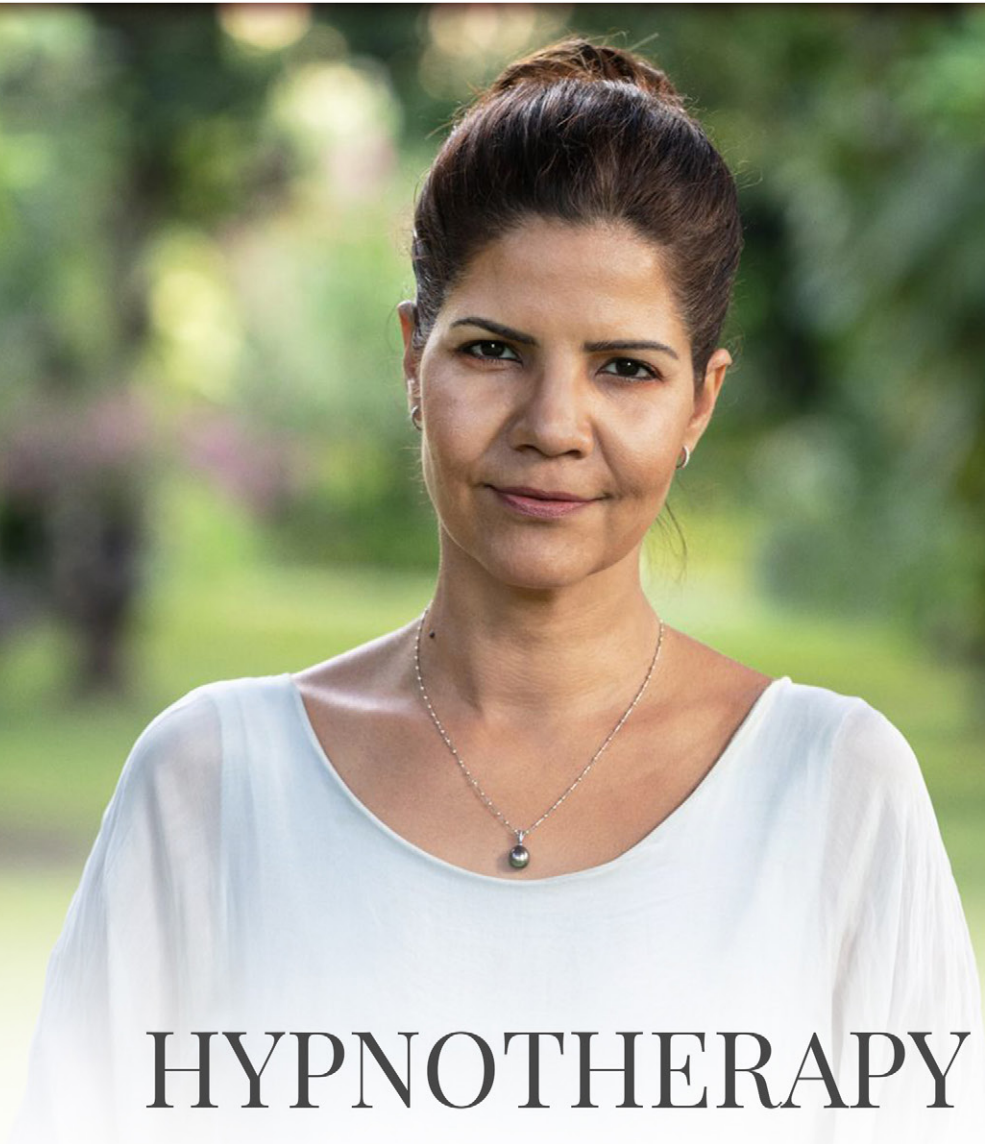
Hanna holds a Master's degree in Psychology from Heidelberg, Germany, and is a certified Theta Healing practitioner. Since 2016, she has supported clients worldwide, combining intuition and insight to facilitate deep, lasting transformation.

Price: 3.900.000 IDR

Duration : 105-120 Minutes

(including a free 20 mins consultation)

**including Tax & Service Charge*



HYPNOTHERAPY

Private session

Feeling stuck in a negative loop of thoughts, behaviors, feelings, relationships, or even situations? Or unable to live the life you'd like? Whatever the challenge, diving into your subconscious mind with hypnotherapy can help turn your life around.

Your subconscious is a pool of all your experiences and emotions since you were born.

It's where your core beliefs about the world, and especially yourself, exist. Hypnotherapy, conducted under hypnosis (a very calm state when your brain waves are at the Theta level), allows your conscious, analytical mind to take a back seat, enabling your subconscious to be accessed, understood, and healed.

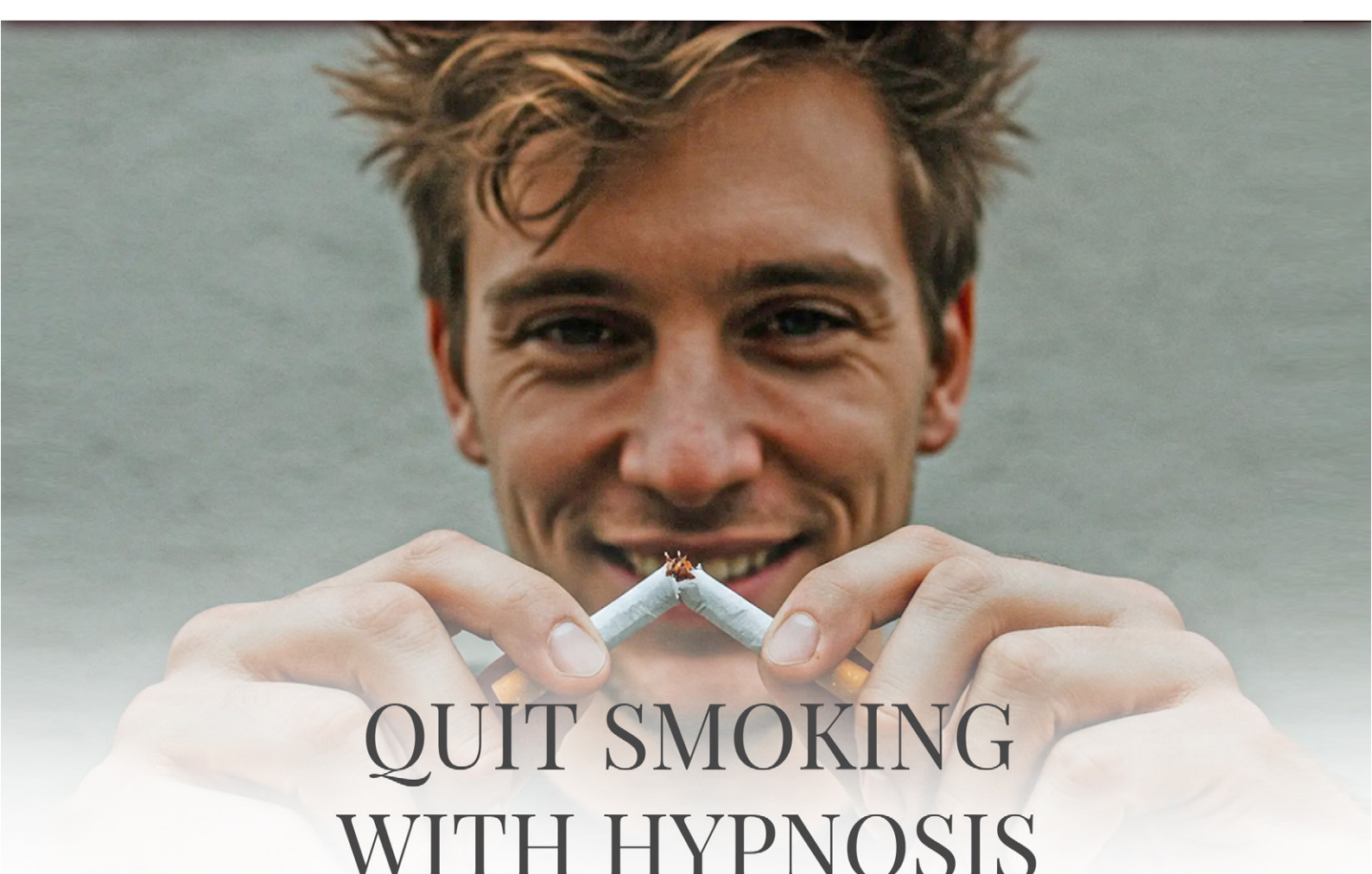
Payal Rhodes is a Clinical Hypnotherapist and the founder of 1.23 Healing, a unique solution that works on both the conscious and subconscious mind for holistic and lasting change. Based between Dubai and Bali, Payal offers customized therapy that resonates with each client, believing that each person is unique and requires a personalized approach to therapy.

1 session: 3.860.000 IDR

3 sessions: 11.000.000 IDR (with 5% discount)

Duration: 90 Minutes per session

**including Tax & Service Charge*



QUIT SMOKING WITH HYPNOSIS

3 Sessions Package 1:1 with Payal Rhodes

Have you tried quitting cigarettes? And didn't succeed?

Or succeeded only to get back to it within few days or months?

This is because you are trying only consciously. All your habits & addictions are rooted in your Subconscious Mind (also called the Habitual Mind). Even Allen Carr, the author of the famous book "Easy Way to Stop Smoking" quit with hypnotherapy.

If you really want to quit, then Hypnotherapy is one of the most successful modalities to help you be FREE of Cigarettes. A 2018 study found 80% success rates in quitting smoke via hypnosis (compared to trying it on your own at 5%, behaviour therapy & Nicotine replacement at 25%).

What are you waiting for?

Book your 'Quit Smoking' package and BECOME FREE of this addiction NOW!!!

Meet Payal Rhodes, a Clinical Hypnotherapist and Spiritual Growth Guide. Based between Bali & Dubai, Payal helps clients globally with her unique therapy that aligns the conscious with the Subconscious for a holistic and lasting solution.

Package for 3 Sessions on 3 consecutive days

Duration: 120 Minutes per session

Price: 14.860.000 IDR

**including Tax & Service Charge*



HEALING TRAUMA WITH HYPNOTHERAPY

Trauma isn't just what happened — it's what stayed within you when your body and mind didn't feel safe enough to process the experience. It shows up as emotional triggers, anxiety, numbness, or a deep sense of disconnection with self and others.

A 1 session or suggested 3-session hypnotherapy journey guides your body and mind to unfreeze what's been held for too long — especially stored emotions like **fear, guilt, and shame** — and transforming them into **acceptance, peace, and inner strength**.

This format allows gradual release and nervous system regulation.

Each session builds on the previous one, moving from awareness → release → integration.

Ideal for those ready to move beyond:

Emotional triggers and overreactive states | Feeling stuck in old memories or relationships |

Chronic anxiety or inner restlessness | Lack of trust in self, others or life

Package for 3 sessions (*ideally consecutive or 1-2 days apart*)

Duration: 90 Minutes per session

Price: 11.000.000 IDR

Single Trauma Release Session

Duration: 120 Minutes

Price: 5.200.000 IDR

**including Tax & Service Charge*



PERSONAL TRAINING

including nutrition counseling with our certified
Personal Trainer and Nutrition Consultant Milena

Imagine following a training plan that is specifically tailored to your personal goals, needs and abilities. Maximize your results and achieve your fitness goals efficiently and sustainably.

With our personal training, you can significantly improve your fitness and health. Through targeted exercises and professional guidance, you can increase your stamina, strengthen your cardiovascular system and promote your general well-being.

Let yourself be motivated by Milena, who has been working as a health coach and nutrition specialist for many years. With our personal training, you have someone at your side to ensure that you stay committed and consistent. Fixed training appointments and personalized support help you to maintain your routine.

Avoid injuries and train effectively: your personal trainer monitors your technique and corrects mistakes so that you train safely and efficiently.

This will help you achieve optimum results.

Price: 1.152.000 IDR

3 Sessions Package 2.880.000 IDR

Duration : 60 Minutes

**including Tax & Service Charge*



DREAM MACHINE STROBOSCOPIC LIGHT & SOUND HEALING EXPERIENCE

Experience the transformative power of the Dream Machine, a revolutionary device that uses stroboscopic white light to promote relaxation, meditation, and activation of various brainwave states. With closed eyes, the flickering light reveals kaleidoscopic colours, shapes, and patterns, guiding you into a profound inner journey. This unique technology allows you to explore different levels of awareness, offering tailored sessions for relaxation, stress relief, creativity, or peak performance. To enrich the experience, the light is combined with live sound healing, creating a powerful blend that enhances both physical and mental well-being.

The combination of light and sound amplifies the effects, helping you achieve a deeper state of presence and higher states of consciousness. Users report vivid geometric visuals, vibrant colours, and an overall sense of renewal.

Please note: This session is not suitable for individuals with light-sensitive epilepsy due to the flickering lights.

Price : 2.240.000 IDR

Duration: 75 minutes

**including Tax & Service Charge*