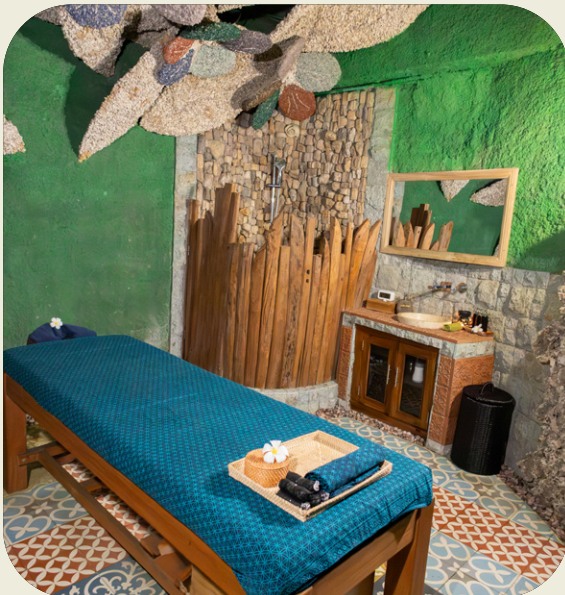


# SPA & HEALING TREATMENTS

## M E N U







# UDARA 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](mailto:info@udara-bali.com)





# Body of Udara



## Signature Balinese Massage

60 or 75 Minutes | 640.000 / 690.000 IDR

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 | 790.000 IDR

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.



## Foot Massage

60 Minutes | 540.000 IDR

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.

# Body of Udara



## Lymphatic Drainage

75 Minutes | 830.000 IDR

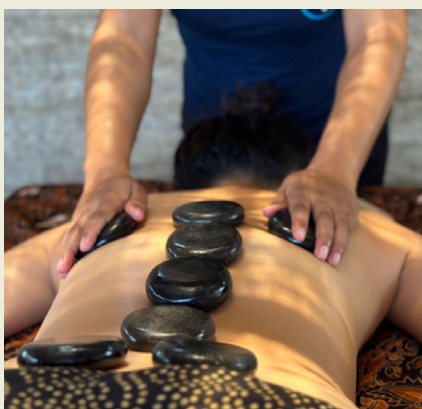
This massage aims to assist the body in maintaining proper blood circulation, body fluid balance, and immune function. It mainly utilizes gentle circular and pumping movements that target the lymphatic system, reducing swelling, fluid stagnation, and enhancing circulation throughout the lymphatic system.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



## Body Flexibility

60 Minutes | 735.000 IDR

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.



## Hot Stone

90 Minutes | 895.000 IDR

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.

# Body of Udara



## Sun Soother

60 Minutes | 755.000 IDR

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

130.000 IDR for each additional 15 min treatment.

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

# Body Scrub and Body Mask

## Balinese Boreh Body Mask

60 Minutes | 735.000 IDR

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 | 735.000 IDR

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 | 735.000 IDR

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 | 570.000 IDR

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 acupressure 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 | 625.000 IDR

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 | 770.000 IDR

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 | 2.230.000 IDR

*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.

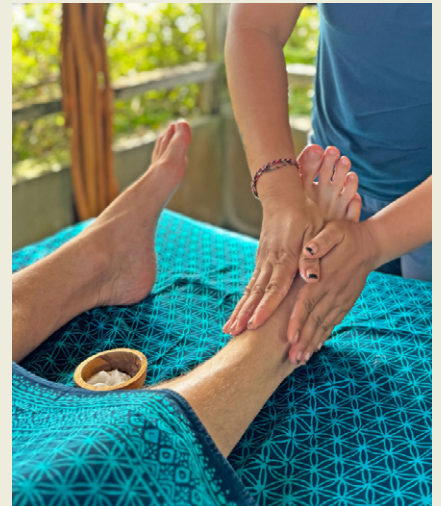


## Spa Discovery

90 Minutes | 1.010.000 IDR

*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.

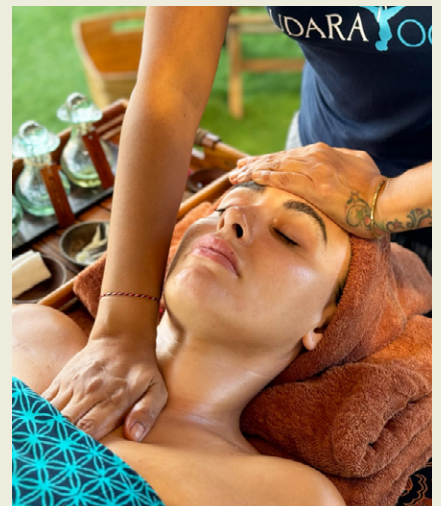


## Dreaming on Earth

150 Minutes | 1.380.000 IDR

*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.





## Package of Udara



### Pure Indulgent

180 Minutes | 1.935.000 IDR

*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

135 Minutes | 1.375.000 IDR

*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 & feet



### Essential Manicure 60 Minutes | 370.000 IDR

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 | 425.000 IDR

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 | 220.000 IDR

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 | 385.000 IDR

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.