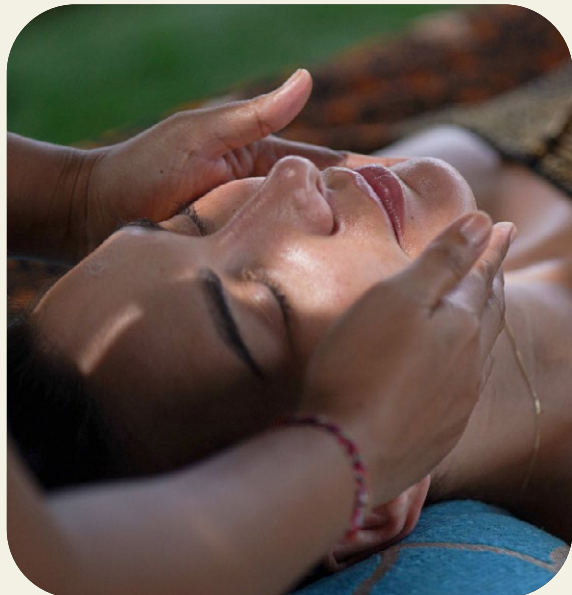
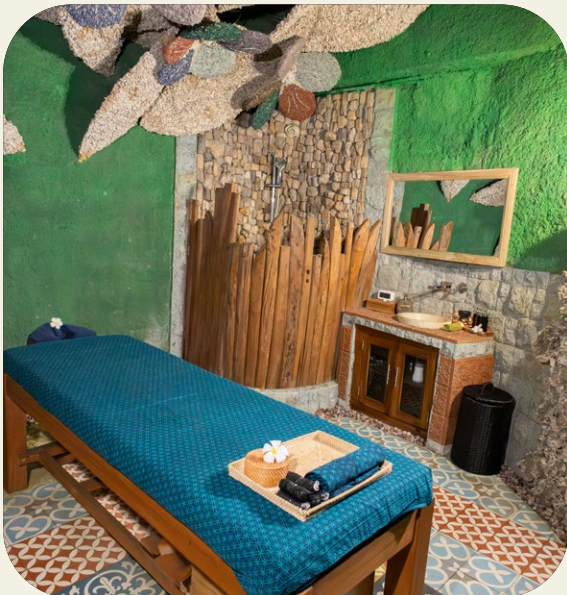


# SPA & HEALING TREATMENTS

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## M E N U





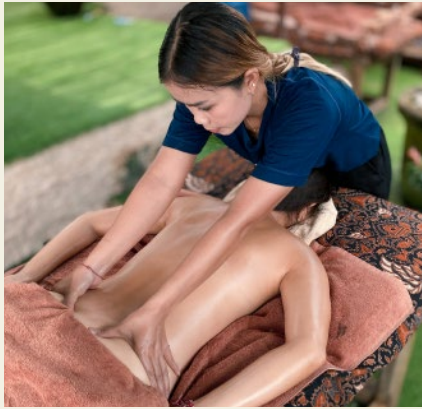
# UDARA SPA

SIGNATURE · UDARA

Opening Hours: 10 am - 9 pm  
(last treatment starts at 7.45 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

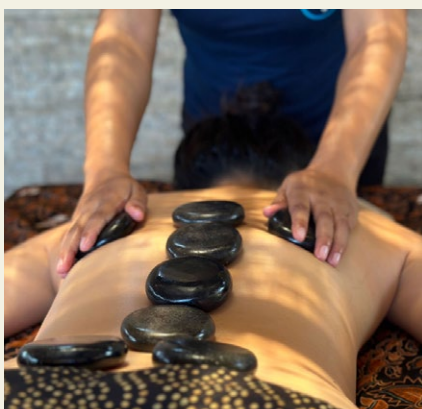
This massage aims to assist the body in maintaining proper blood circulation, body fluid balance, and immune function. It mainly utilizes gentle circular and pumping movements that target the lymphatic system, reducing swelling, fluid stagnation, and enhancing circulation throughout the lymphatic system. 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.

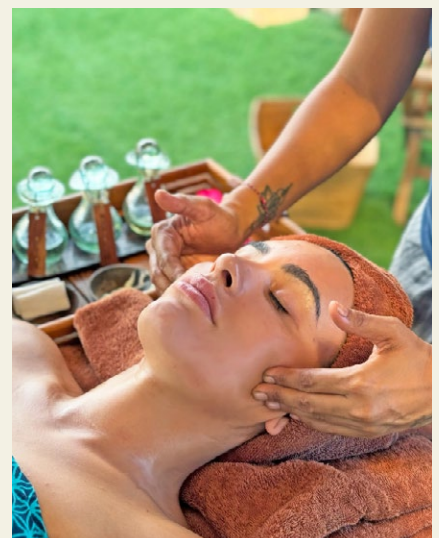


## Face of Udara

### 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.

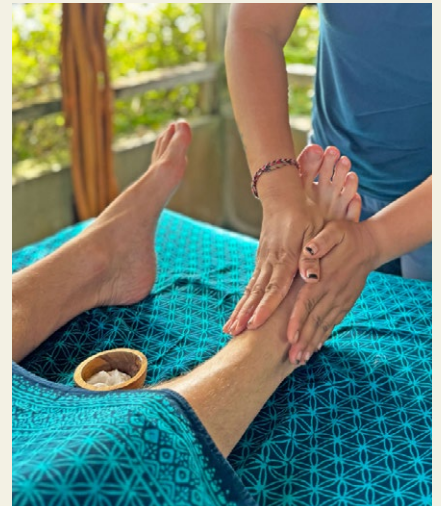


## Spa Discovery

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.

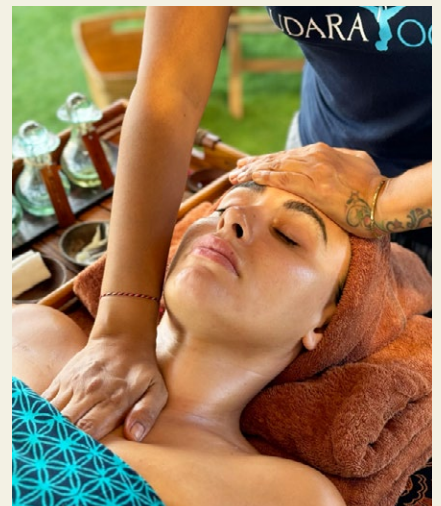


## Dreaming on Earth

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.

### Gel Nail Polish Removal

30 Minutes | 150.000 IDR

(Hands or Feet)

# HEALING TREATMENTS

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)





## SOUND HEALING JOURNEY

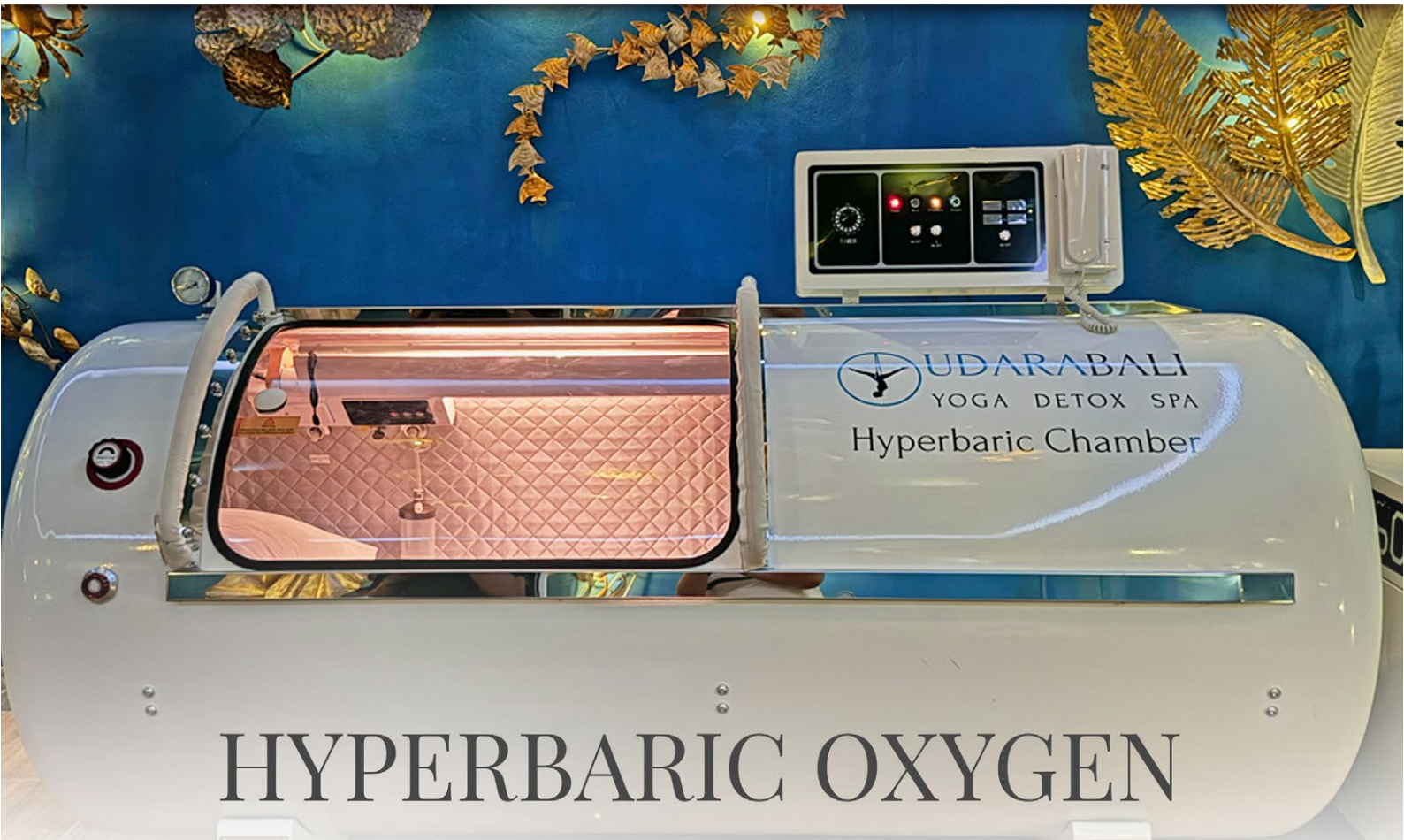
Simply lie down and close your eyes to receive the sounds in this private healing journey. The sounds of Tibetan singing bowls and various other instruments such as tuning forks, chimes and bells help you to slow down your brain waves and relax deeply. Sound healing is based on the principle that everything 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 & cold pools and ice bath 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: 1.340.000 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*



# FLOATING REIKI

## A WEIGHTLESS ENERGY HEALING IN WARM WATER

Experience the traditional art of Reiki, reimagined in the gentle embrace of warm water. While a standard session takes place on a massage bed, Floating Reiki invites you into a heated pool with relaxing underwater music, where gravity ceases to exist.

Supported by specialized head pillows and floats, you will drift into a state of total weightlessness. As you float, the practitioner transfers universal life force energy through their hands, either by placing them gently on various body parts or hovering them just above. The water's conductive nature allows this energy to flow even more freely, softening your muscles and allowing your nervous system to fully surrender. This is more than a treatment; it is an entry into another world. With ethereal underwater music creating a cocoon of sound, the outside world fades away, leaving only the sensation of ease. By treating the body, mind, and spirit in this fluid environment, we accelerate the body's natural healing and induce a level of relaxation that is difficult to reach on land.

**Price: 1.340.000 IDR**

*including free use of the Sauna & Pool Facilities before or after the treatment (Please bring your swimwear)*

**Duration: 60 minutes**

*\*including Tax and 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

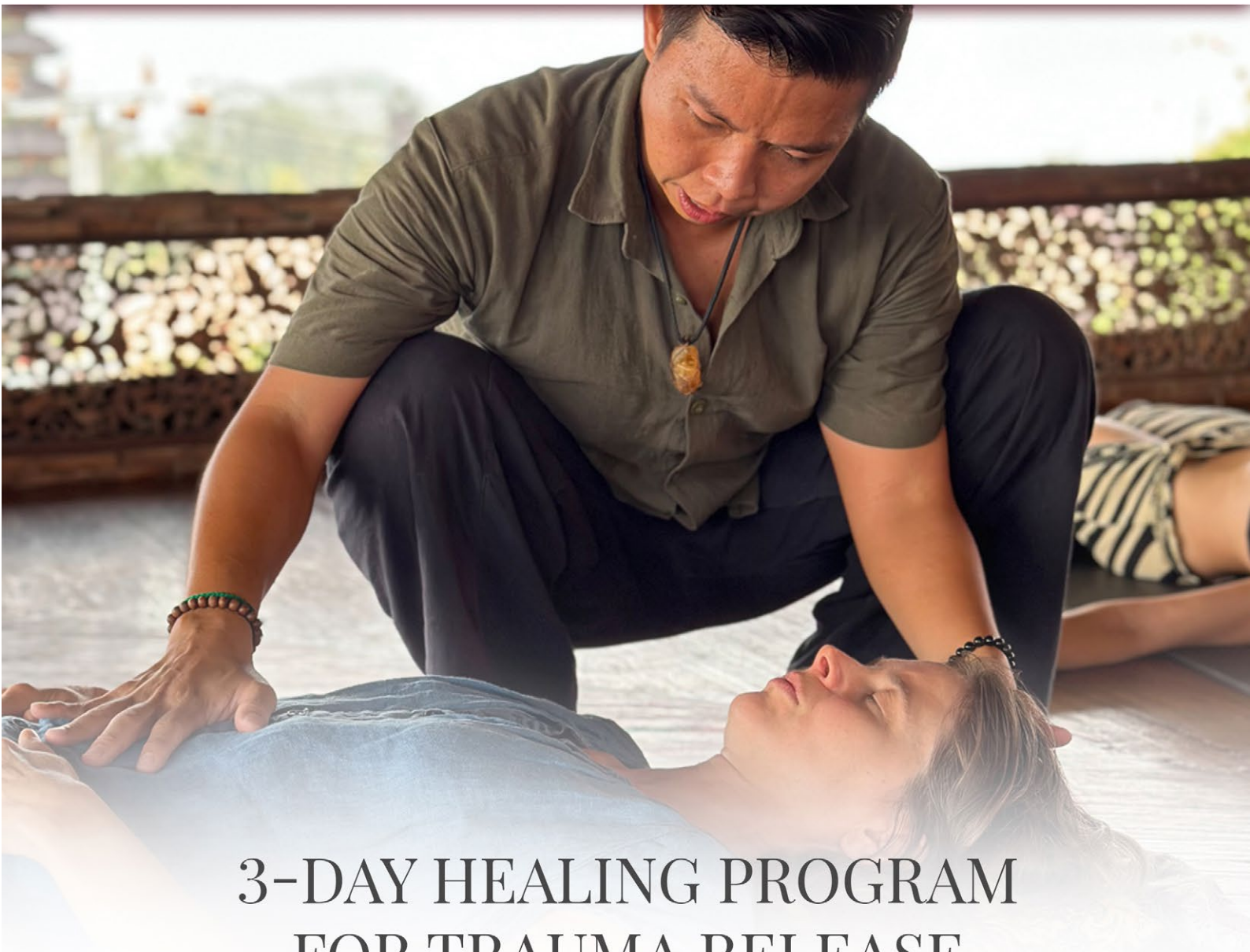
Private session with Edwin Tan

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*



## 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*



# 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*



## 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: 3.760.000 IDR** (*even one session can be cathartic for few*)

**3 sessions: 10.640.000 IDR** (*builds a great foundation*)

**5 sessions: 16.880.000 IDR** (*for a holistic & lasting change*)

Duration: 90 - 120 Minutes

*\*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!!!

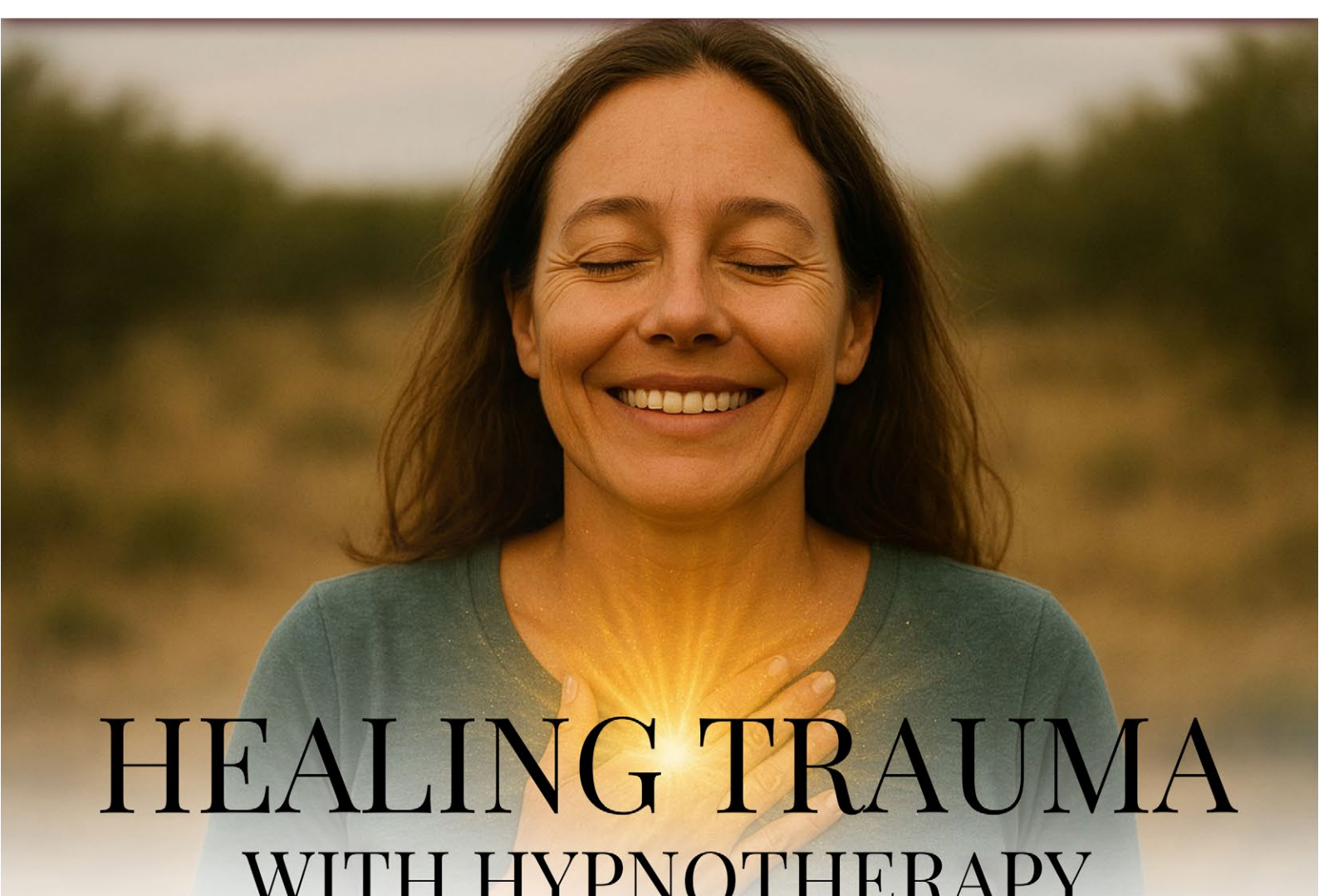
Meet Payal Rhodes, a Clinical Hypnotherapist and Spiritual Growth Guide. Based between Bali & Dubai, Payal helps clients globally with her unique therapy that aligns the conscious with the Subconscious for a holistic and lasting solution.

**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: 4.860.000 IDR**

*\*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*



## 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.

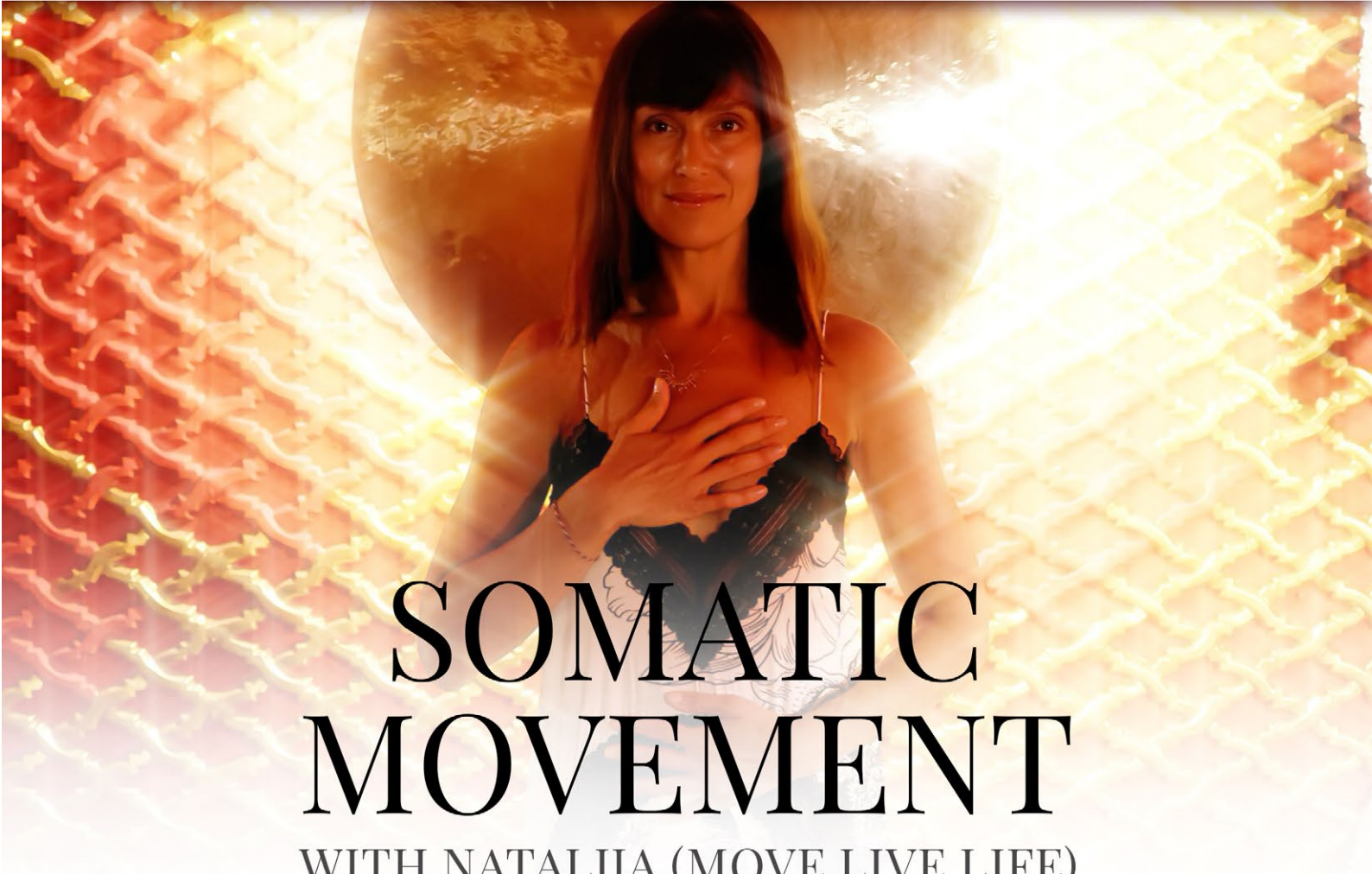
This will help you achieve optimum results.

**Price: 1.152.000 IDR**

**3 Sessions Package 2.880.000 IDR**

**Duration : 60 Minutes**

*\*including Tax & Service Charge*



# SOMATIC MOVEMENT

WITH NATALIJA (MOVE.LIVE.LIFE)

Tired of talking, thinking, and holding it all together, and simply want to be held?

Come to move through anything that is bothering you, or simply move for joy, with Natalija, a warm and grounded Dance Movement Therapy facilitator who holds space with presence and care. The body holds all our lived experiences, shaping how we feel, respond, and move through the world.

Through guided free flow movement, we can access deeper layers of the subconscious, allowing what is stored in the nervous system and body to soften, release, and rewire old patterns, so you can feel more free, alive, and at peace within yourself, and truly at home in your body.

You can come with any request, such as emotional overwhelm, stress or anxiety, relationship patterns, boundaries, self worth, life transitions, low energy, lack of inspiration, feeling disconnected, a desire to feel more free and at home in your body, or simply to feel more alive.

No dance experience is needed, only willingness to listen to your body and meet yourself more deeply.

Price: 3.000.000 IDR

Duration: 120 Minutes

**Package for 3 sessions** (*recommended for stable pattern rewiring and deeper integration, ideally 2-3 days apart*)

Session 1: 120 Minutes

Session 2 and 3: 75 Minutes

Price: 6.000.000 IDR

*\*including Tax & Service Charge*



# SOMATIC MOVEMENT FOR COUPLES

WITH NATALIJA (MOVE.LIVE.LIFE)

Want to feel more connected, attuned, and alive together, without needing to talk everything through?  
Or simply come to play and feel the spark between you.

Come to move with whatever is present between you, or simply reconnect and move for joy, with Natalija, a warm and grounded Dance Movement Therapy facilitator who holds space with presence and care.

Through guided free flow movement, you will explore connection through the body, supporting listening, attunement, and non verbal communication. This work can gently soften tension and deepen trust, closeness, and ease together.

This session can support you with communication and conflict patterns, emotional distance, intimacy and touch, rebuilding trust, navigating transitions, or simply a desire to feel more connected, playful, and alive together.

No dance experience is needed, only willingness to listen, be curious, and meet each other more deeply.

**Price: 4.000.000 IDR for 2 persons**

Duration: 120 Minutes

**Package for 3 sessions** (*recommended for stable pattern rewiring and deeper integration, ideally 2-3 days apart*)

Session 1: 120 Minutes

Session 2 and 3: 75 Minutes

**Price: 8.000.000 IDR**

*\*including Tax and 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*