



SPA

MENU

ulamanbali.com

SPA GUIDELINES

Select treatments available in your room at 20% additional charge

Is it necessary to reserve my treatment?

Yes, please book in advance to ensure space and availability. You may **reserve directly** with our receptionist. For in-house guests, please **dial 6 (SPA)** between 9 am – 9 pm or **dial '0' (Reception)**.

How early should I arrive?

Please arrive **15 minutes** before your treatment to check in and register.

What if I have a health concern?

If you have any concerns such as high blood pressure, allergies, or other physical illnesses/ disabilities, it is important that you **let us know in advance**.

Can I enjoy a spa treatment if I am pregnant?

Our spa manager or receptionist on duty will advise about the treatments that are **safe and applicable**.

What do I wear during treatment?

We will provide you with **hygienic disposable briefs**. however, you are welcome to wear your own underwear if you wish. During the treatment, our therapists will perform **fabric draping** techniques to ensure your privacy.

What about my valuables?

We cannot be held liable for any losses; thus, we suggest you leave your valuables **in your room**. We also provide **lockers** for your personal belongings.

Can I cancel my reservations?

Should you wish to cancel, please notify us a minimum of six hours prior to your appointment. A **50%** cancellation fee may apply. If you notify us within six hours prior to or at the last minute, a **100%** cancellation fee may apply.

What are other important points I should consider?

A tranquil and quiet atmosphere is essential for a relaxing spa experience. We would appreciate it if you could **keep your voice down** and **turn off or mute** your cell phone.

What method of payment can I use?

In-house guests may charge their spa service **to their room**. We also accept **cash** and all major **credit cards**.

SPA

PACKAGE

THE 'POHON' PACKAGE

2 Hours - IDR 1.350.000

The 'Pohon' package begins with a soothing **foot cleans**, followed by a rejuvenating **Balinese massage**. Enhance your experience by selecting from our curated range of **body scrubs** designed to reduce stress, nourish the skin, and promote deep relaxation and hydration.

THE ROYAL PACKAGE

2 hours - IDR 1.500.000

Royally treat yourself with our 90-minute signature **Esalen Massage** coupled with a 30-minute rejuvenating **Short and Sweet Facial** offering a holistic sense of wellbeing and tranquility.



THE DETOX

2.5 hours - IDR 1.800.000

Experience our rejuvenating spa package that begins with a **foot cleans**, followed by a **Lymphatic detox massage** and a **Balinese salt scrub** for silky-smooth skin. Conclude with a **Bentonite clay body wrap** to detoxify and boost skin elasticity and collagen levels. This holistic treatment is enhanced with a complimentary **green juice** for added nourishment. Treat yourself to this luxurious spa journey and emerge feeling renewed and radiant.

THE ULAMAN 'ULTIMATE'

5 Hours - IDR 3.500.000

Experience our exclusive full-day spa package, starting with an **aromatic aromatherapy massage**, a revitalizing **body scrub**, and a hydrating **body mask** for silky skin. Indulge in our '**White Tea Facial**', followed by a pampering **manicure and pedicure**. Complete your day with a complimentary **fresh juice and fruit platter**, offering a comprehensive and rejuvenating spa journey from head to toe.

HONEYMOON SPA PACKAGE

3.5 hours - IDR 4.000.000

Our Honeymoon Spa Package is tailored for couples seeking a romantic getaway. Enjoy a **Balinese massage, body scrub**, and our '**Garden Glow**' facial followed by a soothing '**Floral Bliss**' flower bath, accompanied by **mocktails and a fresh fruit platter**, creating a perfect intimate retreat for you both.

BODY

MASSAGES



BALINESE

60 minutes - IDR 750.000

90 minutes - IDR 900.000

Experience our most popular Balinese massage, meticulously crafted to soothe your entire body. Our skilled therapists use gentle yet firm strokes that seamlessly glide along your muscles, guiding circulation towards your heart for ultimate relaxation and rejuvenation.

LOMI LOMI

75 minutes - IDR 900.000

90 minutes - IDR 1.100.000

Experience the power of Lomi-Lomi, our most intense massage inspired by Hawaiian tradition. This technique is renowned for its long, rhythmic strokes utilizing forearms and elbows to apply deep pressure and intensity.

All price before 21% tax and service

ULAMAN ESALEN

75 minutes - IDR 900.000

90 minutes - IDR 1.100.000

Ulaman Esalen massage integrates a holistic approach to massage therapy, blending techniques like lomi-lomi, stretching, long flowing strokes, gentle rocking and passive joint movements. This combination creates a deeply relaxing and nurturing experience, emphasizing the mind-body connection for enhanced relaxation, stress relief, and overall well-being.



FOUR HANDS

60 minutes - IDR 1.100.000

75 minutes - IDR 1.250.000

Indulge in supreme relaxation with our Tandem Massage, where two therapists collaborate seamlessly, using synchronized movements to provide a deep therapeutic and thorough massage experience. therapeutic and comprehensive massage.

All price before 21% tax and service

LYMPHATIC DETOX

60 minutes - IDR 900,000

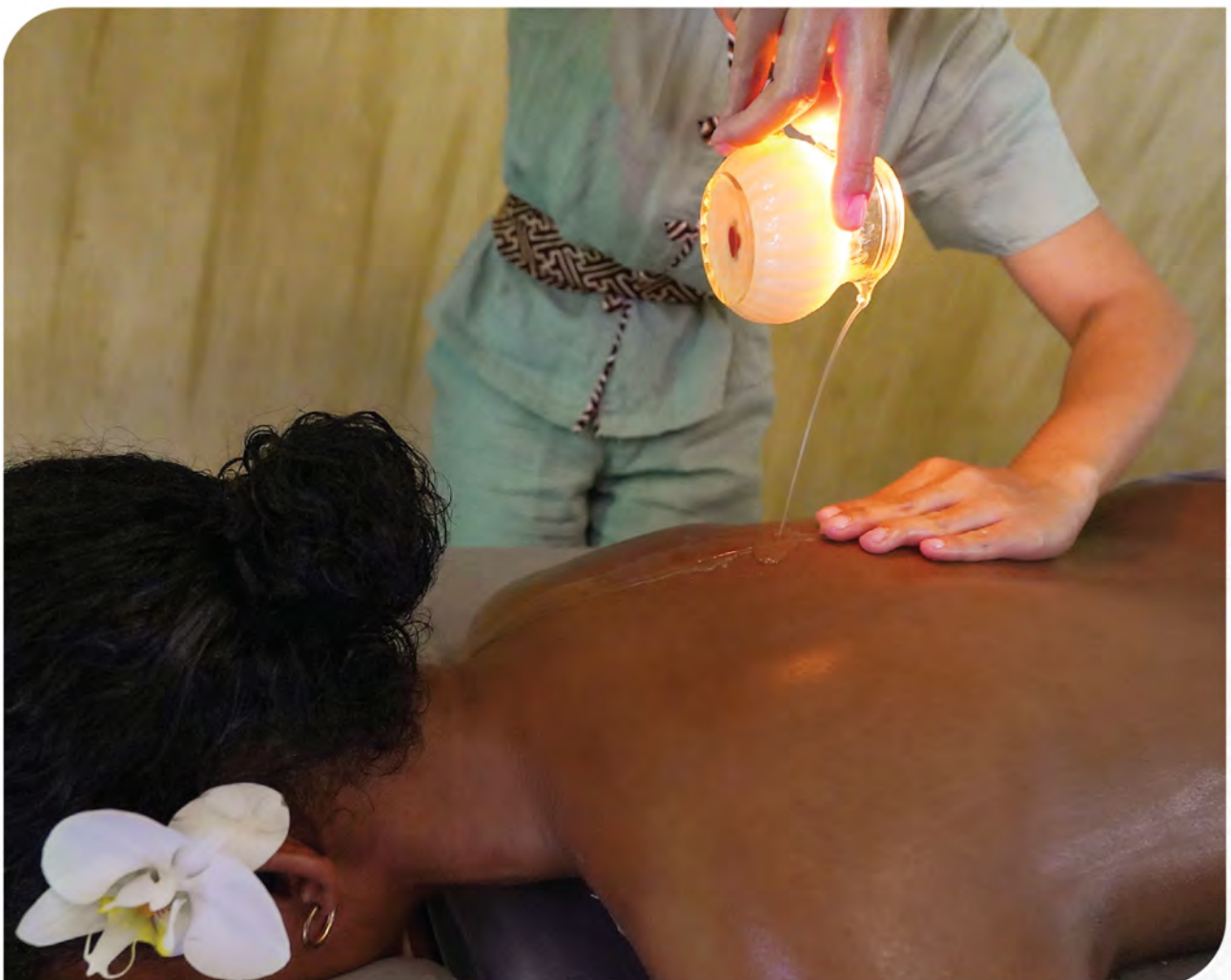
Expertly designed to diminish cellulite through enhanced lymphatic drainage, employing a combination of techniques such as clapping, pinching and rapid rubbing to stretch skin tissue and eliminate excess fluids and toxins.

CANDLE AROMATHERAPY

60 minutes - IDR 850.000

90 minutes - IDR 1.000.000

Aromatic warm candle wax is gently poured over the body followed by thumb and palm long strokes. The non-oily wax leaves your body feeling silky, smooth and fully moisturized.



All price before 21% tax and service



THE BAMBOO

60 minutes - IDR 900.000

90 minutes - IDR 1.100.000

Our bamboo massage employs deep tissue massage techniques, utilizing bamboo to apply pressure, knead muscles and roll over the body, delivering a deeply therapeutic experience. The firmness and smoothness of the bamboo facilitate effective muscle manipulation, promoting relaxation, relieving tension and enhancing circulation.

THE CANDLENUT

60 minutes - IDR 800.000

90 minutes - IDR 950.000

This massage features warm candlenut and coconut oils that deeply hydrates, nourishes the skin, muscles, melting away tension, leaving you feeling truly relaxed and rejuvenated.

All price before 21% tax and service



HOT STONES

75 minutes - IDR 950.000

90 minutes - IDR 1.100.000

This luxurious treatment harmoniously integrates the technique of Balinese massage with the soothing warmth of smooth, heated basalt stones. The heat from the stones permeates deep into your muscles melting away tension and stress.

TENSION RELIEF

45 minutes - IDR 600.000

This treatment focuses on the neck, shoulder and back area, easing muscle stress resulting from strenuous exercise and repetitive activities.

All price before 21% tax and service

FOOT MASSAGE

(SPA OR POOL SIDE OPTION)

45 minutes - IDR 600.000

Our expert therapists apply firm massage techniques to soothe and release tension from your feet and lower legs promoting enhanced blood circulation and overall well-being.



SCALP TREATMENT

45 minutes - IDR 550.000

Indulge in a luxurious scalp and shoulder massage with warm coconut oil, promoting relaxation, enhancing blood circulation, supporting hair health.

All price before 21% tax and service

BODY

SCRUBS



Body scrubs exfoliate dead skin cells, revealing smoother and brighter skin. They improve texture, stimulate circulation, and unclog pores, leading to a radiant and youthful appearance while enhancing moisturizer effectiveness.

50 minutes - IDR 850.000

Moringa

Moringa is abundant in antioxidants that enhance the skin's natural collagen formation and anti-aging properties. Followed by our carrot conditioner, this scrub revitalizes and repairs dead skin tissues.

Green Tea

Green tea possesses natural skin-brightening and anti-aging properties, which helps oily skin by removing toxins, giving it a natural glow and is followed by our tomato conditioner application.

All price before 21% tax and service

Seaweed

This seaweed scrub and mask helps reduce excess oil on the skin by preserving skin elasticity with hyaluronic acid and enhancing collagen production to eliminate fatty deposits and cellulite.



Javanese Lulur

Made from turmeric, sandalwood powder, ground nuts, and curcuma, this blend boasts antiseptic and anti-aging properties softening the skin with a yogurt-based skin conditioner.

Balinese Sea Salt

Produced in the east of Bali, where the manufacturing process has a rich history, sea salt is a wonderful exfoliant that softens the skin, removes flakiness, and infuses the upper layer of the skin with vitamins and minerals. This treatment concludes with a cucumber conditioner.

BODY

WRAPS



Body wraps offer various skin benefits, including hydration, exfoliation, detoxification, skin tightening, reducing stress and inducing relaxation

All price before 21% tax and service

50 minutes - IDR 850.000

Seaweed Body Wrap

Enriched with vitamin E and rich in antioxidants, Ulaman seaweed body wrap repairs damaged skin cells, enhances elasticity, fights cellulite, leaving your skin rejuvenated.

Green Tea Body Wrap

Experience the soothing properties of green tea which is packed with antioxidants and vitamin B-2 helping maintain collagen levels and promotes skin firmness.

Moringa Body Wrap

Indulge in the nourishing benefits of Moringa, rich in vitamins A, B, and C, in our signature body wrap. Enhance your skin's natural repair process and maintain its youthful glow.

Balinese Boreh

A traditional herbal remedy combining natural ingredients like ginger, cloves, cinnamon, turmeric, rice powder, galangal, nutmeg and candlenut blend into a paste and applied to the body as a scrub or mask. Its warming properties improves circulation, relieve muscle aches, detoxify and induce relaxation.

Bentonite Clay Wrap

Made with Bentonite clay, sandalwood, peppermint and Arak, this rejuvenating treatment draws out toxins, leaving you feeling renewed, energized and skin silky smooth.

FACIAL

TREATMENTS



JENSEN'S REJUVENATION

90 minutes - IDR 1.550.000

Incorporating Jensen products from Germany and advanced high-tech equipment, this comprehensive multi-step facial treatment is suitable for all skin types. This process involves thorough cleansing, gentle exfoliation, and effective moisturization, complemented by a soothing cooling treatment. Enhanced with high-frequency therapy and facial steam, this intensive procedure ensures your skin feels completely revitalized.

All price before 21% tax and service

SHORT & SWEET

30 minutes - IDR 550.000

Perfect for those with limited time, our mini facial offers cleansing, exfoliation, massage and moisturization.



MORINGA RADIANCE

75 minutes - IDR 1.200.000

Experience the restorative power of Ulaman's exclusive Moringa facial. Enriched with vitamin C & E and specially designed for mature skin, this rejuvenating therapy targets wrinkles, revitalizing your skin for a youthful glow.

All price before 21% tax and service



GARDEN GLOW

50 minutes - IDR 800.000

Revitalize your skin with our facial treatment made from natural ingredients sourced straight from the garden, featuring yogurt, carrot, cucumber, honey and Aloe vera, leaving your complexion glowing and refreshed.

WHITE TEA FACIAL

60 minutes - IDR 950.000

This comprehensive treatment includes facial cleansing, exfoliation, massage, mask application and moisturization using White Tea combined with Aloe vera leaving your complexion perfectly hydrated and balanced.

All price before 21% tax and service

HAND

BEAUTY



SPA MANICURE | GEL MANICURE

IDR 850.000 | IDR 1.000.000

Includes nail trimming, filing, shaping, cuticle tidying, hand scrub, massage, moisturizing, hand cream and nail serum application.

EXPRESS MANICURE (SPA OR POOLSIDE OPTION)

IDR 500.000

A swift yet rejuvenating hand treatment featuring nail care, cuticle tidying, nourishing hand cream, and nail serum application. (Nail polish not included)

All price before 21% tax and service

FOOT

THERAPY



FOOT MASSAGE (SPA OR POOLSIDE OPTION)

45 minutes - IDR 600.000

Our expert therapists apply firm massage techniques to soothe and release tension from your feet and lower legs promoting enhanced blood circulation and overall well-being.

All price before 21% tax and service

SPA PEDICURE

IDR 900.000

GEL PEDICURE

IDR 1.100.000

Revitalize your feet and toenails with trimming, shaping, cuticle maintenance, sea salt exfoliation, massage, hydration bath, and nourishing cream.

EXPRESS PEDICURE

(SPA OR POOLSIDE OPTION)

IDR 600.000

A short and sweet pedicure with nail trimming, cuticle care, exfoliation, nourishing cream, and nail serum. (Nail polish not included)

ADDITIONAL SERVICES

Regular Polish

IDR 250.000

Gel Polish

IDR 350.000

Gel/Shellac Polish Removal

IDR 300.000

Hard Gel/Acrylic Removal

Rp. 450.000

Nail Art

IDR 50.000 per nail

All price before 21% tax and service

BOTANICAL

BATHS

(ROOM OR TREE HOUSE)

BUBBLES & BUBBLES

IDR 650.000

Immerse yourself in our Relaxing Bubble Bath infused with mandarin, geranium, and marjoram oils, designed to soften your skin and restore balance to both body and mind. Includes a glass of sparkling wine or Kombucha



All price before 21% tax and service



BALINESE HERBAL

IDR 600.000

Experience the rejuvenating effects of our Herbal Bath, infused with pandan, lemongrass, citrus, ginger, clove and cinnamon. This aromatic blend is ideal for soothing stiff and aching muscles, enhancing blood circulation, promoting overall relaxation and wellness.

FLOWER BLISS

IDR 550.000

The Flower Bliss Bath, infused with creamy coconut milk and aromatic essential oils, melts away your stress and tension with the calming synergy of these natural, local ingredients.

All price before 21% tax and service

STEAM & SAUNA

HOT & COLD PLUNGE POOLS

IDR 350.000

FULL DAY USAGE OF :

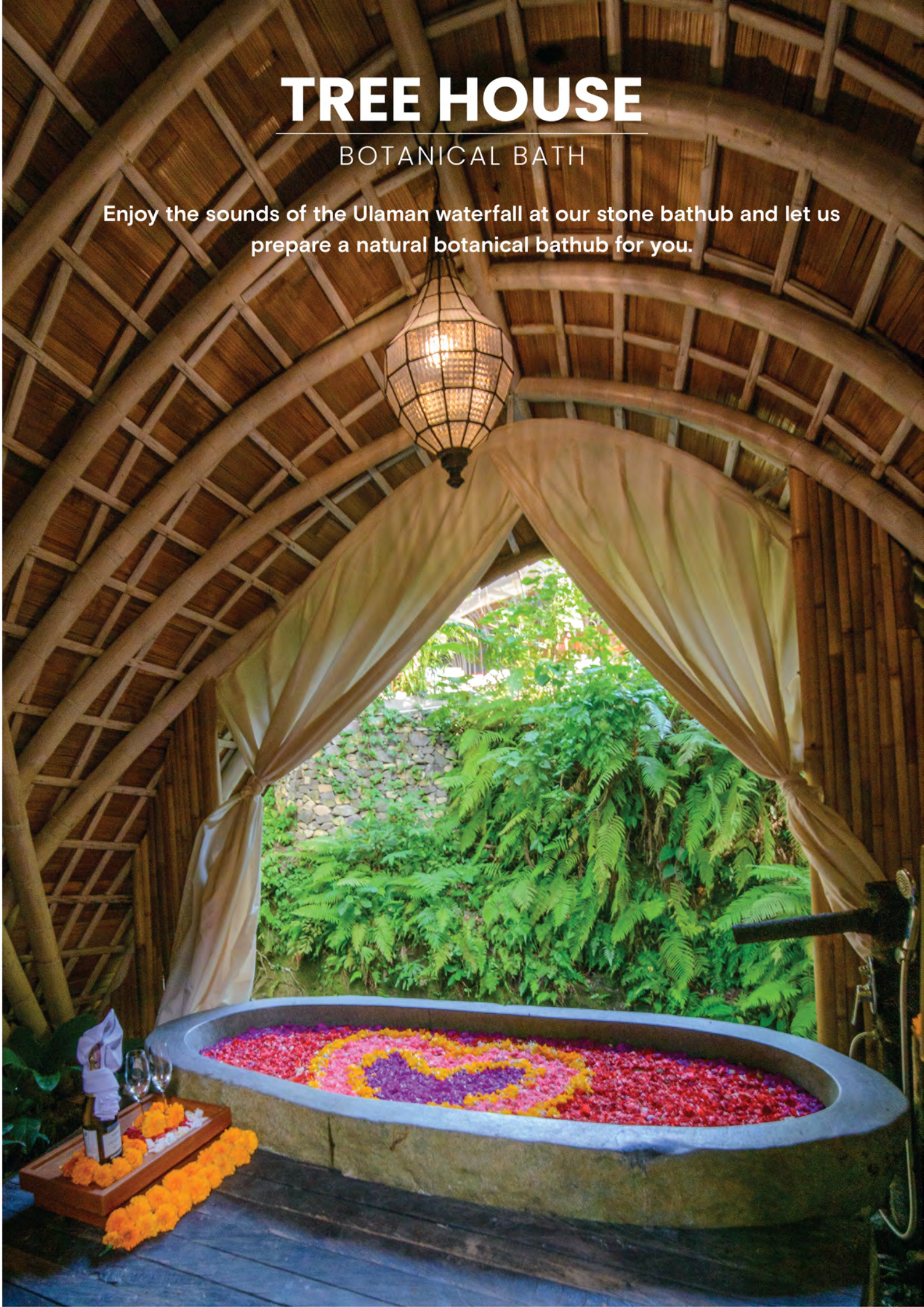
- Hot Plunge Pool
- Cold Plunge Pool
- Infrared Sauna Room
- Steam Room
- Locker, towel and shower in the spa
- Infinity Saltwater Pool and Waterfall Pool

All price before 21% tax and service

TREE HOUSE

BOTANICAL BATH

Enjoy the sounds of the Ulaman waterfall at our stone bathub and let us prepare a natural botanical bathub for you.



RELAXING BUBBLE

IDR 350.000

Relaxing bubble bath with mandarin, geranium and marjoram oil which helps to **soften the skin** and balances the body and mind.

NATURAL HERBAL

IDR 375.000

Herbal bath helps to **eliminate stiff and aching muscles** by improving blood circulation.

ORGANIC MORINGA

IDR 450.000

Moringa bath heals your skin with **antibacterial properties**, making your skin brighter and smoother in every way.

FLOWER BLISS

IDR 550.000

The bath is filled and covered with bright local flowers with essential oil that melts away the day behind you.

Ideal for **special occasions and romance!**