



WELLBEING IN NATURE

Breathe in the fresh air,
tune into the sound of ubud and feel completely
castaway with mindfulness, yoga classes as well as treatments
at Alma Spa & Wellness, inspired by both progressive and
traditional healing practices.



*Discover your dream wellness experiences
at Alma Spa & Wellness.*

*Each immersive and powerful treatment
is exclusively designed for your need -
combining the wisdom of traditional therapies
with the purest homegrown botanicals.*

SIGNATURE TREATMENTS

Inspired by time-honoured local traditions, Bali's own natural resources, discover our collection of specially-curated treatments, exclusive to Alma & Spa wellness.

ESSENCE OF ALMA

A unique treatment designed to capture the essence of alma spa & wellness. Your experience begins with balinese massage with choice of massages oils by CORALIESKIN, followed by a tropical body scrub using naturally sourced indigenous ingredients. Stress and tension melt away as you sink into a state of pure island bliss.

120 mins IDR 1.250.000

RESTORATIVE LYMPHATIC DRAINAGE

Strengthen your body's natural healing mechanisms with a treatment designed to boost immune function and promote health and stamina. This treatment starts with 60 mins manual lymphatic drainage massage and finish with our relaxing jacuzzi or a dry sauna .

90 mins IDR 1.225.000

NATURAL RADIANCE

Nourish, brighten and hydrate your skin – and reveal your natural radiance. make this the ultimate body treatment to boost cellular regeneration, and helps to reduce cellulite. This skin focused treatment is starts with a gentle exfoliation by using dry brush technique and followed by 60 min relaxing massage using nourishing massage oils enhanced by the powers of balinese herbal, and finish with an antioxidant-brightening body mask.

120 mins IDR 1.550.000

MATCHA POWER

This bespoke luxurious rejuvenating treatment start with 60 mins deep tissue massage and deep exfoliation by using green tea scrub by CORALIESKIN or followed with a full-body body mask and matcha bath ceremony. This antioxidant series based on green tea extracts with using a strong antioxidant properties, protecting the skin against the harmful effects of free radicals.

120 mins IDR 1.550.000

TIBETAN SOUND HEALING

Let your mind, body and soul feel deep relaxation with the combination of Tibetan Vibration. Sound healing is the use of sacred instruments to release energetic blockages inducing a state of ease and harmony in the body. Followed by relaxing body massage and therapeutic Onsen bath ceremony for a complete rejuvenation

120 mins IDR 1.450.000

THERAPEUTIC DRY - BRUSHING THERAPY

This therapeutic therapy incorporates massage with dry brushing technique, following deep tissue massage for 60 mins incorporates with a choice of aromatic nourishing oil massage and finish with a choice of steam shower or dry sauna.

90 mins IDR 990.000





BODY

Succumb to the pure power of massage and feel irresistibly renewed, from head to toe. These body-focused treatments deliver the healing touch of Therapists an indulgent way to relax, rejuvenate, and restore.

TRADITIONAL BALINESE MASSAGE

Drawing on ancient lessons from our roots, this massage using soothing acupressure techniques and therapeutic herbal oil massage, all designed to restore your body, and return you to a sense of well-being.

60 mins	IDR 690.000
90 mins	IDR 910.000
120 mins	IDR 1.160.000

MINDFUL MASSAGE

Slow the pace of everyday life and emerge feeling focused and renewed. This relaxing experience using Swedish massage techniques by using gentle pressure and long strokes to the whole body and finish with a relaxing scalp massage by using aromatic nourishing massage oil.

60 mins	IDR 620.000
90 mins	IDR 845.000

HOT STONE MASSAGE

Mend sore muscles with this therapeutic full body massage. By applying warm volcanic stones to the skin heats your muscle tissue, allowing the therapist to work deeper to relieve tension. The warmth of the stones and the therapeutic scent of aromatherapy oils make for an intoxicating combination, inviting your entire body to unwind.

60 mins	IDR 870.000
90 mins	IDR 1.060.000

FOUR HANDS MASSAGE

Wave goodbye to sore aches and pain with our relaxing four-hand Massage therapy. This treatment working with two therapists at the same time by using technique of mirror movements. This special technique makes a blood circulation flows better.

90 mins	IDR 1.500.000
120 mins	IDR 1.710.000

FITNESS MASSAGE

This powerful sports massage is designed to alleviate deep-seated tension and muscular stress, leaving you feeling fitter and freer on the court, field, and beyond. Specialised massage techniques target specific areas of concern to reduce common discomforts, such as a stiff neck, lower back pain, and tight shoulders.

60 mins	IDR 950.000
90 mins	IDR 1.230.000

NURTURE

*Safe, restorative, nurturing therapies for new mums and mums-to-be.
You need a little extra care when you're expecting.
Where better to indulge than in tropical paradise?*

THERAPEUTIC MATERNITY MASSAGE

Put your feet up and sink into total relaxation mode with this full-body massage specifically designed with expectant mothers in mind. our therapist will pay careful attention to the areas particularly prone to tension during pregnancy. This treatment is available only during the second and third trimesters.

60 mins	IDR 900.000
90 mins	IDR 1.060.000

TIME OUT FOR MOM-TO-BE

A full relaxation package for new mums and mums-to-be in need of some quality me time. We've selected the most nurturing treatments to help you feel your best. Get comfortable and enjoy a full body relaxing massage followed by scalp massage using nourishing oils and followed by gentle back exfoliation powered by CORALIESKIN using only natural and pregnancy safe ingredients.

90 mins	IDR 1.550.000
120 mins	IDR 1.680.000





INTIMATE

*Lie back and let go in our Couples' Spa Suite.
Discover our Couples Spa experience with
these blissful treatments designed for just the two of you.*

COUPLES RETREAT

Indulge your senses with this luxury Couples Retreat in our couple suite. Relieve fatigue with this full body ritual treatment to stimulate circulation, uplift and energise the body. Our therapists will apply gentle pressure to release muscle tension and your journey followed by a semi-outdoor relaxing Jacuzzi in a serene set up with your loved one. Emerge in a state of deep relaxation.

120 mins IDR 1.860.000

BETTER TOGETHER

Feel your cares melt away when you experience our couples signature massage treatments with your loved one. A tropical aromatherapy, encapsulates the essence of Ubud. Using specialised massages oils inspired by the natural surroundings, your therapist will ease stress from your body using deep tissue massage techniques.

60 mins IDR 1.370.000
90 mins IDR 1.625.000

WELLNESS

let our team curate a tailored wellness experience designed to meet your specific well-being goals.

TAILORED WELLNESS JOURNEY

Embark on a private, couples or group experience in the arts of yoga and meditation, with classes run by our resident experts . Request our yoga expert to curate a personalized wellness journey

30 mins	IDR 465.000
60 mins	IDR 780.000

GENTLE YOGA FLOW

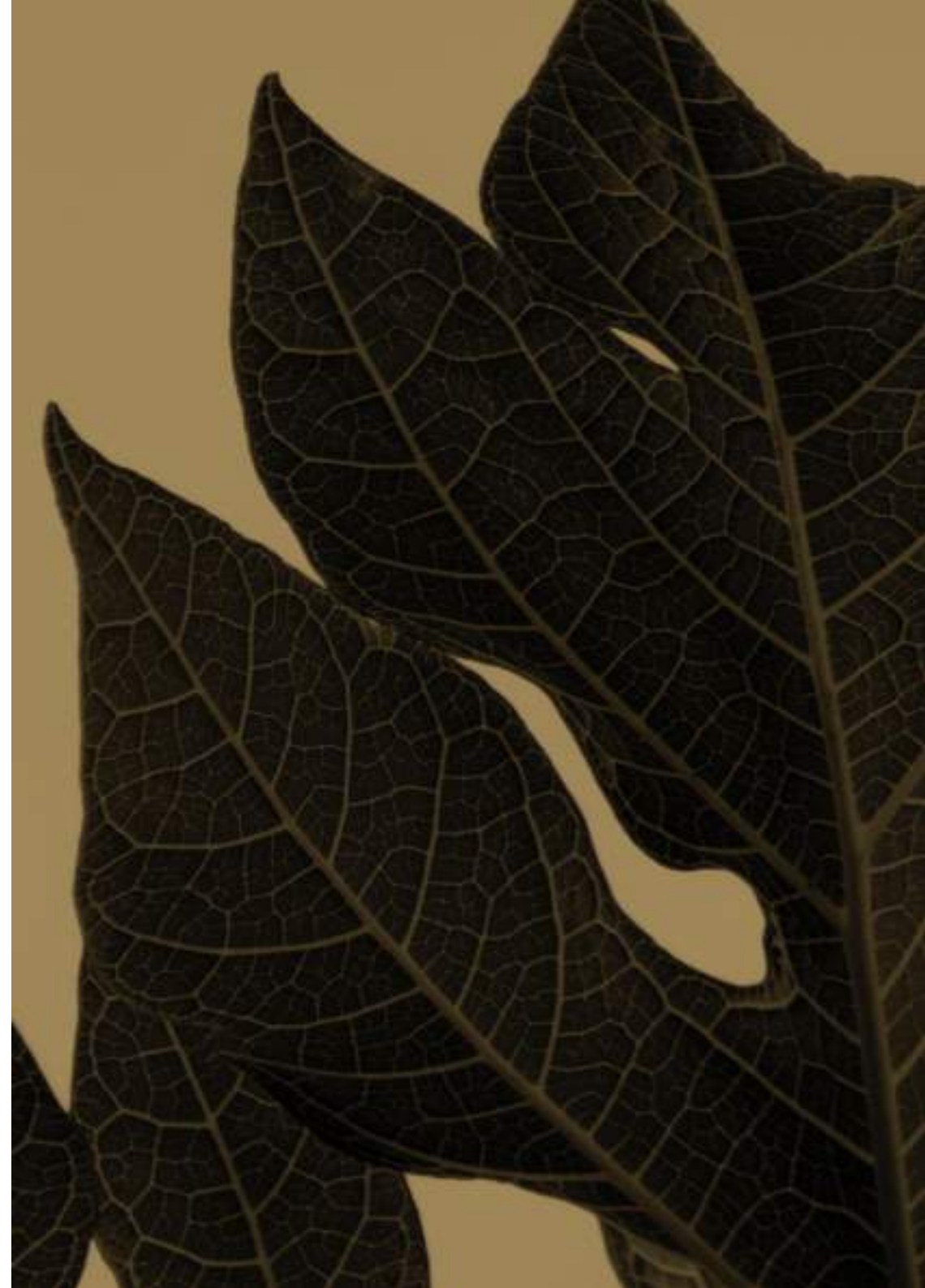
Embark on a private, couples or group experience in our yoga class run by our resident yoga experts.

45 mins	IDR 570.000
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MINDFULNESS MEDITATION

A guided meditation by our resident expert, Meditation is a means of channeling the mind. Utilize techniques that encourage and develop concentration, clarity, emotional positivity and a calm disposition.

45 mins	IDR 380.000
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BOOSTERS

Enhance your spa experience with boosters designed to create your own wellness journey .

RELAXING SCALP & HEAD MASSAGE

Add this to any of your treatments. Luxurious nourishing oils are massaged over the scalp to release pressure and tension. This treatment is left to deeply nourish the scalp.

30 mins IDR 380.000

HARMONIC HAND MASSAGE

Inspired by an ancient healing practice, this rhythmic massage focuses on specific pressure points on the hands, arms and head to encourage healing and energy flow.

30 mins IDR 350.000

FOOT MASSAGE

This re-energizing lower leg and foot massage treats sore, fatigued muscles; stimulates circulation and has a calming effect on the mind. Perfect for anyone who is on their feet all day.

30 mins IDR 380.000

DE-STRESS BACK TREATMENT

A personalized, intuitive massage incorporating traditional techniques to release muscle tightness in the back, neck and shoulder areas. This massage will leave you feeling lighter and refreshed.

30 mins IDR 380.000

ANTIOXIDANT BODY SCRUB

Packed with green tea, a potent source of antioxidants, this antioxidant mask helps purify and deep cleanse the skin. Reveals softer, smoother, healthier-looking skin by buffing away dead skin cells

30 mins IDR 320.000

COCO - ROSE BODY POLISH

A hydrating body polish from CORALIESKIN created from the natural extracts of rose petals and coconut oil. Deeply moisturizes skin while gently removing dead skin cells to reveal soft and smooth underlying skin. The delicately aromatic polish also helps to soothe the mind.

30 mins IDR 380.000

GOLDEN-TURMERIC BRIGHTENING BODY POLISH

Let it glow ! This golden-turmeric body polish combines with magnesium-rich salt and ultra-nourishing organic virgin coconut oil. It gently exfoliates and helps to brighten your skin. Leaves skin feeling soft and hydrated with a light scent of coconut and rose petals.

30 mins IDR 320.000

AFTER-SUN BODY WRAP

The After Sun Body wrap is a perfect add-on for your treatment to avoid harsh sunburn on your holiday. This replenishing treatment will prolong your tan and help prevent peeling and nourish your skin after sun exposure.

30 mins IDR 440.000

HYDROTHERAPY

ONSEN BATH CEREMONY

Relax yourself in this Japanese-style soaking tub, and designed with views of the heavenly surrounds in mind to deliver a complete sensory experience.

30 mins herbal bath IDR 350.000
30 mins green tea bath IDR 465.000

JACUZZI

Nestle in a serene ambience. Feel your tensions unravel from the moment you dip a toe in our spa's jacuzzi semi outdoor pools.

30 mins IDR 450.000

DRY SAUNA

Sit relax inside our dry sauna and enjoy the benefits . Incorporates sauna on your daily routine will help improve blood circulation ,increased metabolism, glowing skin ,ease muscle tension, and improve your quality of sleep

30 mins IDR 310.000

AROMATIC STEAM SHOWER

Breathe, scent , bliss. Boost your mood instantly with our aromatic steam shower. Infused with delightful, invigorating, aromatic refreshing fragrances.

30 mins IDR 310.000





SPA ETIQUETTE

ARRIVING AT ALMA SPA & WELLNESS

To make the absolute most of your spa experience, we recommend arriving 15-30 minutes prior to your scheduled appointment to enjoy our extensive areas, including steam rooms, saunas, boutique. Swimwear is allowed.

WHAT TO EXPECT

When you arrive, you'll be provided with a pre-drink, tea, robe, towels, slippers and disposable undergarments. We provide lockers where you can stow your belongings. During your treatment, privacy is assured with discreet draping.

APPOINTMENTS

We always recommend booking ahead. To make a reservation, simply call our spa reception at +62 821 4414 8352 / +62 361 2013 779 or visit us in person. We're happy to talk through the options and find the best treatments for you.

AMBIENCE

Our spa is a tranquil space. To help you sink fully into relaxation, we'll ask you to speak in a lowered voice, and to leave your phone on silent. The spa is completely non-smoking.

HEALTH CONDITIONS

Please let our team know about any existing health conditions when booking your appointment, including high blood pressure, heart conditions, allergies, any recent surgeries or pregnancy.

PREGNANCY

Our Only Nurture treatments are perfect for women in their second trimester of pregnancy, or nursing mothers. For your safety, we recommend avoiding treatment 24 hours before or after travelling. We're unable to offer treatments to expectant mothers in their first or third trimester.

VALUABLE

As we cannot guarantee the safety of your valuables, we recommend you leave these in your room.

LOST PROPERTY

Ask our spa reception if you've lost or misplaced something. We keep all found items on hand for six months, donating them to local charities thereafter.

BOUTIQUE

Bring your spa experience home, with our exclusive range of bath, body and home products. Our spa reception team will be happy to guide your choices.