



# SPA

---

## MENU

[ulamanbali.com](http://ulamanbali.com)

# BODY

## MASSAGES



### Tension Relief

30 Minutes / IDR 450.000++

60 Minutes / IDR 700.000++

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

### Foot Reflexology

30 Minutes / IDR 450.000++

60 Minutes / IDR 700.000++

Reflexology is based on ancient therapeutic pressure point principles using thumb, finger and hand techniques applied to **various reflex points on your feet** effectively stimulating corresponding organ groups in the body.

## Ayurvedic Head

45 Minutes / IDR 550.000++

Warm coconut oil, massage and acupressure techniques will focus on the **muscle, neck and shoulder's** soft tissues, calming the mind, promoting deep relaxation as well as nourishing the scalp and hair.

## Balinese

60 Minutes / IDR 700.000++

90 Minutes / IDR 850.000++

This popular traditional Balinese massage combines stretching, long stroke as well as palm and thumb pressure techniques improving the **circulatory, lymphatic, muscular and nervous systems**.

## The Hawaiian

75 Minutes / IDR 750.000++

90 Minutes / IDR 950.000++

Lomi - lomi is a Hawaiian-based massage technique that is best known for long, rhythmic strokes using forearms, elbows, creating **more pressure and intensity** to promote harmony and balance in your body.

## The Candlenut

75 Minutes / IDR 850.000++

Using organic candlenut scrub, this unique treatment is a relaxing deep massage using long strokes and palm pressure **effectively cleaning and moisturising the skin**

## Bamboo

75 Minutes / IDR 950.000++

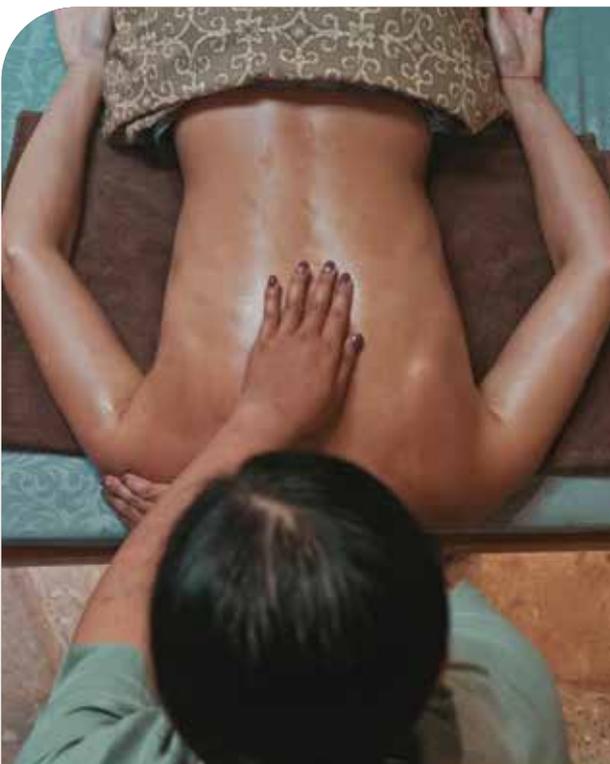
90 Minutes / IDR 1.100.000++

Ulaman's signature bamboo massage brings a **lymphatic drainage effect** using intense techniques such as kneading, rolling and pressing on the body, ultimately breaking down fatty deposits, eliminating cellulite and toxins.

## Ulaman Esalen

90 Minutes / IDR 950.000++

Esalen Massage is a unique form of bodywork developed over the last 40 years at the Esalen Institute of massage in Big Sur, California. It's known for its long and integrating strokes, creating an experience of deep relaxation which compliments the natural ability of body and mind to self-heal. It uses a combination of **Balinese, Ayurveda and Lomi-Lomi** techniques using elbow, palm, thumb, knuckles and body stretching which releases stress and leaves you feeling deeply tranquil.



## Slimming & Firming

60 Minutes / IDR 850.000++

Helps firm your body by **breaking down fatty cellulite, eliminate excess fluids and toxins** with a full body massage using short, pounding strokes; An ideal massage after working out!

## The Himalayan

60 Minutes / IDR 850.000++

Himalayan salt scrub and massage gently **sooths away tension and pollutants**, bringing the mind, body and spirit into balance.

## Hot Candle

60 Minutes / IDR 850.000++

Aromatic hot candle wax is gently poured over the body followed by thumb and full body massage.

The non-oily wax leaves your body feeling **silky, smooth and fully moisturized**.

## Hot Stone

90 Minutes / IDR 1.100.000++

Enjoy this ancient form of healing with Ulaman's hot stone therapy using smooth basalt stones which are rich in iron and minerals. Strategically positioned along your spine, legs, toes, and palms, hot stones massage help **release tension and increase blood circulation** leaving you feeling deeply relaxed.

# BODY

## SCRUBS

50 Minutes / IDR 850.000 ++

### Moringa

Moringa is rich in **antioxidants, antibacterial, and has anti-aging** properties for your skin. This scrub ends with a carrot conditioner that revives and repairs dead skin tissues.

### Sea Salt

**Exfoliate and regenerate** your skin using sea scrub leaving you looking and feeling younger!

In the end, cucumber conditioner will be applied directly onto the skin to calm and soothe it.

### Green Tea

The Antioxidants of green tea combined with rice powder boosts the **circulatory system and helps to rejuvenate and moisturizes the skin.**

We conclude this scrub by applying a scrumptious carrot conditioner all over the body.

### Royal Javanese Lulur

Made from a special in-house recipe of turmeric, cinnamon and rice powder, this body scrub will soften, refine and rejuvenate the skin.

Turmeric is believed to have **antiseptic and anti-aging qualities.**

This treatment concludes with a skin moisturiser made from yoghurt.

### Balinese Coffee

This **rich aromatic mood-boosting scrub** is made from a rich blend of Balinese coffee, rice, pandan and kaffir lime making your skin silky smooth.

The experience ends with a tomato conditioner which contains the essential ingredients to nourish the skin.

# BODY

## WRAPS



50 Minutes / IDR 850.000++

### Balinese Boreh

This distinctive treatment uses a wrap of **seven herbs and spices** to **relieve headaches, colds, and muscle aches**, essentially nourishing and healing your body. The natural warmth in your body will increase, but it will then be cooled down and moisturized with our special cucumber mint conditioner.

### Seaweed

Seaweed contains sea salt and essential vitamins for good skin care and maintenance.

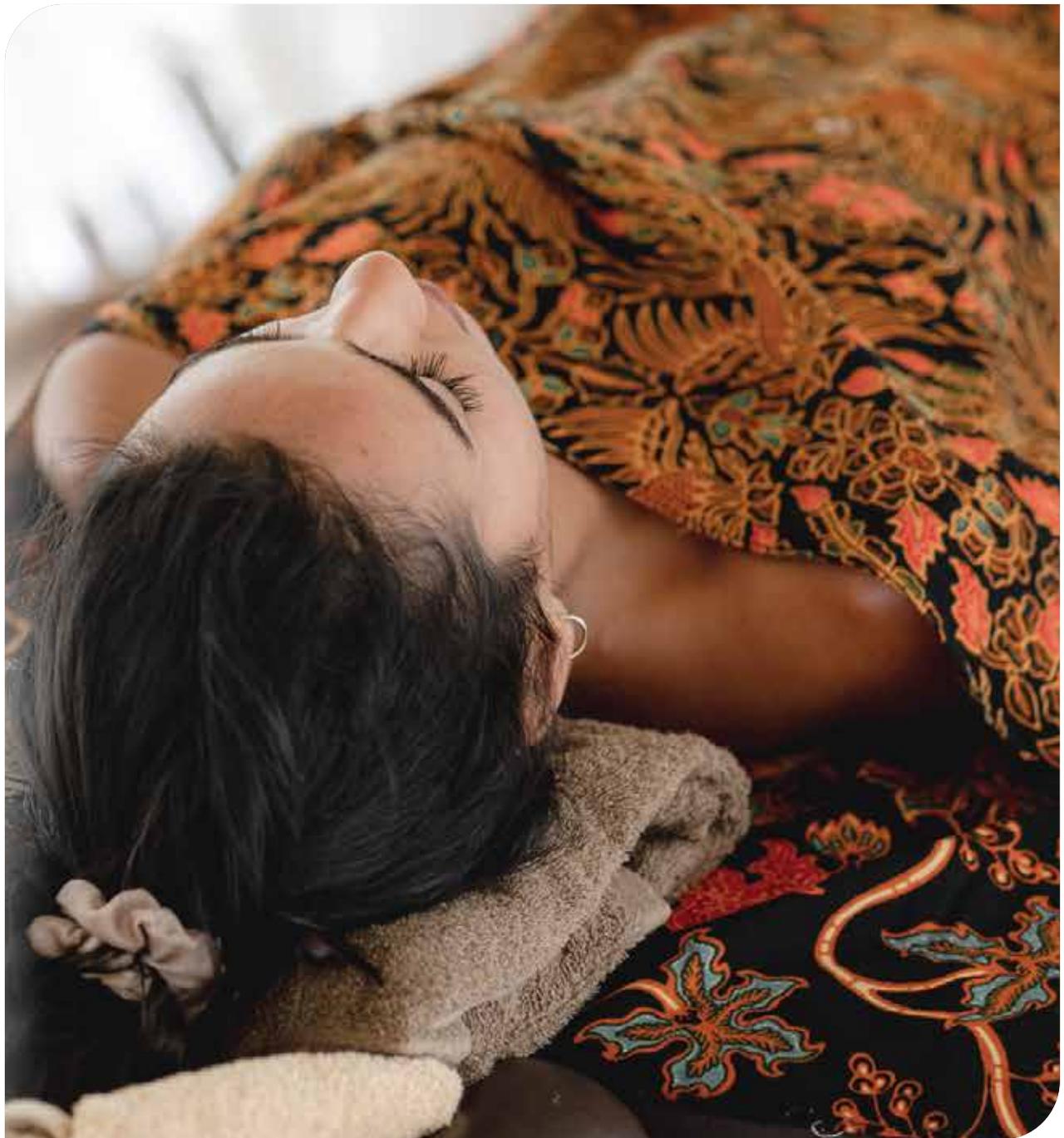
Followed by a skin moisturising treatment, our seaweed body wrap aims to **eliminate fatty deposits and cellulite**.

### Sun Soothing

Using aloe vera and cucumber to re-hydrate & moisturize the skin, this soothing wrap leaves your skin feeling **fresh and cool** & Ideal for sun burnt skin by reducing inflammation & irritation.

# FACIAL

## TREATMENTS



### Short and Sweet

30 Minutes / IDR 550.000++

Our mini Facial comprises of **cleansing, exfoliation, massaging and moisturizing**. Perfect for those who have limited time and always on the go!

### Brighten Your Day!

60 Minutes / IDR 800.000++

Using natural ingredients such as **yogurt, cucumber, carrot and tomato**, this treatment is an effective method to brighten your skin, giving that fresh complexion on your face.

### The Gentleman's

75 Minutes / IDR 950.000++

Including a relaxing facial massage, this **deep cleansing, exfoliating and moisturising** facial balances the male skin's natural oils.

### Fountain of Youth

90 Minutes / IDR 1.200.000++

Using Ulaman's special Moringa which is rich in vitamin C & E, this treatment is recommended for mature skin types by rejuvenating, reducing wrinkles and leaving your skin with that desired youthful feeling.

### Deeper the Better

90 Minutes / IDR 1.500.000++

Using Jensen products from Germany and high-tech equipment, this complex multi-step process of exfoliating, cleansing and moisturizing is ideal for all skin types. This intense facial using **high frequency laser, steam and cooling spirulina face mask** will leave your skin feeling completely rejuvenated.

# SPA

---

## PACKAGES



## Pohon

120 Minutes / IDR 1.200.000++

Pohon package begins with a **foot cleansing** ritual followed by your choice of **body scrub**.

The cherry on top? It ends with a **traditional Balinese massage!**

## Serenity

150 Minutes / IDR 1.500.000++

This unique spa experience begins with a **steam/sauna** opening the pores before the full body sea salt massage.

We then perform a **sound healing ceremony** followed by a **brightening facial**.

## Riverside

180 Minutes / IDR 1.850.000++

This treatment starts with **steam/sauna** to open the skin pores for the slimming massage. We then apply a **seaweed body scrub and mask** followed by a luxurious **herbal bath**.

## Honeymoon couple's

210 Minutes / IDR 3.750.000++ (per couple)

This is a **3-hour** package of indulgence is designed to purify your inner and outer self. Start the journey with warm **foot bath** followed by the **body scrub** of your choice. Continue with a romantic **flower bath** followed by **aromatic candle massage** and end your journey with choice of **'Brightening' or 'Fountain of Youth' facial**.

**SPA** PACKAGES

# MANICURE & PEDICURE

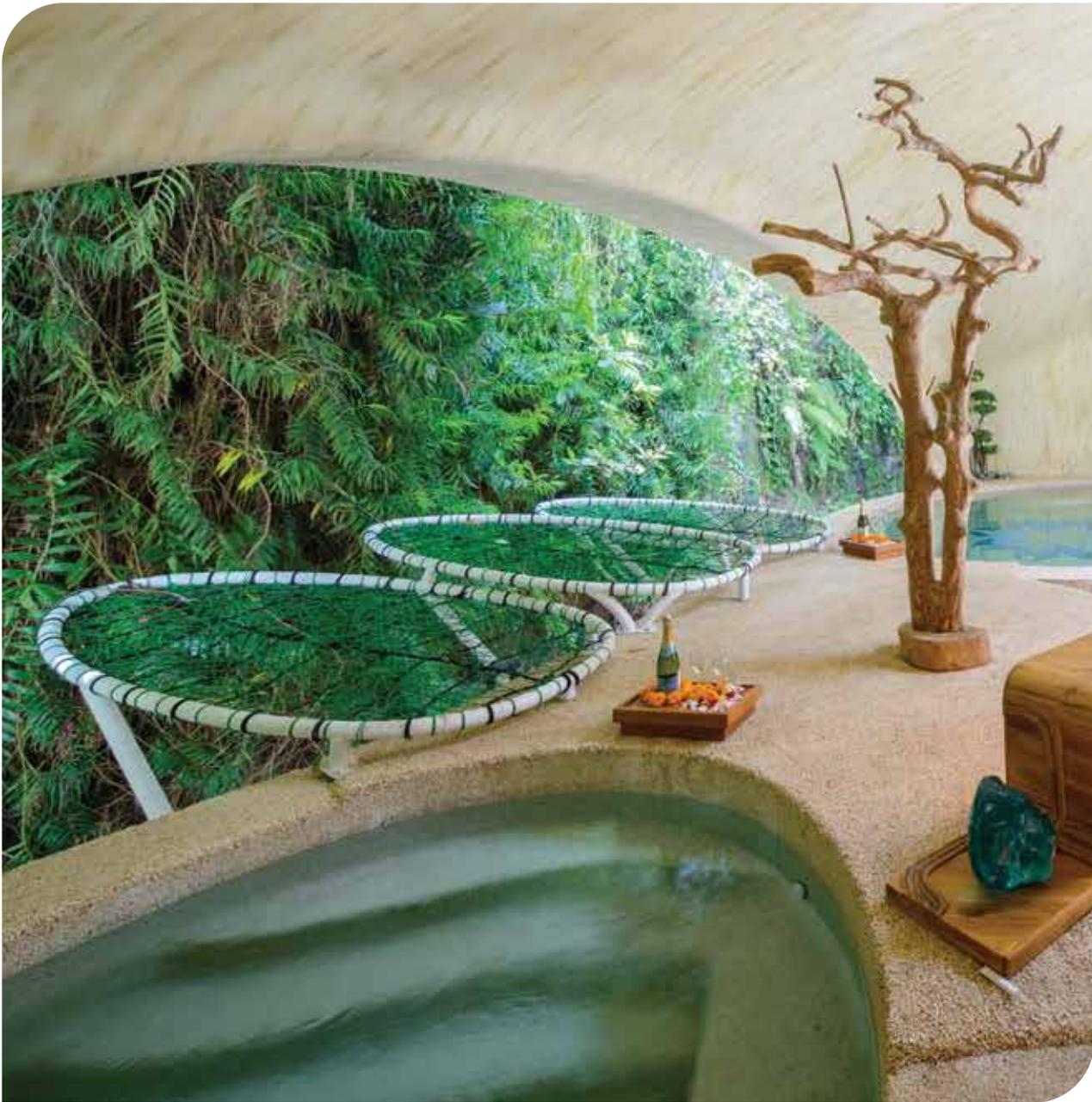


Spa manicure and pedicure is the beautification of the hands and feet. Your nails will be cut, filed and shaped; your cuticles will be tidied. Enjoy a gentle scrub and massage followed by nail polish application.

<b>Spa Manicure</b>	<b>: 75 Minutes / IDR 750.000++</b>
<b>Spa Pedicure</b>	<b>: 75 Minutes / IDR 850.000++</b>
<b>Gel Manicure</b>	<b>: 90 Minutes / IDR 1.100.000++</b>
<b>Gel Pedicure</b>	<b>: 90 Minutes / IDR 1.250.000++</b>
<b>Express Manicure/Pedicure</b>	<b>: 45 Minutes / IDR 450.000++</b>
<b>Gel Polish Removal</b>	<b>: 30 Minutes / IDR 200.000++</b>
<b>Gel Polish</b>	<b>: 30 Minutes / IDR 350.000++</b>

# STEAM, SAUNA

HOT & COLD PLUNGE POOLS



**IDR 550.000++**

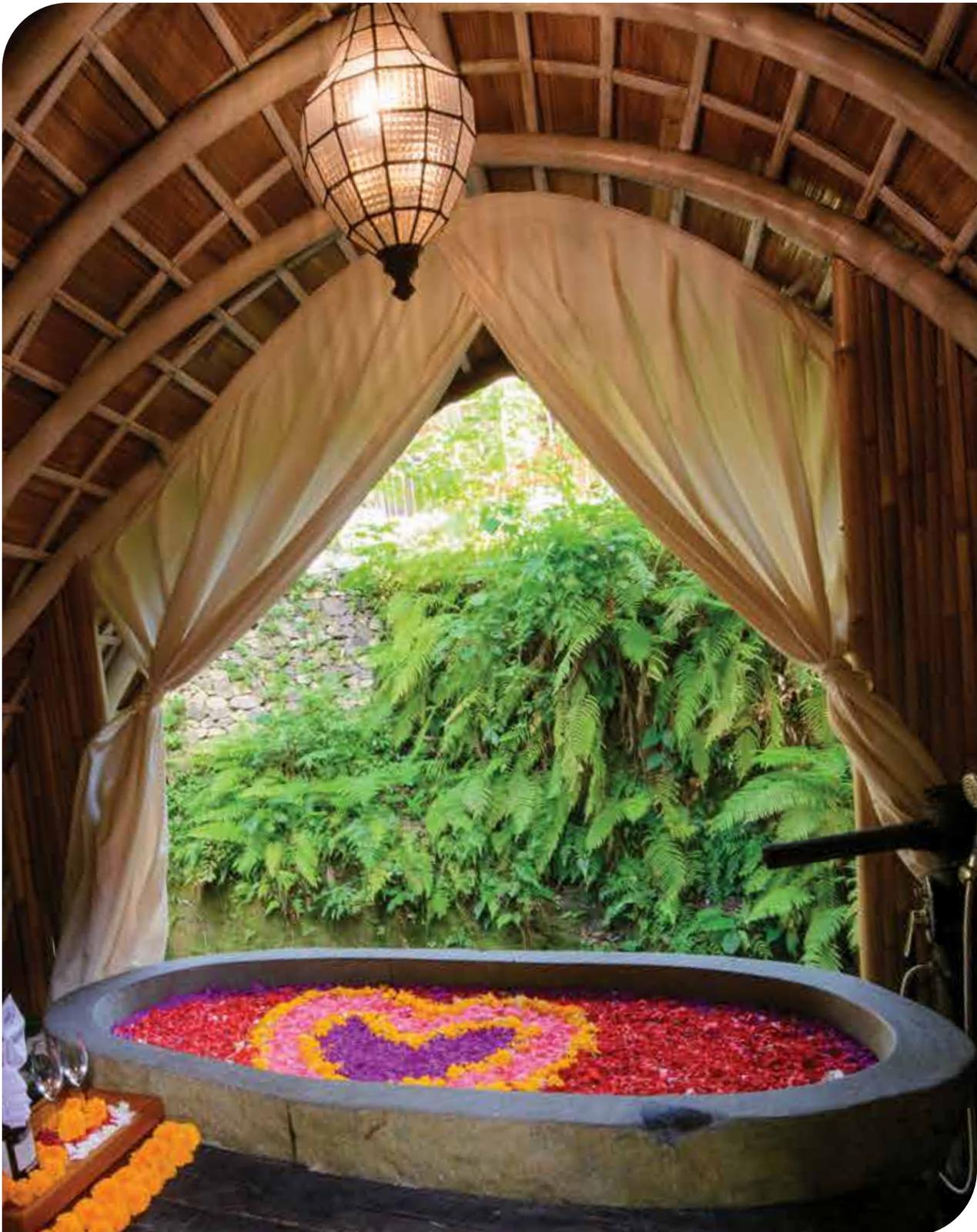
**Full day usage of :**

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

# 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.



# TREE HOUSE

## BOTANICAL BATH

### 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 as well as reducing unwanted body odour.

### Organic Moringa

IDR 450.000++

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

### Flower Power

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 occasion and romance!**

# SPA GUIDELINES

## Is it necessary to reserve my treatment?

Yes, please book in advance to ensure space/availability.

You may **reserve directly** with our receptionist.

For in-house guest, please **dial 6** between 9 AM – 7 PM

## 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 illness/disabilities, it is important that you **let us know in advance**.

## Can I enjoy a spa treatment if I am pregnant?

Our spa manager/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 brief**, however you are welcome to wear your own underwear if you wish.

During the treatment, our therapist 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 minimum of six hours prior to your appointment, a **50%** cancellation fee may apply.

## What are others important points I should consider?

A tranquil and quiet atmosphere is essential for a relaxing spa experience.

We would appreciate if you could **keep your voice down** and **turn off or mute** your cell phone.

## What mode of payment can I use?

In-house guests may charge their spa services **to their room**.

We also accept **cash** and all major **credit cards**.