



AYUNG RESORT UBUD

DEWI SRI SPA AND WELLNESS CENTER

Indulge your mind, body and soul

The Spa and Beauty Salon at the Ayung Resort is a riverside heaven of peace, a mystical sanctuary for guests looking to unwind. Drawing on the vitality of the Ayung River and the fertility of the tropical rain forest, the Dewi Sri Spa and Beauty Salon at the Ayung Resort embraces a holistic approach to well-being. The Spa menu marries several exotic therapies with Balinese philosophies and utilities to soothe away the stress of modern life and dissolve impurities, the benefits to body and mind will become obvious from the moment they begin.

Located along the Ayung River bank and surrounded with the natural beauty of the rain forest, the spa offers seclusion for pampering and refreshment. With double treatment pavilion and outdoor spa bale. Provide wellness and holistic spa menu such as ; traditional massage, unique body scrubs, facials and signature treatments by experience & certified therapists and beauticians.



Spa opening hours from 9: 00 am - 9: 00 pm
For Reservations please call 555 or after hours call 777



AYUNG RESORT UBUD

BODY MESSAGES

Balinese Massage

30 minutes (Back tension release)

375K

60 minutes

640K

90 minutes

895K

Inspired by ageless tradition of Balinese healing therapy, Pamper Yourself with spiritual and physically restoring Balinese Massage using combination massage techniques thumb and palm pressure, stretching and long therapeutic strokes will relax muscle tissues and boost your circulation to help re-balance your entire wellness system.

Signature Massage

60 minutes

640K

90 minutes

895K

Relax your mind, body and senses with our fabulous signature massages using Swedish massage techniques, applies soft to medium pressure to stimulate and balance the flow of healing energy providing you with a powerful soothing effect and stress release.

Thai Herbal Compress

90 minutes

950K

Experience The healing power of Thai herbs medicines can alleviate sore muscles and joint, flu and cold symptoms, at the same time release toxin, this therapeutic massage begins with an application of warm herbal oil to melt away tension, Then a heated cotton cloth compress filled with therapeutic herbs is gently pressed and rolled over your entire body to deepen holistic benefits.

Deep Tissue

60 minutes

640K

90 minutes

895K

Applies pressure focusing on trigger point and realigning deeper layer of muscles and connective tissue, perform slow and deep pressure to ensure concentration in areas of tension using palm, forearm and elbow techniques, beneficial at releasing physical and emotional blocks in the neuro muscular system and improves blood flow



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Four Hands Massage

60 minutes

1.100K

90 minutes

1.490K

Performed by two skilled therapists works in harmony, will bring you into a deep state of peace and tranquility. This unique and healing massage is perfect for restoring and balancing energy flows.

Acupressure Massage

60 minutes

640K

90 minutes

895K

Without oil massage, apply pressure on acupressure points of the body using mostly thumb and fingers pressure combine with soft stretching to maintain the balance yin and yang energy, improve blood flow and lymphatic circulation, support the body's metabolic function, and relieve muscle fatigue.

Hot Stone Massage

90 minutes

950K

This massage offers unparalleled benefits with continuous heat and pressure, Smooth lava stone are heated and placed on key points on the body to let it penetrate deeper to the muscle layers, glide over your body combining with Balinese massage technique creates a synergy of warmth and deep relaxation. This is the ideal remedy for chronic muscle tension release.



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Indian Head

60 minutes

350K

90 minutes

580K

Base on ancient Ayurveda principles, this massage combine pressure point techniques and massage movements to relieve tension in the head and neck, along with warm aromatic coconut oil application to nourish the scalp. This therapy can help to relieve insomnia and chronic headaches, migraines and sinusitis.

Foot Reflexology

60 minutes

350K

90 minutes

580K

Experience holistic balance and deep relaxation, this fascinating treatment provides physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to stimulate corresponding organ in the body in order to improve blood circulation and strengthening weak areas of the body, and also stimulating elimination of toxins (Detox).

Slimming Massage

60 minutes

750K

90 minutes (inclusive with slimming mask)

1.100K

The Essential slimming oil especially creates to break down the stubborn fats & reduce water retention in the body, reduce the appearance of cellulite and ease toxin using dynamic massage technique.



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SPA PACKAGES

Spa Sampler – 2 hours

1.275K

Experience The true pleasure of relaxation with Traditional Balinese massage followed with foot reflexology and choice of a mini facial or body scrub.

Heavenly Indulgence - 2.5 hours

1.550K

Celebrate your special moment with a romantic spa treatment begins with relaxing Signature massage combined with chocolate body mask which nourish your skin, followed with Fresh fruit facial ritual and Aromatic flower bath.

Dewi Sri Delight - 2.5 hours

1.550K

A wonderful relaxing escape begins with Deep Tissue massage to melt away tension and choose your desire body mask or scrub to nourish and rejuvenate your skin and complete with hair spa treatment.

Ultimate Retreat - 3 hours

2.100K

This Spa package provides the ultimate in pampering and full body rejuvenation that will leave your body and mind deeply relaxed, begin the treatment with Hot Stone Massage continue with Javanese Lulur body scrub to smoothen your skin's surface, followed with facial and aromatic flower bath.



BODY SCRUBS & BODY MASK

60 minutes

750K

90 minutes

975K

Body Scrubs and Body Mask Selections;

Javanese Lulur

Experience the traditions of royal Javanese heritage. Most of the ingredients are native from the local produce such as rice grain, turmeric and sandalwood powder, best to purify and exfoliate the dead skin's surface. Fresh yoghurt is then applied to soften the skin and envelop your body with essential moisture leaving your skin feeling luxuriously conditioned and hydrated.

Balinese Coffee Polish

Made from locally grown Balinese coffee beans and the soft grains of volcanic mud, this original recipe provides a stimulating and refreshing cleanse for the whole body, eliminating dead skin cells, and reduce cellulite. A body rub of fresh carrots and seaweed is then applied to condition the skin. This intoxicatingly aromatic experience aims to rejuvenate your skin.

Candlenut and Cinnamon Body Scrub

Created from locally grown ingredients, the nut and its oils have anti-bacterial and anti-inflammatory properties, restore moisture and add satin texture to your skin. Its soft texture is a perfect treat for dry, sensitive and sunburned skin and will be followed by a cooling and refreshing cucumber body conditioner.

Tropical Lime, Ginger & Sea Salt Buff

The stimulating effect of lime and fresh ginger mix with local finest marine salt and lemongrass essential oil to create a fabulous scrub and relieving muscle stress and fatigue.



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BODY SCRUBS & BODY MASK

Chocolate and honey Body mask

Highlight the iridescent glow of your skin with a treatment enriched with antioxidants, stimulate cell renewal. Delightful Chocolate aroma stimulates your senses releasing endorphins, boost your mood and leaves your skin hydrated, nourished, soft and smooth.

Balinese Spice Body Mask

An ancient Balinese holistic treatment, mix from variety of local spice and herb are applied on your body to draw out impurities and best to release toxin (Detox), treat inflammation, joint discomfort, and best to help cold and flu symptom

Moringa Body Mask

Moringa Oleifera is Miracle tree that rich nutrients & antioxidants, vitamins and mineral infuse with aloe vera gel, will beneficial to nourish and rejuvenate your skin allowing it to absorb moisture, fight free radical, leaving your whole body looking radiant and refreshed.

Seaside Citrus Body Mask by Sensatia Botanicals

60 minutes

850K

90 minutes

1.100K

The active botanicals from lavender, rosemary and white grapefruit add a refreshing fragrance and provide nutrients that can help protect and improve elasticity. Grapefruit is known to contain antioxidants and antibacterial properties. Shea butter can help reduce fine lines and cellulite.



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FACIAL TREATMENT

Fresh Fruit Facial **60 minutes**

650K

Making the most of nature's bounty, these highly beneficial facial rituals draw their lure from various tropical fruits hailed in Indonesia for their beautifying and healing qualities. Created to suit all skin types, select from our treatments below to deeply cleanse, exfoliate and detoxify tired skin and emerge with a radiant, youthful glow. All products are freshly prepared according to the skin condition;

Dry

This exceptional face treatment will help restore moisture and promote the healthy, youthful glow that is within all of us. Soothing actives of natural yogurt and honey are first used to thoroughly cleanse the skin. Next, the nourishing properties of sweet almond scrub will penetrate the skin and protect against the dryness. For a final boost of pure skin conditioning and nourishment, fresh ripe avocado will leave your skin radiant and glowing.

Oily-Combination

This powerful and purifying face treatment uses a combination of fresh orange juice and cucumber to slough off dead skin cells and help absorb excess sebum, regulate and balance the function of the skin.

Sensitive

For sensitive skin-types, this treatment draws from the gentlest and naturally nourishing fruits in the world. A combination of Almond extract, Cucumber, Lavender and Banana is used to deeply cleans, tone, exfoliate and moisturize the skin from the deepest of layers.



PROFESSIONAL SKINCARE BY DERMALOGICA

60 minutes

850K

PRO DAILY SKIN HEALTH TREATMENT

Start with Dermalogica's skin health essentials, designed to deliver your best skin daily. With cutting-edge formulas and powerful ingredients with This unique Rice-based enzyme powder with a botanical brightening complex micro-foliates dulling debris and instantly leaves skin noticeably smoother and brighter. you can be assured you're giving your skin what it needs to be healthy.

PRO PRONE SKIN TREATMENT

Treat the multiple triggers behind inflammation for lasting relief from sensitivity flare-ups. Itching, burning, stinging and redness are the obvious signs of sensitive skin. The triggers behind these sensations are less clear: genetics, hormones, stress, chemical assaults, foods and even aggressive skin treatments can intensify skin's highly reactive state. Ultra Calming™ contains Ultra Calming™ Complex, our exclusive complex clinically proven to control neurogenic and immunogenic inflammatory pathways that lead to skin sensitivity.

PRO FIRM SKIN TREATMENT

Firm to smooth away the signs of skin aging. Control aging triggers before they start. Pro Firm contains scientifically advanced ingredients Vitamin C complex oxidative stress for brighter, firmer, more radiant skin and retinoids: Group of Vitamin A compounds, increase cell turnover and accelerates skin renewal and Stimulates collagen .



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PROFESSIONAL SKINCARE BY SENSATIA BOTANICALS

60 minutes

CLEOPATRA'S ROSE FACIAL RITUAL

750K

Formulated for Dry to normal skin type

Experience the immediate results of fresh and glowing skin with fabulous facial using the refreshing base of avocado oil penetrates skin for deep hydration, improve elasticity and nourishment while plant extracts of neroli blossom and sandalwood provide essential fatty acids to soften and smooth skin, reduce the appearance of imperfections, and help encourage skin cell rejuvenation.

TAMARIND & GREEN TEA FACIAL

780K

Formulated for oily combination skin

Cleansed, balance and revitalized with clarifying Mineral-rich clay mask to helps remove dead skin cells, improve skin tone and excess oil for a brighter complexion. Skin gets an extra boost of nourishment from extracts of antioxidant-rich tamarind, alfalfa and green tea leaf. Gets a rejuvenating dose of Vitamin C with this balancing facial moisturizer to promote a calmer and clearer complexion.

CALMING CHAMOMILE FACIAL

780K

Formulated for Sensitive skin

Soothe sensitive skin with this lightweight moisturizer designed to nourish and protect your skin barrier. Rich in antioxidants and essential fatty acids. Calming Chamomile Facial Hydrate soothes and clarify sensitive skin, while the Cooling Element of Aloe Vera helps refresh, heal and reduce inflammation / irritation, Argan oil provide skin moisture and nourishment.

SEA STEM MARINE Facial

850K

Formulated for Ageing Skin

Powerful Marine Nutrition's and Giant Sea Kelp extracts to help alleviate fine lines, wrinkles and sagging skin. Their anti-aging properties that help protect skin against damaging pollutants, Acacia extract is incredibly hydrating, encourages collagen production, helps to keep the skin supple by boosting elastic fibbers, cell renewal and provide with firming and Anti-ageing benefit.



HAND & FOOT CARE

Spa Manicure – 45 minutes

425K

Including cuticle care, nail shaping and filling, hands scrub for smooth hands continues with small massage.

Spa Pedicure – 45 minutes

425K

This pedicure includes all the essential needed to keep your feet and toes looking great, Foot soak, nail care, scrub and quick foot massage.

Add on nail enhancement:

- | | |
|------------------------------|------|
| - Poly gel nail | 280K |
| - Nail Tip | 260K |
| - Nail tip / polygel remover | 260K |
| - Gel polish remover | 185K |
| - Gel Polish | 185K |
| - French polish | 185K |
| - Nail Chrome | 185K |

HAIR SPA

Scalp and Treatment

60 minutes

650K

Indulge in a customize spa inspired recipe and a deep conditioning treatment for your hair renewal after pollution, climatic changes and stress (due to hair color, styling, and blow drying) to give total health to your hair and its roots, combined with relaxing head, neck, and shoulder massage and with a hair serum application. This Treatment revitalizes the scalp and bring back luster to the hair, making it stronger, silkier and shinier.



SPA & WELLNESS RETREAT

Tirta Ayung Purification Ceremony

IDR 450k net / person

60 minutes

Embark on an enchanting adventure with Melukat ceremony. Melukat is a spiritual cleansing ritual to wash away negative energies, impurity, spiritual blockage and promoting physical wellness. The Ceremony will be held within the sacred holy water source in Ayung Resort Ubud, the Temple surrounded with natural beauty of rain forest and Ayung riverside view

we will assist our guests to put on The Balinese sarong prior the ceremony. The ceremony involves a ritual bath in holy water guide by local priest, then yellow young coconut also used in the ritual which a symbol of purity and renewal. At the end of the ceremony will tie a bracelet made of tricolour string called a benang tridatu around your wrist as a symbol of protection.

Inclusions:

- The offering & Flowers
- Yellow Young coconut
- Balinese sarong
- Tridatu bracelet
- Mineral water, cool towel, Bath Towel

Term & Condition:

- Minimum booking of 2 persons.
- Advance reservation is required
- Please come with swimming shirt
- Please bring a change of clothes
- Due to religious reasons, the experience is not available for female guests who are in menstruation period





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JIWAPRAMANA HEALING

60 minutes

1.100K

90 minutes

1.350K

Therapeutic practice that uses to help a client reach a trance-like state of focus, concentration, diminished peripheral awareness, and heightened suggestibility. The healer's channel universal life force (healing energy) into a patient to help balance, heal and remove blockage, release trauma / negative emotion from the body, Will restore and Balance energy flow promoting physical wellness within the body.

Sound Healing / Singing Bowl

90 minutes

1.350K/ pax

90 minutes

1.100K/ pax (Book More than 2 pax)

(Necessary 1-day advance booking)

Sound healing or singing bowl therapy is an ancient practice that uses the vibrations from metallic or crystal bowls and sound of nature to promote healing and relaxation. Also combines affirmations infused with energy healing to promote deep relaxation, wellness and help to restore balance in the body and mind.

Acupuncture Therapy

60 minutes

880K/ pax

90 minutes

1.250K/ pax

(Necessary 1-day advance booking)

Acupuncture is an ancient Chinese healing practice that involves the insertion of thin needles into specific points on the body to stimulate energy flow, known as Qi. This therapy is renowned for its ability to alleviate a variety of conditions, including pain management (such as headaches, back pain, shoulder pain and arthritis), stress relief, insomnia relief, digestive issues, Hormonal imbalance, and many more. By restoring balance to the body's energy flow, acupuncture promotes natural healing and overall well-being, offering a gentle yet powerful solution for a range of health concerns.



AYUNG RESORT UBUH

PYRAMID CRYSTAL HEALING

90 minutes

1.350K

(Necessary 1-day advance booking)

Healing Therapy using a crystal pyramid, singing bowls, involve vibration and powerful chant where the sounds produced to resonate with the body's natural frequencies, potentially aiding in chakra alignment, stress reduction, and even space clearing. You may feel that some areas of the body feel tense or uneasy towards some of the sounds but these are the areas that will benefit from the therapy

These pyramids are believed to amplify and focus the energy of the crystal, enhancing its healing properties. to promote well-being, balance energy, and potentially alleviate stress.

WARIGA READING

Traditional Balinese Heroscope

30 minutes

580K

By uncovering one's Birth date base on The wariga and Pawukon Calendar are able to explain various aspects of your nature, character, personality and many other aspects of your life and offer advice and guidance how to exist harmoniously in life, helping individuals understand their strengths and weaknesses, gain insight into their past, and make informed decisions about their future and life style.

Palm Reading

30 minutes

750K

Discover guidance and clarity by the intuitive session.

Palmistry with the meaning of palm reading or hand prediction is to learn a person's personalities, character, health, wealth, wisdom, career, marriage, fortune and future and many more aspects in life by analyzing hands line.

Tarrot Reading

30 minutes

750K

It is one of the oldest forms of fortune predictions. The reader will energetically communicate and work with the cards, so it's revealed what you need to know. An open reading looks at the bigger picture of your life: past, present and future, will give guidance and improve understanding of yourself and help better decisions making in life.



AYUNG RESORT UBUD

Yoga class & Meditation

60 minutes / Class

(One day advance booking is necessary)

Cakra Balancing Meditation

Regular Monday 7.00 AM

250 K

Regular Friday 7.00 AM

250 K

Non Regular

750 K

Activating and balancing these chakras may help to better the flow of energy throughout the body. By meditating on these chakras, practitioners aim to clear any physical discomfort, emotional disturbances, or spiritual disconnections, promote balance and harmony within these energy centers, will improve wellbeing, reduce stress, and help us achieve a greater sense of inner peace .

Pranayama (Breath Control) Meditation)

Non Regular

750 K

Pranayama is a type of meditation that involves controlling one's breath in order to achieve mental clarity and focus. It is based on the ancient Indian practice of yoga and has been used for centuries by spiritual practitioners. In Pranayama meditation, you focus on taking deep, slow breaths to calm and clear your mind. When doing pranayama, practitioners often use a mantra or mental image to help them focus their attention and get into a meditative state.

Mindfulness Meditation

Non Regular

750 K

Mindfulness is a non-religious, non-dogmatic practice with roots that can be tied to Eastern contemplative practice. Today, mindfulness is practiced by people all around the world, with many diverse languages, cultures, and spiritual beliefs.

Cakra Balancing / kundalini Yoga

Non Regular

750 K

Cakra Balancing Yoga is a powerful practice that has been used for centuries to clear blocked energy and improve overall well-being, and spiritual awareness. Activate the energy centers along the spine, also known as the chakras. It is considered a type of Kundalini yoga because activating the lower chakras and opening the upper chakras awakens kundalini and allows it to move more easily through the energetic body.



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Yin Yoga

Regular Monday 8.30 AM

250 K

Non-Regular (Upon booking)

750 K

Yin yoga poses are also designed to improve the flow of qi (or chi), the subtle energy that according to Traditional Chinese Medicine (TCM), runs through the meridian pathways of the body and improved flow of qi improves organ health, immunity, and emotional wellbeing.

Vinyasa Yoga

Regular Friday 8.30 AM

250 K

Non Regular (Upon booking)

750 K

vinyasa yoga is a general term that describes many different styles of yoga. It essentially means movement synchronized with breath and is a vigorous style based on a rapid flow through sun salutations. You may also see a vinyasa yoga class referred to as a flow class, which refers to the continuous flow from one yoga posture to the next.

Hatta yoga

Regular Tuesday & Thursday 8.00 AM

Complimentary

Non-Regular (Upon booking)

250 K

Hatha is relatively gentle yoga which great for beginners who prefer a more relaxed style which hold yoga poses longer. The practice will include working with the physical body postures (Asana) and breathing techniques (Pranayama), preparing the body for deeper spiritual practices such as meditation to channel with supreme energy source, can also beneficially improve flexibility, strength , releasing tension and trauma stored in the body.



AYUNG RESORT UBUD

Balinese Offering Making “ Canang Sari “

60 mins

185 K / person (1 day advance booking)

Introduce a unique Balinese tradition how to make canang Sari, one of the simplest offerings that made of young coconut leaf and colorful flower petal. The friendly instructor will show you the art of Canang sari making and also explain the philosophy behind the offering which is to show gratitude to the god / Devine spirit.

Balinese Dance Class

60 mins

350 K / person (1 day advance booking)

An Unforgettable experience to learn the art of dance movements with its unique gestures of the beautiful Balinese dance called Panyembrama dance which contains basic movement of Balinese Dance, so it is an ideal dance for beginners to develop dancing skills. There is the opening which involves a lot of side to side steps, open arm movements and sledet (eye flicking) sequences, involves the flower-throwing and circular walking patterns.

Spa Etiquette

- We recommend advance reservations to secure your preferred date and time.
- Please arrive 15 minutes prior to your treatment time in order to complete your health assessment form and take time to relax at our tranquil Ayung riverside view
- Please advise the Receptionist of any existing medical conditions.
- For your comfort we provide Yukata, disposable underwear, and slippers.
- Please advise the therapist on treatment pressure and areas you wish to focus on.
- If you wear contact lenses, it is advisable to remove these prior to your treatment in order to avoid any discomfort.
- Please give 4 hours cancellation notice, otherwise 50% of the price may be charged to your account.
- All the prices are included with Government tax and service charge.