



The Ambara Spa
SINCE 2010

SPA MENU



PASSION ESCAPE

IDR 2.500.000 | 180 MINUTES / PAX (COUPLE ONLY)

Foot Ritual, Balinese Massage, Body Scrub and Body Mask, Ratus (woman only) Tropical Flower Bath Romantic Indulgence for a truly romantic treatment to make you feel your best, with a romantic flower bath that connects you with your partner's experience will conclude with Body Scrub and Body Mask to exfoliate the dead skin cell and a total relaxing massage bringing you to a mutual level of relaxation including romantic dinner.

Body :

Exfoliation experience sloughs away debris while protecting and refining.

ROYAL NIRMALA

IDR 1.750.000 | 150 MINUTES / PAX

Step into a world of regal indulgence with our Nirmala Royal Spa treatment. Immerse yourself in 2.5 hours of luxurious pampering designed to unveil your inner beauty and charm. Let the serene ambiance and expert touch of our therapists transport you to a realm of elegance and grace. From soothing massages to revitalizing facials, experience a journey fit for royalty, leaving you feeling resplendent, refined, and utterly radiant. Treat yourself to the Nirmala Royal Spa and reign with beauty and elegance.

WARM STONE DETOX THERAPY

IDR 700.000 | 60 MINUTES / PAX
IDR 1.000.000 | 90 MINUTES / PAX

Smooth, heated volcanic stones are applied to the body in a pattern that restores the muscles and stimulates circulation leading to enriched vitality.

HARMONY IN AMBARA

IDR 2.000.000 | 150 MINUTES / PAX (COUPLE ONLY)

Experience a harmonious escape with our Ambara Spa Harmony treatment. Indulge in a blissful 2.5-hour journey crafted to restore balance, renew energy, and evoke a sense of inner charm and freshness. Let skilled therapists guide you through a tranquil oasis where stress dissipates and harmony reigns supreme. From soothing massages to rejuvenating skincare, emerge feeling refreshed, revitalized, and beautifully balanced. Discover the allure of Harmony in Ambara and step into a world of serenity and charm.

WARM STONE + SCRUB

IDR 1.500.000 | 120 MINUTES / PAX

Foot ritual, warm stone, body scrub for remove dead skin cells and cheppod skin with choise scrub (avocado, papaya, cucumber) flower bath or bubble bath

BALINESE MASSAGE + SCRUB

IDR 988.000 | 120 MINUTES / PAX

Foot ritual, Balinese massage with oil, body scrub for remove dead skin cells and cheppod skin with choise scrub (avocado, papaya, cucumber) flower bath or bubble bath.

The rates above are subject to 11% government tax & 10% service charge.





The Ambara Spa
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SPA MENU

DEEP TISSUE MASSAGE

IDR 650.000 | 60 MINUTES / PAX
IDR 800.000 | 90 MINUTES / PAX

Deep tissue massage is a particularly effective massage for people with muscular pain. When there is muscle tension or injury, there is usually rigid tissue and pain in muscles, tendons and ligaments. This massage technique works on the deeper layers of muscle tissue. Deep tissue massage uses slower and firmer strokes and pressure than other treatments.

AROMATHERAPY MASSAGE

IDR 650.000 | 60 MINUTES / PAX
IDR 800.000 | 90 MINUTES / PAX

Aromatherapy massage is particularly suited to reducing stress or improving emotionally-related conditions. Aromatherapy massage uses highly concentrated plant oils, called essential oils, which are added to the massage oil or lotion. When you inhale essential oil molecules, messages are transmitted to the limbic system and affect heart rate, stress level, blood pressure, breathing, memory, digestion, and the immune system. Each essential oil has different healing properties.

BALINESE MASSAGE

IDR 600.000 | 60 MINUTES / PAX
IDR 750.000 | 90 MINUTES / PAX

Balinese massage is a full-body relaxing, holistic spa treatment that combines acupressure, reflexology, and stretching to stimulate circulation, ease muscular and joint pain. This massage is relaxing and helps balance the energy centers and promote balance and harmony of the mind, body and soul

SHIATSU

IDR 650.000 | 90 MINUTES / PAX

Shiatsu massage method originating from Japan, massage which involves using the fingers to massage the body at certain points, using finger pressure to treat various health conditions such as digestive problems, depression, muscle tension, headaches and anxiety. Shiatsu massage can effectively work on muscles experiencing spasms and tension.

BACKNECK AND SHOULDER

IDR 350.000 | 45 MINUTES / PAX

This massage focuses on the back, neck and shoulder. It will help reduce stress and pain.

FOOT REFLEXOLOGY MASSAGE

IDR 350.000 | 60 MINUTES / PAX
IDR 500.000 | 90 MINUTES / PAX

This powerful and effective healing art applying gentle, firm pressure on reflex points of the feet, provides balance physically, mentally, and emotionally. Reflexology has a very detoxifying effect on the body and is extremely effective in improving sleep patterns. It boosts blood circulation, resulting in increased energy, an improved immune system, better circulation and an overall feeling of well-being. It produces a deep state of relaxation and helps prevent stress, depression, headaches, migraines, and back and neck problems.

COCONUT BODY SCRUB

IDR 500.000 | 45 MINUTES / PAX

Fresh coconut and coconut milk. Soothes dry and Sunburn skin.

TROPICAL FLOWERS BODY EXFOLIATING

IDR 400.000 | 45 MINUTES / PAX

Exotic Tropical Flowers aromas calms the skin, concentrates the mind and rejuvenates the spirit. Great for nourishing skin, it will restore your body, mind and spirit.

RATUS

IDR 350.000 | 20 MINUTES / PAX

Traditional treatment for female intimate organs which is carried out by evaporating or fumigation of the female intimate organs

FACIAL TREATMENT BOKOS

IDR 300.000 | 60 MINUTES / PAX

Immerse yourself in a revitalizing facial experience at The Ambara Spa, nestled within a serene retreat in Ubud. Our expert therapists meticulously tailor personalized treatments to address your skin's individual needs, employing premium products and gentle techniques to nourish and rejuvenate your complexion. Relax in the tranquil ambiance as we lavish you with a luxurious facial, leaving your skin radiant and luminous.

LENTIK JEMARI - NAIL ART (60 MINUTES)

MANICURE	IDR 250.000 / PAX
PEDICURE	IDR 250.000 / PAX
SIMPLE NAIL GEL	IDR 250.000 / PAX
SIMPLE NAIL TIP	IDR 350.000 / PAX
REMOVE NAIL GEL	IDR 100.000 / PAX
REMOVE NAIL TIP	IDR 150.000 / PAX

Treat yourself to lavish hand and foot care at The Ambara Spa. Enjoy our deluxe nail art treatment, where skilled therapists ensure your nails and cuticles are perfectly groomed. Unwind in our serene ambiance as we pamper your hands and feet. Elevate your self-care regimen with our unique nail art treatment, available exclusively at The Ambara Spa.

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