

Alila™ | MANGGIS
BALI



FACT SHEET

ALILA MANGGIS SPA

NATURALLY FROM THE HEART

At Spa Alila, we are committed to providing unique treatments from the heart, blending ancient Asian healing techniques with age-old beauty recipes featuring the curative benefits of fresh, natural, quality ingredients



SIGNATURE TREATMENT ROOM – SPA BALE

Nestled along the gentle whispers of the sea, the Spa Bale at Alila Manggis invites you into a sanctuary of understated elegance and serenity. This semi-open space, embraced by the soothing embrace of the ocean breeze, offers an intimate setting for renewal and relaxation. Thoughtfully designed to harmonize with its natural surroundings, the bale serves as a serene retreat where every moment feels deeply restorative, blending holistic therapies with the tranquil rhythms of the coastal landscape.

SPA INFORMATION

Spa Manager Ketut Suseni
 ketut.suseni@alilahotels.com

Spa Reception manggisspa@alilahotels.com
 +62 363 41011

Opening Hours 09:00 AM – 06:00 PM

SURYA SHALA EXPERIENCE

Perched along Bali's tranquil east coast, Surya Shala at Alila Manggis offers an inspiring sanctuary where wellbeing and nature intertwine. This elegant 10m x 10m yoga shala, thoughtfully positioned to greet the rising sun, invites guests to embrace serenity amidst breathtaking ocean views. Designed with graceful simplicity, the space is a haven of calm, perfect for morning rituals and wellness pursuits. Here, bespoke programmes harmonize body and mind, guiding guests toward balance, vitality, and a renewed sense of joy in the art of living.

FACILITIES

SQ M

SPA Bale 1	21,6 sqm
SPA Bale 2	21,6 sqm
SPA Bale 3	17,5 sqm
SPA Room Indoor	34 sqm

SPA ALILA SIGNATURE TREATMENT – BALINESE BEAUTY RITUAL

Balinese lulur powder is an ancient village remedy originating from the rice farmers of Bali. It has been handed down through generations and is recognised as a traditional medicine, believed to help warm the body, relieve aching joints and help treat skin problems. Herbs of sandalwood, fennel seed, star anise, eaglewood and fenugreek create this powerful healing remedy. Treatment includes a 60-minute Balinese Massage, a traditional lulur body scrub, a skin-softening body mask and a brightening mini facial.

SPA ALILA SIGNATURE TREATMENT – BALINESE MASSAGE

Feel tension dissolve with this ancient Balinese healing therapy that combines gentle stretching, long therapeutic strokes and skin rolling to relieve muscle pain. Palm and thumb pressure techniques are also applied to unravel the deepest stress from within the muscles to improve blood flow and joint mobility.



ALILA MANGGIS WELNESS ACTIVITIES

Secluded along the East Bali coast with Mount Agung as its sentinel, Alila Manggis invites in-residence guests to partake in complimentary wellness rituals at our serene 10x10M Surya Shala. Guided by our in-house instructors, each morning begins with the flowing movements of Tai Chi, while afternoons unfold with the grounding practice of Hatha Yoga. As the sun rises and sets over the ocean, embrace the stillness that lingers, grounding you in the quiet beauty of the moment.

ALILA MANGGIS BALI

Desa Buitan, Manggis
Karangasem, Bali 80871
Indonesia

Tel +62 36341011
manggis@alilahotels.com
alilahotels.com/manggis

WhatsApp +62 811 3808 159

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