

Alila™ | UBUD
BALI



FACT SHEET

ALILA UBUD 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 - LOTUS

Set amidst the lush embrace of nature, the Lotus Room at Spa Alila spans an impressive 90 square meters, offering a haven of serenity and space. This semi-outdoor bale, thoughtfully designed with a spacious jacuzzi, creates an intimate retreat where tranquility reigns. Surrounded by the gentle whispers of the landscape, each moment here is a harmonious blend of rejuvenation and connection, designed to restore balance and inspire profound peace.

SPA ALILA INFORMATION

Spa Manager Made Suartini
made.suartini@alilahotels.com

Spa Reception spaubud@alilahotels.com
+62 812 3842 854

Opening Hours 09:00 AM – 09:00 PM

RAINFOREST SPA EXPERIENCE

Alila Ubud takes relaxation to a new level of indulgence with a Rainforest Spa Experience that unfolds within a blissful cocoon of tranquility and beautiful valley views, encompassing spa rejuvenation and culinary refreshment. Within Alila Ubud's already peaceful setting, escape into the ultimate haven of seclusion at the resort's Bale Bengong, perched at the edge of the rich green Ayung Valley, immersed in the soothing atmosphere of the rainforest, serenaded by birdsong and the calming rush of the river.

FACILITIES	SQ M
SPA Parigata	36.00 sq m
SPA Cempaka	30.00 sq m
SPA Jempiring	30.00 sq m
SPA Mawar	27.00 sq m
SPA Melati	27.00 sq m

SPA ALILA SIGNATURE TREATMENT – WARM STONE

The therapeutic power of touch combines with the energy of the earth in this muscle relaxing massage. After our signature foot bath, smooth, heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions. The stones are also placed on various energy points to stimulate the body's natural healing potential.

SPA ALILA SIGNATURE TREATMENT - SHIRODARA

This 5000-year-old Indian therapy is physically rejuvenating, mentally refreshing, and just pure heaven. Experience perfect calmness and tranquillity as a stream of specially blended, warmed medicated oils pours softly onto the third eye transporting your mind and body into a state of deep relaxation. Shirodhara deeply relaxes the nervous system, lowers metabolism, integrates brain function and induces mood stability. This dreamy treatment begins with an Ayurvedic pressure massage to melt away tension and stress.



SPA ALILA SIGNATURE TREATMENT – BEAUTY AND BALANCE

A true skin toning beauty treatment with rich cocoa, coffee and coconut extracts. Locally grown coffee grounds gently exfoliate as the caffeine in the coffee draws out impurities while the coconut deeply conditions – a triple combination that gives skin a vivacious glow and toned appearance. Treatment includes our signature foot bath ritual, a 60-minute massage of choice, a coffee and coconut body scrub, and then finished off with a cocoa and coffee body mask.