



NATURALLY FROM THE HEART

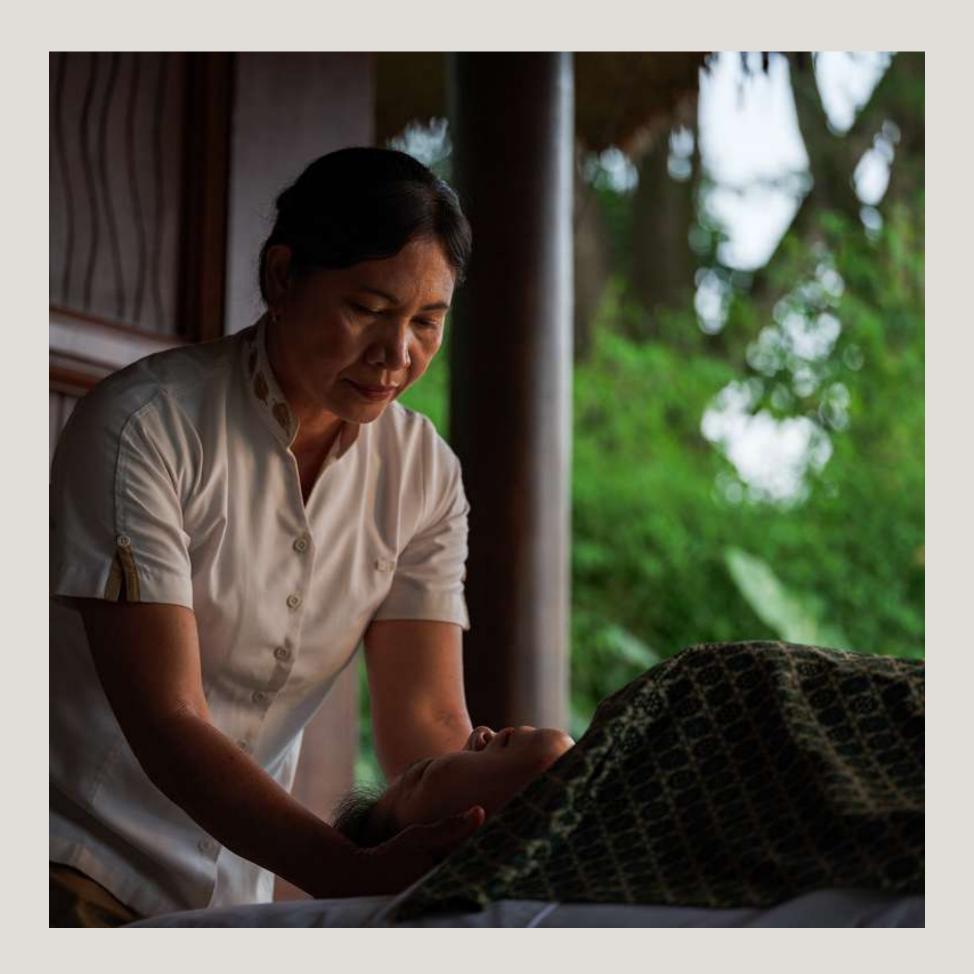
At Spa Alila, we embrace a philosophy of quiet healing, where each treatment is guided by the wisdom of ancient traditions and the gentle touch of our local therapists. Trained in both technique and presence, they draw from time-honoured Asian technique and the curative benefits of fresh, natural ingredients to restore balance and ease.

Whether you seek a moment of stillness or a full day of renewal, our tailored experiences—blending massage, meditation, and mindful nourishment—invite a deeper connection to self. Here, wellness is not simply an offer, but a journey shaped by care, intention, and the warmth of the human heart.

Ni Made Suartini Spa Manager – Alila Ubud



AlilA UBUD



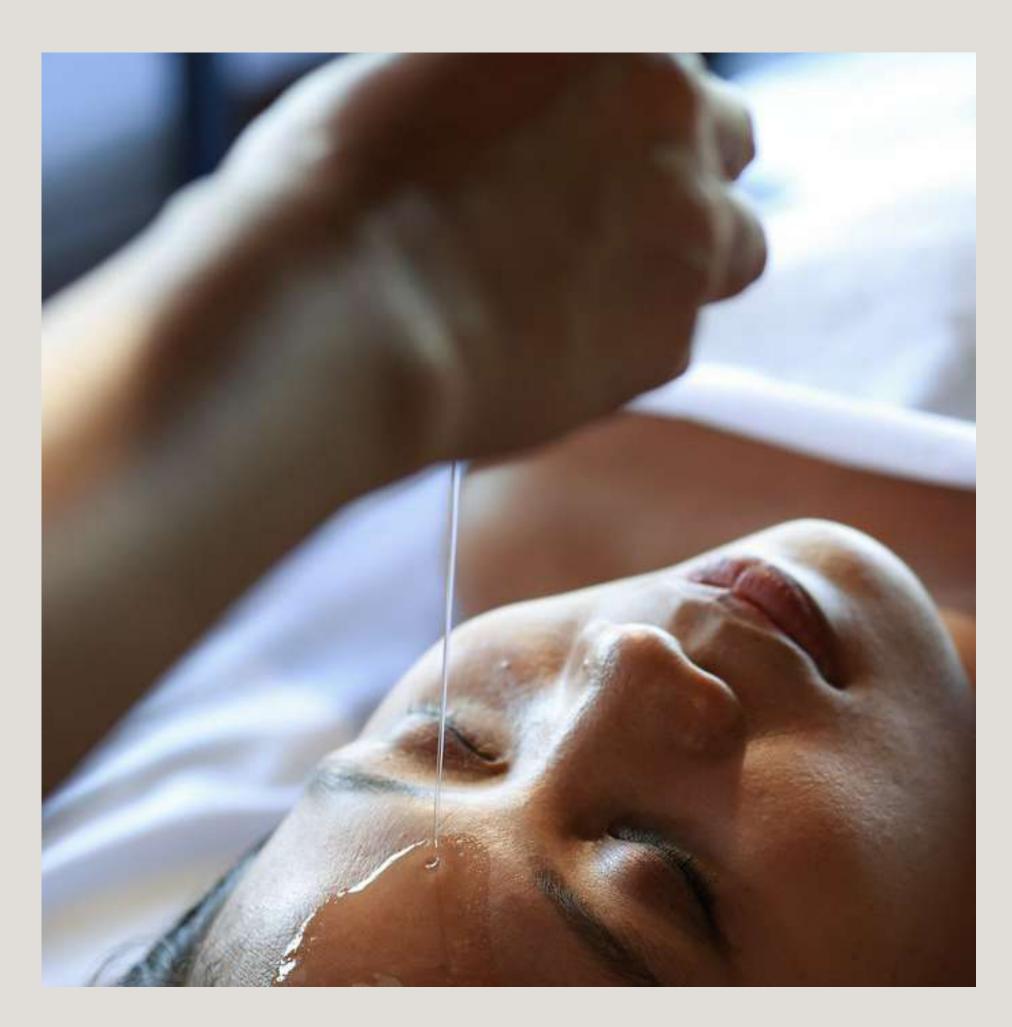
BALINESE BEAUTY RITUAL

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.

To complete this time-honoured ritual, enjoy a complimentary 30-minute reflexology massage with every booking of the 150-minute Balinese Beauty Ritual—a gift of deeper renewal inspired by village wellness traditions.



AlilA UBUD BALI



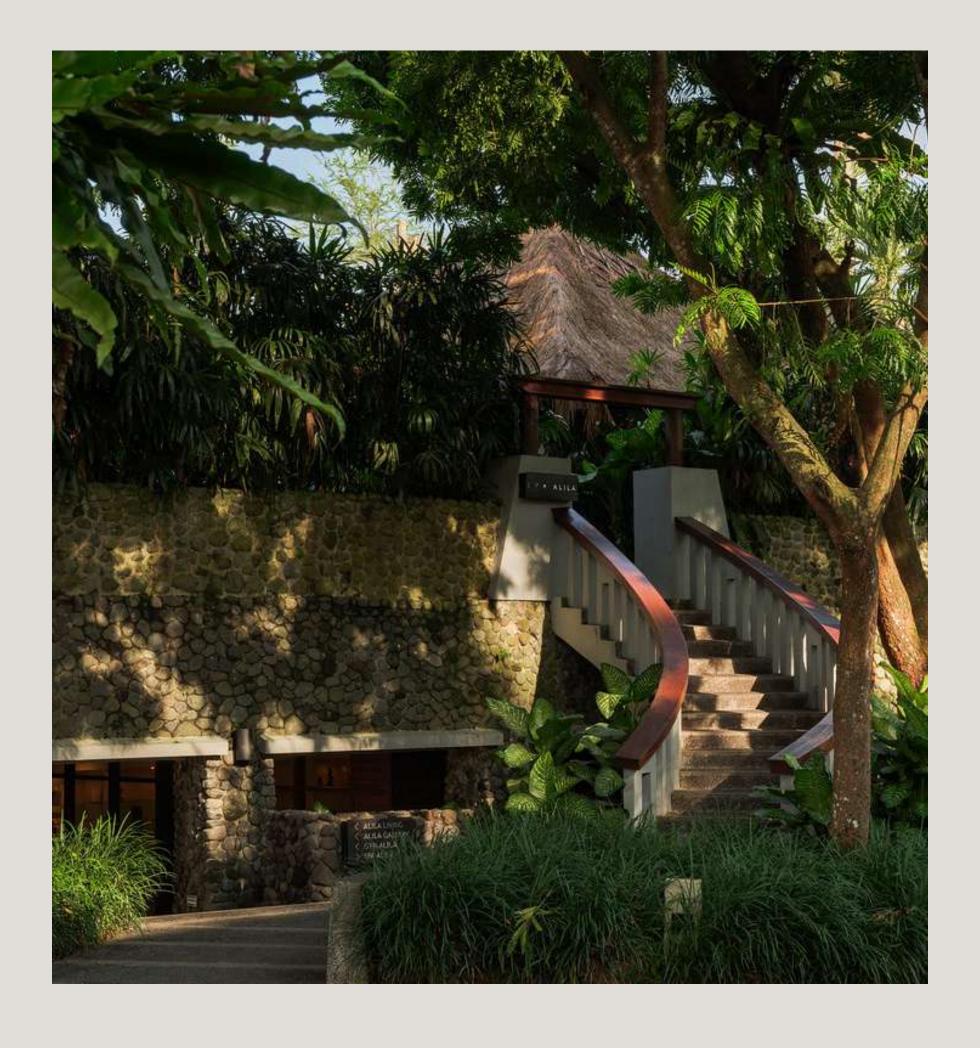
BEAUTY AND BALANCE

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.

As a finishing touch, enjoy a complimentary 30-minute facial massage—an added indulgence to leave you feeling completely renewed.



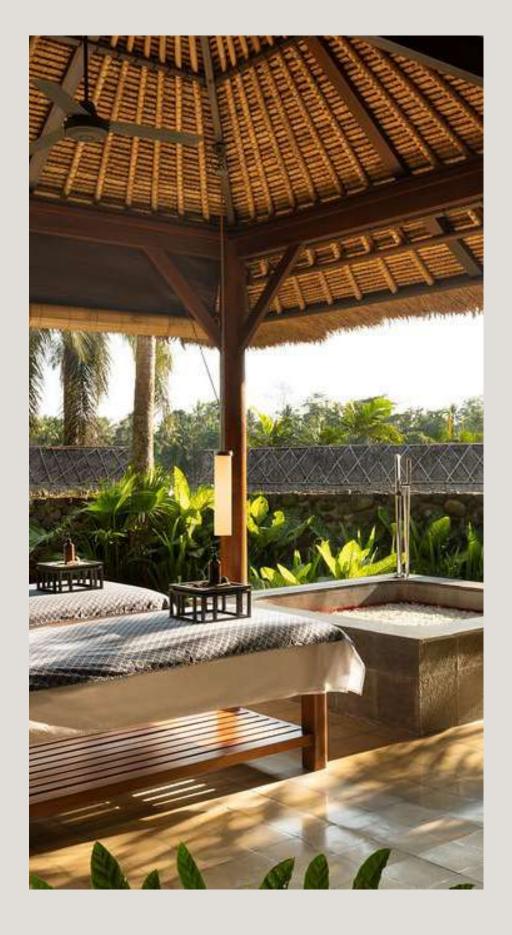
REVITALIZE YOUR SPIRIT



3 Hours Spa Alila Cleanse | IDR 2,000,000 Nett Per Person | Fusion of Health and Serenity

AlilA UBUD BALI





Embark on a rejuvenating journey, beginning with a 60-minute exercise class of your choice-Tai Chi, Qi Gong, or Yoga-each designed to awaken the body and mind. Continue with a luxurious 60-minute signature massage, where skilled hands work to melt away tension, followed by a revitalizing 30-minute body scrub that leaves your skin soft and renewed. Conclude this harmonious experience with a refreshing glass of detox juice, ensuring a feeling of complete renewal and vitality.