

# *Mahamaya Spa*

by Ubud Nyuh Bali Resort & Spa



Natural Bliss of Relaxation . . .





Indulge yourself at Mahamaya SPA with a collection of delightful spa treatments that will pamper your body and soul. With the perfect combination of Balinese-inspired healing treatment and high-quality ingredients, each spa experience is exclusively designed to help you unwind from daily life stress. Naturally sourced botanicals are incorporated in our luxury spa with the knowledge of medical anatomy to deliver a safe and memorable spa experience.

Natural Bliss of Relaxation . . .

## MASSAGE OFFERING

### Bamboo Drainage Massage

90 mins | IDR 790.000++

In the Eastern world, bamboo is a symbol of longevity because of its strength, flexibility, & resilience. Bamboo massage is known for its restorative properties to stimulate the flow of blood and lymph and relieve muscle tension. A combination of deep tissue therapy, manual drainage massage, and long flowing massage strokes and rolling with bamboo sticks combines in our signature massage to soothe the senses and promote the well-being.

### Lymphatic Drainage Massage

90 mins | IDR 750.000 ++

60 mins | IDR 590.000 ++

This massage technique is designed to encourage the movement of lymph fluid. By stimulating circulation through a rhythmic motion in the direction of the lymphatic flow, it will enhance the elimination of toxins, alleviate water retention, and relieve bloating.

### Mahamaya Herbal Massage

90 mins | IDR 690.000 ++

Inspired by the herbal that has long been used by Balinese People, the warm herbal compress invites your muscle to relax. The warm mixture of the herbs in the relaxing massage flow helps to reduce aches and gives an ultimate boost to your well-being.

### River Stone Massage

90 mins | IDR 690.000 ++

Utilizing the warm stone to melt deep muscle tension, River stone massage will release the burdens of everyday living and nurture your body and mind. The therapist carefully places the warm stone on different chakra points in a rhythmic relaxing massage.

All prices are subject to 21% tax and service charge

For reservation, please contact "0" from your room to schedule your appointment

We require 12 hours notice for cancellations or a cancellation fee of 50% will be applied



## MASSAGE OFFERING

### Deep Tissue Massage

90 mins | IDR 650.000 ++

60 mins | IDR 490.000 ++

Our signature deep tissue massage is designed to target deeper tissues under your skin using warm oil and a warm towel ritual. Performed with a slow and deliberate technique passed down through generations, it helps relieve the stiffness and encourages a sense of deep relaxation.

### Relaxing Balinese massage

90 mins | IDR 590.000 ++

60 mins | IDR 450.000 ++

Feel the tension dissolve with the ancient wisdom of Balinese treatment that is performed using long strokes, palm press, thumb press, and gentle stretching. A rhythmic experience evokes a sense of relaxation and stimulates the blood flow.

### Focused Massage

30 mins | IDR 350.000 ++

Express treatment that perfect for anyone who seeks relaxation in a busy schedule. Choices: neck & shoulder / backfoot massage

### Foot Reflexology

60 mins | IDR 390.000 ++

An intensely healing treatment to target specific points on the feet to boost the inner energy through the body's meridian



## WHEN EAST MEETS WEST . . .

### Holistic Cellulite Therapy by Tegoder

150 mins | IDR 1.990.000++

- Foot Ritual
- Full Body Anti Cellulite
- Infrared Thermal Blanket
- Balinese Warm Spice Bath
- Organic Coconut Drink

Indulge in a full-body holistic skin-firming therapy to reveal softer skin & combat the cellulite. A blend of scientifically proven ingredients with anti cellulite massage technique improves metabolic circulation, and diminishes cellulite, leaving the skin's texture visibly plumper & smoother. The treatment is followed by a toning wrap in an infrared thermal blanket to eliminate the toxin & excess water. Lastly, celebrate the progress with Balinese Spice Bath while enjoying the coconut drink to hydrate your body.

### Advanced Anti-Cellulite Care by Tegoder

Arm / Abs / Hip & Thigh	45 mins	IDR 590.000 ++
Full Leg	60 mins	IDR 790.000 ++
Full Body	120 mins	IDR 1.590.000 ++

*(Arm, Abdomen, Hip, Full Leg)*

This revolutionary therapy combines the goodness of East medicine to improve circulation with West medicine to tighten the loose skin. The treatment starts with anti cellulite massage using a scientifically proven solution that contains Lipoglaucin, L-carnitine, bitter orange, & enzymatic complex to induce lipolysis and reduce the appearance of the cellulite. It is followed by the application of anti-cellulite wrap and infrared thermal blanket to eliminate water retention, flush out the toxin, and smoothen the skin.

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## BODY TREATMENT

### Refreshing Citrus Body Scrub

30 mins | IDR 290.000++

Reveal nourished and supple skin with this softening exfoliation using a tropical cocktail of organic salt, lemongrass, and mandarin orange. Exfoliate your skin and let it shine.

### Exotic Flower Body Scrub

30 mins | IDR 290.000++

Infused with traditional blends of Balinese flowers, the salt's granule gently removes the dead skin while moisturizing it, leaving you with smooth skin.

### Traditional Coconut Body Scrub

30 mins | IDR 290.000 ++

Experience a recipe from our ancestors for smooth, glowing skin. A traditional and natural way to buff away dead skin cells gently while the antioxidant power of coconut leaves skin soothed and toned.





## BODY TREATMENT

### Boreh Spice Wrap

30 mins | IDR 290.000++

Boreh has been used for centuries by Balinese farmers to warm the body and relieve fatigue. A blend of ginger, cinnamon, cloves, and sandalwood is applied to the skin and gently massaged into your body. This is a perfect treatment if you experience jet lag or need a boost. *Enjoy a heavenly scalp massage while your body is polished in the body wrap.*

### Purifying Coconut Body Wrap

30 mins | IDR 290.000++

Widely known as the essential part of Balinese wellness, the coconut mask gives your skin the benefit of antioxidants to destress along moisturize it. *Enjoy a heavenly scalp massage while your body is polished in the body wrap.*

### Hydrating Milk Body Polish

30 mins | IDR 290.000++

Milk body polish softens and rejuvenates the skin with mild exfoliating properties to eliminate dead skin cells. *Enjoy a heavenly scalp massage while your body is polished in the body wrap.*









## HAIR TREATMENT

### **Mahamaya Shirodara Treatment**

90 mins | IDR 750.000 ++

The key Ayurvedic treatment is to relieve anxiety and restores calmness from within. This ancient treatment has been practiced for centuries and is believed to help treat insomnia & burnout. Our signature Shirodhara begins with a welcoming short neck & shoulder massage. Once you are relaxed, the therapists will pour warm herbal oil over the 6th Ajna chakra point in the center of your forehead, famously known as the “third eye”. Your hair will then be washed properly and applied with a nourished hair mask to help repair the dull hair.

### **Intensive Hair SPA**

75 mins | IDR 550.000++

An intensive fragrant treatment to revitalize the hair utilizing the legendary aloe vera extract, a well-known ingredient that helps prevent hair loss by strengthening the roots. Spoil yourself even more with the scalp massage that is designed to enhance nutrient's penetration and the mahamaya classic massage that target muscle soreness in the neck and shoulder

### **Authentic Hair Crème Bath**

75 mins | IDR 550.000++

The secret of the Indonesian beauty ritual that uses extracts blends of strawberry and yogurt containing Vitamin C and amino acids act to nourish and revive dry, damaged hair and leave hair smelling fresh and divine. A gentle head massage promotes scalp circulation and gloss, while the neck and shoulder massage boost your overall well-being.

### **Hair Wash with Vitamin**

30 mins | IDR 250.000++

Say no more to the bad hair day. Express treatment to cleanse your scalp and nourish your hair.





## BATHING RITUAL

### **Tropical Balinese Flower Bath**

30 mins | IDR 550.000++

Experience being the Balinese queen with a handcrafted flower bath and let the flowers spoil your body and mind. The bath is also infused with ylang ylang essential oil to enhance your soul journey. No wonder, It has become everybody's favorite to create a memorable moment in Ubud.

### **Energizing Herbal Bath**

30 mins | IDR 450.000++

Leisurely soak away your stress in the purity of nature with the aromatic blend of pandanus leaves, ginger, lime, and betel leaves. This Balinese herbal combination, along with the pure essential oil, encourages relaxation leaving the body refreshed and energized.

### **Cleopatra's Rose Milk bath**

30 mins | IDR 290.000++

Inspired by Cleopatra's ritual, boost your skin hydration even more in a milk bath scented with pure essential oil to calm your mind. A dash of fresh rose petals will brighten your mood for the remainder of the day.

### **Island Frangipani Milk Bath**

30 mins | IDR 290.000++

Luxuriate in a warm bath of pure coconut milk and fresh frangipani petals to soften the skin and uplift the sense of well being.

*All elements for bathing ritual are sourced from nature to provide the maximum healing benefits.  
Please book four hours in advanced to allow us select the finest ingredients*





## SELF INDULGENCE

### Self-Love Journey

180 mins | IDR 1.390.000++

- Balinese Massage
- Coconut Body Scrub
- Milk Body Polish
- Scalp Massage
- Tropical Balinese Flower bath
- Light Spa Cuisine

Indulge your self an invigorating ritual to create profound balance and harmony in your body and soul. Beginning with a relaxing Balinese Massage, step into coconut body scrub to exfoliate the dead cell, and finished with milk body polish to promote skin hydration. Lastly, spoil yourself with our tropical Balinese flower bath while enjoying a light and healthy spa cuisine as your body & mind deserve.

### Signature Nyuh (Coconut) Sensation

180 mins | IDR 1.190.000 ++

- Balinese Massage
- Coconut Body Scrub
- Coconut Body Wrap
- Scalp Massage
- Island Frangipani Milk Bath
- Organic Coconut Drink

Connecting you with the vital element of Balinese wellness, this holistic package will begin with a relaxing Balinese massage, followed by a coconut body scrub and coconut body wrap. Last, complete the journey with a skin nourishing session with an island frangipani milk bath made from pure coconut milk to refresh your body. From head to toe, you will feel rejuvenated and revitalized.

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## SELF INDULGENCE

### Blissful Mahamaya Journey

150 mins | IDR 1.190.000++

- Herbal Massage
- Boreh Spice Wrap
- Herbal Bath
- Healthy Green Juice  
(spinach, pineapple, apple, cucumber)

Capturing the goodness of nature, this signature experience delivers the benefit of Balinese herbal to calm your body and mind. Beginning with the herbal massage, discover the warmth and healing sensation of Balinese boreh, and followed by the energized herbal bath to promote the inner energy from within.

### Cleopatra's Indulging Ritual

120 mins | IDR 990.000++

- Balinese Massage
- Body Scrub
- Cleopatra's Rose Bath

Gift yourself once in a while. Throw back to the ancient time, and feel the royalty of Cleopatra's ritual to unwind yourself from the stress of modern living. This treatment begins with a Balinese massage. After enhancing the relaxation of your muscle, the skin is exfoliated with a choice of body scrub and finished with Cleopatra's rose milk Bath.

### Stress Recovery

120 mins | IDR 950.000++

- Deep Tissue Massage
- Coconut Body Wrap
- Scalp Massage
- Aromatherapy Bubble Bath
- Cleanser Elixir  
(coconut water, lime, ginger, dragon fruit)

Breathe into a classic ritual to relieve body tension and let go things that no longer serve you. This treatment features deep tissue massage to relieve the stubborn muscle tension, coconut body wrap to boost your skin's antioxidant, and complete with an aromatherapy bubble bath that will help to de-stress.

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# Romantic Spa for Couple

## Rama & Shinta Refresher

150 mins | IDR 2.150.000 ++

- River Stone Massage
- Boreh Spice Wrap
- Herbal Bath
- Energizing Juice  
(carrot, orange, lemon, ginger)

This Balinese couple package is curated to help you recover from the mental strains of modern living. Beginning with a river stone massage, step into Balinese boreh spice wrap to warm up your body. Finish the ritual with energizing and our signature herbal bath consisting of traditional blends of herbs that will allow you to feel physically and emotionally grounded.

## Honeymoon Enjoyment

120 mins | IDR 1.950.000++

- Balinese Massage
- Milk Body Polish
- Scalp Massage
- Tropical Balinese Flower Bath
- Tropical Blend Juice  
(dragon fruit, banana, coconut milk)

After a tiring wedding jitter, you both deserve ultimate relaxation. Dedicated to relieving the tension while sharing intimacy with your partner, this honeymoon package includes Balinese massages and milk body polish to give a boost to your skin. To end the treatment, immerse yourself and your love in a tropical Balinese flower bath ritual.

## Romantic Bubble Bliss

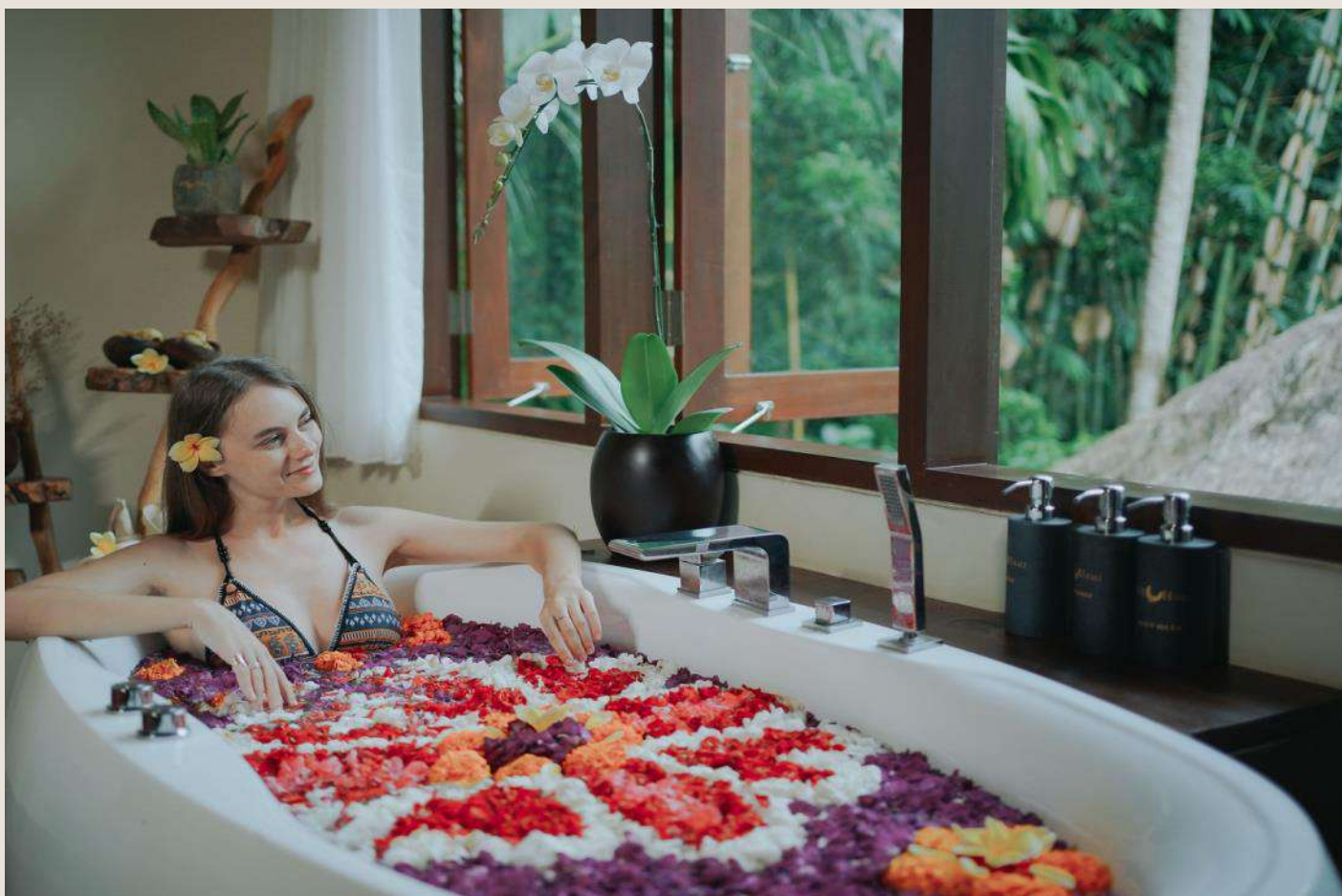
90 mins | IDR 1.090.000++

- Balinese Massage
- Aromatherapy Bubble Bath with Rose Petals
- Ginger Tea

This dreamy spa package is designed exclusively for busy couples wanting to gift themselves with pampering time together. This romantic treatment consists of a Balinese massage for couples and an aromatherapy bubble bath with rose petals to enhance the romantic sensation.

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Please book four hours in advanced to allow us select the finest ingredients*





# Spa Etiquette

## Outside Spa Therapist

For the safety and comfort of all guests, outside spa therapists are strictly not permitted. To ensure an ultimate spa experience, we kindly request you to exclusively enjoy our Mahamaya Spa services

## Spa Opening Hours

9 AM – 9 PM . We recommend booking your treatments in advance to secure a time that best suits your schedule.

## Cancellation Policy

We request that you cancel your reservation at least 12 hours prior to your appointment time. If the cancellation is made less than 12 hours, a cancellation fee of 50% will be applied.

## Arrival

Please arrive at least 10 minutes before so that you can enjoy an optimal spa experience. Late arrivals will not be afforded an extension of treatments. Treatments will be rendered only for the remainder of the scheduled appointment and charged at total value.

## In-Villa Spa

In-villa Spa is only available for the massage menu and bathing ritual. Additional charge is applied for in-villa massage at IDR 150.000++/person

## Price

All prices are in thousand Indonesian Rupiah and subject to 10% service charge & 11% tax.

## Products

All products used at Mahamaya Spa are free from harmful ingredients, colorants, and synthetic fragrances. We only use the best natural product registered in the Indonesian Food & Drug Control.

## Amenities

On arrival, you will be provided with a bathrobe and slippers. Towels are offered throughout the spa, and disposable underwear is available for all body treatments.

## Loss or Damaged

We regret that we cannot be responsible for any loss or damage to personal items and valuables during your visit. Please refrain from wearing jewelry or valuables to the spa.

## Etiquette

Our spa environment is one of tranquillity and relaxation. In consideration of other spa guests, we ask that you speak in a quiet voice and switch off your mobile phones.

## Health Considerations

To maximize the benefits of your spa experience, please inform us of any health issues, allergies, or injuries that may make your chosen treatment unsuitable so that we may advise safer alternatives.



## *Stay Connected*



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**Ubud Nyuh Bali Resort & Spa**

*Serve with smile and sincerity*