

Wellness Activities



Private Yoga



Inhale the Ubud's gentle wind, and exhale the tension that holds you back. Our private yoga session is suitable for the first-timer to advance yogis as our certified yoga instructor will tailor the session according to your body's needs. Just come as you are, embrace deeper stretching in a safe and supportive way, and achieve inner peace through each pose.

Available style:

*Gentle flow / Hatha / Yin / Restorative/ Vinyasa / Power Yoga /
Ashtanga / Pre-natal / Post Natal*

75 minutes included consultation with the Certified Instructor

IDR 290.000 ++ per person (min 2 person)

IDR 550.000 ++ for one person

All prices are subject to 21% tax and service charge

For reservation, please contact "0" from your room to schedule your appointment two days in advance

The booking is non refundable, 100% cancellation fee will be applied for cancellation

Private Meditation



Meditation has been widely known to release stress, improve our sleep, and play an important role in managing anxiety. All too often, many people are eager to try meditation but give up before even trying it due to the perceived mindset that they can't do it. The beautiful fact is that the more difficult you find meditation, the more you will discover the benefits of guided meditation as our friendly instructor will help you to focus on your meditation journey

75 minutes

IDR 290.000 ++ per person (min 2 persons)

IDR 550.000 ++ for one person

All prices are subject to 21% tax and service charge

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Private Breathwork



How we breathe shapes how we live. This breathwork exercise uses various breathing techniques to relieve anxiety, reduce stress, and create calm in both body and mind. It encourages the release of stored negative emotions, helping you let go of tension with each exhale. As an accessible alternative to meditation, breathwork offers a simple yet powerful path to inner peace and improved well-being. Reconnect with yourself, foster resilience, and breathe your way to a better quality of life.

75 minutes

IDR 350.000 ++ per person (min 2 persons)

IDR 590.000 ++ for one person

All prices are subject to 21% tax and service charge

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Sound Healing



Sound is known as one of the most natural forms of healing known to mankind and has long been realized to promote much deeper than just relaxation, like releasing emotional blockage, reducing stress, improving sleep, and inducing higher states of consciousness. The session will begin with a foot ritual followed by short consultation with our healing practitioner to understand your concern and deliver personalized therapy.. After that, simply lie down and close your eyes to receive the sounds in the private healing journey through the Tibetan singing bowl and various instruments.

If you wish, our practitioner will place a singing bowl on your body for a deeper healing benefit.

75 minutes included consultation with the Certified Instructor

IDR 990.000 ++ for one person

All prices are subject to 21% tax and service charge

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Holistic Stress Relief



This treatment is specifically designed to reduce stress both physically & mentally. The healing journey begins with a foot ritual and deep tissue massage to release the muscle stiffness in your body. After that, the healing practitioner will do private consultation and tailor personalized therapy using a Tibetan singing bowl and other instruments adjusted to your requirement to release the negative energy from your mind & soul. In the end of the treatment, embrace the awakening sense with our signature milk bath that will nourish your skin and healthy juice to boost your immune from within

150 minutes at IDR 1.690.000 ++/person

Foot Ritual

Deep Tissue Massage

Consultation with Healing Practitioner

Personalized Sound Therapy

Milk Bath with Customized Essential Oil Blend

Immune Booster Juice

All prices are subject to 21% tax and service charge

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Reiki Healing



Reiki treatment combines the Universal Life Force with the warmth and reassurance of the human touch. Reiki ***is not*** a massage, the practitioner will place the palm of her hands gently in a different position on your body. ***Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy.*** It raises the vibratory level of the energy field in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away.

75 minutes at IDR 1.490.000 ++/person

Foot Ritual

Reiki Healing

Consultation with Healing Practitioner

Fresh Young Coconut

All prices are subject to 21% tax and service charge

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Chakra Healing



Chakra Healing utilizes seven Tibetan singing bowls, each specifically attuned to one of the body's primary chakras, to restore harmony and balance to your energy centers. The session is handled by an experienced practitioner, who skillfully plays the bowls to produce therapeutic sound vibrations that resonate with each chakra. These soothing frequencies help to release blockages, realign your energy flow, and promote deep relaxation. The therapy works to rejuvenate your physical, emotional, and spiritual well-being, leaving you with a renewed sense of balance and clarity.

75 minutes at IDR 1.490.000 ++/person

Foot Ritual

Chakra Healing

Consultation with Healing Practitioner

Fresh Young Coconut

All prices are subject to 21% tax and service charge

For reservation, please contact "0" from your room to schedule your appointment two days in advance

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Life Coach with Psychologist



If you constantly feel anxious or overwhelmed
If you want to improve yourself but don't know where to start
If you can't find your purpose & meaning in life
If you want to gain self-confidence

Then this private life coach will be beneficial for you. Our certified psychologist will guide you through the intimate session to detach from what does not serve you anymore and live more mindfully afterward. To respect your privacy, the session will be held in your villa, room balcony, or any place in our resort that your soul is comfortable with.

60 minutes at IDR 1.690.000 ++/person

All prices are subject to 21% tax and service charge

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Ubud Nyuh Bali Resort & Spa

Serve with smile and sincerity