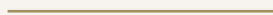


UMA KALAI

UBUD, BALI



SPA

UMA KALAI

UBUD, BALI

WELCOME TO THE SPA AT UMA KALAI

The time to focus on mindfulness is now. Relieve tension and stress from your life, let your body rejuvenate, focus on your spirituality and mindset.

Enjoy luxurious 5 star quality spa services at Uma Kalai. We carefully curated a select range of treatments to showcase the best therapies of Bali and Indonesia as well as classic offerings to enhance your stay at our beautiful property. Our expert therapists use natural eco-friendly botanically based products to promote wellness inside and out. We offer in room service as well as treatments in our indoor pavilions according to your preference. Combine treatments for an ultimate spa day experience.

Treatments available from 10AM to 8PM and reservations must be made at least 6 hours in advance. Any cancellation must be done up to 4 hours before the treatment. Contact our staff for reservations and more information:

+62 813 3947 6363



MASSAGE

UMA KALAI

UBUD, BALI

UMA KALAI SIGNATURE MASSAGE

60 minutes

IDR 600K

90 minutes

IDR 825K

Uma Kalai's Signature Massage was expertly developed to unwind and re-energize the body and mind. A nourishing body massage using light to medium pressure strokes helps to ease jet lag, muscle tightness, and detoxify the system for optimal balance.

DEEP TISSUE MASSAGE

60 minutes

IDR 600K

90 minutes

IDR 825K

Deep tissue massage releases the deepest layers of muscle, fascia, soft tissue, and deeply held tension. This massage will relieve chronic pain, increase circulation, and restore a peaceful state of mind.

BALINESE MASSAGE

60 minutes

IDR 600K

90 minutes

IDR 825K

Balinese massage uniquely combines acupressure, long stretches, kneading, and reflexology for a deeply relaxing and hypnotic experience. Enjoy this therapy for both physical and mental restoration.

REFLEXOLOGY

60 minutes

IDR 600K

A truly holistic treatment, reflexology treats the entirety of the body and energy system while applying massage and pressure point therapy to the feet. Enjoy a stimulating and relaxing foot massage while simultaneously facilitating overall well-being.

*All prices are in thousands of Rupiah
Subject to 21% tax and service charge*

MASSAGE

UMA KALAI
UBUD, BALI

COUPLE'S MASSAGE

60 minutes

IDR 1200K

90 minutes

IDR 1650K

Celebrate your bond with our Couple's Massage, a shared journey of ultimate relaxation with rhythmic strokes. Unique technique uses long, continuous movements, mimicking ocean waves to enhance circulation, and restore harmony to the body and mind.

HOT STONE MASSAGE

90 minutes

IDR 975K

A deeply soothing and therapeutic experience using smooth, heated basalt stones to melt away tension, enhance circulation, and restore balance to the body and mind. The warmth of the stones promotes deep relaxation, leaving you feeling rejuvenated and at peace.

BODY CARE

BALINESE BOREH

90 minutes

IDR 900K

Experience an invigorating treatment, which uses local ingredients such as ginger, clove, turmeric, and cinnamon as herbal therapy for nourished and healthy skin. Combined with a Balinese massage, you will look and feel renewed inside and out. Complete your experience with our tropical Flower Bath, the perfect end to your treatment.

*All prices are in thousands of Rupiah
Subject to 21% tax and service charge*

UMA KALAI

UBUD, BALI

JAVANESE ROYAL LULUR

90 minutes

IDR 900K

A traditional Javanese health and beauty ritual, this treatment includes local herbs and rice to exfoliate and soften the skin and invigorate circulation. Complemented by a Indonesian massage, your body and mind will be rejuvenated. Complete your experience with our tropical Flower Bath, the perfect end to your treatment.

FACIAL

ESSENTIAL FACIAL

60 minutes

IDR 600K

Revive your skin's natural glow with this youth-enhancing, restorative facial, specially designed for sensitive or sun-exposed skin. Gentle yet effective, this treatment calms irritation, deeply hydrates, and restores balance, leaving your complexion refreshed, radiant, and beautifully renewed.

CLARIFYING/BALANCING

60 minutes

IDR 650K

Reveal youthful, radiant skin with this anti-aging facial designed to balance, hydrate, and restore your natural glow. This treatment features gentle exfoliation, toning, and deep moisturization, all using products crafted from nature's finest ingredients. Perfect for achieving a smoother, firmer complexion and long-lasting luminosity.

*All prices are in thousands of Rupiah
Subject to 21% tax and service charge*

NAILS CARE

UMA KALAI

UBUD, BALI

We specialize in natural nail care designed to reveal your nails' true beauty. In line with our concept, we do not offer colored polish, each treatment is finished with a clean, glossy clear coat for an elegant, natural look

MANICURE

60 minutes

IDR 375K

Relieve long held tension in the hands while improving their look and appearance. Exfoliation, massage, and manicure.

PEDICURE

60 minutes

IDR 375K

Treat your feet to a relaxing soak, invigorating exfoliation, pedicure, plus foot and calf massage which stimulate circulation and soften the skin.

MIND-BODY, CONNECTION AND FLEXIBILITY

UMA KALAI
UBUD, BALI

PRIVATE YOGA

Single

IDR 800K

Couple

IDR 1200K

Experience personalized yoga sessions tailored to your specific needs and goals with our private yoga sessions. Whether you're a beginner looking to establish a strong foundation or an experienced practitioner seeking to deepen your practice, providing individual attention and adjustments to enhance your alignment, flexibility, and overall well-being

PRIVATE PILATES

Single

IDR 1200K

Private Pilates sessions designed to target and strengthen your core, improve posture, and enhance overall body awareness. Focus on building strength, stability, and exibility while promoting mindful movement and body-mind connection