

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 4 hours in advance. Any cancellation must be done up to 6 hours before the treatment. Contact our staff for reservations and more information:

+62 813 3947 6363



MASSAGE

UMA KALAI
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UMA KALAI SIGNATURE MASSAGE (60 minutes) IDR 550K

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 550K

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 550K

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 550K

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.

COUPLE'S MASSAGE (60 minutes) IDR 1.100K

Enjoy the experience and benefits of a couple's massage. Choose from our selection of outstanding massages for you and your partner.

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

BODY CARE

BALINESE BOREH (90 minutes)

IDR 775K

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. Warm bath advised prior to your appointment.

JAVANESE ROYAL LULUR (90 minutes)

IDR 775K

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 deep tissue massage, your body and mind will be rejuvenated. Warm bath advised prior to your appointment.

FACIAL

ESSENTIAL FACIAL (60 minutes)

IDR 550K

Revive your skin's radiance with this youth-boosting, restorative facial. Gentle enough to soothe sensitive or sunburned skin, yet effective at calming and renewing to let your true beauty shine through.

CLARIFYING/BALANCING (60 minutes)

IDR 550K

Achieve balanced and healthy skin. Double cleanse, tone, gently exfoliate and optimally moisturize for a clear complexion and beautiful glow using products made from nature's best ingredients.

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CLARIFYING/BALANCING

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.