



SUARA AIR
RESORT UBUD

Relax & Revive

SPA MENU



SUARA ASMARA ESCAPE

A ROMANTIC RITUAL FOR DEEP CONNECTION AND RENEWAL

A beautiful experience designed for couples to slow down and reconnect. The journey begins with a relaxing Balinese massage using warm aromatic oils to release tension and restore harmony.

The ritual continues with a gentle body scrub to smooth and refresh the skin, followed by a calming flower bath creating a serene and intimate moment together.

The experience concludes with a romantic dinner, featuring a selected set menu and drinks for a perfect evening of connection and celebration.

An unforgettable escape for romance and shared serenity.

180 mins

IDR 2,000 K

TIRTA SUKMA HARMONY

A SACRED JOURNEY FOR BODY, SOUL, AND TOGETHERNESS

Inspired by Tirta (holy water) and Sukma (soul), this ritual offers a deeply relaxing wellness experience.

The journey begins with a Balinese massage, followed by a traditional body scrub to refresh and renew the skin. The experience continues with a calming flower bath for complete relaxation. To complete the ritual, guests are invited to enjoy a romantic dinner with a set menu and selected drinks.

A harmonious experience that refreshes the body and restores inner balance.

150 mins

IDR 1,500 K

ROYAL JAGADHITA SERENITY

A GRACEFUL BALANCE OF RELAXATION AND RENEWAL

Inspired by the meaning of Jagadhita — prosperity and well-being, this treatment restores both body and mind.

The experience begins with an aromatherapy massage to calm the body and improve circulation, followed by a refreshing facial treatment to cleanse, nourish, and revitalize the skin.

The journey continues with a casual dining experience at our restaurant, offering a set menu and refreshing beverages in a relaxed atmosphere.

A refined moment of comfort, balance, and gentle indulgence.

150 mins

IDR 1,350 K

CHANDRA RELIEF SERENTIY: WARM STONE + SCRUB

This soothing treatment begins with a warm stone massage, where heated volcanic stones are placed and gently glided along the body to release deep muscle tension, improve circulation, and promote profound relaxation. The ritual continues with a natural body scrub, delicately exfoliating the skin to remove impurities and reveal a smoother, refreshed, and radiant glow.

120 mins

IDR 988 K

PUSPITA GLOW RITUAL: BALINESE MASSAGE + SCRUB

This refreshing treatment begins with a traditional Balinese massage, using rhythmic movements and aromatic oils to release muscle tension, improve circulation, and bring the body into deep relaxation. The ritual continues with a gentle body scrub, exfoliating the skin to remove dull cells and reveal a smoother, softer, and naturally radiant glow. *A simple yet rejuvenating ritual to relax the body and restore your natural glow.*

120 mins

IDR 888 K

TRADITIONAL WARM STONE DETOX THERAPY

A deeply relaxing therapy where smooth heated stones are gently placed and glided along the body to release deep muscle tension and improve circulation. The comforting warmth helps the body detoxify naturally while encouraging a profound sense of calm and balance.

60/90 mins

IDR 650/850K

DEEP TISSUE MASSAGE

This therapeutic massage uses slow, firm pressure to reach deeper muscle layers, helping to release chronic tension and stiffness. Ideal for guests seeking stronger relief, this treatment improves flexibility while leaving the body feeling lighter and restored.

60/90 mins

IDR 650/800 K

TRADITIONAL BALINESE MASSAGE

A traditional healing therapy inspired by ancient Balinese techniques. This massage combines rhythmic pressure, long flowing strokes, and gentle stretching to stimulate circulation and release muscle tension while restoring the natural harmony of the body and mind.

60/90 mins

IDR 600/800 K

+ Prices are subject to 12% government taxes & 10% service charge

LOCAL AROMATHERAPY MASSAGE

A relaxing massage using carefully selected aromatic essential oils inspired by local Balinese botanicals. The gentle movements calm the nervous system, relieve stress, and create a deep sense of relaxation and comfort.

60/90 mins

IDR 600/800 K

LOMI-LOMI MASSAGE

Originating from Hawaiian healing traditions, Lomi-Lomi massage uses long, continuous strokes performed with the forearms and hands. The flowing rhythm promotes circulation, releases tension, and creates a sense of harmony throughout the body.

60/90 mins

IDR 550/650 K

BACK, NECK & SHOULDER MASSAGE

A focused massage designed to relieve tension in the upper body where stress is commonly held. Targeted pressure and soothing techniques help relax tight muscles and restore comfort to the back, neck, and shoulders.

60 mins

IDR 350 K

FOOT REFLEXOLOGY MASSAGE

A revitalizing therapy applying pressure to specific reflex points on the feet that correspond to different organs of the body. This treatment stimulates circulation, restores energy flow, and promotes overall body balance.

45/60 mins

IDR 300/350 K

FACIAL & HEAD REFLEXOLOGY MASSAGE

A gentle massage focusing on the face and scalp to release tension and stimulate circulation. The soothing movements relax facial muscles, refresh the mind, and leave the skin feeling naturally revitalized.

60/90 mins

IDR 300/400 K

+ Prices are subject to 12% government taxes & 10% service charge