



Wellness Menu



ANANTARA

SPA



Balance Wellness

Ancient Healing Rituals

We have partnered with leading experts in naturopathy, Ayurveda, yoga and spiritual healing to bring you ancient therapies rooted in diverse cultural healing practices. Additionally, our carefully curated off site wellness experiences will transport you to the most scenic of settings for a deeply transformative journey.



Idha Guru

High Priest

Agni Yajna

Off-Site Experiences (2 hours)

An ancient Vedic ritual also known as Agnihotra, this sacred ceremony involves offerings to a consecrated fire, honouring Agni, the revered fire deity and divine messenger. By participating in this timeless tradition led by Idha Guru you purify your surroundings and invite divine blessings into your life.

Spiritual Elevation Ritual

Experiences Hosted by Anantara Spa (2 hours)

Join Idha Guru Sri Empu, a revered High Priest, at his home in Bukian Village, a five minute drive from the resort. Begin with a one on one conversation to connect with your energy and aura. This is followed by a purification ceremony featuring traditional Balinese offerings, designed to deepen your understanding of your spiritual needs. Conclude with guided prayers to elevate and purify your spirit as part of this unique and transformative experience. You will be accompanied by our resident Naturalist on your journey.



Ibu Mursi

Blind Healer

Chakra Synergistic Therapy

Experiences Hosted by Anantara Spa (60 minutes)

Experience the transformative power of chakra balancing therapy with Ibu Mursi, the renowned Blind Healer. This personalised session is tailored to your unique constitution, harmonising your energy flow and balancing each chakra for optimal health and well being. Discover a state of deep balance and inner harmony.

Zona Reflexology

Experiences Hosted by Anantara Spa (60 minutes)

Experience the healing benefits of reflexology with Ibu Mursi who will combine expert foot massage with specialised reflexology techniques to relieve specific pains and ailments, enhance blood circulation and address individual body conditions. Join the revered healer to find therapeutic relief tailored to your needs

Tendon Meridian Therapy

Experiences Hosted by Anantara Spa (60 minutes)

Combining knowledge of meridian pathways and the body's muscular structure to relieve tension and promote energy flow, this ancient healing therapy utilises gentle pressure on key meridian points to stimulate chi energy flow, optimising the function of vital organs and promoting overall wellness and vitality.



Ibu Ayu Indra

Yogi Guru

The Journey of Sound Healing

Experiences Hosted by Anantara Spa (60 minutes)

Providing a sanctuary for your mind, body and spirit, a private sound session immerses you in the soothing vibrations of ancient Balinese instruments, harmonising your energy and restoring inner balance. Experience a meditative state and reconnect with your true self amidst the chaos of daily life.

Flow with Melody

Experiences Hosted by Anantara Spa (60 minutes)

Experience a trance like yoga flow, a meditative practice guided by gentle transitions between postures and soothing music. Feel the seamless harmony of movement and breath, deepening your connection to inner peace and tranquillity.

Asana Alignment

Experiences Hosted by Anantara Spa (60 minutes)

Unlock yoga's full potential with an advanced session tailored to your unique anatomy, strength and flexibility. Under Ibu Ayu Indra's expert guidance, benefit from safe and effective alignment of each asana for improved well-being and a deeper connection to your practice.



Bapak Partha

Panca Maya Kosha Healer

Panca Maya Kosha

Experiences Hosted by Anantara Spa (60 minutes)

Meaning “five invisible layers” in Sanskrit, this transformative energy healing technique focuses on the five layers of the human body, seamlessly connecting the physical and energetic realms to promote profound balance and well-being. You will begin with a guided meditation, before lying down on the treatment bed for the energy healing session proper.



Made Warnata

Resort Fitness Trainer

Personal Training Session

Experiences Hosted by Anantara Spa (60 minutes)

Unlock your potential with our expert Fitness Guru, who will guide you toward your fitness goals with personalised workouts, motivation and tailored support. Elevate your fitness journey and achieve results that exceed your expectations.

Gym is open 24/7, with personal training sessions available daily from 9:00 am till 6:00 pm.

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