



Wellness Menu



ANANTARA

SPA



Balance Wellness

Ancient Healing Rituals

In collaboration with leading experts in naturopathy, Ayurveda, yoga, and spiritual healing, we invite you to experience ancient therapies rooted in diverse cultural traditions. Additionally, our curated off-site experiences offer a journey into Bali's most scenic settings, creating opportunities for deep transformation and reconnection.



Made Warnata

Director of Spa, Wellness, and Recreation

Vajra Githa Healing

Experiences Hosted at Anantara Spa

60 MINUTES | 2.150.000/Pax++

An ancient energy healing performed by our resort wellness expert. This ritual blends the sacred vibrations of the Vajra, used by Balinese priests in temple ceremonies, with meridian acupressure. Designed to calm the nervous system, ease physical discomfort, and realign energy flow.

Personalized Fitness goal

Experiences Hosted at Anantara Spa

60 MINUTES | 2.150.000/Pax++ | 3.500.000/Couple++

Reach your full potential with the support of fitness guide from our resort wellness expert. Tailored to your body and goals, this personalised session integrates targeted workouts, motivational support, and mindful movement to elevate your fitness journey.

All prices are in Indonesian Rupiah and are subject to 10% service charge and 11% government tax.



Idha Guru

High Priest

Agni Yajna

Off-Site Experience (2 hours)

120 MINUTES | 2.850.000/Pax++ | 4.500.000/Couple++

An ancient Vedic ritual also known as Agnihotra, this sacred fire ritual is led by Idha Guru to honour Agni, the fire deity and divine messenger. Offerings are made to a consecrated flame, purifying your surroundings and inviting spiritual blessings through this profound, ancient tradition.

Spiritual Elevation Ritual

Experiences Hosted at Anantara Spa

120 MINUTES | 3.500.000/Pax++ | 4.500.000/Couple++

Meet Sri Empu, a revered High Priest, at his home in Bukian Village—just five minutes from the resort. Accompanied by our resident Naturalist, the journey begins with a private energy consultation, followed by a traditional purification ceremony using Balinese offerings. The ritual concludes with guided prayer to uplift and purify the spirit in this rare and transformative experience.

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Sri Labdhawara Kusuma

Hasta Sidhi Healer

Self Devine Awakening
Experiences Hosted at Anantara Spa
180 MINUTES | 3.950.000/Pax++

Cleanse your body and ignite your energy and chakras. Allow the world-renowned spiritual master, Sri Labdhawara Kusuma, to transfer his positive and healing energy to your body and awaken your soul through Guided Self Divine Light Awakening and Shaktipat Blessing.

Hasta Sidhi Healing
Experiences Hosted at Anantara Spa
60 MINUTES | 2.150.000/Pax++

Take this rare and limited-time opportunity to heal your physical, etheric, and astral bodies with holistic Hasta Siddhi Healing therapy which blends soft and deep tissue massage techniques with pranic healing and kundalini energy by Sri Labdhawara Kusuma, a figure of great significance in the world of spirituality.

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Ibu Ayu Indra

Yogi Guru

The Journey of Sound Healing

Experiences Hosted at Anantara Spa

60 MINUTES | 2.150.000/Pax++ | 3.500.000/Couple++

Retreat into stillness as you are immersed in the healing vibrations of ancient Balinese instruments. This meditative session harmonises mind, body, and spirit, restoring inner balance through the power of sound.

Asana Alignment

Experiences Hosted at Anantara Spa

60 MINUTES | 2.150.000/Pax++ | 3.500.000/Couple++

Explore advanced postural alignment with Ibu Ayu Indra in a session tailored to your body's strength, flexibility, and needs. Deepen your practice safely and effectively, while enhancing your physical and mental well-being.

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Bapak Partha

Panca Maya Kosha Healer

Panca Maya Kosha

Experiences Hosted at Anantara Spa

60 MINUTES | 2.150.000/Pax++

Derived from Sanskrit, Panca Maya Kosha means “the five invisible layers.” This transformative energy healing connects your physical body with its energetic layers, fostering holistic balance. Begin with a guided meditation before settling into deep restoration on the treatment bed.

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ANANTARA UBUD BALI RESORT

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