



Discover
the exotic pampering
secrets
of Indonesia's
Spice Islands

Anantara Spa at Anantara Bali Uluwatu Resort & Spa

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Welcome to Anantara Spa



Rooted in the beautiful country of Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and extends seamlessly to our global reach of spas located in the most exotic destinations around the world.

Our enduring belief is expressed in perfect harmony through the traditions of each locale, beyond which a yearning for ageless, natural remedies is answered by a finely tuned repertoire of health and beauty concepts which deliver intoxicating authenticity.

Surrender to the cascading romance of a cliff-side escape and feel refreshed by lush garden views. Soak up Uluwatu's timeless heritage in our spa haven which is luxuriously designed to reflect a traditional Balinese "lumbung" rice barn, whose ornate architecture expresses thanks to the goddess of rice and wishes for abundant harvests.



In this meaningful sanctuary of ancient glory and prosperity, Anantara Spa treatments are inspired by the intrigue of our exotic destination, and harness the richness of Indonesia's Spice Islands which were once the world's largest producer of mace, nutmeg, cloves and pepper.

These coveted ingredients were sent to Persia over 3000 years ago and the volcanic islands enjoyed a thriving trade with the Far East for centuries, before European vessels descended throughout the 1500s. Symbolising luxury and highly valued for their distinctive flavour and medicinal benefits, Anantara Spa fuses precious spices from Indonesia and beyond to bring you a wealth of pampering, aromatic rituals.



Unwind with therapies that offer perfect balance and tranquillity. Relinquish time and pressure and allow us to personalise sequences for your supreme wellbeing. Embark upon a path toward positive wellbeing that draws on Anantara's dedication to the time honoured, natural health beliefs of our ancient philosophy, and fulfill your desire for a revitalising journey.

Step into the world of Anantara and experience exceptional luxury in breathtaking surrounds, letting your cares slip away and your sensual journey begin...

At Anantara Spa, the greatest journeys are felt, not told



Ginger



Ginger's numerous health benefits have been revered for over 2000 years. In traditional Chinese medicine it is used to calm upset stomachs, treat cold symptoms, cure rheumatism, ease headaches, pain and inflammation, revive aching muscles, boost circulation and relieve fatigue.

As one of the world's top producers, Indonesia's wealth of ginger provides abundant inspiration for our rejuvenating signature journeys.

Sensual Spice Odyssey – Signature Treatment (200 Minutes)

Restore your vitality with this series of rejuvenating therapies, incorporating uplifting herbs and spices to arouse the senses, stimulate the body and leave skin exquisitely smooth.

Floral Foot Ritual • Exotic Lime and Ginger Salt Glow • Shower • Stress Release Massage • Choice of Skin Specific Facial • Refreshment

Island of Java Journey (165 Minutes)

Originating from the Royal House of Java, this traditional beauty ritual is no longer reserved for royalty, but is sure to bestow a regal radiance by relieving tension, improving blood flow and bringing waves of muscle relief.

Floral Foot Ritual • Javanese Lulur Body Scrub • Shower • Balinese Massage • Refreshment

Journey to the Orient (165 Minutes)

Rediscover your inner strength and vigour with an exquisite journey from the orient. Relax in the tender care of expert therapist hands, and indulge your senses in therapies revered the world over.

Floral Foot Ritual • Traditional Thai Massage • Indian Head Massage • Shower • Refreshment

Dawn Renewal (165 Minutes)

Rise to a refreshing ritual of replenishing therapies. Cleanse and exfoliate with a scrub infused with coconut and cinnamon, and experience an invigorating deep tissue massage.

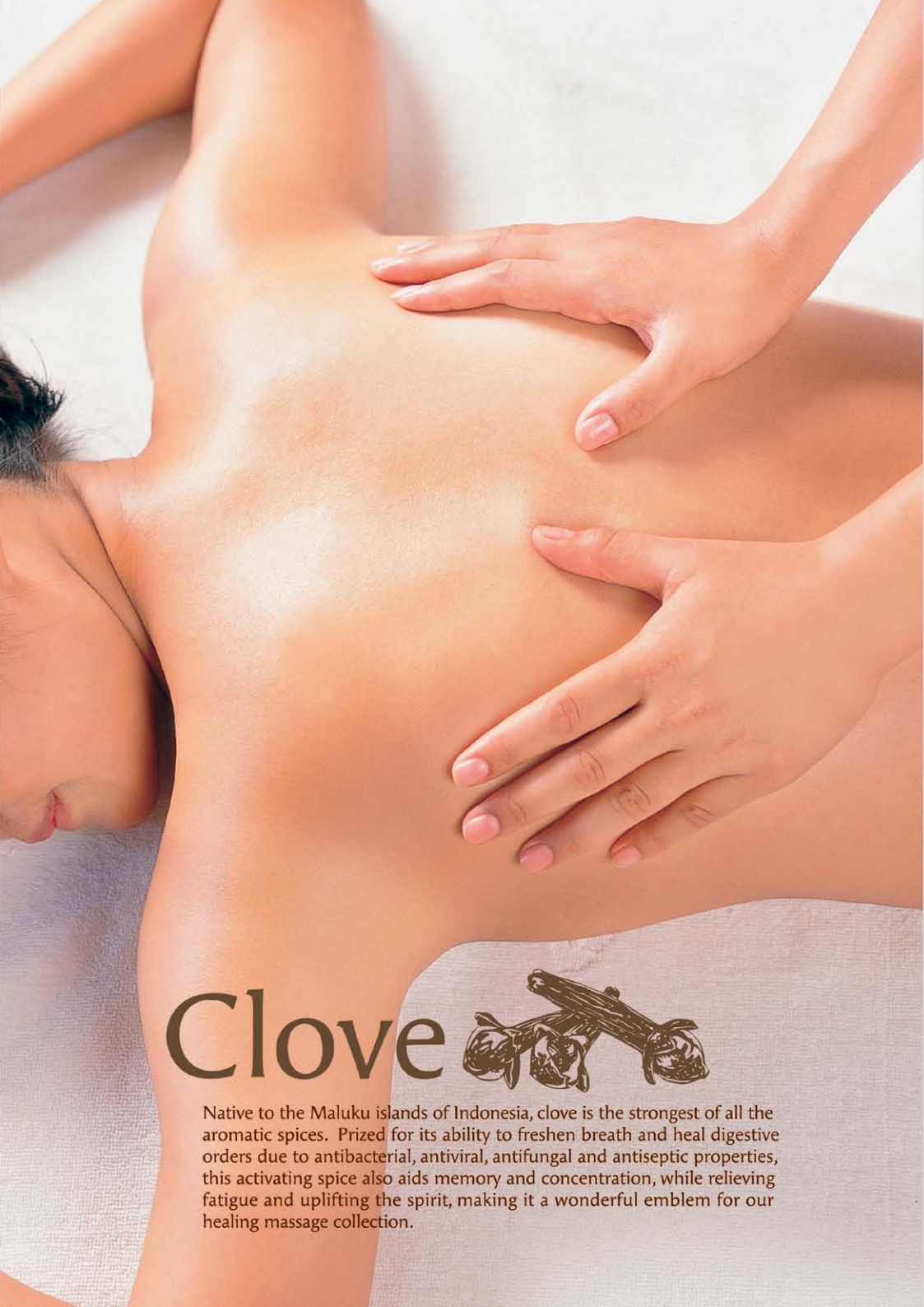
Floral Foot Ritual • Coconut and Cinnamon Body Polish • Shower • Deep Tissue Massage • Refreshment

Dusk Relaxation (165 Minutes)

End your day with a soothing total body and foot massage series. Let ancient techniques restore your body's energy flow and unwind your tired mind.

Shower • Floral Foot Ritual • Swedish Massage • Foot Massage • Refreshment





Clove



Native to the Maluku islands of Indonesia, clove is the strongest of all the aromatic spices. Prized for its ability to freshen breath and heal digestive orders due to antibacterial, antiviral, antifungal and antiseptic properties, this activating spice also aids memory and concentration, while relieving fatigue and uplifting the spirit, making it a wonderful emblem for our healing massage collection.

Anantara Signature Massage (60/90 Minutes)

Our signature blends of oil, combined with purpose-designed movement, stimulates the circulation and promotes deep relaxation, whilst restoring the flow of energy or prana, along the meridian lines.

Shower • Floral Foot Ritual • Anantara Signature Massage • Refreshment

Traditional Thai Massage (60/90 Minutes)

This unique and exotic technique, passed down through generations, is known as 'passive yoga' and offers the ultimate body workout. Let our expert therapists take all the pressure away, letting you enjoy a wealth of stretching, flexibility and vitality benefits.

Shower • Floral Foot Ritual • Traditional Thai Massage • Refreshment

Deep Tissue Massage (60/90 Minutes)

This vigorous yet relaxing remedy uses classic Swedish massage strokes and works deeply into the muscles to stretch fibres and release tension that may otherwise cause restricted movement and pain. Enjoy improved blood flow and flexibility, and relieve sore muscles.

Shower • Floral Foot Ritual • Deep Tissue Massage • Refreshment

Stress Release Massage (60/90 Minutes)

Using a combination of strokes and classical movement techniques, along with a specially blended signature aromatherapy oil, this gentle massage is the perfect stress release tonic to completely relax both body and mind.

Shower • Floral Foot Ritual • Stress Release Massage • Refreshment

Balinese Massage (60/90 Minutes)

In this authentic massage style influenced by ageless tradition, therapists use an Indonesian floral oil together with palm pressure and stretching techniques to relieve tension and improve blood flow, and in turn create waves of muscle relief.

Shower • Floral Foot Ritual • Balinese Massage • Refreshment

Swedish Massage (60/90 Minutes)

Five variations of massage strokes manipulate each part of the body to stimulate the nervous system, improve circulation and flexibility, and enhance physical and mental wellbeing.

Shower • Floral Foot Ritual • Swedish Massage • Refreshment

Indian Head Massage (60/90 Minutes)

Based on ancient Ayurvedic principles, this massage combines pressure point techniques and massage movements with coconut oil to relieve tension in the head and neck. Both soothing and energising, this therapy can help to relieve insomnia and chronic headaches.

Floral Foot Ritual • Indian Head Massage • Shower • Refreshment

Foot Massage (60/90 Minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to stimulate corresponding organ groups in the upper body.

Floral Foot Ritual • Foot Massage • Refreshment



Cinnamon

Our luxurious body treatments reflect Indonesia's reverence for the remedial prowess of cinnamon. Indigenous to South East Asia, the anti-inflammatory qualities of this "sweet wood" are used to lessen joint and muscle pain.

Antifungal, antibacterial, antiviral and antiseptic properties effectively treat infections. While by aiding the circulation to ensure a healthy oxygen supply to cells, skin looks pure, nourished and radiant.



Javanese Lulur Body Scrub (60 Minutes)

An age-old beauty secret inspired by Javanese royalty, a variety of finely blended spices and herbs gently remove dead cells and smooth skin to a golden glow.

Floral Foot Ritual • Javanese Lulur Scrub • Shower • Body Moisturiser • Refreshment

Coconut & Cinnamon Body Polish (60 Minutes)

Rich in vitamins and anti-oxidants, ground apricot pits and cinnamon bark remove dead cells and strengthen new skin for a completely clear and flawless appearance.

Floral Foot Ritual • Coconut & Cinnamon Body Polish • Shower • Body Moisturiser • Refreshment

Bali Boreh Body Mask (60 Minutes)

Treat your skin to an ancient Balinese body mask, combining a mineral rich white kaolin clay base with spice and bark to draw out impurities and nourish cells back to health.

Floral Foot Ritual • Bali Boreh Body Mask • Shower • Body Moisturiser • Refreshment

Aloe After-Sun Soother (60 Minutes)

Wonderfully soothing and calming, expert therapists apply fresh, cooling aloe vera gel and a poultice of cold black tea and mint to decrease redness and pain.

Shower • Floral Foot Ritual • Aloe After-Sun Soother • Refreshment

Exotic Lime & Ginger Salt Glow (60 Minutes)

A body exfoliation to invigorate and revitalize. After light body brushing, warm oil is dripped over the body, before the sublime Elemis Exotic Lime & Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Floral Foot Ritual • Exotic Lime & Ginger Salt Glow • Shower • Body Moisturiser • Refreshment

Exotic Frangipani Body Nourish Wrap (60 Minutes)

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce Monoi which is poured over the body then cocooned in a foil wrap or dry float. Drenches skin with moisture and provides ultimate radiance, vitality and all over body glow.

Floral Foot Ritual • Exotic Frangipani Body Nourish Wrap • Shower • Body Moisturiser • Refreshment



Turmeric

Turmeric has been harvested in Indonesia for over 5,000 years, and is used in Asian cultures to treat blemishes, dark spots, hyper pigmentation and skin conditions such as eczema and psoriasis. Healing and preventing dry skin, it also slows the ageing process by diminishing wrinkles and improving skin's elasticity. As our facial series is designed for optimum results, the cosmetic enhancing qualities of this spice serve as our flawless icon.



Elemis Facial

Advanced Anti-ageing Facial

Pro-Collagen Quartz Lift Facial (75 Minutes)

Anti-wrinkle facial with proven result

This exceptional anti-wrinkle facial has been independently tested, with phenomenal result. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%. Specialized lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficiency, leaving a firmer, uplifted, more youthful looking appearance.

Skin Specific Facial

Herbal Lavender Repair (60 Minutes)

For perfect restoration of skin balance

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Fruit Active Glow (60 Minutes)

Bring back the glow to a lifeless complexion

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Exotic Cream Moisture Dew (60 Minutes)

Treat your skin to a moisture boost

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

For Men

Elemis has combined nature's prowess with scientific expertise to create a potent facial that responds to men's distinctive needs. Designed to combat the harsh consequences of modern living, this treatment neutralises the effect of damaging pollutants, accelerates skin repair and delivers long lasting defense.

Skin IQ+ (75 Minutes)

Anti-ageing booster for tired, stressed skin

Charged with the clinically proven, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing result.



Vanilla

Produced in abundance in Java and Bali, vanilla is one of the oldest and most familiar spices, and is revered for its flavouring and aromatic uses. An excellent antioxidant and antidepressant, this sweet spice is also a wonderful relaxant, and as such provides a wealth of indulgent appeals for our luxurious bath rituals.



Hand & Foot Care

Spa Manicure (75 minutes)

Treat your hands and nails to a sequence of soaking, filing and buffing, a nourishing mask and gentle massage, before an immaculate paint finish.

Spa Pedicure (90minutes)

Soothe and soften your feet in an aromatic foot soak, then enjoy toes that are clipped, filed and buffed to perfection. A foot mask replenishes vital moisture and a massage deeply relaxes, before an immaculate paint finish concludes this lavish beauty ritual.

French Finish

Add to any manicure or pedicure.

Hair Treatments

Basic Hair Creambath

Deluxe Hair Creambath

Hair Blow Variation

Men Hair Cut & Shampoo

Ladies Hair Cut & Shampoo

Make Up and Hair Do

In-room Treatments

Subject to availability.

A close-up photograph of a woman lying on her side on a white massage table, receiving a massage. Her eyes are closed, and she has a peaceful expression. Two hands are visible, one resting on her shoulder and the other on her upper arm. The lighting is soft and warm, creating a relaxing atmosphere.

Spa Etiquette

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings.
- Please note that the spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the peaceful atmosphere.
- We recommend that you leave all jewelry in your suite or villa before coming to the spa.
- All treatments will be charged to your suite or villa, and will appear on your account at check-out.
- Please give 4 hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after an aromatherapy treatment.
- Men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant, or have any other medical complications are advised to consult the doctor before signing up for any treatments.
- Please notify spa receptionists of any existing medical conditions.

All prices are in Rupiah and are subject to 21% service charge and government tax.

Prices are subject to change without prior notice.

Spa opening hours: 10 am – 10 pm.

Treatments are available until midnight upon request.
Advanced booking required.

For reservations, please contact Anantara Spa.

Treatment Price List

Ginger – Signature Journeys

	Mins	Rupiah
Sensual Spice Odyssey	200	2,500,000
Island of Java Journey	165	1,900,000
Journey to the Orient	165	1,800,000
Dawn Renewal	165	1,900,000
Dusk Relaxation	165	1,800,000



Clove – Massage

Anantara Signature Massage	60 / 90	1,200,000 / 1,400,000
Balinese Massage	60 / 90	1,000,000 / 1,250,000
Traditional Thai Massage	60 / 90	1,000,000 / 1,250,000
Deep Tissue Massage	60 / 90	950,000 / 1,200,000
Swedish Massage	60 / 90	950,000 / 1,200,000
Stress Release Massage	60 / 90	950,000 / 1,200,000
Indian Head Massage	60 / 90	850,000 / 1,050,000
Foot Massage	60 / 90	850,000 / 1,050,000



Cinnamon – Body Treatments

Javanese Lulur Body Scrub	60	600,000
Bali Boreh Body Mask	60	660,000
Coconut & Cinnamon Body Polish	60	600,000
Aloe After-Sun Soother	60	660,000
Exotic Lime & Ginger Salt Glow	60	690,000
Exotic Frangipani Body Nourish Wrap	60	690,000



Turmeric – Facials

	Mins	Rupiah
Pro-Collagen Quartz Lift Facial	75	1,200,000
Herbal Lavender Repair	60	950,000
Fruit Active Glow	60	950,000
Exotic Cream Moisture Dew	60	950,000
Skin IQ+	75	1,200,000



Hand & Foot Care

Spa Manicure	75	500,000
Spa Pedicure	90	650,000
French Finish	15	135,000



Hair Treatments

Basic Hair Creambath	500,000
Deluxe Hair Creambath	650,000
Hair Blow Variation	600,000
Men Hair Cut & Shampoo	400,000
Ladies Hair Cut & Shampoo	500,000
Make Up and Hair Do	2,000,000

In-Room Treatments

Choice of Massage	60*/90*
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**20% surcharge from published prices applied for in-room treatments*

All prices are in Indonesian Rupiah and are subject to a 21% service charge and government tax.

Prices are subject to change without prior notice.

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