



v l s e s a

Spa

*Discover the true essence of balance and rejuvenation at the SPA at Visesa Ubud Resort,
where every moment is dedicated to your ultimate well-being.*



Spa Menu

Special Pavilion Treatments

RECHARGE BACK MASSAGE

Experience our rejuvenating Neck and shoulder massage, designed to help you reclaim your vitality after a long and exhausting day. Our skilled therapists employ the art of acupressure to alleviate pain, release tension in your muscles, and target sore points, leaving you feeling refreshed and revitalized.

Treatment: Foot Bath Ritual, Revitalizing Massage, and concluding with a refreshing serving of Herbal Tea

350K ++ per person
30 minutes

HEALING FOOT REFLEXOLOGY

Discover the ancient art of foot reflexology, where specific points on your feet correspond to different organs in your body. Experience the shooting relief of body pain, an enhanced mood, and improved sleep patterns through this therapeutic session.

Treatment: Foot Bath Ritual, Foot Reflexology, and concluding with a refreshing serving of Herbal Tea

490K ++ per person
30 minutes

REJUVENATION FACIAL TREATMENT

Revel in the comprehensive facial treatment designed to unveil a refreshed and radiant complexion.

Treatment: Face Cleansing, Face Scrub, Face Massage, Face Mask, Massage Nutri Toner, Moisturizer, and concluding with a refreshing serving of Herbal Tea

500K ++ per person
60 minutes

TROPICAL BALINESE MASSAGE

Experience the time-honored Balinese massage, passed down through generations. This exclusive treatment combines gentle stretching and targeted acupressure techniques to invigorate your body and improve blood circulation.

Treatment: Foot Bath Ritual, Traditional Full Body Massage, and concluding with a refreshing serving of Herbal Tea

625K ++ per person
60 minutes

EXFOLIATING FULL BODY SCRUB

Experience the transformative effects of our Full Body Scrub, designed to eliminate dead skin cells and reveal irresistibly soft, smooth, and radiant skin. Choose from our selection of four scrubs: Rempah Wangi (Fragrant Spices), Bengkuang (Jicama), Coconut, or Green Tea tailored to your preferences.

Treatment: Foot Bath Ritual, Traditional Full Body Massage, and concluding with a refreshing serving of Herbal Tea

690K ++ per person
60 minutes

TRANQUILITY AROMATHERAPY MASSAGE

Immerse yourself in the harmonious blend of gentle stretches, targeted acupressure, and the soothing embrace of warm aromatherapy massage oil, carefully crafted to enhance blood circulation and revitalize your energy.

Treatment: Foot Bath Ritual, Aromatherapy Body Massage, and concluding with a refreshing serving of Herbal Tea

710K ++ per person
90 minutes

TULIP DEEP TISSUE MASSAGE

Indulge in a deeply invigorating traditional body massage, incorporating specialized movements using the backhand and elbow for an intense experience. This focused pressure technique stimulates blood flow and facilitates the release of toxins, leaving you feeling refreshed and revitalized.

Treatment: Foot Bath Ritual, Lomi-Lomi Massage, and concluding with a refreshing serving of Herbal Tea

760K ++ per person
90 minutes

VIESA SERENITY RETREAT

Immerse yourself in the perfect fusion of Balinese Massage and a Full Body Scrub, beginning with our rejuvenating Foot Bath Ritual and culminating in a rejuvenating Flower Bath for a truly refreshing experience.

Treatment: Foot Bath Ritual, Balinese Massage, Full Body Scrub, Flower Bath, and concluding with a refreshing serving of Herbal Tea

1.200M ++ per person
120 minutes

VIESA INTIMATE EXPERIENCE

Experience the exclusive Visesa Intimate Experience, tailored for those celebrating life's cherished milestones and significant events. Indulge in a 150-minute escape, beginning with a tranquil Foot Bath Ritual and continuing with a rejuvenating Balinese Massage, lavish Body Exfoliation, and refreshing Traditional Facial, and culminating in a serene Flower Bath. Conclude your journey with a revitalizing Herbal Tea, leaving you with memories to cherish.

Treatment: Foot Bath Ritual, Balinese Massage, Body Exfoliation, Traditional Facial, Flower Bath, and concluding with a refreshing serving of Herbal Tea

1.750M ++ per person
150 minutes

VIESA HONEYMOON JOURNEY

Embark on an enchanting journey with our harmonious blend of Balinese Massage and a full-body scrub. Begin your experience with a romantic Foot Bath Ritual and unwind together in a rejuvenating Flower Bath, creating memories that will last a lifetime.

Treatment: Foot Bath Ritual, Balinese Massage, Full Body Scrub, Flower Bath, and concluding with a refreshing serving of Herbal Tea

2.100M ++ per couple
120 minutes

Open Hours:
Monday - Sunday | 9am - 9pm

Website:
www.visesaubud.com

**Price is subject to
government tax and service charge**

Special Cave Treatments

AQUA CASCADE THERAPY

Indulge in a complete hydrotherapy massage featuring our Vichy Shower, ideal for alleviating fluid retention, soothing sore muscles, and combating fatigue and stress. Enhance your well-being with our carefully curated

880K ++ per person
90 minutes

VIESA SIGNATURE BALINESE MASSAGE

Experience serenity in our mystical cave oasis, where tradition meets innovation. Feel the tension melt away as skilled hands work their magic, leaving you refreshed and renewed, while the cave's ambiance connects you with nature's rhythms. Enhance your well-being with our carefully curated healthy food and drinks, completing your holistic experience.

980K ++ per person
90 minutes

LYMPHATIC DETOX THERAPY

Experience our Cave Treatment, a lymphatic detox therapy that reactivates lymph nodes, enhances mood, relieves anxiety, and boosts circulation for natural cleansing. Complete your wellness journey with our curated healthy food and drinks. For best results, **avoid eating for 2 hours after the treatment.** Following this, enjoy a complimentary selection of healthy food and beverages or opt for a special Visesa Spa gift as an alternative.

990K ++ per person
120 minutes

WARM STONE THERAPY

Smooth heated stones are strategically positioned on the body to gently warm and relax tight muscles while harmonizing the body's energy centers. Enhance your well-being with our carefully curated healthy food and drinks, completing your holistic experience.

1.050M ++ per person
120 minutes

HARMONY BAMBOO MASSAGE

The bamboo massage utilizes firm yet gentle pressure techniques, enabling the therapist to reach deep muscle layers. This approach effectively releases tension and knots, leading to comprehensive muscle relaxation. Enhance your well-being with our carefully curated healthy food and drinks, completing your holistic experience.

1.100M ++ per person
120 minutes



“Include your spa journey with our specially curated healthy food and beverage package, available for an additional charge of 160K++. As a token of our gratitude, enjoy our exclusive gift, specially prepared for you..”

Special Manicure & Pedicure Treatments

ZEN MANICURE (without polish)

Experience tranquility with a manicure focused on relaxation and care. This treatment soothes and refreshes your hands, providing meticulous grooming and a natural, polished look without the use of nail polish.

Treatment: Relaxing hand bath ritual, nail cutting, cuticle cleaning, a quick hand scrub, nail buffing, and finishing with nourishing nail vitamins.

470K ++ per person
45 minutes

ZEN PEDICURE (without polish)

Enjoy a serene pedicure experience that prioritizes relaxation and comfort. This treatment focuses on soothing and refreshing your feet, delivering meticulous care and a naturally polished finish without the use of nail polish.

Treatment: Relaxing foot bath ritual, nail cutting, cuticle cleaning, a quick foot massage, nail buffing, and finishing with nourishing nail vitamins.

500K ++ per person
45 minutes

TRANQUILITY MANICURE (with polish)

Unwind with a soothing manicure that combines relaxation with a touch of elegance. This treatment pampers your hands and includes a beautiful polish application, leaving your nails looking vibrant and refreshed.

Treatment: Relaxing hand bath ritual, nail cutting, nail cleaning, a quick hand massage, exfoliating hand scrub, nail buffing, a beautiful nail polish application, and finishing with nourishing nail vitamins.

670K ++ per person
75 minutes

TRANQUILITY PEDICURE (with polish)

Indulge in a relaxing pedicure designed to soothe and rejuvenate your feet. This treatment provides meticulous care and includes a beautiful polish application, leaving your toes looking vibrant and refreshed.

Treatment: Relaxing foot bath ritual, nail cutting, cuticle cleaning, a quick foot massage, exfoliating foot scrub, nail buffing, a beautiful nail polish application, and finishing with nourishing nail vitamins.

700K ++ per person
75 minutes

BLISSFUL COMBO (without polish)

Treat yourself to a soothing hand & food treatment that focuses on relaxation feeling refreshed and naturally polished without the use of nail polish.

Treatment: Relaxing hand and foot bath ritual, nail cutting, cuticle cleaning, a quick massage, exfoliating scrub, nail buffing, and finishing with nourishing nail vitamins.

780K ++ per person
90 minutes

HEAVENLY PAMPERED

Experience the ultimate in relaxation with a treatment that pampers both your hands and feet. This shooting session includes meticulous care and a beautiful polish application, leaving you feeling refreshed and your nails looking stunning.

Treatment: Relaxing hand and foot bath ritual, nail cutting, nail shaping, cuticle pushing, a quick massage, exfoliating scrub, nail buffing, a beautiful nail polish application, and finishing with nourishing nail vitamins.

1.100M ++ per person
150 minutes

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A day at the spa is a day in heaven...