



visesa

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

400K ++ 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

500K ++ 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

600K ++ 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

650K ++ 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, Natural Full Body Scrub, and concluding with a refreshing serving of Herbal Tea

750K ++ 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

800K ++ 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

800K ++ 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

1.2M ++ 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

1.8M ++ 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

2.3M ++ 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

Experience a hydrotherapy massage with our Vichy Shower to ease tension, soothe muscles, and combat fatigue. Complete your wellness journey with healthy food and drinks.

Treatment: Foot Warm Towels, Hydrotherapy Massage, selection of Healthy Food and Beverages, a worm towels available on request in exchange of shower in the cave

950K ++ per person
90 minutes

VISESA SIGNATURE BALINESE MASSAGE

Find serenity in our mystical cave oasis, where skilled hands rejuvenate you amidst nature's rhythms. Complete your experience with healthy food and drinks.

Treatment: Foot Warm Towels, Traditional Balinese Massage, selection of Healthy Food and Beverages, a worm towels available on request in exchange of shower in the cave

1M ++ per person
90 minutes

LYMPHATIC DETOX THERAPY

Discover our Cave Treatment for detox, mood enhancement, and circulation boost. Enjoy a complimentary healthy meal or a special Visesa Spa gift after your session. For best results, avoid eating 2 hours post-treatment.

Treatment: Foot Warm Towels, Lymphatic Detox Therapy, selection of Healthy Food and Beverages voucher or Visesa Gift, a worm towels available on request in exchange of shower in the cave

1.05M ++ per person
90 minutes

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

WARM STONE THERAPY

Heated stones relax muscles and balance energy. Complete your experience with healthy food and drinks.

Treatment: Foot Warm Towels, Warm Stone Therapy, selection of Healthy Food and Beverages, a worm towels available on request in exchange of shower in the cave

1.1M ++ per person
120 minutes

HARMONY BAMBOO MASSAGE

The bamboo massage uses firm pressure to release tension and relax deep muscles. Complete your experience with healthy food and drinks.

Treatment: Foot Warm Towels, Bamboo Massage, selection of Healthy Food and Beverages, a worm towels available on request in exchange of shower in the cave

1.2M ++ 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..

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.

1.1M ++ per person
150 minutes

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