



Welcome to ARANA SPA

Derived from the Jainism word, Āraṇa (आरण) refers to one of the sixteen heavens (Kalpa). Arana Spa harnesses the raw beauty, natural, and energetic spirit of the island of Bali. Tucked away on The Bali Eden, Arana Spa evokes the sensations of being in an ethereal garden for blissful relaxation featuring treatments exclusively tailored based on Usadha Bali philosophy. Our expert therapists are professionally trained to provide long-lasting, life-changing experiences with the right combination of traditional and modern technques. Usadha technique aims to improve blood flow, reduce muscular tension and ease common health problems.

Open to the elements of the finest of Bali, in line with our resort philosophy, the treatment applied in Arana Spa simultaneously touches the human physical, psychological, and emotional elements. Our spa use products that are ethical, organic, and natural, drawing inspiration from plants endemic to the island such as Piduh (Centella Asiatica), Teleng (Asian pigeonwings), virgin coconut oil, and many other herbs. Wellness is our priority, housing medical experts, natural treatments to high-intensity detoxes, Arana is the world's dreamiest wellness spa destination.

Opening Hours

Arana Spa's opening hours are from 09:00 am to 21:00 pm. The last reservation is at 20:00 pm for an hour massage. Arriving 15 minutes earlier allows you to make the most of your time with us. As spa time is valuable, arriving late will limit the treatment time. A spa confidential consultation form will be required to fill out for new guests before treatments begin to check for possible contraindication of any treatments.

Cancellation

As spa time is valuable, if you wish to cancel your appointment, please inform us at least six hours before to avoid a cancellation fee. If guests wish to reschedule, alter or move the appointment, contact us via email or directly on the telephone number noted below (+62 811 390 6144) at least 6 hours before your treatment time to avoid a cancellation charge. A 50% cancellation fee will be applied if guests cancel in less than six hours.

We have a cancellation policy 24 hours before your scheduled appointment, so please keep this in mind should you cancel or amend this booking, should you feel unwell or develop any symptom of Covid-19 within 24 hours of your appointment, the cancellation charge will be waived, as the wellbeing of our guest is our priority.

Valuable

We recommend that no jewelry is to be worn at Arana Spa. The management and staff accept no responsibility for the loss, damage, or stolen valuables of any kind brought into the spa premises.

Gift Certificate

Gift an indulgent wellness experience offered by The Bali Eden. Choose from our varies wellness treatments or wellness facilities with our customable gift certificate. The gift certificate can be purchased in person or through email here: spa@gdasbali.com.



Spa Menu

At Arana Spa, we provide luxurious treatment administered by a team of professional therapists with exotic medicinal herbs, raw beauty ingredients, and organic plants endemic to the Balinese ancestor's principle. The Arana Spa menu is designed to offer a series of complete treatments that integrate Balinese holistic therapy with elements of water, fire, earth, and air. The ayurvedic Balinese ritual, facial treatments, body wraps, and Balinese massages, are all in the historical land of Mas Ubud.

Treatment Room

Our spa treatment room is designed with the help of spa experts to ensure you feel unwind, relax and rejuvenate. There are three rooms available for couples to indulge in the treatments together. If you are a single guest who wishes to have a private room, we will cater to your need accordingly.

Gratuities

Gratuities are customary and greatly appreciated. Please leave any gratuities at the reception desk when checking out. Tipping envelopes for cash gratuities are provided at the front desk or you may add gratuity onto your credit card. Tipping is never expected, but always appreciated.





Massage

Arana spa professionals and skilled therapists employ diverse techniques and combine technical skills to deliver personal, customized massages. All messages are adapted from ancient Balinese culture and traditions with organic, natural, and medicinal ingredients.

Tapak Cokor

60Min IDR. 750.000

Revive weary feet by experiencing deep relaxation and revitalization in this pampering treatment. The pressure applies to reflex points on the soles of the feet and lower leg massage to balance the body and improve overall wellness.

Meuladan Tundun

30Min IDR. 650.000

45Min IDR. 800.000

This specific treatment is dedicated to all people affected by chronic back problems, including neck, back, and shoulder. This massage technique helps with muscle relaxation and debugging all accumulated toxins.

Tamba Sirah

60Min IDR. 900.000

The re-energizing feeling of this unique massage will melt away the muscle tension in your weary body. Warm natural Balinese ancient oil helps to revitalize and help to grow the hair.

Me-Apun

60Min IDR. 1.050.000 90Min IDR. 1.250.000

Me-Apun is a Balinese term for a massage therapist with a natural talent or ability to heal physical and spiritual energy. Experience this traditional massage technique, and feel our therapists' expert hands. Me-Apun combines long strokes with the finger and palm pressure slides on the whole body to release muscle tension and promote deep relaxation. It stimulates blood circulation and revives depleted energy levels with our selected handmade medical oil from plant-based ingredients.

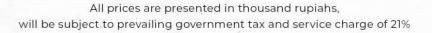
Lymphatic Massage 60Min IDR. 1.150.000

A gentle massage is intended to encourage the natural drainage of the lymph, which carries waste products away from the tissues toward the heart—and an upward technique with dry movement helps to increase lymphatic circulation.

Deep Tissue Massage 60Min IDR. 1.250.000

90Min IDR. 1.450.000

A massage that helps reduce muscle tension and pain gives the body the feeling of unwinding. Deep tissue massage relaxes the body and allows for the release of deeply held patterns of tension.



90Min IDR. 1.450.000

Batu Tukad meaning river stones. It is a specialty massage where therapists use heated volcanic river stones with therapeutic oil by placing them along your spine, on your stomach, chest, face, palms, feet, and toes. These stones can ease tight muscles and offer deep relaxation. Heated massage stones enhance the effectiveness of classical massage moves to stimulate blood flow and induce profound muscular relaxation.

Batu Tukad

Jangkep Massage 90Min IDR. 1.400.000

Traditional herbal Bali massage honors ancient Balinese healing traditions to relieve stress and fatigue. This relaxing yet revitalizing treatment incorporates hot compresses or "poultices" filled with a selection of medicinal herbs and spices. The wet compressed bag is steamed and then gently applied to specific points of the body to release its healing benefits into the skin pores. It is combined with a hand massage to focus the tight muscles.

Buluh Cendani 90Min IDR. 1.450.000

A healing and relaxation massage with bamboo canes helps release muscle pain and ache. Deep tension, sore muscles, aches, and pains are alleviated as your body's circulation is stimulated and stress vanishes.





Exfoliation & Body Wrap

Tingkih

60Min IDR. 900.000

This traditional Indonesian beauty ritual uses pure natural ingredients to cleanse, smooth, soften and rejuvenate your skin. An exfoliating paste made from finely ground fresh candlenut will gently eliminate dead skin cells, then applying a conditioner will leave your skin feeling fresh and hydrated.

Nyuh Nyangluh

60Min IDR 950.000

An exceptional exfoliating treatment using coconut and cinnamon scrubs. They are rich in natural active ingredients to eliminate dead skin cells. The treatment will finish with an indulging body mask in soothing coconut milk to leave your skin feeling fresh and radiant.

Kopi Bali

60Min IDR 850.000

Finely ground coffee beans are a natural exfoliant to help smooth and firm your skin. The rich aroma of coffee relaxes the muscles and reduces cellulitis. The treatment ends with applying a milk and honey moisturizer to soften the skin.

Kelor Sakti

60Min IDR 965.000

Moringa has many vital vitamins and minerals. Robust herbal leaves help to improve body immunity. The richness of vitamins helps to protect and nourish the skin. The scrub helps to eliminate the dead skin cells and keep your skin healthier. Immerse yourself in a relaxing moringa bath.

Boreh Mi-yik

60Min IDR 900.000

Boreh Mi-yik is a traditional Balinese beauty ritual. The luxurious body scrub contains jicama (bengkuang), turmeric, pandan wangi leaves, and temu giring in a rice powder base. After scrubing off the dead skin, we moisturize your skin with a fresh, natural jicama yogurt body mask, splashed yogurt and lightly rubbed all over your body. The yogurt's enzymes stimulate cell activity and restore the skin's pH balance, which feels as soft as silk after the yogurt is washed away.

Balinese Boreh

60Min IDR 900.000

A healing recipe of indigenous herbs is used to get rid of toxins in your body. A relaxing massage is performed while the spices work to warm and detoxify the skin. Local herbs (boreh) have specific healing powers when used in this wrap to warm the body, help eliminate impurities and stimulate blood circulation. The entire body feels more relaxed and healthier.



Spa Package

Anget-Anget

120Min IDR 1.700.000

Taking practices from ancient Balinese, our herbal healing ritual will leave you feeling deeply relaxed and rejuvenated. Start your journey with a foot ritual followed by herbal massage to loosen energy blockages and recoup deficiency, followed by herbal boreh to get rid of toxins in your body. The pampering draws to a close with a soothing herbal bath and transporting you to another relaxation time.

Semara Ratih

150Min IDR 2.100.000 -

Inspired by Bali's healing heritage, this luxurious treatment is the ultimate pampering experience. Blissfully melt away life's daily stresses with a traditional massage followed by a natural coconut body scrub and yogurt skin conditioner while moisturizing your skin. It follows by a conventional facial. This treatment will leave your body and mind soothed, glowing, and replenished.

Coklat Bali

120Min IDR 2.450.000

A divine aroma senses a journey to pamper your mind with ultimate skin rejuvenation. Delivering smooth regenerates new skin, resulting in clean skin and free from black spots while lulling your senses into a state of relaxed bliss.



Lanang Istri

180Min IDR 3.500.000

Inspired by a precious 17th-century Balinese Royal Wedding Ritual, this unique Lanang Istri ritual is the ideal way to prepare for your big day or to celebrate with loved ones. The therapist will invite you into your private indulgence room with a traditional Balinese welcome ceremony followed by Boreh mi-yilk scrub to remove all the dead skin cells, while preparing your mind and body for the Me-Apun massage. Followed with a refreshing facial and a sekar jagad ceremony that will complete this ritual.

Napak Gumi

180Min IDR 2.100.000

The sixteen heavens inspired this powerful journey (Kalpa), refers as Arana. A whole-some therapy from the ancient secret of Balinese herbal ritual of skin detoxifying treatment revives tired skin, improves circulation and skin tone. Traditional Balinese healing starting with me-loloh, me-uut, me-boreh, me-kuup, and me-kum are treatments that have been used by Balinese for generations. It is a luxurious beauty treatment starting with traditional Loloh for detoxification. Me-apun massage helps improve blood circulation, with boreh miyik that helps remove dead skin cells. Mekuup is a classic body conditioner to plum up the skin. Lastly, immerse your journey in a traditional Kumkuman bath with Ylang-ylang flowers, champaca, menyan, fragrant Balinese flowers screwpine, and fully unwind.



Bathing Ceremony

Sekar Jagad

30Min IDR 700.000

Soak yourself in a relaxing traditional Balinese bathing ceremony with ylang-ylang, champaca, and fragrant screwpineleaves.

Yeh Nyangluh

30Min IDR 700.000

Feel the harmonization with a natural coconut milk bath to help moisturize the skin.

Rempah Harum

30Min IDR 700.000

Soak away the tension of stress with a rempah harum bathing ceremony. An ancient ritual helps to loosen up tight muscles and relax the entire body.

Woh wohan

30Min IDR 700.000

Indulge yourself into an exotic fresh blend of betel leaf, cucumber, orange, and lime fresh from the garden.

Arana Grooming

Natural Facial

60Min IDR 1.000.000

This natural facial uses fresh ingredients from our garden. The face is cleaned and exfoliated with oat and yogurt scrub. Slice cucumber helps to tone and calm the skin. Traditional coconut oil is slowly massaged into the face, uplifting touch with gua sha stone to complete your experience.

Anti Aging

60Min IDR 1.200.000

The combination of high-powered organic ingredients is rich in benefits to prevent aging. It aims to reduce the signs of aging, minimize the appearance of fine lines and wrinkles, and restore the healthy elasticity and glow of the skin. Feel the benefits of powerful ingredients selected from the garden and blended to create this nature-inspired beauty ritual that will activate regeneration, leaving your skin velvety smooth and silky. Our organic facials can help lighten your skin.

Deep Cleansing

60Min IDR 1.050.000

This facial is the perfect solution to cleanse the skin deeply that purifies the skin. It is an effective option to remove impurities from free radicals to make skin appear smoother and healthier. Featuring a luxurious blend of extract rose petal, strawberry, and aloe vera that adds antioxidants for a bright, glowing complexion. Skin looks and feels vibrantly refreshed.



Cryo Full Face Treatment 30Min IDR 600.000

Cryo Air uses cold temperatures to increase blood flow and oxygen, which helps to reduce the signs of aging, while also providing brightening, contouring, and lifting.

Rejuvenate Cryo Facial 60Min IDR 1.200.000

Star with deep cleansing facial, then cryogenically cooled air helps stimulate collagen and elastin production, which tightens the skin. The cold air helps relieve inflamed areas by causing blood vessels to vasodilate, which increases the absorption of the product. Additionally, this therapy helps to remove toxins and CO2 from the superficial layers of the skin. It also calms down redness and inflammation, enhanceskin looks smoother, tighter, and truly rejuvenated.

Cryo Full Body Treatment 60Min IDR 1.050.000

Cryo Air is a non-invasive and natural approach to body contouring. By alternating hot and cold temperatures, this treatment can help rejuvenate aging, creepy skin and redefine your silhouette. It reduces cellulite, eliminates localized fat, and tones and tightens your skin. Focusing on abdomen, legs, or arms. As the treatment relaxes muscles, speeds up cellular activity, and reduces inflammation, you'll experience pain relief and repair in the treated area.

Royal Manicure

IDR 700.000

Luxurious care to treat your hands. More youthful and healthier hands through nail filling, cuticle trimming, and hand's massage. Allowing the hands to appear softer and smoother. Nail polish or buffing included.

Royal Pedicure

IDR 700.000

Pamper your feet; the treatment begins with an aromatic foot soak and scrub. Filling cuticles are cleaned and a gentle foot and leg massage keeps your beautiful feet smooth and soft. Nail polish and buffing included

Waxing

Half Leg	30Min IDR	400.000
Full Leg	45Min IDR	500.000
Armpit	30Min IDR	300.000
Hand	30Min IDR	500.000

Usadha Program

IDR 1.500.000

Usadha Program is designed for those seeking a wellness program according to their needs. Our health and wellness experts will do wellness consultations to help guests to build their own experiences. They will suggest a diet plan, therapy schedule, and wellness activities to meet your wellness goals and needs.

Bali Bath House

Private Guest Use

60Min IDR 600.000

Your journey begins in the bath suit – a communal place where you may wonder between the cold plunge, and saunas, back and forth, steaming and sweating, indulging in private Bali bath house which can quickly and fully permeate the body and induces positive effects to the heart and lungs and cleanses the body of harmful toxins.



60Min IDR 1.100.000

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MIND & BODY CONNECTION MULAT SARIRA

by Balinese Healer

Gong Bath Ceremony

60Min IDR 2.750.000

During the Gong Bath ceremony, you will be invited to lie down on a yoga mat, close your eyes, and let the harmonious sound and vibration of various sacred instruments lead you to an unforgettable sensation of deep relaxation. Abdi, who is known as an energy healer in Bali, will present his skills by playing the gong, drum, chime, and Tibetan bowls.

He will guide your brain waves into a theta frequency, which brings your mind into deep relaxation, creating balance in your chakras (the energy vortex in our subtle body). As an energy healer, he will reconnect you to pure universal energy to clear, ground, energize, harmonize, and finally create a peaceful and blissful experience in the energy body, a very subtle energy.

Water Sound Healing

60Min IDR 2.500.000

Water Sound Healing with Tibetan Singing Bowl is an immersive experience that allows you to feel complete weightlessness of body and mind, the external world disappears, and incredible things can happen. A new way to relax, recuperate, and rejuvenate your mind, restoring the body's natural frequency and acts as a starting point to address many different ailments. *Special therapy designed a private pool villa*

Reiki IDR 1.100.000

The ancient Japanese art of Reiki is a simple and compelling energy-balancing technique that realigns the flow of energy in the body to balance physical, mental, emotional, and spiritual well-being, dissipating stress & anxiety and enhancing mental clarity a feeling of deep relaxation, tranquillity, and peace.

Hypnotherapy

IDR 1.800.000

Hypnotherapy is a technique of reducing waves of thought activity from gamma, beta, alpha, theta, and delta waves to achieve a deep relaxed/meditative/trance state, making it easier for the body and mind to release burdens, tensions, stress, as well as to make it easier for the body to do self-healing/healing himself from complaints such as ulcers, heart disease, irritability, shortness of breath, difficulty sleeping, anxiety, worry, stomach acid, difficulty concentrating, etc.

Balinese Healer Purification IDR 1.150.000

"Melukat" is a Balinese word for a purification ceremony that the Balinese believe could spiritually purify the mind and soul of humans. Melukat aims to remove and cleanse any lousy influence from the present and past life. Melukat, with a Balinese healer, helps you to cleanse your mind and soul. The purification flow starts with screening your body to find your energy balance. The Balinese healer will guide you to put the intention for the cleaning. Young coconut water helps to release negative energy. After the cleansing, advice to maintain your energy balance.





Balinese Chakra Healing

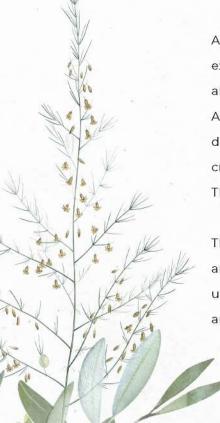
IDR 1.350.000

This is an intuitive, traditional Balinese approach to chakra healing to identify and heal blockages in the chakras. Wayan uses his sensitivity to read and diagnose this energetic system of the subtle body, determining whether there is underactive, overactive, balanced, or blocked energy.

Working through a three-step model, Wayan systemically opens communication with each chakra. At first, through body scanning, he can feel, scan, and read the body's energy to engage in dialogue and transmit from each chakra to understand what is needed. In this step, ancestral, spiritual, and external powers are called in, if required, to understand any issues that need to be healed. Then, his intuitive nature helps to discover the root of the blockages. Lastly, he works with the birth name to allow trust and open communication between healer and client. Wayan can connect deeply with the unique needs of everyone he works with.

After completing these three steps, Wayan will thoroughly explain the reading, identifying which chakras are blocked and how to encourage more balance throughout the system. A 60-minute session will involve a full chakra reading and, depending on your unique reading, bespoke healing through crystals, psychic mediumship, sound healing, and reflexology. The aim of all sessions is to achieve chakra balance.

This treatment is excellent for gaining a more profound clarity and understanding in your relationship with yourself, helping unlock your true potential, healing deep-rooted emotions, and relieving stress, anxiety, worry, and negative mindsets.





internationally for his spiritual healings, consulting, and intuitive energy work. Kadek began to reclaim his ancestral gift at 28 through natural processes of which the most revealing was meditation. Within meditation his new yet ancient power unveiled the divine unity we all share. His dedication to meditation raised his own power, developing a new mission in his life to help people discover and harness their own power within.

Kadek has the ability to read individual energetic connections between the body, mind, and spirit to determine a specific 'recipe' for harmonisation within oneself. He does one-on-one sessions as well as long distance readings (online and offline sessions). The basis of all healing processes: Kadek scans the energy and writes down on the paper to know the energy, spiritual, and the blocking.

Mebayuh IDR 2.500.000

Mebayuh is a purification using Hinduism Balinese ritual led by the priest according to the date of birth. This ceremony will be held at the priest's premises, Griya Gede Mas, infamous for its religious stories and ceremonies. The priest is highly revered in Mas village and respected as a role model. He will provide spiritual guidance and share his knowledge of life.

Sound Healing

IDR 1.750.000

Sound healing is a practice that uses an instrument of vibration to help relieve your anxiety or insomnia.





Mewacak IDR 1.000.000

Mewacak is a balinese ceremony led by the priest according to the date of birth, it serves as a form of local culture of the Balinese community which until now is still held. On this Mewacak or Metenung ceremony serves the character building of children. According to the naturalistic view of the children character beside of being formed by the environmental factors, their character are also built innate factors and reincarnated soul. Mewacak is a series of mebayuh ceremonies.

Private Yoga 60Min IDR 900.000 (couple) 60Min IDR 1.400.000 (third onwards) / person IDR 400.000

Yoga has been practiced for over 5,000 years. It contributes a total workout for the body and mind, incorporating strengthening exercises with breathing and meditation techniques. The benefits are increased flexibility and muscle tone to lowered stress levels and blood pressure. Private yoga classes are available for beginners to experts, helping develop a practice that can be incorporated into a daily lifestyle or enhance your existing yoga commitment. We have dedicated and passionate teachers to lead and work closely with you to design a program for your needs. Our space is equipped with high-quality yoga amenities to complement your practice.



MATUR SUKSMA | THANK YOU