



HAVA SPA

Ubud · Bali



TROPICAL HEALING ESCAPE “HAVA SPA”

Hidden among lush tropical greens, Hava SPA invites you into a gentle escape, where time slows down and nature leads the healing.

Every treatment at Hava SPA is inspired by ancient healing wisdom and the nurturing energy of the tropics.

Skilled hands move with intention, releasing tension, restoring balance, and awakening calm energy within.

This is more than relaxation.

It is a tropical healing journey, where body softens, mind clears, and spirit breathes freely.

Hava SPA
A Tropical Healing Escape for Body, Mind, and Soul.

BODY TREATMENT

WANA HEALING TOUCH

(Floral foot wash, Relaxing Full Body Massage)

IDR 459.000 / 60 Minutes

IDR 667.000 / 90 Minutes

A deeply relaxing Balinese massage inspired by the healing energy of the forest (Wana). This treatment combines long rhythmic strokes, gentle stretches, acupressure and palm pressure to improve circulation, release tension and restore inner calm. A perfect blend of nature's touch and ancient Balinese wisdom.

VILLAGE ESSENCE

(Floral Foot Wash, Aromatherapy Massage)

IDR 475.000 / 60 Minutes

IDR 685.000 / 90 Minutes

Let your intuition guide your scent, and let your body follow. A calming and uplifting journey through the scents of Bali. Choose from our custom blends — lavender and ylang-ylang, citrus and lemongrass, or floral geranium — each crafted to soothe, energize, or restore your emotional balance. Gentle, flowing massage techniques enhance the therapeutic effect of the oils, inviting deep relaxation, mental clarity, and sensory renewal.

TIRTA RELIEF

(Floral Foot Wash, Deep Tissue Massage)

IDR 675.000

/ 75 Minutes

Inspired by the sacred waters (tirta) of Bali's holy springs, this therapeutic massage is designed to cleanse, renew, and release tension from deep within the muscles. Using slow, firm pressure and precise techniques, Tirta Relief targets chronic stress points, improves mobility, and restores natural flow in the body. A deeply grounding experience for those in need of realignment, both physically and energetically.

SHANTI HEAD THERAPY

(Floral Foot Wash, Indian Head Massage)

IDR 455.000

/ 60 Minutes

Find peace where your thoughts begin. Experience deep relaxation through this ancient Indian head massage, designed to release stress, tension, and mental fatigue. Focusing on the scalp, back, neck, and shoulders, this soothing treatment uses warm oils and gentle pressure to calm the nervous system, improve circulation, and restore inner harmony. Rooted in Ayurvedic tradition, Shanti Head Therapy promotes clarity of mind, balances energy flow, and leaves you with a sense of lightness and serenity — a peaceful escape for both body and soul.

**All Price are subject to 10% service charge and 11% government tax*

BODY TREATMENT

SERENE BAMBU TOUCH

(Floral foot wash, Bamboo Massage)

IDR 675.000

/ 75 Minutes

Experience deep tranquillity through rhythmic bamboo massage strokes designed to ease muscle fatigue and improve flexibility. The Serene Bambu Touch channels nature's strength to deliver a deeply relaxing, warm, and harmonizing treatment.

UBUD EARTH STONE MASSAGE

(Floral Foot Wash, Warm Stone Massage)

IDR 695.000

/ 90 Minutes

A deeply grounding and therapeutic massage using heated volcanic stones and flowing strokes to melt away tension. The warmth of the stones penetrates deep into the muscles, easing stiffness, improving circulation, and calming the nervous system. Rooted in earth energy and guided by intuitive touch, this stone massage brings balance to body, mind, and spirit — leaving you feeling light, warm, and renewed.

ROYAL HEALING COMPRESS

(Floral Foot Wash, Herbal Poultice Massage)

IDR 635.000

/ 75 Minutes

A deeply restorative treatment rooted in ancient royal healing traditions. Warm herbal poultices — filled with medicinal Balinese and Indonesian herbs — are steamed and gently pressed into the body to relieve muscle tension, stimulate circulation, and ease fatigue. Combined with rhythmic oil massage, the compresses release a natural blend of aromas and healing oils that nourish the skin and soothe the senses. Royal Healing Compress is ideal for seeking comfort, detoxification, and deep relaxation through the wisdom of nature and tradition.

SWASTI HEALING

(Floral Foot Wash, Pregnancy Massage)

IDR 675.000

/ 75 Minutes

A tranquil, nurturing experience that fosters a deep connection between mother and baby. Using safe, organic oils and focus on releasing stress and improving mobility, leaving you feeling calm and rejuvenated.

REFLEXOLOGY

(Aromatherapy Foot Wash, Reflexology)

IDR 435.000

/ 60 Minutes

Reconnect mind and body through the ancient art of reflexology. This therapeutic foot treatment focuses on pressure points in the feet that correspond to various organs and systems within the body. By stimulating these points, reflexology encourages deep relaxation, improves circulation, and supports natural healing. Perfect for relieving stress, fatigue, and restoring inner balance.

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SPA PACKAGE

BERMANJA RITUAL – A ROMANTIC JOURNEY FOR TWO

IDR 2.799.000

(Floral Foot Wash, Relaxing Full Body Massage 90 minutes, Cleopatra skin revival, Bali Bloom Ritual Bath, serve with Ginger tea and Chocolate Truffle)

/ 3 Hours / Couple

“Indulge in the art of pampering, connection, and timeless relaxation.”

Celebrate your love with Manja Ritual, a thoughtfully curated couple’s spa experience that invites deep relaxation and shared serenity. Begin your journey with a blissful 90-minute Balinese Massage, performed side by side to restore balance and harmony. Continue with a Cleopatra Facial, using rejuvenating natural ingredients to reveal radiant, glowing skin. Complete your ritual with the luxurious Bali Bloom Flower Bath, a romantic soak adorned with vibrant petals. Sip on warm ginger tea and enjoy decadent chocolate truffles as you unwind together in a private, intimate setting.

SUNDARI HARMONY COUPLE PACKAGE

IDR 2.375.000

(Floral Foot wash, Relaxing Balinese Massage, Sea Salt body scrub, nourishing body mask, Bali Bloom Ritual Bath serve with Ginger tea and Chocolate Truffle)

/ 2,5 Hours / Couple

“A Journey of Beauty, Balance & Togetherness”

Step into a serene world of wellness with our Sundari Harmony– a beautifully curated experience designed to reconnect, renew, and rejuvenate. Inspired by ancient rituals and modern therapeutic techniques, this indulgent spa journey blends sensual aromatherapy, synchronized massages, and skin-nourishing treatments for two. Unwind side by side in a private couple’s suite as skilled therapists guide you through a harmonious ritual that awakens inner beauty and deepens connection.

ROYAL INDULGENCE

IDR 1.425.000

(Floral foot wash, Relaxing full body massage, Cleansing Body Scrub, Yoghurt Nourishing body mask, Express Facial, Flower Bath serve with Herbal Ginger tea and Cookies)

/ 3 Hours / Person

“True bliss experience in the island of Paradise.”

A majestic journey of self-care designed to pamper you like royalty. Begin with a refreshing foot wash, followed by a full body massage to melt away tension. Revitalize your skin with a traditional body scrub and nourishing body mask. A rejuvenating express facial enhances your glow, and the ritual concludes with a serene flower bath for ultimate bliss.

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SPA PACKAGE

SACRED BOREH RITUAL PACKAGE

(Floral foot wash, Balinese Massage, Boreh wrap, Herbal Harmony soak Serve with Warm Ginger tea and Cookies)

IDR 1.199.000

/ 2 Hours / Person

Traditional Balinese Healing Journey.

This deeply restorative ritual draws from centuries-old Balinese traditions. The ritual begins with a floral foot bath, continues with a tension-relieving massage using warm coconut oil, followed by the application of Boreh—a powerful spice blend of ginger, clove, cinnamon, and rice—known for its natural warming and healing properties. As your body is gently wrapped, the herbs penetrate the skin to improve circulation, ease muscle aches, and detoxify. Ideal for fatigue, cold conditions, or simply reconnecting with your inner warmth.

NIRMALA BEAUTY RITUAL

(Face, Hands and Foot ritual, Relaxing Balinese Massage and Express Facial)

IDR 669.000

/ 90 Minutes / Person

A Balinese wellness philosophy based on the “three causes of well-being” aiming to harmonize the body, mind, and soul. It integrates treatments with nature, fosters connection between the therapists and guests, and honors spiritual balance, featuring a cleansing ritual, traditional Balinese Massage, Express Facial last with Breathing ritual to release your tension.

RADIANT REJUVENATION

(Floral Foot wash, Relaxing Balinese Massage and Body Scrub)

IDR 655.000

/ 90 Minutes / Person

Revive your inner glow with this deeply restorative ritual. Begin with a traditional Balinese massage using long, flowing strokes to ease muscle tension and stimulate energy flow. Followed by a gentle body scrub made with natural ingredients to exfoliate, soften, and renew the skin. This treatment leaves you feeling refreshed, radiant, and beautifully rebalanced from head to toe.

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FACIAL TREATMENT

HAVA GRACE FACIAL

IDR 475.000 / 55 Minutes / Person

Experience the ultimate in relaxation with our Hava signature facial, which combines deep cleansing, personalized exfoliation, and a luxurious mask tailored to your skin's unique needs, followed by a soothing facial massage that promotes circulation and revitalizes your complexion, ensuring leave the skin feeling nourished, balanced, and gracefully renewed.

PARAS AYU

IDR 450.000 / 55 Minutes / Person

Natural Radiance from Earth's Simplicity.

Rediscover your skin's natural glow with our Paras Ayu Facial, a gentle treatment inspired by traditional beauty rituals using 100% natural ingredients. This refreshing facial begins with a blend of yoghurt and honey to cleanse and hydrate, followed by a light exfoliation using fine sugar to remove dull skin. A soothing coconut oil face massage nourishes and relaxes facial muscles, while a cooling aloe vera and cucumber mask calms and revitalizes the skin. Perfect for all skin types, especially sensitive and dull skin, this facial leaves your face feeling soft, smooth, and naturally radiant.

MANICURE & PEDICURE

SPA MANICURE

IDR 375.000 / 60 Minutes / Person

Nail Shaping, Cuticle Cleansing, Hand Soak, Mini Massage, Nail Polish

SPA PEDICURE

IDR 395.000 / 70 Minutes / Person

Foot Wash, Nail Shaping, Cuticle Cleansing, Mini Massage, Nail Polish

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TREATMENT ADD ON

30 MINUTES

IDR 275.000 / Person

DHARMA SHANTI YOGA

YOGA CLASS
(with Private Yoga Instructor)

IDR 275.000 / 60 Minutes / Person
IDR 675.000 / 60 Minutes / Group

Maximal 8 Persons for the Group.

Revitalize your spirit and gently unwind your body with our signature yoga session, thoughtfully designed to support relaxation and overall well-being. This calming practice combines gentle stretches, slow and mindful movements, and guided breathing techniques to release tension, improve flexibility, and restore balance. Each session encourages deeper body awareness, steady breathing, and a sense of inner calm. Suitable for all levels, this yoga experience helps you reconnect with your body, quiet your mind, and leave feeling refreshed, centered, and renewed.

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TERMS & CONDITIONS

RESERVATION

We recommend booking in advance to ensure your preferred treatment and time are available. Walk-ins are welcome, subject to availability.

ARRIVAL TIME

Please arrive at least 15 minutes before your scheduled appointment. Late arrivals may result in a shorter treatment to respect the next guest's booking.

CANCELLATION POLICY

We kindly ask for at least 4 hours' notice for cancellations or rescheduling. Cancellations made less than 4 hours prior, or no-shows, will incur a 50% charge.

HEALTH CONDITIONS

Kindly inform us of any medical conditions, allergies, or if you are pregnant, so we can customize your treatment safely and comfortably.

VALUABLES

We recommend securing your valuables. HAVA Spa is not responsible for any lost or misplaced personal items.

PAYMENT

All treatment prices are subject to 21% tax and service charge. We accept cash, credit cards, and selected digital payments.

QUIET ZONE

To maintain a peaceful atmosphere, we ask guests to silence mobile phones and speak softly while in the spa area.

CHILDREN

For the comfort of all guests, children under 12 years old are not permitted in treatment areas unless receiving a spa service.



