

A dense, lush jungle scene with sunlight filtering through the canopy.

Spa & Wellness Menu



**HAMMANA**  
SPA

An Ancestral Balinese Wellness Journey

In ancient Balinese tradition, wellbeing begins with *urip*, a life number revealed through the ancestral *Wariga* calendar system, believed to reflect one's elemental balance and inner rhythm. At Hammana, this philosophy shapes every treatment, allowing your wellness journey to be guided by the understanding of who you are.

Each ritual is crafted to restore ease in the body and clarity in the mind. What follows is a quiet, personal experience, one that leaves you feeling lighter, grounded, and gently reconnected with yourself.



## Wariga Hot Stone Massage

90 minutes

1.380 single

2.380 couple

Relax and rejuvenate with the ancient Balinese wisdom of Wariga. Warm stones gently release tension, improve circulation, and restore your body's natural balance, leaving you calm, refreshed, and revitalized.

## Sacred Balinese Massage

60 minutes

1.280 single

2.180 couple

Inspired by the timeless healing rituals of Bali, this exquisite massage combines deep, graceful palm pressure and flowing rhythmic strokes to dissolve tension and restore inner harmony. A serene journey that nurtures the soul and reconnects you with the island's sacred tranquility.

## Sacred Balinese Massage

90 minutes

1.380 single

2.380 couple

Inspired by the island's sacred healing heritage, this exquisite ritual unites traditional Balinese massage with the precision of acupressure to awaken the body's inner energy. Graceful rhythmic strokes and mindful pressure flow in harmony, releasing deep tension and restoring balance to body, mind, and spirit — a timeless journey of renewal guided by the serene spirit of Bali.

## **Yin Body Massage**

90 minutes	1380	single
	2.380	couple

A serene treatment that embraces slow, intentional stretching and graceful stillness within each movement. The artful rhythm of opening and closing the body's outer vessels enhances blood flow, releases deep-seated tension, and restores a tranquil balance between stillness and vitality — a meditative journey into quiet renewal.

## **Flow Light Aroma Therapy Massage**

90 minutes	1380	single
	2.380	couple

An ethereal ritual of scent and touch, where gentle flowing strokes blend with the delicate essence of pure essential oils. Guided by the rhythm of breath and aroma, this soothing massage melts away fatigue, uplifts the spirit, and restores luminous harmony within body and mind.

## **Glow With The Flow**

90 minutes	1480	single
	2.580	couple

A radiant ritual designed to awaken your inner glow through mindful touch and the flow of breath. Focusing on the chest, face, and head, this treatment uses a special nourishing oil to open the heart space, calm the mind, and illuminate the complexion — leaving you feeling light, serene, and beautifully renewed.

## **Flow Earth Hammana**

90 minutes	1380	single
	2.580	couple

A grounding fusion of traditional Balinese massage and revitalizing foot reflexology. This earthy ritual restores balance, soothes the body, and reconnects you with a deep sense of calm and harmony.

## **Bamboo Equipoise Massage**

90 minutes	1380	single
	2.580	couple

An elegant synergy of flowing bamboo movements and refined relaxation touch. This graceful ritual restores inner balance and envelops the body in serene, timeless tranquility.



The sacred balance of Balinese wisdom harmonized  
with doTERRA's modern botanical essence

Rooted in the ancient philosophy of Wariga Bali, this signature facial collection embodies the art of balance — between the seen and the unseen, the traditional and the modern. Each ritual draws upon Bali's timeless wisdom of harmony while embracing the pure, therapeutic power of doTERRA's modern botanical science. The result is a journey of renewal — where skin, mind, and spirit are gently restored to their natural radiance.

## Aroma Radiance Facial

75 minutes	1.380	single
	2.380	couple

*Awaken your inner glow.*

Representing the element of fire (Agni) — symbol of light and transformation — this facial awakens vitality and radiance within. Infused with the purity of Cendana (Sandalwood), Kenanga (Cananga), and doTERRA Frankincense & Lavender, the ritual calms the spirit while rejuvenating the skin's natural luminosity. A sensory journey that restores balance, leaving the complexion bright, serene, and glowing with inner harmony.

Makna Wariga: Energi api membangkitkan semangat, memperbaharui cahaya batin, dan menyalakan kembali aura kecantikan alami.

## Hydra Firm Harmony Facial

75 minutes	1.380	single
	2.380	couple

*Balance within. Beauty beyond time.*

Inspired by the element of water (Apah) — symbol of flow, softness, and rejuvenation. This deeply restorative ritual blends the hydrating purity of doTERRA Rose, Yarrow|Pom, and Frankincense with gentle massage techniques guided by Wariga harmony. It lifts, firms, and deeply nourishes, bringing renewal to both skin and soul.

Makna Wariga: Air merepresentasikan keseimbangan emosi dan kelembutan; menyatukan ketenangan jiwa dan kesegaran raga.



## Body Treatment

### Hammam Magribi

60 minutes	1.380	single
	2.380	couple

An authentic Moroccan cleansing ritual brought to life in the heart of Bali. Experience the timeless sensation of Maghrebi tradition with the use of genuine Moroccan black soap, gentle exfoliation, and purifying steam. This ritual deeply cleanses the skin, awakens the senses, and leaves the body enveloped in silky softness and radiant renewal.

### Steam & Jacuzzi Ritual

45 minutes	980/pax
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A luxurious hydrothermal journey that unites warmth, water, and the essence of Bali. Begin with gentle steam to open the pores and purify the body, then immerse in a soothing Jacuzzi infused with authentic Balinese bath salts. The mineral-rich waters melt away tension, refresh the skin, and restore inner harmony — a serene ritual of cleansing and renewal inspired by the island's natural grace.

### Turkish Hammam

60 minutes	1.280	single
	2.380	couple

A luxurious Turkish bathing ritual reimagined with the serene essence of Bali. Surrender to the indulgent flow of silky foam created from authentic Turkish olive oil soap, as warm bubbles cocoon the body in pure relaxation. This exquisite experience purifies, softens, and renews the skin — blending the timeless grandeur of Turkey with the tranquil luxury of Bali.

### Hot & Cool Jacuzzi

45 minutes	980/pax
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An invigorating hydrotherapy ritual designed to refresh, restore, and recover. Alternating warm and cool Jacuzzi immersion stimulates circulation, soothes tired muscles, and revitalizes the body after a long day or an active workout. A perfect balance of heat and freshness — awakening strength, easing tension, and renewing your natural vitality.

## Body Treatment

### Bali Hammana

90 minutes	1.580	single
	2.580	couple

A luxurious Balinese purification ritual inspired by ancient island traditions. This treatment uses Balinese wood and smooth natural stones to gently lift impurities and remove dullness from the skin. Warm steam purifies the body, followed by a nourishing Balinese body mask that restores softness and radiant clarity. A sacred journey of renewal, where the pure elements of Bali cleanse, balance, and awaken the senses.

### Relaxation Sea Salt Scrub by Sensatia

45 minutes	980	single
	1.780	couple

A luxurious mineral-rich sea salt polish that gently refines the skin, restores radiance, and leaves a silky-smooth finish infused with the natural essence of Bali.

### Lemongrass & Mandarin Scrub by Sensatia

45 minutes	980	single
	1.780	couple

A refreshing body exfoliation infused with lemongrass and mandarin essence. This revitalizing scrub awakens the senses, polishes the skin, and leaves a lingering citrus radiance that feels light, fresh, and beautifully renewed.

### Tropical Wildflower Scrub by Sensatia

45 minutes	980	single
	1.780	couple

A delicate body polish infused with tropical wildflower essence to gently exfoliate and nourish the skin. This luxurious treatment unveils a soft, radiant glow, leaving the body enveloped in the subtle fragrance of island blooms.

### Seaside Citrus Scrub by Sensatia

45 minutes	980	single
	1.780	couple

A refreshing coastal-inspired exfoliation infused with vibrant citrus essences. This revitalizing scrub smooths and polishes the skin, leaving it radiant, deeply cleansed, and delicately scented with the freshness of the sea breeze.

### Balinese Heritage Body Scrub

60 minutes	1.180	single
	1.800	couple

Experience the true essence of Bali through a timeless beauty ritual. Create your own body scrub using traditional Balinese ingredients, freshly blended by hand, and feel the pure connection as it is gently applied to your skin. A soulful journey of touch, scent, and tradition — leaving the body renewed and the spirit deeply grounded.

### Traditional Balinese Boreh

60 minutes	1.180	single
	1.800	couple

An ancient Balinese healing ritual using a warm herbal body mask made from local spices and roots. The gentle heat soothes muscle tension, enhances circulation, and restores comfort — leaving the body relaxed and warmly renewed.

## Hammana Package

### Tropical Dreaming

120 minutes	1980	single
	3.580	couple

A blissful Balinese journey that awakens body and soul. Begin with a soothing Balinese massage to release tension, followed by a rejuvenating body scrub that refines and softens the skin. The ritual concludes with a refreshing tropical fruit bath of Balinese orange, bengkoang, cucumber, and marigold petals — a celebration of island beauty and serenity.

### Romantic Rice Paddy

150 minutes	2.580	single
	4.580	couple

A serene journey of love and tranquility inspired by Bali's timeless rice terraces. Begin with a soothing Hammam ritual to cleanse and warm the body, followed by a deeply relaxing massage that melts away tension. The experience concludes with a romantic flower bath overlooking the rice paddies — a celebration of connection, serenity, and the beauty of Bali's natural harmony.

### Bali Hammana Signature Package

180 minutes	2.980	single
	5.580	couple

A transcendent journey uniting the ancient healing traditions of Morocco, Bali, and India. Begin with the purifying warmth of the Hammam ritual, continue with a deeply soothing Balinese massage to restore balance and harmony, and conclude with the calming Shirodhara treatment — a gentle stream of warm oil poured over the forehead to quiet the mind and awaken inner peace. A true harmony of cultures, touch, and tranquility.

All prices are in thousand rupiahs and subject to 21% government tax and service charge





## Wariga Bali Package

### Sinta Serenity Package

120 minutes	1.980	single
	3.580	couple

A gentle expression of love and serenity inspired by the grace of the Balinese goddess Sinta. This blissful ritual combines an aromatic body massage and a rejuvenating facial, embracing you in calm, softness, and heartfelt harmony — a true celebration of inner and outer beauty.

### Landep Energy Package

120 minutes	1.980	single
	3.580	couple

Inspired by the Balinese Wariga Landep — the day of clarity and sharpened spirit — this revitalizing ritual combines deep Balinese acupressure massage with a purifying steam sensation. The treatment awakens circulation, clears mental fog, and restores inner strength. A journey of focus, renewal, and empowered calm — where body and mind align in perfect clarity.

### Ukir Radiance Package

120 minutes	1.980	single
	3.580	couple

A graceful Balinese ritual inspired by the island's timeless art of carving — where every touch refines, reveals, and beautifies. Begin with a soothing Balinese massage to ease the body, followed by a radiant body scrub that gently polishes the skin. The journey concludes with a serene flower bath, a moment of pure beauty and reflection. A celebration of creativity, artistry, and the luminous spirit within.

### Kulantir Balancing Package

120 minutes	1.980	single
	3.580	couple

A holistic Balinese ritual inspired by Kulantir, the art of inner balance and reflection. Begin with a gentle Chakra Reading to align your energy and uncover your current emotional flow. Continue with a Flow Light Balancing Massage — a rhythmic and intuitive treatment that harmonizes body and mind through graceful movements and soothing aromatherapy. This journey restores clarity, equilibrium, and the quiet strength that flows from within.

## Wariga Bali Package

### Julungwangi Glow Ritual

180 minutes	2.980	single
	4.580	couple

A signature ritual inspired by the celestial essence of Julungwangi — a symbol of illumination and inner optimism. This exquisite journey begins with the Glow with the Flow Massage, a rhythmic choreography that restores balance and fluid harmony. The experience continues with the Aroma Radiance Facial, revealing a luminous complexion touched by serenity. The ritual concludes in a Traditional Balinese Flower Bath, an enchanting immersion that purifies the spirit and unveils your timeless glow.

### Kuningan Purity Package

120 minutes	2.580	single
	4.580	couple

A transformative journey inspired by Kuningan, symbolizing purification and inner harmony. Begin with the Soul Blessing Cleansing Ritual, a sacred ceremony to release energy blockages and cleanse the spirit. The experience continues with a rejuvenating Balinese Body Massage, restoring balance, vitality, and serenity throughout the body.

### Pujut Detox Package

150 minutes	2.780	single
	4.580	couple

Experience the essence of Pujut, a symbol of purity and tranquility. Begin with a steam and Indonesian herbal bath, designed to gently detoxify and awaken your senses. Followed by a Breathwork Massage, harmonizing your respiratory flow and releasing tension, leaving you rejuvenated, calm, and fully restored.

### Tambir Package

120 minutes	2.280	single
	3.780	couple

Immerse yourself in the essence of Tambir, a symbol of profound tranquility and gentle balance. This 120-minute ritual begins with the flowing, nurturing strokes of Flow Light Aromatherapy Massage, harmonizing body and mind. The experience continues with the ethereal resonance of Sound Healing, softly dissolving tension and inviting deep emotional release. Conclude your journey renewed, serene, and fully attuned to your inner calm.

### Watugunung Deep

120 minutes	1.980	single
	3.580	couple

Step into the essence of Watugunung, a sanctuary of stability and foundational energy. This bespoke ritual blends the slow, restorative movements of Yin Body Work Massage with the meditative cascade of Shirodhara Treatment, harmonizing nervous system, calming the mind, and reconnecting you to your inner resilience. Emerge deeply centered, revitalized, and anchored in serene strength.

## Wellness Program Hammana

### Reiki

60 Minutes 1980++/person

Reiki is a traditional Japanese healing method categorized as energy healing. Today, it is widely practiced and recognized around the world. Interestingly, in Bali, we have long embraced a similar holistic approach to healing known as Usadha, our indigenous form of traditional medicine. Reiki practitioners apply a technique called palm healing or hands-on healing, where it is believed that universal life energy flows through the practitioner's hands to the recipient. This gentle energy transfer aims to support both emotional balance and physical well-being.

### Palm Reading and Massage

120 Minutes 1.680++/person

Palm Reading 30 minute | Royal Balinese Massage 90 minute

Unlock the secrets held in the palm of your hand. Palm reading, also known as palmistry, is an ancient art used to gain insight into one's personality, emotional patterns, health tendencies, and life path. By analysing the shape, lines, and mounts of the hand, our experienced practitioner offers intuitive guidance and clarity.

### Birthday Reading Ayurvedic

120 Minutes 1.680++/person

Birthday Reading 30 minute | Kenderan Ayurvedic Massage 90 minute

Discover the hidden messages behind your date of birth. This numerology-based session reveals your unique personality traits, natural strengths, life challenges, and soul purpose—all through the powerful symbolism of numbers. Like astrology, Birthday Reading offers deep personal insight, helping you align with your true path and potential.

### Tarot Reading Aromatherapy

120 Minutes 1.680++/person

Tarot Reading 30 minute | Aromatherapy Massage 90 minute

Tarot is a powerful tool for reflection and spiritual guidance. With 78 symbolic cards—Major and Minor Arcana—each reading offers insight into your questions, emotions, and life journey. The reader interprets the cards based on your energy and intention, helping you find clarity through the law of attraction and karma.

### Seven Chakra Balancing

60 Minutes 2.480++/person

Chakra Healing is a comprehensive holistic treatment that combines crystal healing, pendulum diagnostics, Tibetan singing bowls, acupressure, inner energy work, and spiritual healing. This powerful session is designed to restore balance and harmony to the body, mind, and spirit.

It is especially beneficial for those experiencing both acute and chronic conditions such as fatigue, low energy (asthenia), emotional depletion, general tension, and physical discomfort. The treatment helps to refresh the entire system and promote deep energetic rejuvenation.

The session begins with a consultation with the healing practitioner to explore your spiritual concerns, life challenges, and overall energy condition. A chakra diagnosis is performed using a pendulum and the sound vibrations of a Tibetan bowl to assess and elevate your energy levels. The therapy continues with acupressure on key meridian points and concludes with an energy clearing ritual—using prana healing or Reiki—to cleanse the body and spirit of negative auras and stagnant energy.

## Wellness Program Hammana

### Emotional Freedom Technique

60 Minutes 1980++/person

"Release emotional blockages and restore inner peace."

EFT, also known as "tapping," is a gentle therapeutic method that combines acupressure with modern psychology. By tapping on specific energy points on the body while focusing on emotional distress, this technique helps to release negative emotions, reduce stress, and bring clarity and calmness to the mind. This treatment is ideal for those dealing with anxiety, unresolved emotions, limiting beliefs, or simply seeking emotional balance and clarity. Experience a profound sense of relief as emotional burdens are gently lifted, making space for healing and empowerment.

### Hypnotherapy

60 Minutes 1980++/person

"Access the power of your subconscious for deep healing and transformation."

Hypnotherapy is a therapeutic technique that uses guided relaxation and focused attention to reach a heightened state of awareness—often referred to as a trance state. In this deeply relaxed condition, the subconscious mind becomes more receptive to positive suggestions, allowing you to release limiting beliefs, emotional blocks, and behavioural patterns that no longer serve you.

### Soul Blessing

60 Minutes 1980++/person

"A sacred journey of purification and renewal."

Born from the wisdom of a Balinese holy priest and holistic master, this ritual clears negative energy and restores harmony to body, mind, and spirit. Your journey begins with spiritual consultation and guided practices—breathwork, meditation, and energy reading—to reconnect with the light within. It continues with prana or reiki energy healing and a sacred water purification using a blessed blend of young coconut water, sea water, lotus petals, and healing flowers. The ritual ends with a powerful initiation to awaken inner peace, raise your vibration, and fill your soul with universal love.

Feel renewed, balanced, and deeply blessed.

### Meditation Love and Happiness

60 Minutes	1180	single
	1580	couple
	21805	person

"A journey of breath, focus, energy, and inner awareness."

Meditation is a powerful combination of breath control, focused concentration, and gentle energy movements that refresh the mind, awaken intuition, and open the heart to love and happiness.

If you lead a stressful lifestyle, it is essential to learn how to unwind and reset your mind. Meditation is one of the most effective ways to manage stress and bring balance into your life. Even with a busy schedule, setting aside just a few moments each day can make a significant difference. Never let a lack of time stop you from finding peace within. Our meditation sessions guide you through various traditional techniques, including:

- Giri Bhuana – for health and energy balance
- Samadhi – for enlightenment, love, peace, and happiness
- Chakra Meditation – to activate and balance your energy centres
- Creative Visualization – to manifest clarity and intention
- Kundalini Meditation – to awaken spiritual energy

Some practices are best learned under the guidance of a qualified teacher. Our experienced instructor will help you connect with the right technique and absorb positive thought energy into your body and spirit. Begin your meditation journey today and integrate calm, clarity, and mindfulness into your daily life.

### Breathwork Journey

45 Minutes 1200++/person

Discover the power of your breath. Breathwork is a guided breathing practice that helps calm the mind, release tension, and restore inner balance. By learning how to breathe consciously, you open the door to deep relaxation, emotional release, and heightened self-awareness.

#### Session Flow:

- Gentle grounding & intention setting
- Guided conscious breathing techniques
- Deep relaxation & integration
- Closing with mindfulness

## Wellness Program Hammana

### Breathwork Relaxation

120 Minutes

1680K ++/pax

A unique fusion of mindful breathing techniques and soothing body massage. This treatment combines yoga-inspired breathwork to calm the mind and restore inner balance, with Flow light body work massage to release muscular tension and enhance circulation.

Guided breathing helps guests achieve a deep state of relaxation, while the massage nurtures the body, creating harmony between mind, body, and spirit. Perfect for those seeking stress relief, emotional clarity, and a profound sense of calm.

### Holistic Wellness Experience 3 Day Journey

8.800++/pax

A transformative blend of ancient wisdom and healing rituals for mind, body, and spirit. Embark on a deeply nourishing three-day journey designed to restore your inner balance, awaken your energy, and reconnect you with your true self. Each day combines intuitive healing, traditional therapies, and mindful practices rooted in Balinese and holistic traditions.

#### Day 1 – Energy Discovery & Physical Rejuvenation

- Palm Reading & Birthday Reading: Gain insights into your personality, life path, and emotional tendencies through ancient palmistry and birth-based interpretation.
- Seven Chakra Balancing: Realign and activate your body's energy centers for emotional clarity and energetic flow.
- Royal Balinese Massage: A luxurious treatment once reserved for Balinese royalty. Warm herbal oil and compresses are used with deep, flowing strokes to ease muscle tension, boost energy flow, and promote natural healing.

#### Day 2 – Mindful Movement & Sound Healing

- Yoga & Happiness Meditation: Begin your day with gentle movement and breathwork, followed by a guided meditation to cultivate joy and peace within.
- Sound Healing: Immerse yourself in therapeutic sound vibrations using singing bowls and sacred instruments to relax the nervous system and balance emotional energy.
- Kenderan Ayurvedic Massage: A serene fusion of Balinese massage and ancient Ayurvedic healing.

#### Day 3 – Spiritual Cleansing & Grounding

- Reiki: A Japanese energy healing technique that channels universal life force to promote deep relaxation and emotional healing.
- Soul Blessing: A sacred Balinese purification ritual guided by a healer, combining energy cleansing, meditation, and water blessing to uplift the spirit.
- Feet Reflexology: A targeted pressure-point massage to release blocked energy, improve circulation, and restore overall harmony.



HAMMANA