



*Wellness and Resort
Transforming the Beauty of Heritage*



OM SWASTIASTU,

WELCOME TO

ABISENA WELLNESS AND RESORT UBUD

Dear Kakanda Adinda,

Warmest greetings and a heartfelt welcome to Abisena Wellness and Resort Ubud. We are excited to be your host here and give you an unforgettable stay. Embark on unique adventures nearby, from leisurely strolls through terraced paddy fields to discovering hidden The Legend of Sacred Spring Water and engaging in mindful yoga sessions.

In order to help you get orientated at Abisena Wellness and Resort Ubud, we'd like to provide you with some important information. We are happy to assist you anytime - please don't hesitate to contact us if you need anything !

Matur Suksma,

Punggawa





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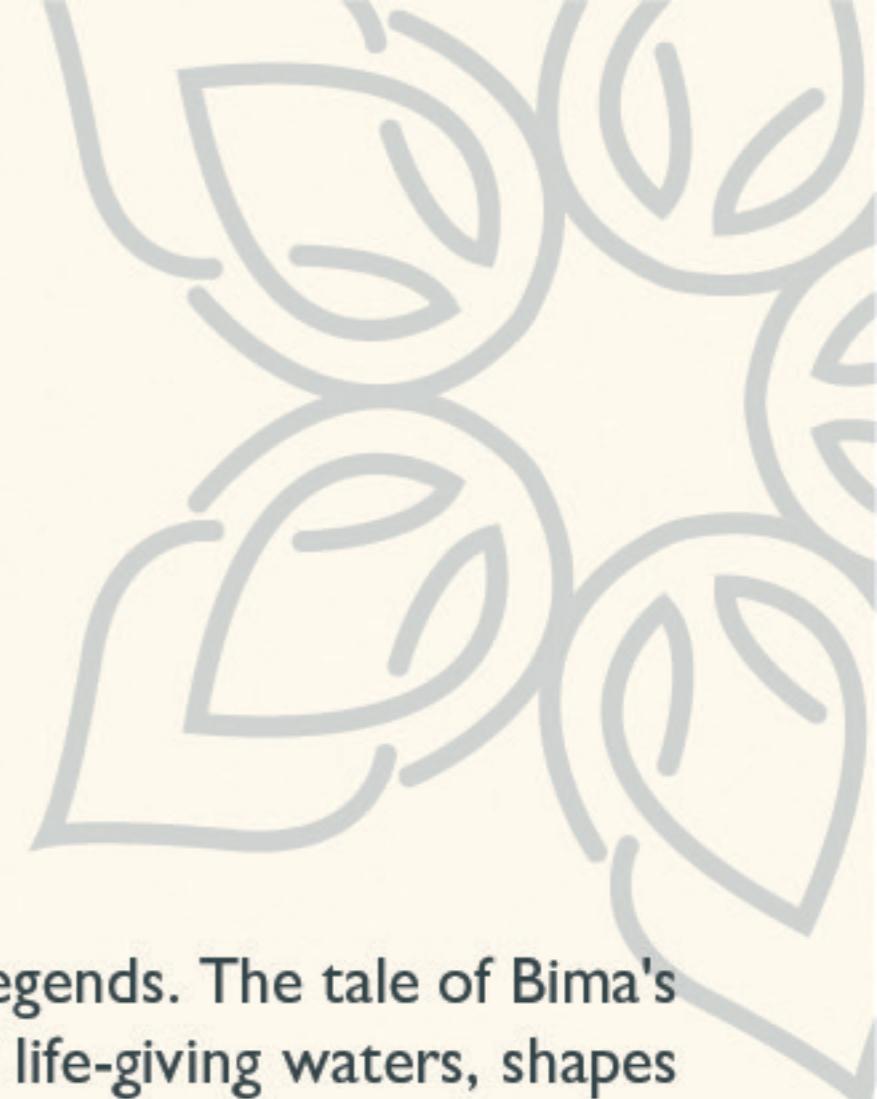
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YOUR ARRIVAL

ABISENA WELLNESS AND RESORT UBUD



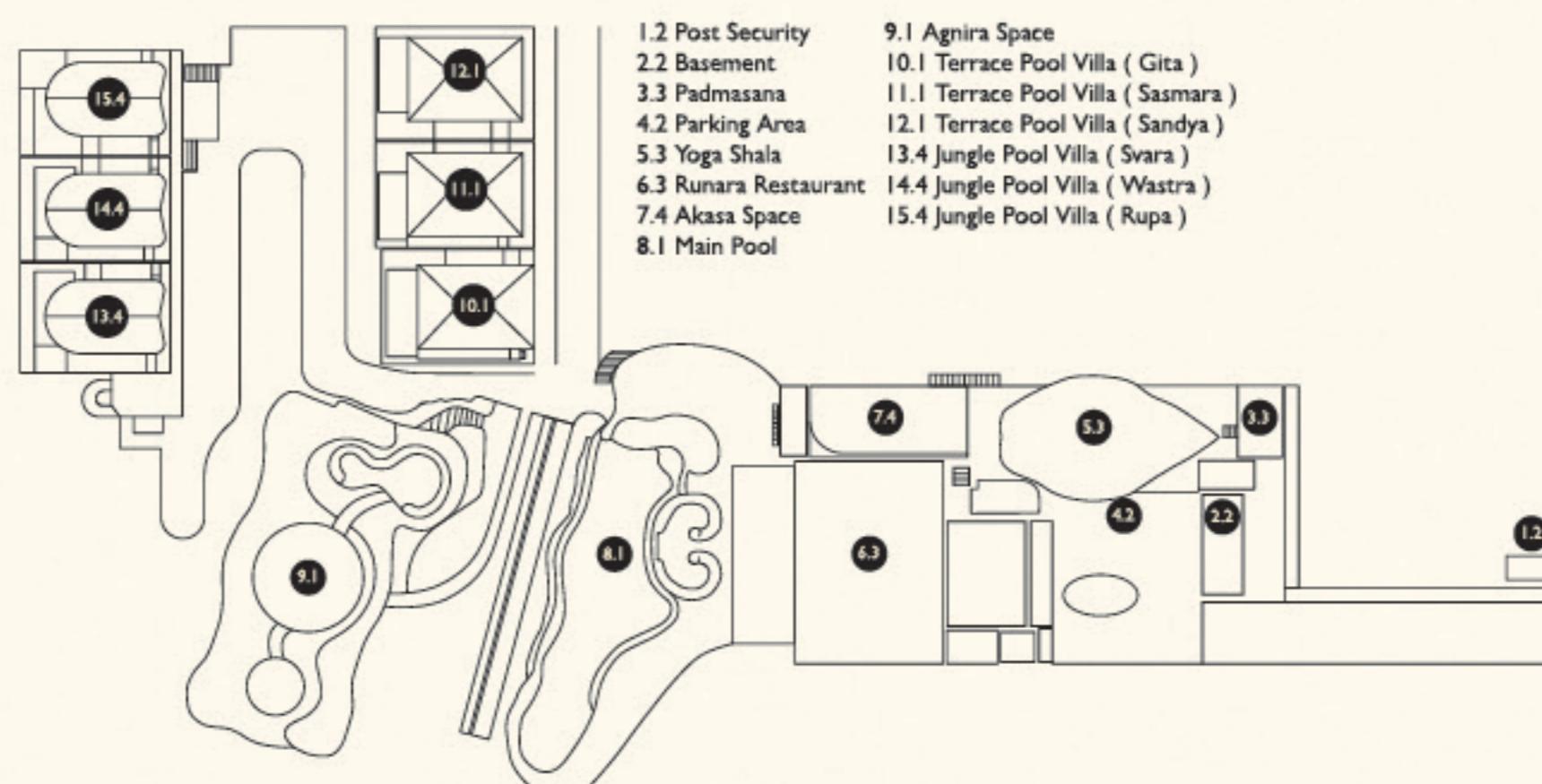
The Abisena Wellness and Resort Ubud is a masterpiece inspired by mythical legends. The tale of Bima's brave exploration, which led to the discovery of Tirta Kamandalu, the sacred life-giving waters, shapes the resort. Each element of The Abisena, from the natural backdrop, which is perfectly intertwined with the elegant space, reflects the essence of Bima's journey; spiritual renewal and physical rejuvenation.

At the Abisena Wellness and Resort Ubud, contemporary elegance merges with timeless tradition, creating a unique and sensorial journey. The rich heritage of Ubud is on show at every turn, with the celebration of local culture a focal point of its sleek design. Indulge in homely comforts whilst honouring the past in a setting designed to captivate the senses.

DESIGN CONCEPT

At the heart of the Abisena Wellness and Resort Ubud lives a harmonious fusion of the natural world with traditional architecture, creating a space where the heritage of the island is on show for all to see. Each accommodation at the Abisena Ubud is a tribute to the past, integrating local craftsmanship and materials with contemporary designs. From the traditional art and furnishings to the convenient in-room facilities, guests will journey into a unique blend of luxurious surroundings and natural splendour. Our goal is to not only celebrate the rich heritage of the island but also create an immersive journey through time and tradition for all our guests.

Abisena Maps



CHECK-IN AND REGISTRATION

Please note that our official check-in time is at 14:00. Our Punggawa will ensure a smooth and efficient check-in process upon your arrival. As per Indonesian law, it is mandatory to register all foreigners within 24 hours of arrival. Rest assured that we will handle this requirement promptly and responsibly by photocopying your passport in our office. We guarantee the utmost care for your valuable documents, ensuring their immediate return. Additionally, an imprint of your credit card will be taken for any incidental charges that may occur during your stay. Your comfort and security are our top priorities.

SERVICE INFORMATION

DAILY BREAKFAST

Awaken your taste buds with a complimentary semi buffet breakfast. Served from 07:00 to 11:00 in our Runara Restaurant, Indulge in a several-course breakfast menu designed to delight your senses. Start your day in style with our culinary masterpiece at Abisena Wellness and Resort Ubud.

MINI BAR

Enjoy a mini bar tailored to your preferences, thoughtfully curated with a selection of local products. Indulge in an array of snacks and a wide variety of both non-alcoholic and alcoholic beverages, ensuring a complete and satisfying accompaniment to enhance your stay.

LAUNDRY AND DRY CLEANING

Enjoy daily bedroom service and laundry collection for a refreshed space. You'll find a laundry basket in your bathroom, and our team will be happy to assist you with our laundry service. Kindly inform our staff of delicate clothing requiring special care. While we take utmost care, we are not responsible for any damage.

PETS

We are animal lovers, so although pets are not permitted to entrance our resort.

SMOKING

Smoking is strictly forbidden in the rooms. Guests found smoking will be charged an extra fee of IDR 1.000.000. No exceptions.

AIRPORT TRANSFER

Seamless airport pick-up service is available at an additional charge. Let us handle your transportation needs for a worry-free stay. Contact our Punggawa for more information and enjoy a smooth start to your exceptional experience with us.

TOUR SERVICE

How about exploring Bali's mountains, waterfalls, and natural landscapes? We offer special packages to take you around the beautiful island with an experienced driver. Contact our Punggawa for more information.

SHUTTLE SERVICE

We provide daily complimentary drop-off and pick-up shuttle service to and from Ubud for the Hotel's in-house guests. For the schedule by the below:

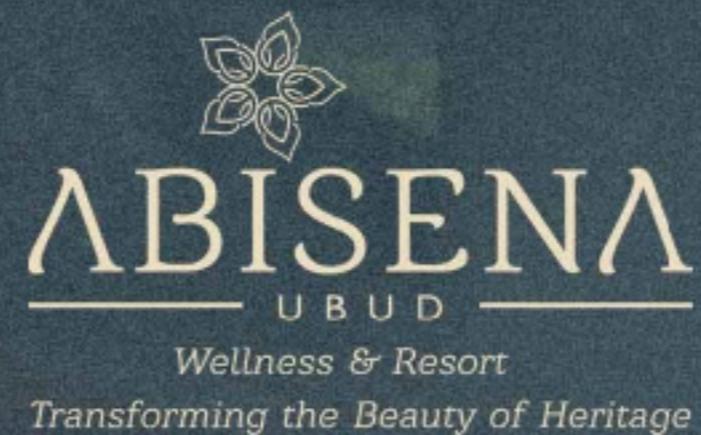
| | | |
|------------|---|-------|
| Drop-off 1 | : | 11:00 |
| Pick-up 1 | : | 12:00 |
| Drop-off 2 | : | 14:00 |
| Pick-up 2 | : | 15:00 |
| Drop-off 3 | : | 17:00 |
| Pick-up 3 | : | 18:00 |

FOREIGN CURRENCY

For your peace of mind, we recommend exchanging currencies at authorized Money Changers, Banks or within 30 minutes range the hotel premises. Here is a set of instructions for identifying a reliable money changer: conduct preliminary research, assess exchange rates, confirm licensing, seek out well-established establishments, review customer feedback, consider reputable banks or currency exchange chains, steer clear of street vendors, scrutinize potential hidden charges, examine the displayed exchange rates, verify your exchanged funds, maintain transaction records, and utilize ATMs for obtaining local currency.

TICKETING

Contact our guest service for assistance with activity reservations, ticket reconfirmation, or itinerary changes. We are here to help you with any activities-related inquiries or modifications you need.



TRANSPORTATION PRICE LIST

| NO | DESTINATION | STANDARD CLASS | THE LUX CLASS |
|----|------------------------------|----------------|---------------|
| 1 | Ubud Center | 200,000 | 300,000 |
| 2 | Lodtunduh / Mas | 350,000 | 450,000 |
| 3 | Pejeng Area | 350,000 | 450,000 |
| 4 | Tampak Siring | 350,000 | 450,000 |
| 5 | Puhu Payangan | 350,000 | 450,000 |
| 6 | Sanur | 600,000 | 700,000 |
| 7 | Airport/Kuta/Legian/Seminyak | 1,000,000 | 2,000,000 |
| 8 | Canggu | 800,000 | 1,000,000 |
| 9 | Jimbaran | 1,000,000 | 2,000,000 |
| 10 | Nusa Dua | 1,000,000 | 1,500,000 |
| 11 | Uluwatu | 1,300,000 | 2,200,000 |
| 12 | Padang Bai | 1,000,000 | 1,500,000 |
| 13 | Candi Dasa | 700,000 | 1,200,000 |
| 14 | Amed/Tulamben | 1,300,000 | 2,300,000 |
| 15 | Kintamani/Songan | 800,000 | 1,000,000 |
| 16 | Bedugul | 1,000,000 | 1,500,000 |
| 17 | Tanah Lot Area | 800,000 | 1,000,000 |
| 18 | Tabanan | 1,000,000 | 1,500,000 |
| 19 | Munduk | 1,100,000 | 1,300,000 |
| 20 | Lovina | 1,300,000 | 2,000,000 |
| 21 | Pemuteran | 1,600,000 | 2,500,000 |
| 22 | Jembrana | 1,400,000 | 2,400,000 |
| 23 | Gilimanuk | 1,600,000 | 2,500,000 |
| 24 | Menjangan | 1,600,000 | 2,500,000 |
| 25 | Full Day Tour 8 jam | 1,300,000 | 1,700,000 |
| 26 | Half Day Tour 4 jam | 900,000 | 1,200,000 |
| 27 | Extra Hour | 150,000 | 200,000 |

LUGAGE STORE

We understand that travel can be both exciting and tiring, which is why we are pleased to offer you our complimentary luggage storage service. Whether you're arriving early, departing late, or simply want to explore the city without the burden of your bags, our luggage storage facilities are at your disposal.

LOST AND FOUND

If you happen to misplace an item, our dedicated butler is at your service to help you locate it within the hotel premises. In the event that an article belonging to a guest is found, we will safely store it and keep a record of it in our Lost and Found department.

PAYMENT OPTIONS

We accept cash, debit cards, Maestro, Visa and Euro- / Mastercard.

SAFETY AND SECURITY

For your peace of mind, Abisena Wellness and Resort Ubud entrance and communal areas are under 24-hour video surveillance. Access to private rooms by Non guests is only permitted with advance notice to reception. Abisena reserves the right to deny individual access. For safety reasons, we kindly ask you not to lean out of the windows or use window ledges as seating. Before leaving

CULTURE AND ENVIRONMENT

Bali has preserved its ancient traditions for thousands of years. The majority of Balinese people follow a unique form of Hinduism, believing in the power of nature and the influence of the spirits on its elements. Gods and goddesses, spirits and ancestors are all worshipped on the island, which is why you'll see people here performing religious rituals and making offerings every day. As you will come across temples and people worshipping on our land as well as that of our neighbors, we ask you to please always approach such encounters with respect. When visiting temples, we kindly ask you to abide by the following rules:

CULTURE AND ENVIRONMENT

1. **Wear a sarong** Entering a temple in Bali requires both men and women to cover their legs below the knee by wearing a sarong. Our team is happy to provide these on request.
2. **Cover your upper body** Singlets, camisoles, tank tops or anything exposing bare shoulders are not considered appropriate attire for a temple visit. Please remember to always cover your shoulders before entering.
3. **Don't enter the temple if you're menstruating/bleeding** Anyone who is menstruating or bleeding at the time of their visit is not permitted to enter the temple. The same applies for anyone who has given birth in the last six weeks. You should also refrain from entering a temple if you have an open wound or injury.
4. **Don't point your feet towards the shrines** Feet are considered unclean, so you should never point them in the direction of shrines or holy object. Sit cross-legged or sit on your heels as Balinese people do.

FACILITIES INFORMATION

YOGA SHALA

Open your heart and mind by joining one of our expert-led yoga classes. Offering a serene space, our yoga experience is ideal for beginners or more advanced yogis looking to maintain their daily routines or learn something new. Please dial number “0” for Private Yoga Activity.

RUNARA RESTAURANT

Open from 7:00 to 23:00

Runara restaurant at Abisena Wellness and Resort Ubud is a tribute to the beauty of traditional food. The restaurant encapsulates its name's essence - 'Runa' symbolizing creative expression and dedication, 'Ara' signifying peace and serenity. True to its name, the restaurant delivers a spellbinding experience, combining culinary delights with a calm and peaceful ambiance. The Runara restaurant is not only a place to dine; it's a warm space for our guests to unwind and relax in.



SADHA LOUNGE

Open from 11:00 to 24:00

Sadha Lounge at Abisena Wellness and Resort Ubud is the ideal escape for those looking to disconnect and rejuvenate. A sanctuary where the weight of the everyday, burdens of work and responsibility melt away, leaving only relaxation and comfort. Calming interiors and conscientious service combine to create an environment that encourages you to take a moment and enjoy yourself. Whether it's a coffee or a cocktail you desire or a comfortable chair to sink into, the Sadha welcomes you with open arms.

INVINITY POOL

Open from 9:00 to 21:00

The 280 sqm infinity pool offers ample space for swimming and lounging amidst the serene environment. Its seamless design with the lush landscape, creates a breathtakingly beautiful experience.

FITNESS CENTRE

Open from 6:00 to 21:00

A dynamic and vibrant facility designed to cater to individuals seeking to improve their physical fitness and overall well-being. It's provides a diverse range of resources, equipment, and services to accommodate people of all fitness levels, from beginners to advanced athletes.

DIRASHA WELLNESS WITH JACUZZI, SAUNA,STEAM ROOM AND ICE BATH

Open from 9:00 to 21:00

Designed to evoke feelings of wellness, the Dirasha Wellness invites guests to embark on a sensory journey that will heal body and mind. Traditional and natural products combined with refined techniques delivered by our knowledgeable therapists await. Every treatment is designed to engage the senses, from the aromas of the oils to the gentle touch of the personalized therapists.





THE AGNIRA SPACE

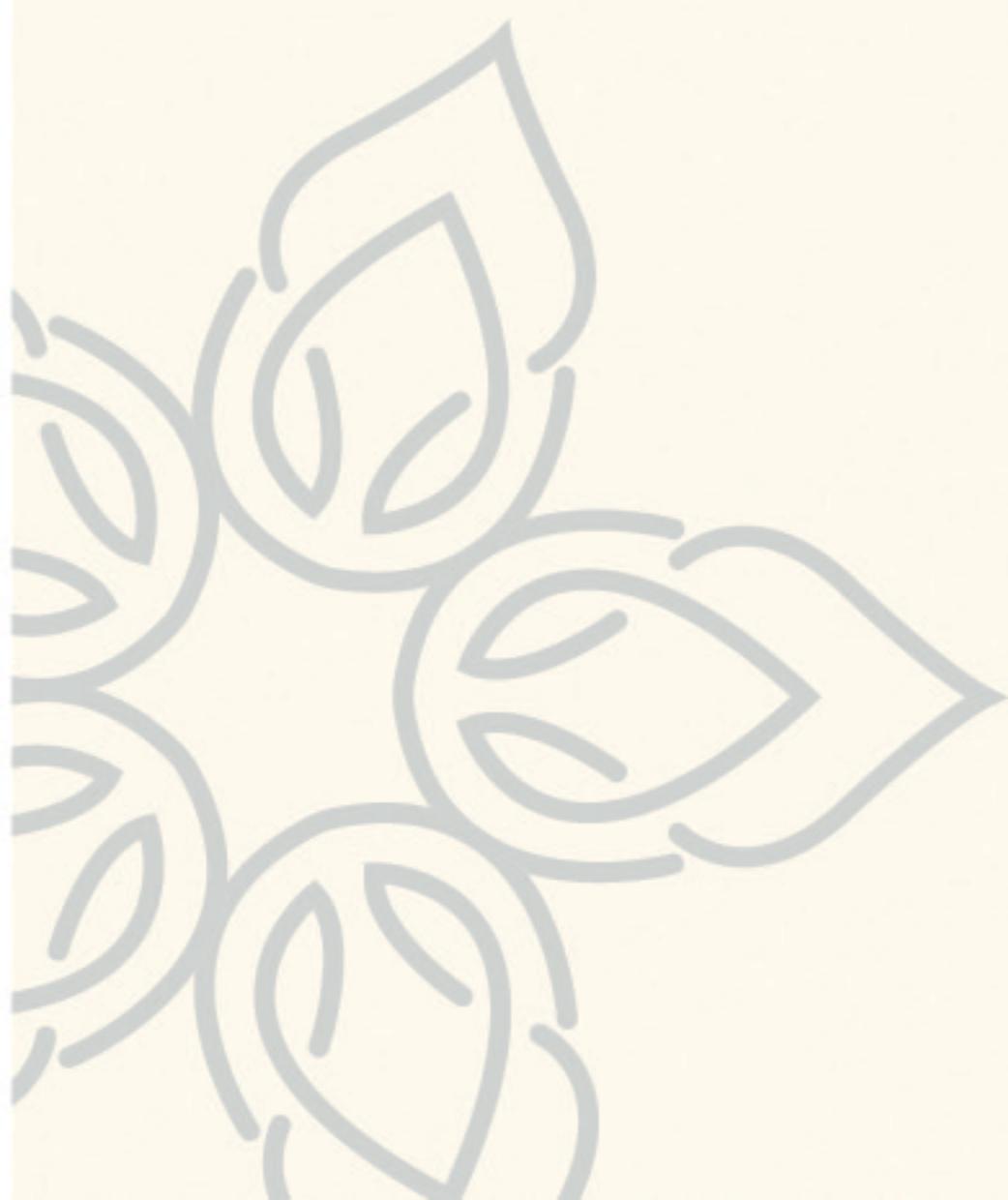
The Agnira space is an explorative environment, ideal for holding a variety of different events. Designed around the concept of theatre, the amphitheater utilizes sound and space well, making it ideal for grand celebrations or intimate gatherings. Its open-air layout helps connect guests to the natural world and sets the stage for stunning backdrops to your celebrations. Whether it's a wedding, business event, or romantic dinner, the Agnira space can be customized to the unique needs of each event.

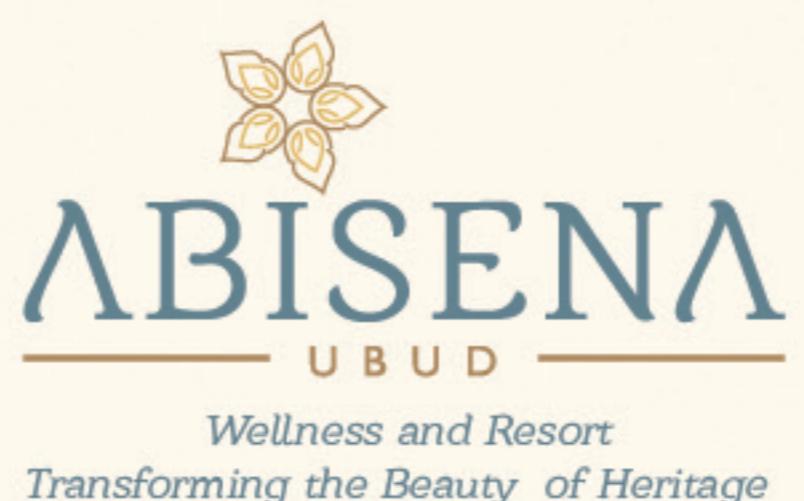
YOUR DEPARTURE

DEPARTURE

Please note that our official check-out time is at 12:00. If you wish to extend your room usage, kindly contact our Punggawa for guest assistance. We will do our best to accommodate your request, depending on room availability.

We kindly request your assistance in improving the quality of our service and facilities for your next visit. Before your departure, we would greatly appreciate it if you could take a moment to complete our guest feedback form. Your valuable feedback will be highly appreciated and will contribute to enhancing your future experiences at Abisena Wellness and Resort Ubud.





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Om Santih Santih Santih Om
Matur Suksma

