



A mindful lifestyle involves being present and intentional in daily activities, fostering awareness and balance through practices like meditation, mindful eating, and conscious breathing to enhance overall well-being.

OM SWASTIASTU

Where ancient traditions meet modern luxury.

Step into a realm where relaxation and rejuvenation intertwine,
guided by the timeless wisdom of our heritage.

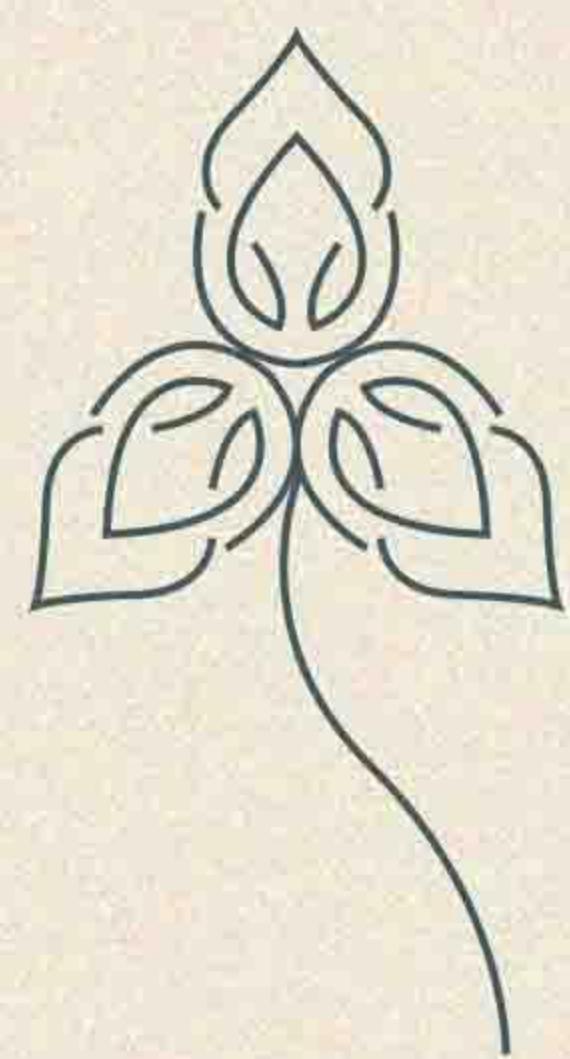
With a commitment to preserving and enhancing your natural beauty,
we invite you on a journey of transformation.

Indulge in an unforgettable journey of blissful relaxation and
intimate connection at our exclusive couple's
JIWA RAGA JOURNEY.

Discover the essence of tranquility as we blend age-old techniques with contemporary
comforts, all in pursuit of restoring your inner and outer radiance.

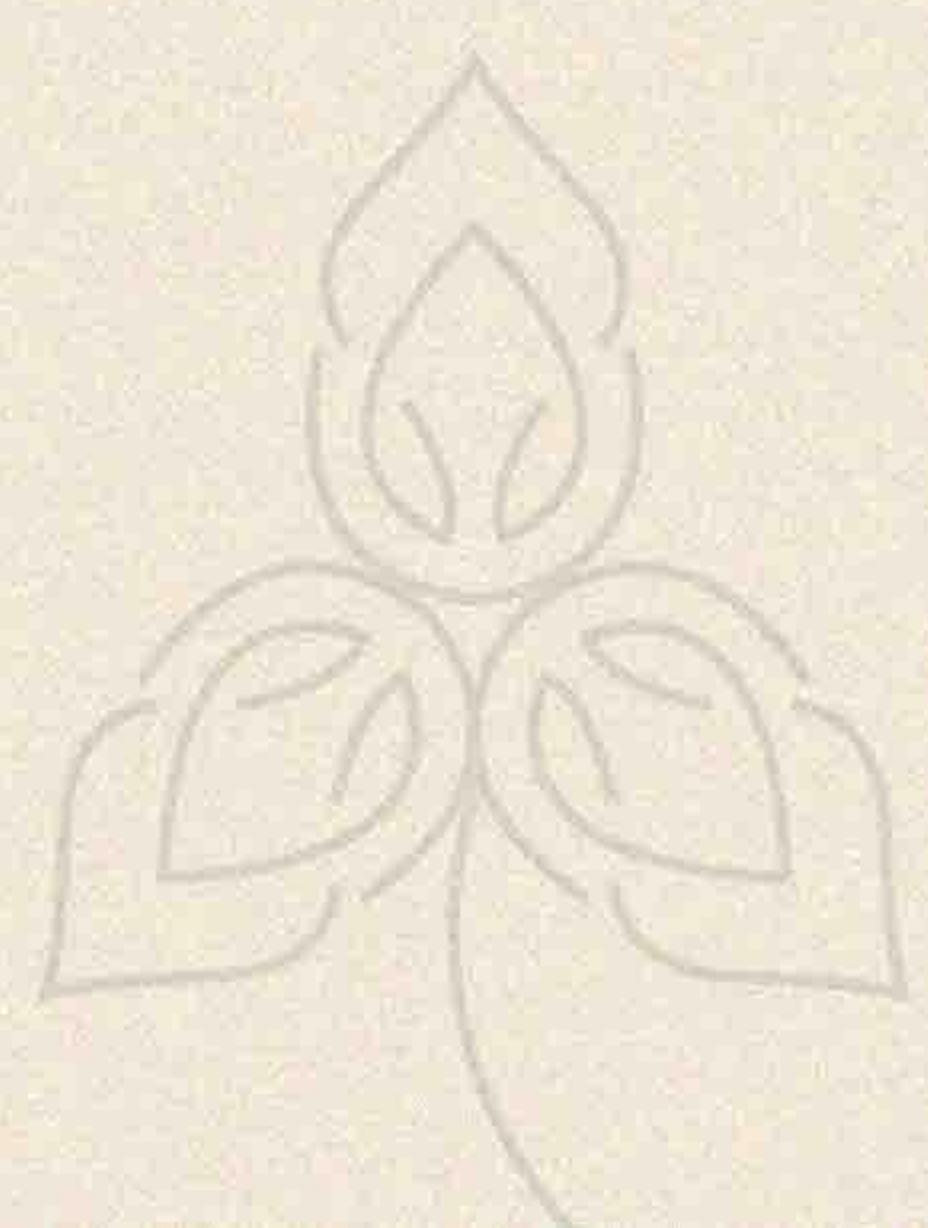
Embark on a voyage that honors the heritage of wellness,
where every experience is crafted to unveil the timeless beauty within.

Come, experience the transformative power of heritage beauty at its finest.



TAPA FUSION

Invest in your health and wellness today with our premium Wellness Infusion or IV Drip Therapy. Experience the rejuvenation, energy, and vitality that comes from giving your body the nutrients it craves. Discover a new level of wellness and let us help you feel your best from the inside out.





TAPA TOUCH	IDR. 1.650.000
-------------------	-----------------------

Our Jet Lag Recovery IV Drip is your solution to combating fatigue and jet lag after long trips or strenuous activities.

TAPA GANTA	IDR. 1.250.000
-------------------	-----------------------

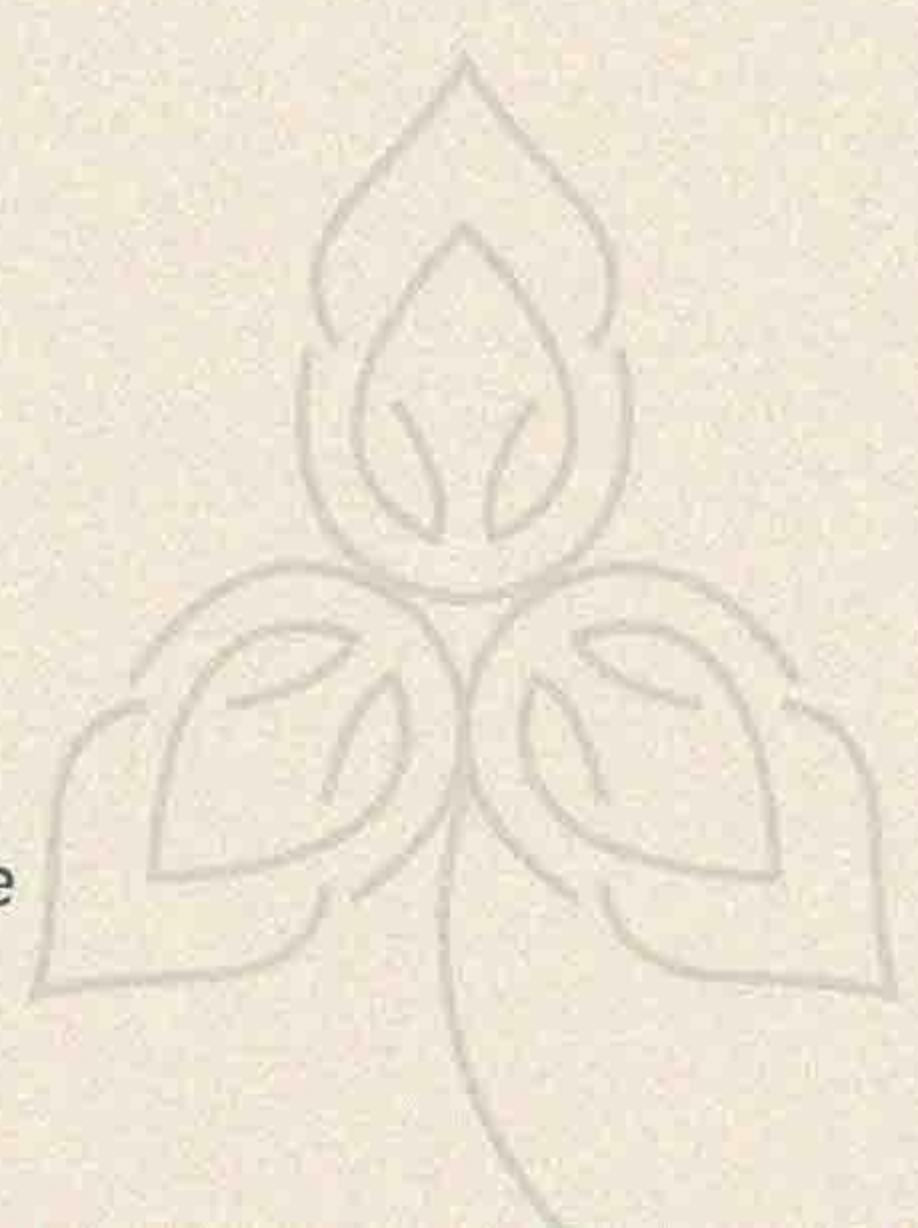
Experience rapid relief with our Flu Relief IV Drip, specifically formulated to alleviate symptoms associated with the flu.

TAPA BLEND	IDR. 2.400.000
-------------------	-----------------------

Revitalise your body and mind with our Rejuvenation IV Drip, designed to deliver a powerful blend of essential vitamins and antioxidants. Whether you're seeking to enhance your overall wellness, recover from fatigue, or simply feel more energised and refreshed, our specialised IV therapy offers a comprehensive solution for total rejuvenation.

TAPA WADU	IDR. 2.550.000
------------------	-----------------------

Quickly overcome the discomfort of Bali belly with our specialised Bali Belly Recovery IV Drip. Our formula includes a stomach protector, anti-nausea and anti-stomach cramp medications, Vitamin B Complex, antibiotics, and oral medication, ensuring a fast and effective recovery.



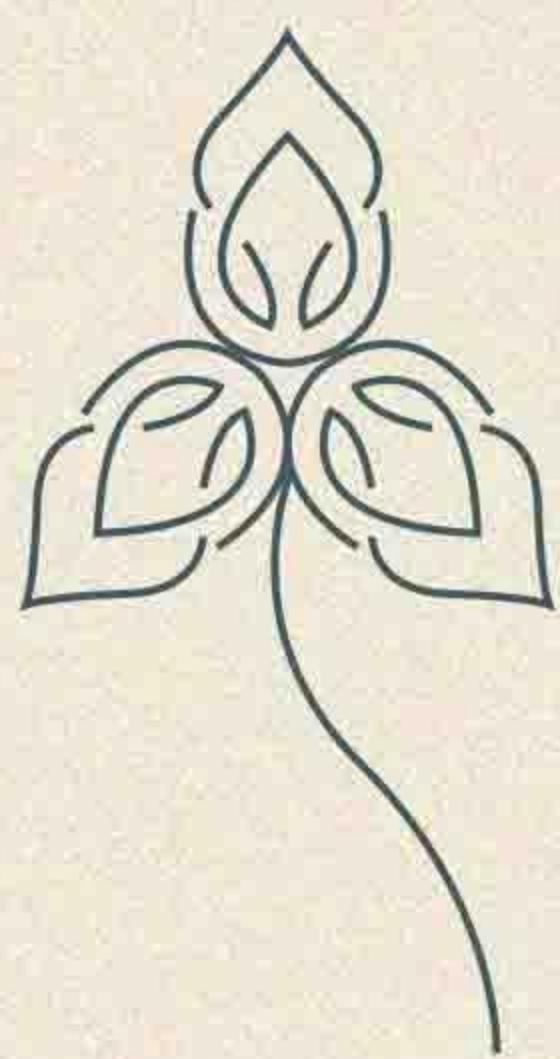
JIWATMA MANTRA

Bounce back quickly with our Hangover Recovery IV Drip, expertly formulated to alleviate the unpleasant symptoms of a hangover. Say goodbye to hangover woes with our targeted IV therapy, designed to restore your body and mind, helping you get back on track swiftly and effectively.

ANGIN DIRA

IDR. 1.200.000

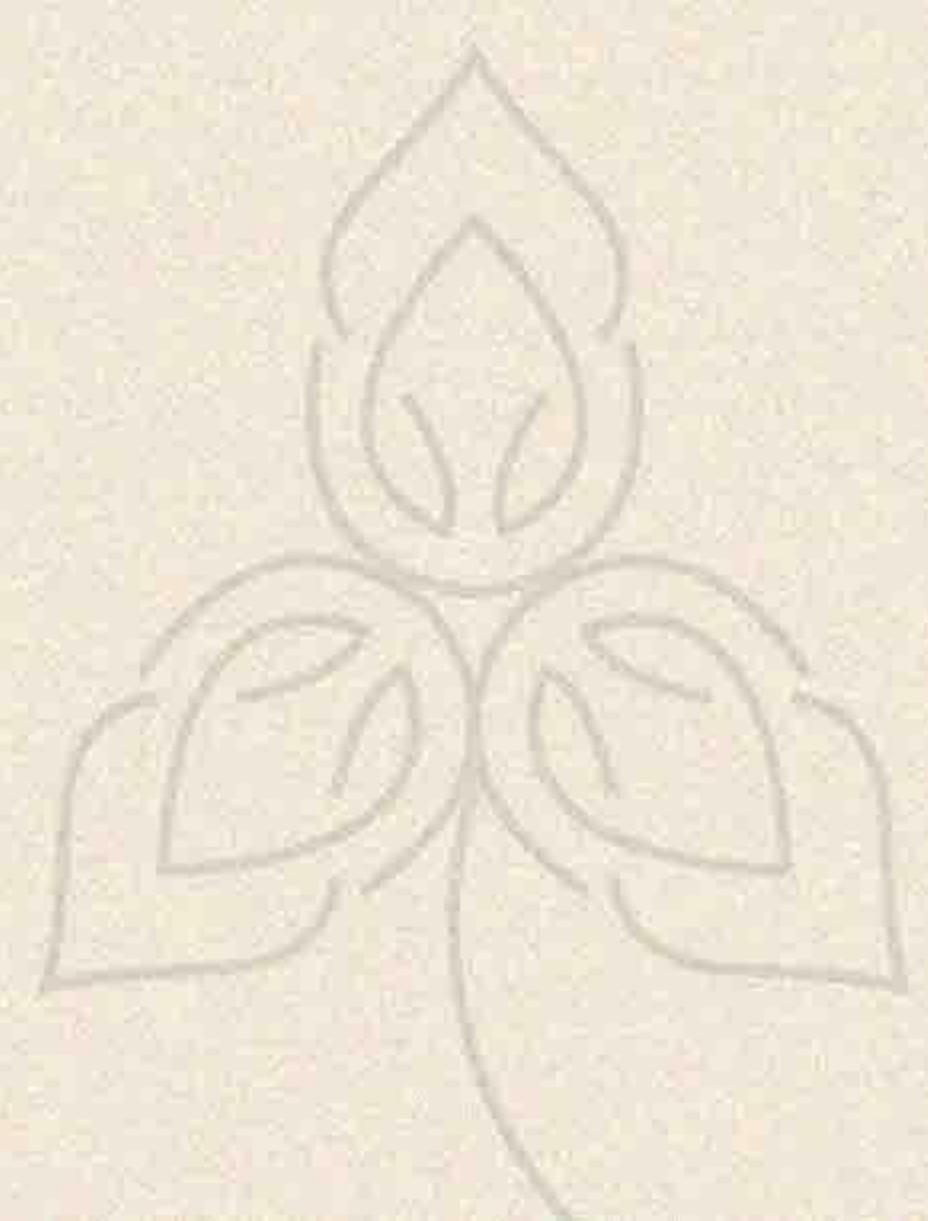
Overcome your hangover with our Hangover Recovery IV Drip, specifically formulated to combat dehydration, alleviate nausea, and boost your energy levels. Our Hangover Recovery IV Drip provides fast and effective relief, helping you feel revitalised and ready to take on the day.



HOLISTIC TRANQUILLITY

Indulge in a tranquil escape as you and your partner embark on a blissful voyage of sensory delight. Our carefully curated ritual is meticulously crafted to melt away tension, renew vitality, and foster a deeper bond between you and your loved one.

Immerse yourselves in a sanctuary of tranquillity, where every moment is tailored to enhance your well-being and elevate your senses. From soothing massages to guided meditations, each element of our Couple's Ritual is thoughtfully orchestrated to instill a profound sense of peace and serenity.





Thera Skin 150 MIN IDR. 1.700.000

Inspired by this powerful journey of Balinese ancient medication called Me-Boreh. A whole-some therapy from an ancient secret of Balinese herbal ritual if skin detoxifying treatment revives tired skin, improves circulation and skin tone.

Elemential Journey 120 MIN IDR. 1.400.000

Immerse yourself in an Elemental Harmony Journey, where the healing properties of earth, air, fire, and water converge to restore balance and vitality to your being.

Tropisia Bodya 150 MIN IDR. 1.550.000

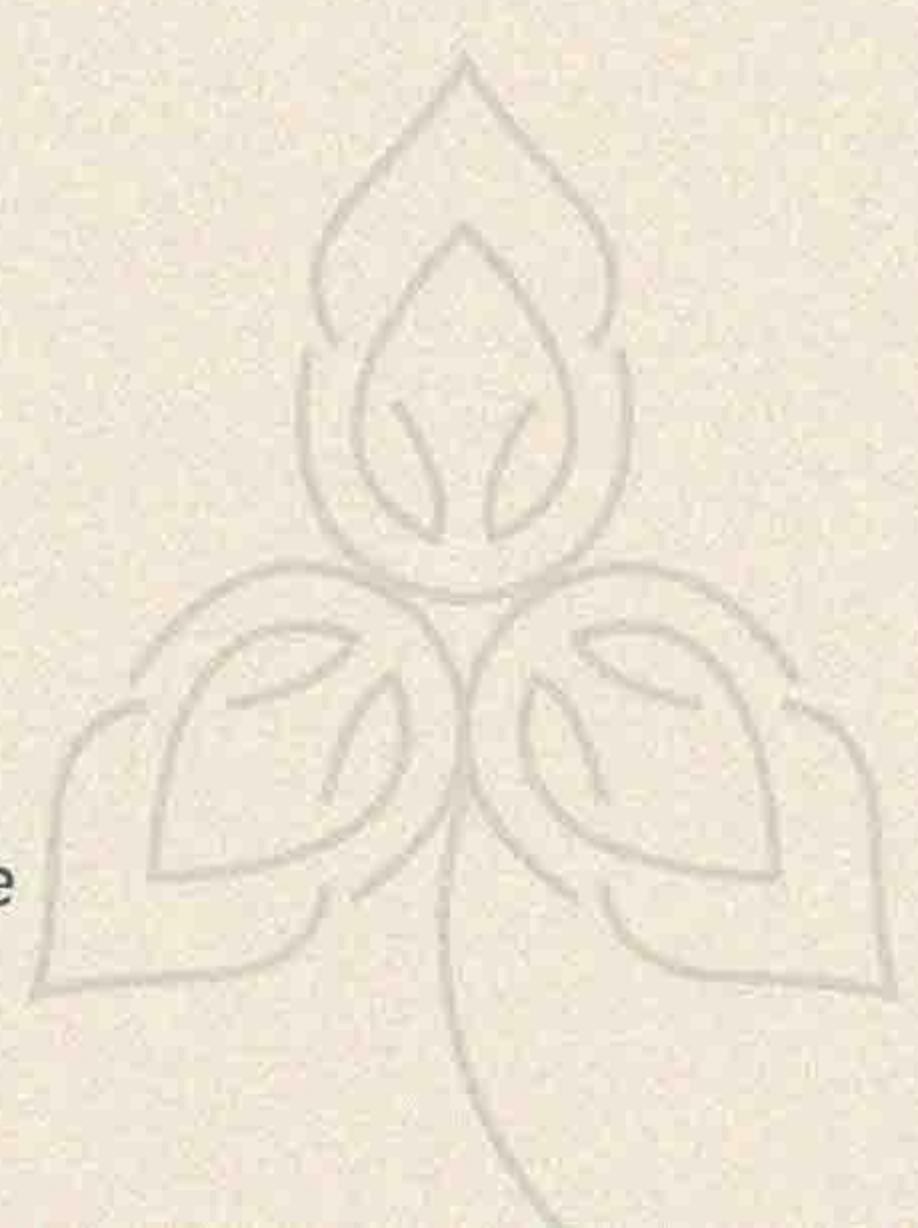
Immerse yourself in the tropical oasis of our Coco infused therapy, where the nourishing properties of coconut take centre stage in a rejuvenating journey of relaxation and renewal. Feel tension melt away as the soothing aroma of coconut transports you to a tranquil island paradise, leaving your body and mind in a state of pure relaxation.

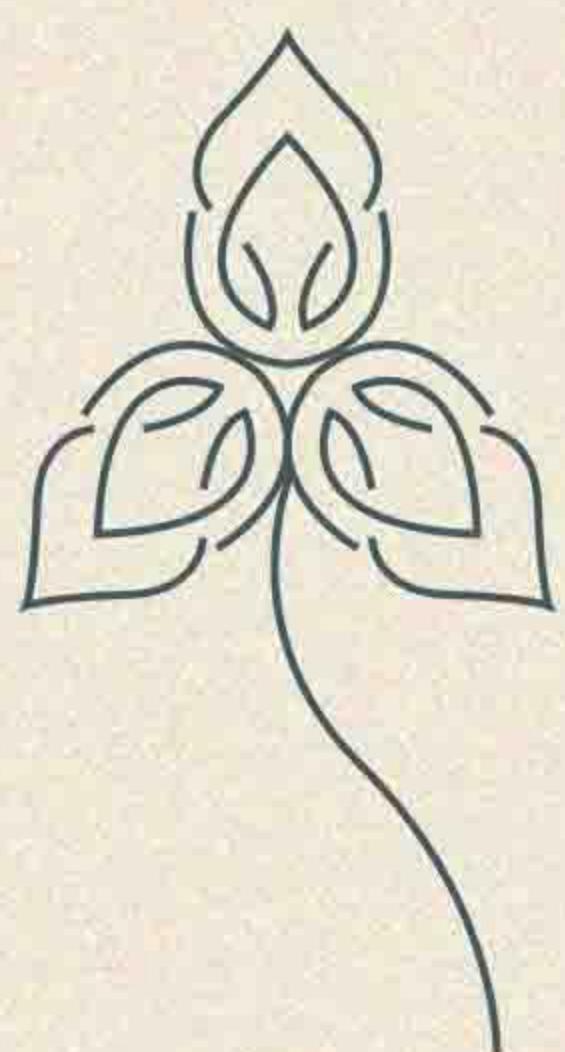
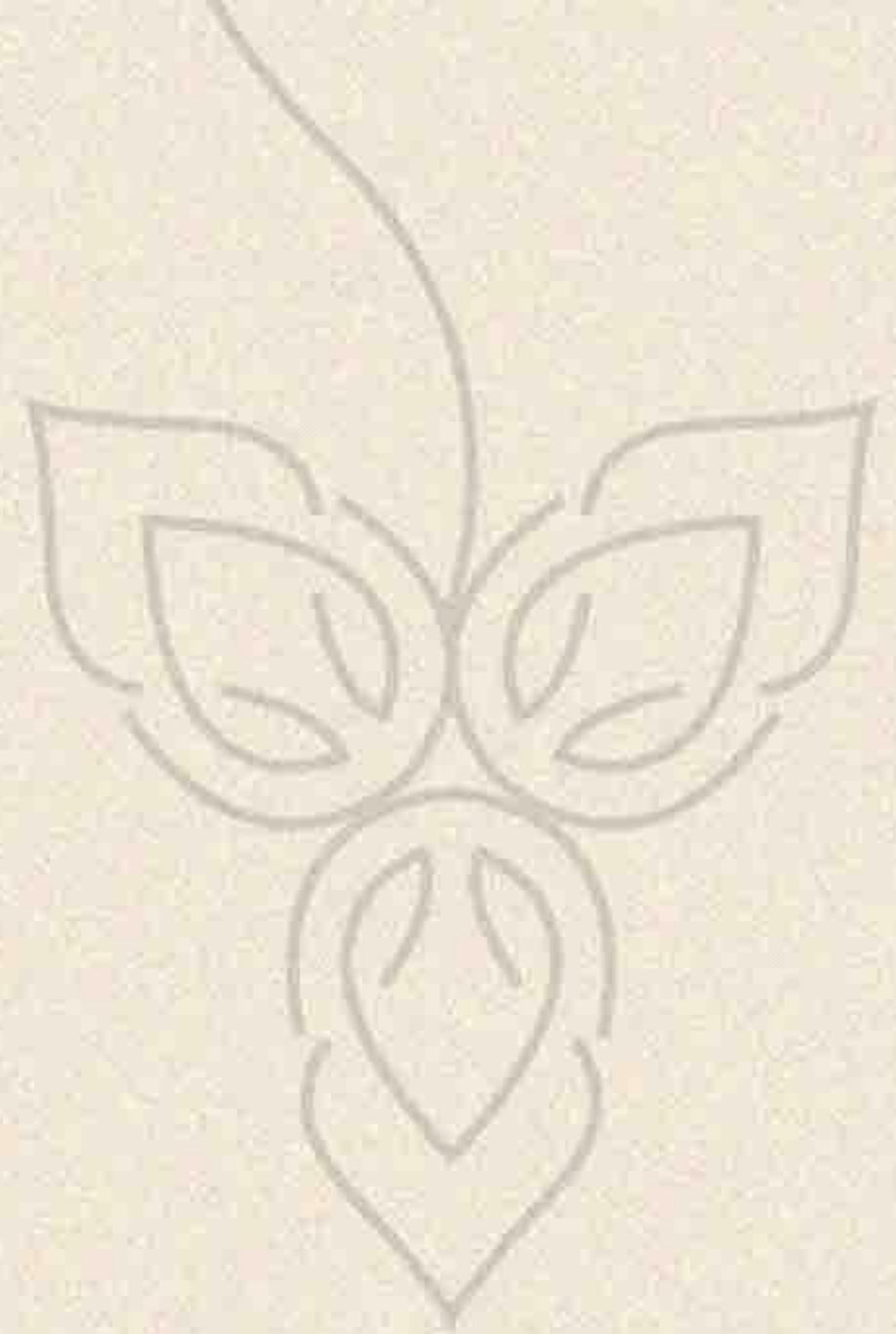
Marga Ratih Kamajaya 210 MIN IDR. 1.950.000

Treat yourself or someone special to an unforgettable journey of relaxation and rejuvenation with our exclusive "Ratih Kamajaya" spa package. Melt away stress and discover the true meaning of luxury and relaxation.

Jiwa Raga Journey 180 MIN IDR. 3.800.000

Discover the timeless beauty and healing traditions of Bali with our Jiwa Raga Journey Couple's Package. Designed for couples seeking a harmonious and rejuvenating experience, this ritual uses ancient Balinese remedies combined with yoga to enhance beauty and well-being.

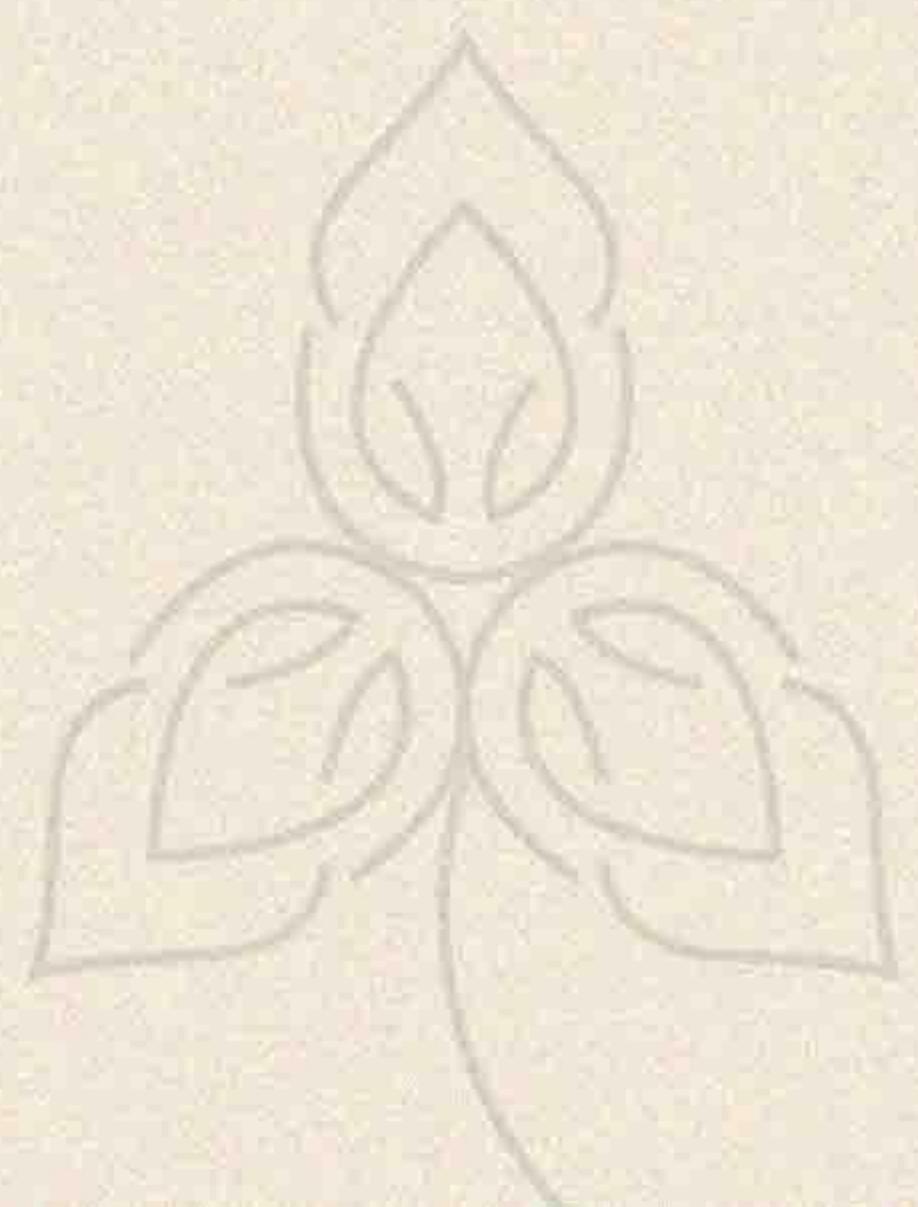




DIRASHA RUPASHANA

Our highly effective, synergistic and clean formulas combine carefully chosen natural and active ingredients from the Swiss Alpine region and the rest of the world with the latest in anti-aging science and Swiss cutting-edge bio-technology. At the same time, NIANCE does not use undesirable ingredients such as paraffins, parabens, or steroids.

Our luxurious product selections cover treatments for women and men, face and body, and are ideal for all skin types, even the most sensitive skin. Enjoy our revolutionary anti-aging treatments for instant and long lasting effects.



LUXY GODDESS 60MIN IDR. 1.400.000

Indulge in our Signature Anti-Aging Detox Journey for a visibly younger, firmer, and more radiant complexion.

MASSACU JANTA 60MIN IDR. 1.400.000

Premium Anti ageing Men Experience the unparalleled benefits of NIANCE's signature skincare, specially designed to meet the unique needs of men's skin.

SENSA SOURYA 60MIN IDR. 1.100.000

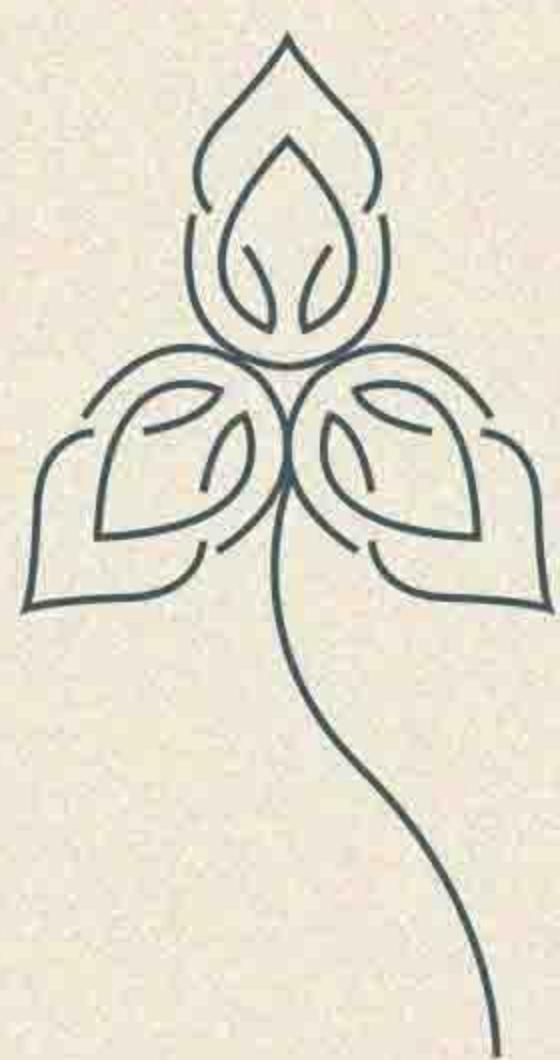
Experience the ultimate in gentle Anti ageing for oily or sensitive skin, yet effective skincare with our Complete Treatment Package for Sensitive Skin.

WARNA WANNA 60MIN IDR. 650.000

Experience the epitome of elegance as your nails are expertly shaped, buffed, and polished to perfection. Indulge in the epitome of elegance and leave with nails that exude beauty and glamour.

TARYA KURA 60MIN IDR. 700.000

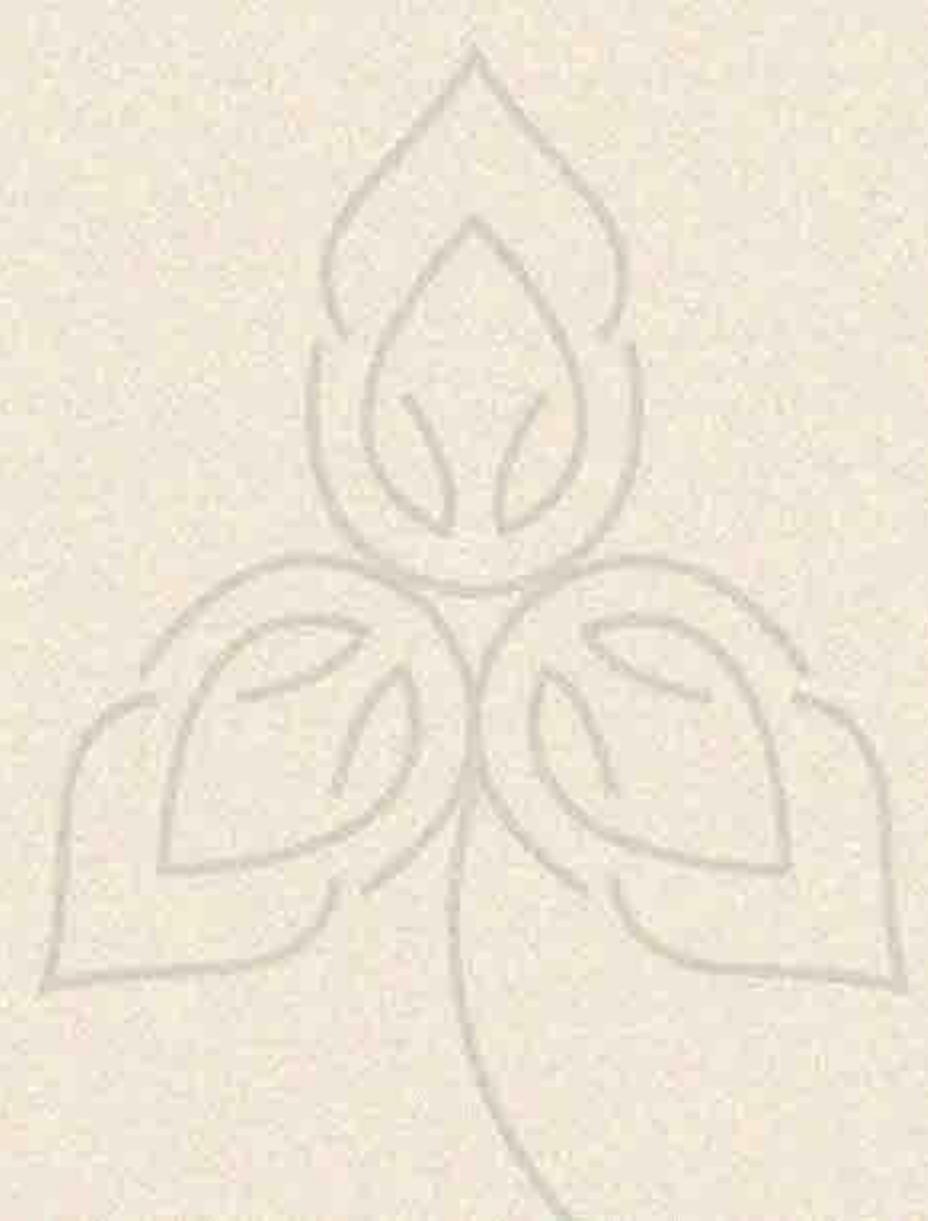
Indulge in a range of indulgent foot treatments, from soothing massages to invigorating scrubs, leaving your feet feeling refreshed and rejuvenated.

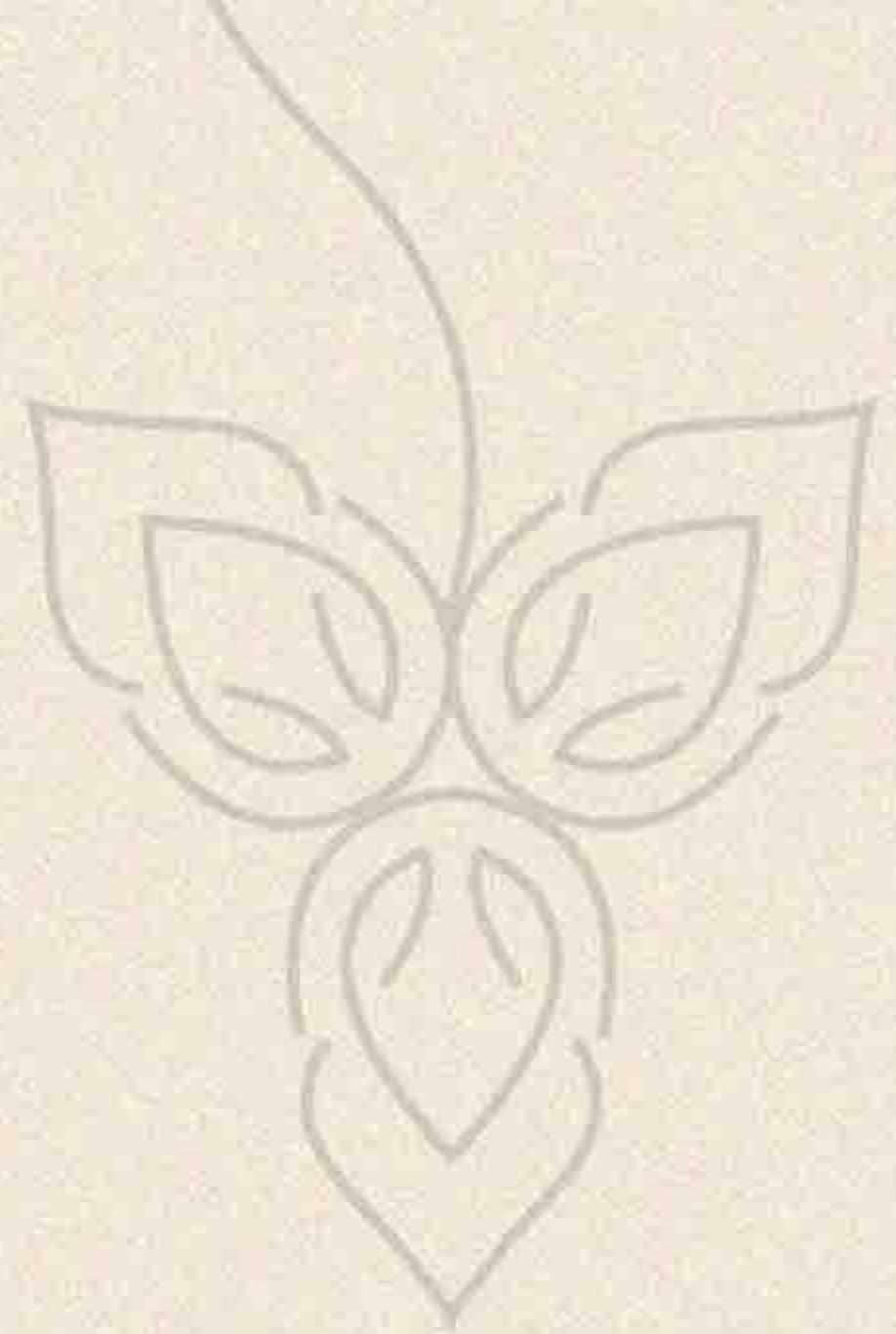


THE ANCIENT TOUCH

Panchakarma Body and Soul embark on a transformative journey of self-discovery and renewal with Ancient Traditional Healing. Immerse yourself in a sanctuary of tranquillity as ancient healing modalities combine seamlessly to nurture your mind, body, and soul.

Effective in stimulating metabolism, unblocking energy, strengthening the digestive system, rejuvenating tissue and cells, and relieving stress.





TUGA RAGA

IDR. 1.800.000

Relationship Healing is Utilising the power of hypnosis, our skilled therapists guide you into a deeply relaxed state where you can access your subconscious mind. This process allows you to uncover and address underlying issues, release negative patterns, and foster healthier communication and connection.

WATA RIVA

IDR. 2.200.000

Rediscover a sense of peace and well-being with our Water Sound Healing sessions. Let the gentle vibrations and resonant tones of the Tibetan Singing Bowls guide you to a state of deep relaxation and harmony.

SWARA NIRA

IDR. 2.200.000

Let the harmonious sounds and vibrations of various sacred instruments lead you to an unforgettable sensation of deep relaxation of the Gong Bath Ceremony. Experience the rebalancing of your chakras, the energy vortexes in our subtle body.

KUNRA REIKI

IDR. 1.100.000

Experience the transformative power of ancient practice as it balances your energy and restores harmony to your mind, body, and spirit. Feel a warm, comforting sensation as the energy flows through you, dissolving tension and stress.

BODYA MARGA

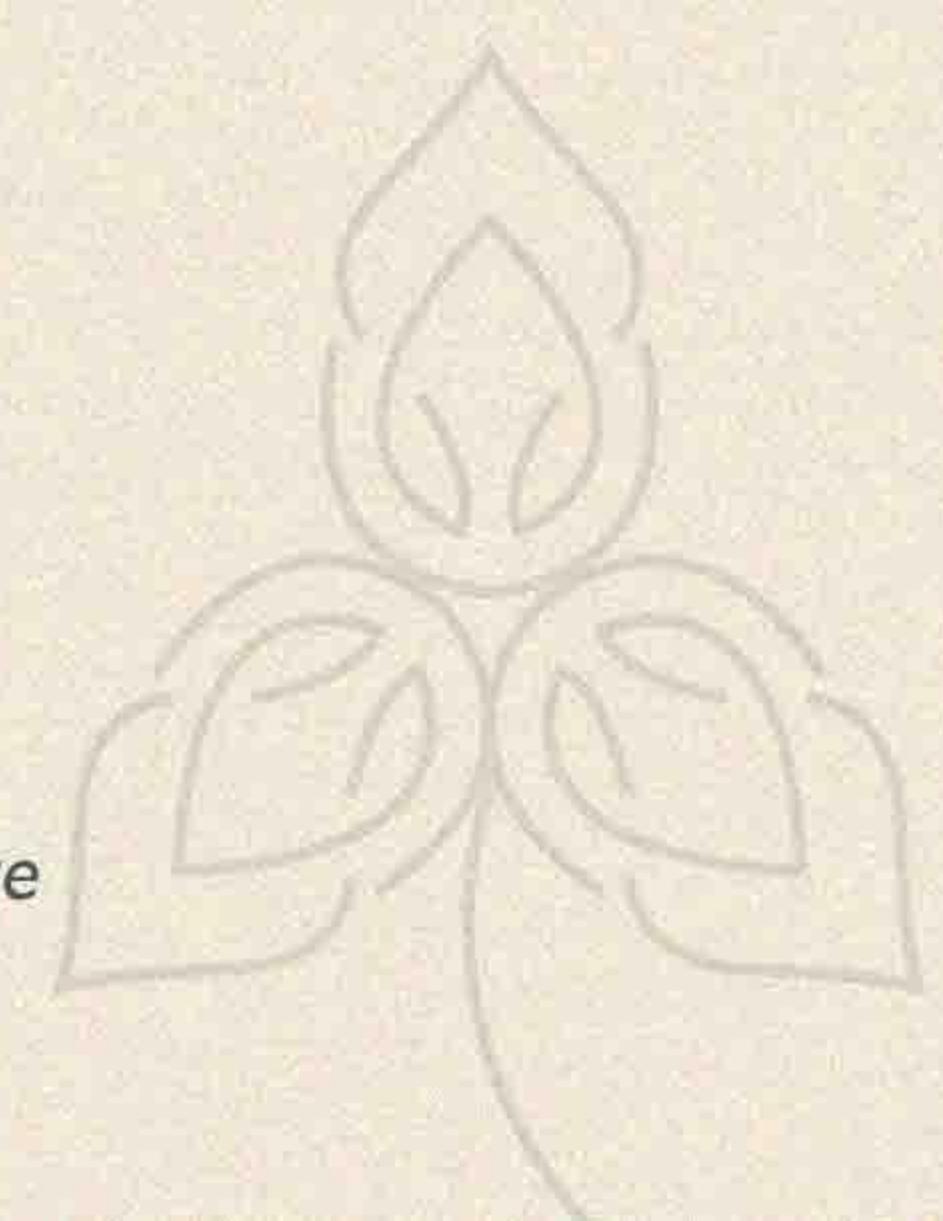
SINGLE

IDR. 600.000

COUPLE

IDR. 1.000.000

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.





HEALING TOUCH

JANNA MIND	60 MIN	IDR. 475.000
-------------------	---------------	---------------------

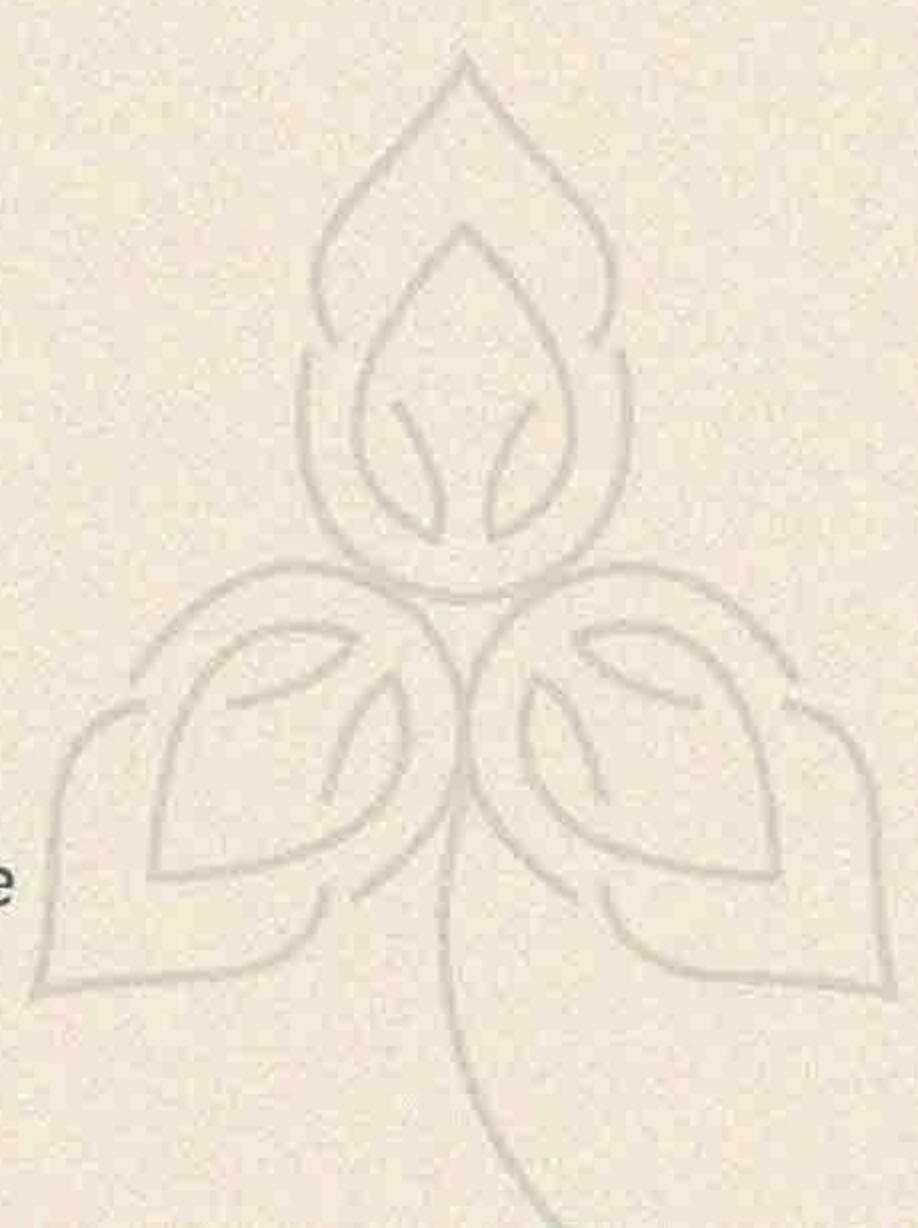
Rooted in ancient healing practices and infused with modern luxury, Janna Mind focused on scalp and hair rooted massage is designed to soothe your mind, revitalise your spirit, and leave you feeling utterly refreshed.

MUSCLES SHINE	45 MIN	IDR. 470.000
----------------------	---------------	---------------------

Experience pure relaxation and rejuvenation with our Traditional Back Massage. Let tension melt away as skilled hands work to release knots and soothe tired muscles.

MARGI REVIVE	60 MIN	IDR. 490.000
---------------------	---------------	---------------------

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.



ANCIENT TOUCH

ARTI

60 MIN

IDR. 700.000

90 MIN

IDR. 875.000

Experience the timeless allure of the Arti Traditional Massage, a signature offering that transports you to the heart of Bali's rich cultural heritage.

ESSENSA JIWA

90 MIN

IDR. 950.000

Experience the transformative power of our Herbal Massage and discover the profound benefits of ancient herbal healing for yourself. Whether you're seeking relief from chronic pain, stress, or simply looking to indulge in a moment of pure relaxation.

SENSA SANJA

75 MIN

IDR. 1.100.000

Sensory bliss with a luxurious spa experience. This unique aromatic candle treatment promises to leave you feeling relaxed, rejuvenated, and utterly pampered.

GREENARA

90 MIN

IDR. 900.000

A unique spa experience that harnesses the natural healing power of bamboo to soothe your body and invigorate your senses. Inspired by ancient healing traditions and infused with modern techniques, this massage offers a therapeutic journey unlike any other.

BATURA AGNI

90 MIN

IDR. 950.000

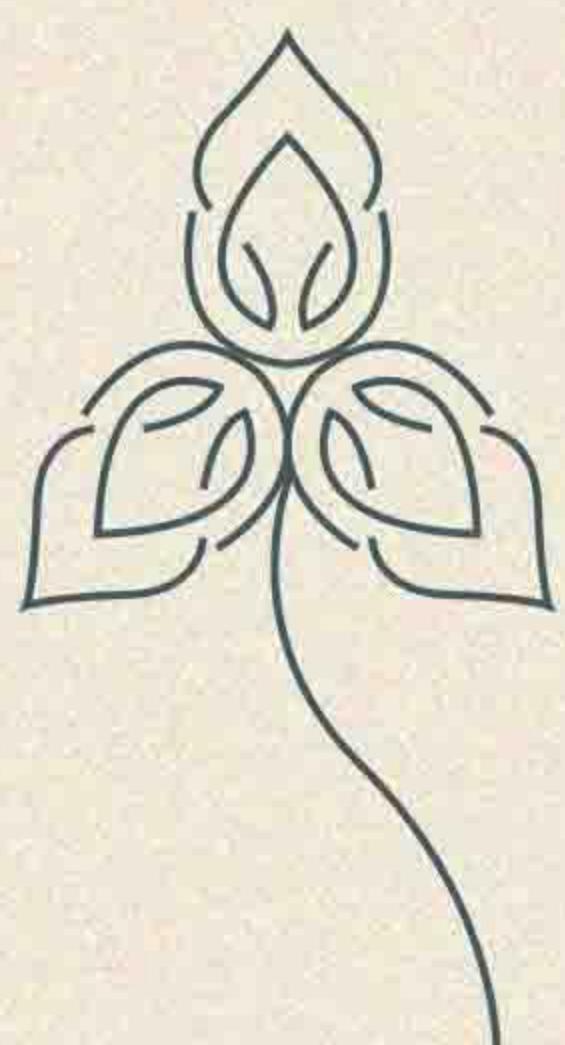
A heated spa treatment that combines the therapeutic benefits of heat therapy with the skilled touch of our expert therapists. The warmth of the stones penetrates deep into your muscles, easing tightness and soothing aches with each gentle stroke.

DEEPA RAGA

60 MIN

IDR. 850.000

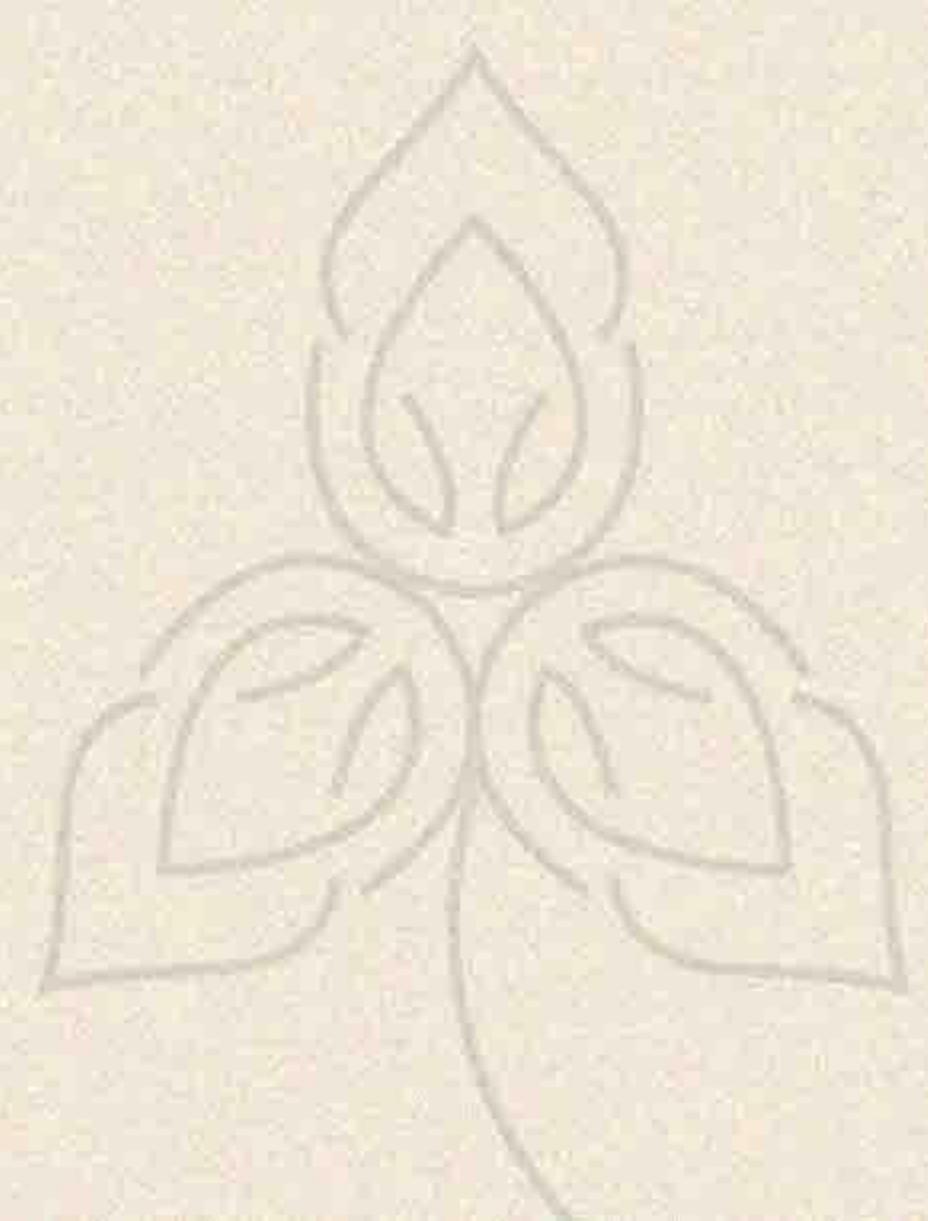
Using deliberate, firm pressure and slow strokes, our therapists penetrate deep into the layers of muscle and connective tissue to release tension and promote relaxation.

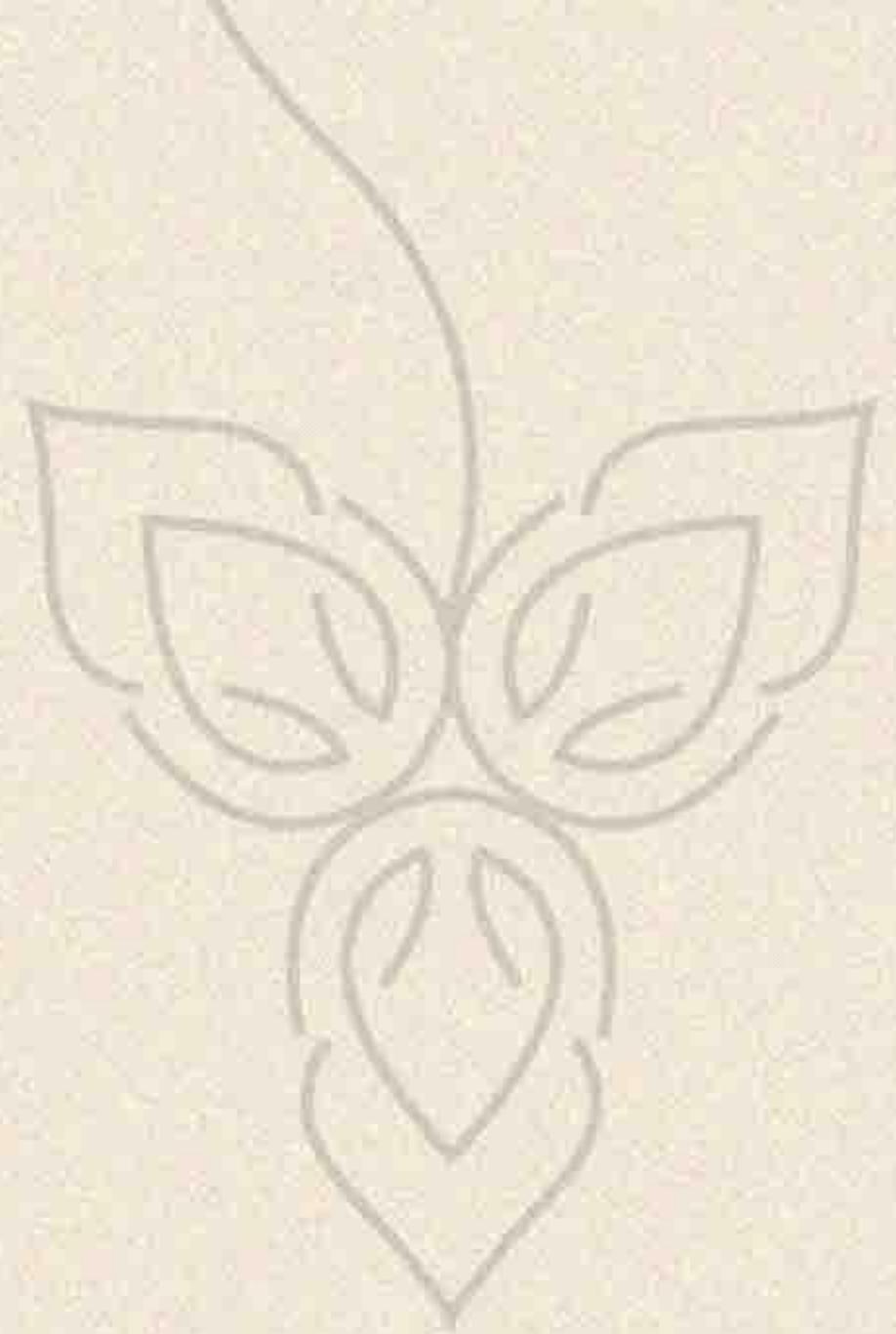


NATURA WELLNESS BY DIRASHA

Brought to you a Holistic Rejuvenation with Elemental Harmony.

A transcendent Spa & Wellness curated by Abisena Ubud. Inspired by the Ancient wisdom of Bali's Five Elements. Rooted in balinese Culture and Tradition. This exquisite treatment offers a transformative journey that aligns mind, body and spirit with the natural rhythms of the UNIVERSE





AIRTARA	60 MIN	IDR. 650.000
----------------	---------------	---------------------

Experience the transformative power of our Cinnamon & Coconut Scrub and discover the profound benefits for yourself.

SWASANJA	60 MIN	IDR. 750.000
-----------------	---------------	---------------------

Elevate your skincare routine with our Orange Delight Body Scrub, a revitalising treatment specially formulated to rejuvenate your skin.

STANNA	60 MIN	IDR. 600.000
---------------	---------------	---------------------

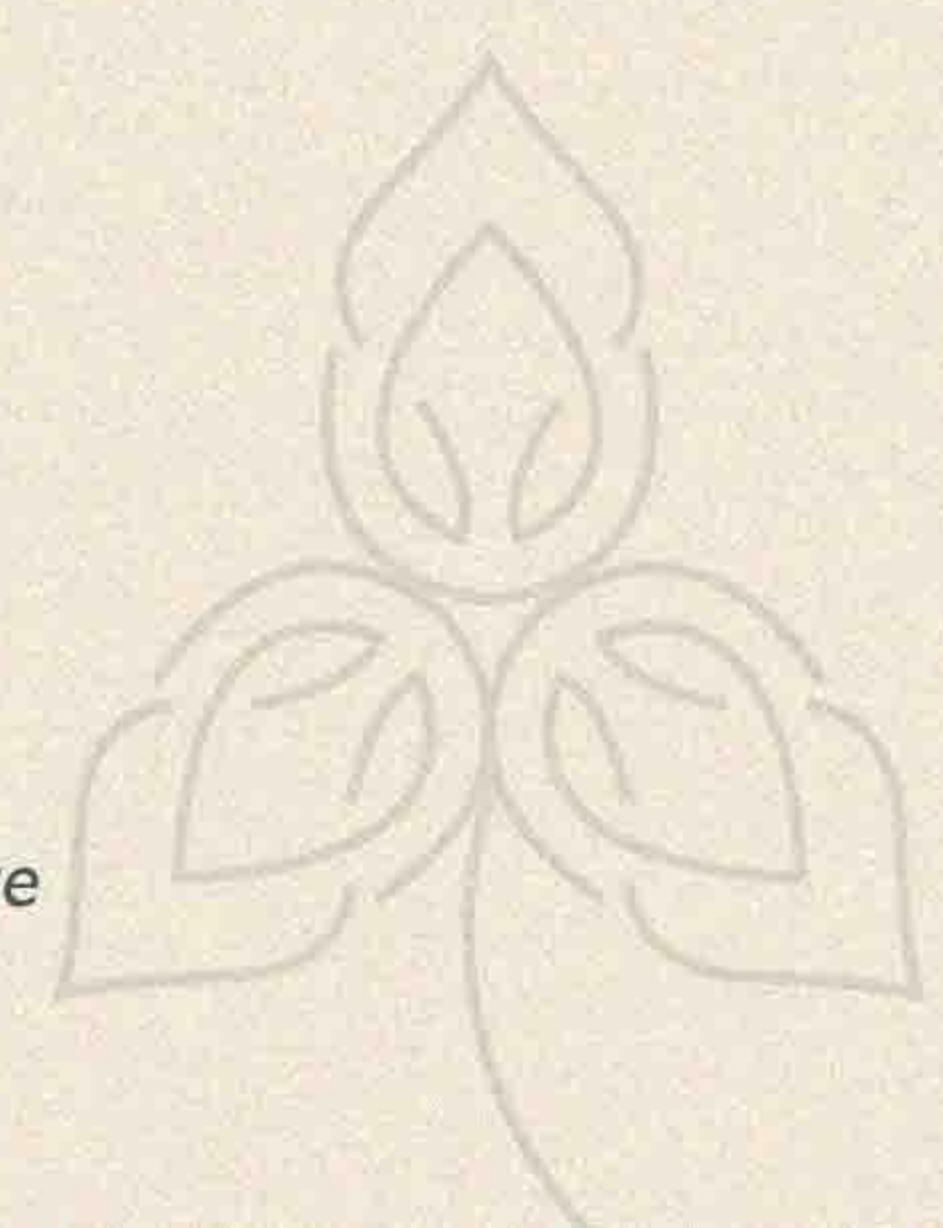
Enriched with caffeine, a powerful antioxidant, our Coffee Latte Body Scrub works to break down fatty deposits and promote the metabolism of fat cells.

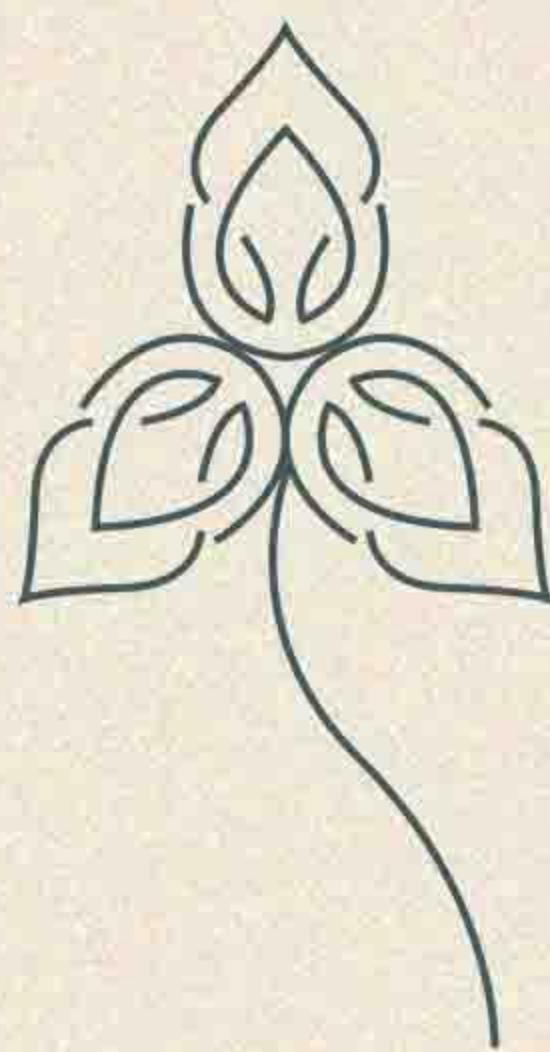
SWABHUMI	60 MIN	IDR. 550.000
-----------------	---------------	---------------------

Mangir Body Scrub, an exquisite blend of natural ingredients inspired by the lush landscapes of Southeast Asia.

AGNIRASA	60 MIN	IDR. 600.000
-----------------	---------------	---------------------

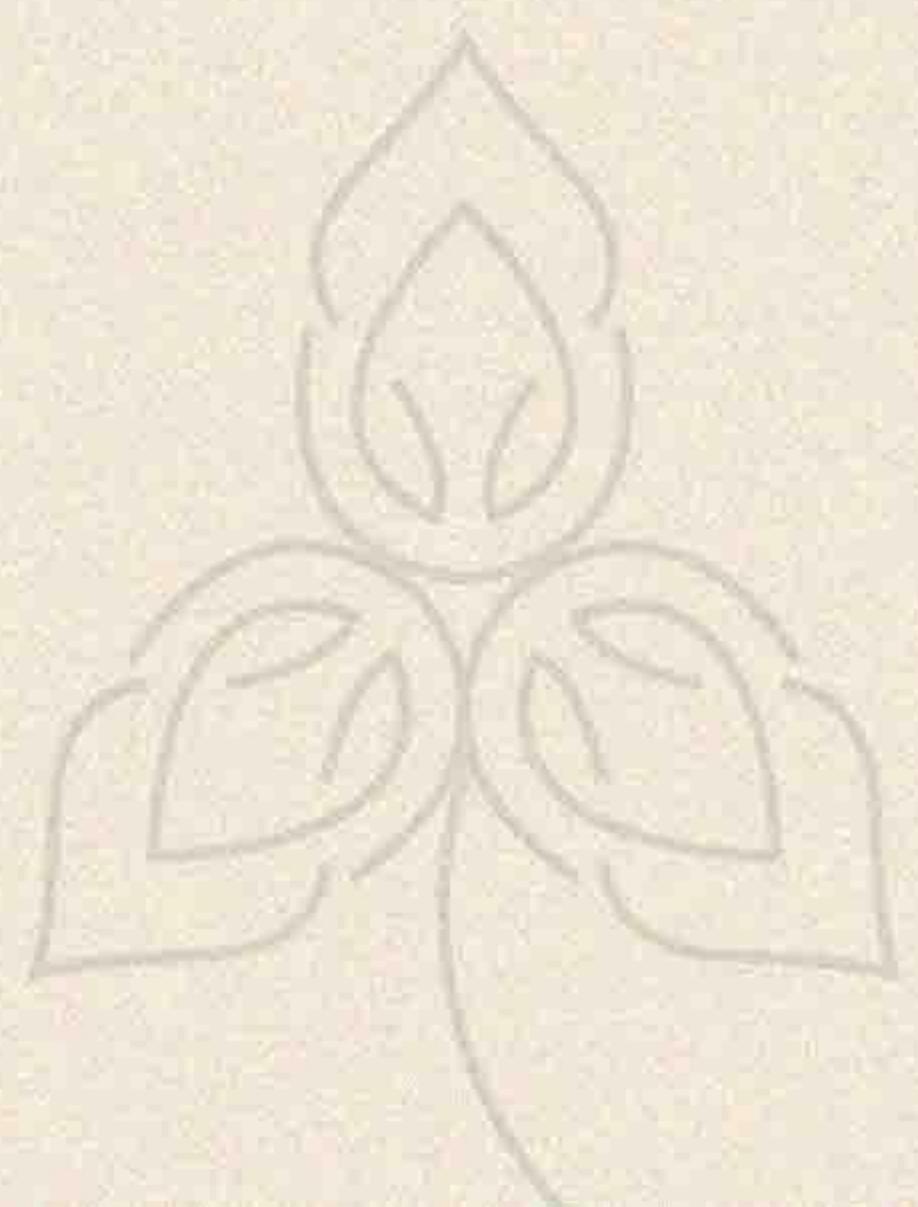
Charcoal Body Scrub is a purifying and detoxifying treatment meticulously crafted to revitalise your skin and restore its natural radiance.





THERA BATH JOURNEY

Welcome to our serene sanctuary, where the waters whisper tranquillity and the cares of the day gently fade away. Today, we embark on a journey of rejuvenation and renewal through the ancient art of the bath ceremony. Prepare to immerse yourself in a symphony of sensations, as we indulge in the soothing embrace of warm waters and aromatic essences.



**LUXIA BODYA****30 MIN****IDR. 400.000**

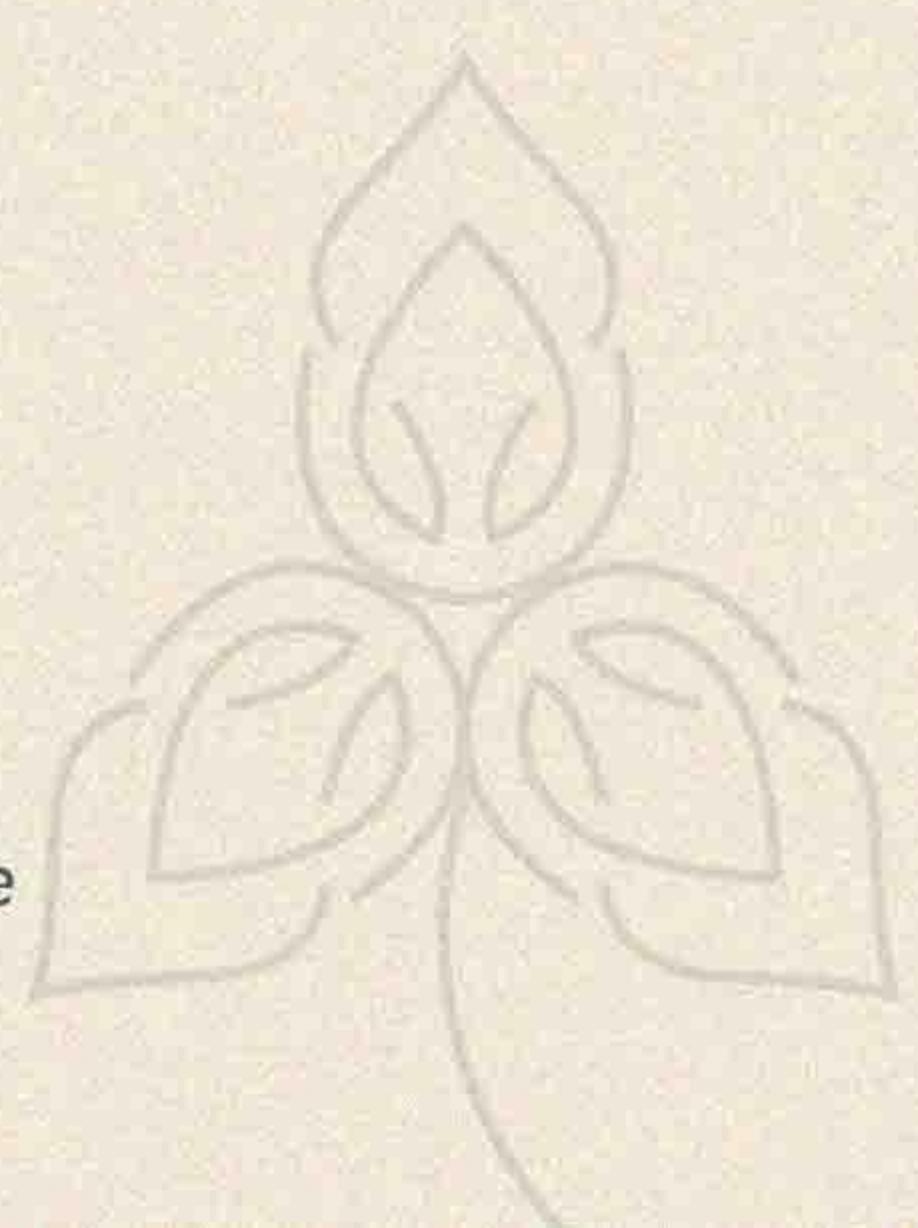
Immerse yourself in a luxurious oasis of relaxation and sensual indulgence with our Sensual Serenity Bath Therapy. Designed to tantalise the senses and promote deep relaxation, this exquisite experience offers a blissful escape from the stresses of everyday life.

RUPA MANDALA JOURNEY
“SACRED RITUAL FOR INNER HARMONY”**30 MIN****IDR. 500.000**

Embark on a journey of sacred rejuvenation with our Mandala Bath Ceremony, a transformative ritual inspired by ancient traditions and designed to restore balance to body, mind, and spirit. Immerse yourself in the serene beauty of mandala art as you embark on a blissful journey of relaxation and renewal.

FLORANICAL**30 MIN****IDR. 450.000**

Indulge in the luxurious ritual of a botanical soak, where nature's bounty blends seamlessly with the art of relaxation. As you prepare your bath, allow the warm water to embrace you like a gentle caress, while the aromatic steam envelops you in a cloud of tranquility. With each infusion of herbal essence, feelings of tensions melt away and worries dissolve into the ether. Close your eyes and inhale deeply, letting the natural scents transport you to a state of blissful serenity.



TOUCH OF DIRASHA “THE PUNGGAWATI”

GATE OF DIRASHA

Dirasha Wellness opening hours are from 09:00 to 21:00. The last reservation is at 20:00 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 wellness confidential consultation form will be required to fill out for new guests before treatments begin to check for possible contraindication of any treatments.

ANOTHER LOVE

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 3960 3123 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.

LILLA CHILD

Dirasha Wellness is a carefully curated experience that prides itself on the safety and relaxation of our guests. We are delighted to offer treatments for children under 13 years old with adult supervision except for manicures and pedicures. Please contact our receptionist for treatment availability for our young guests. Guests under 16 years old are restricted to our changing facilities, heat experiences and gym area.



DIRASHA JIWA RAGA

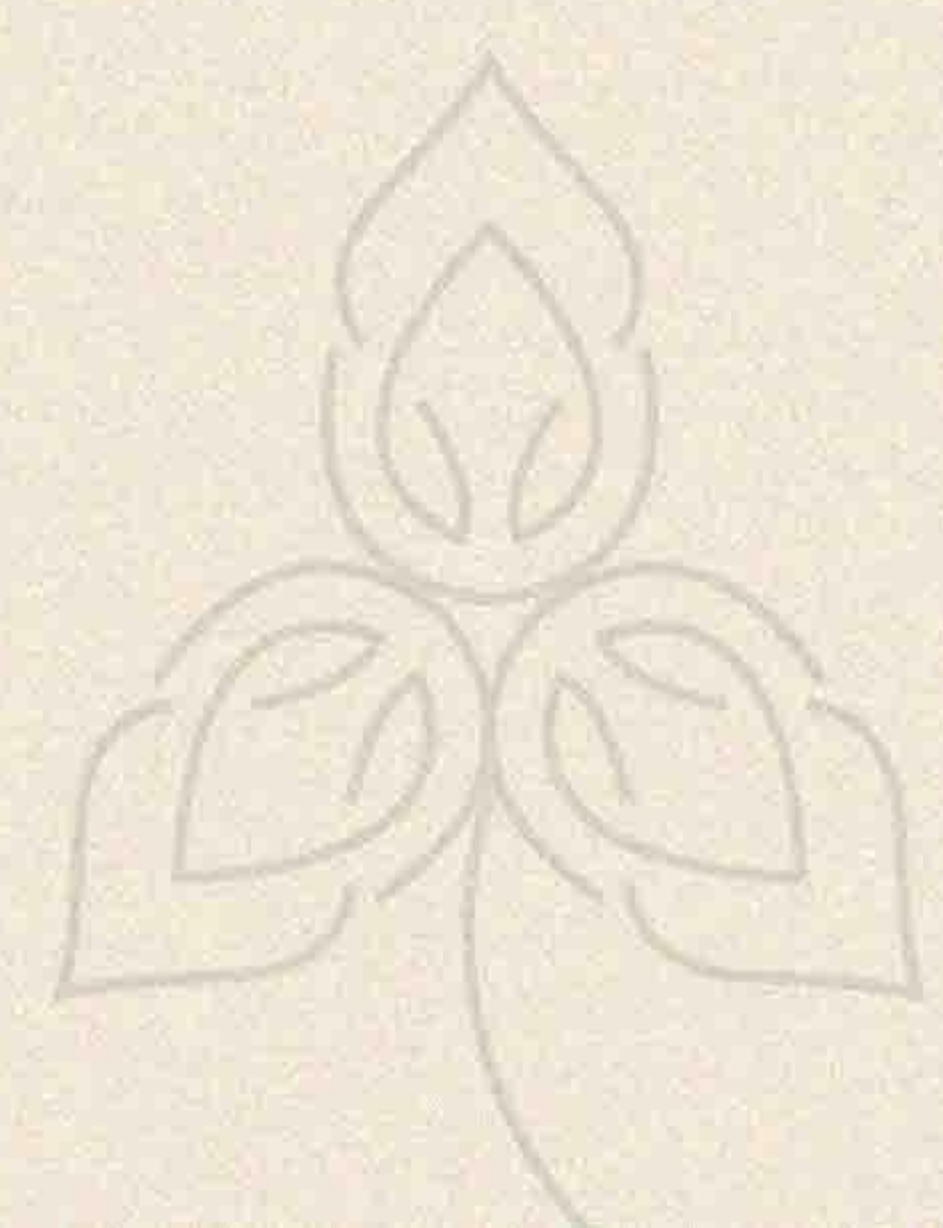
We recommend that no jewellery is to be worn at Dirasha Wellness. The management and staff accept no responsibility for the loss, damage, or stolen valuables of any kind brought into the spa premises.

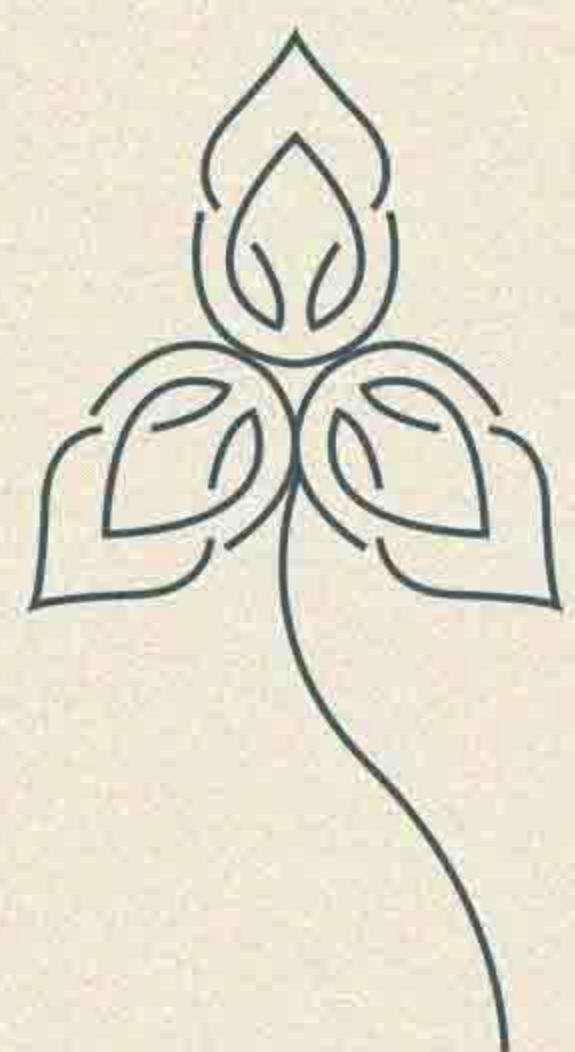
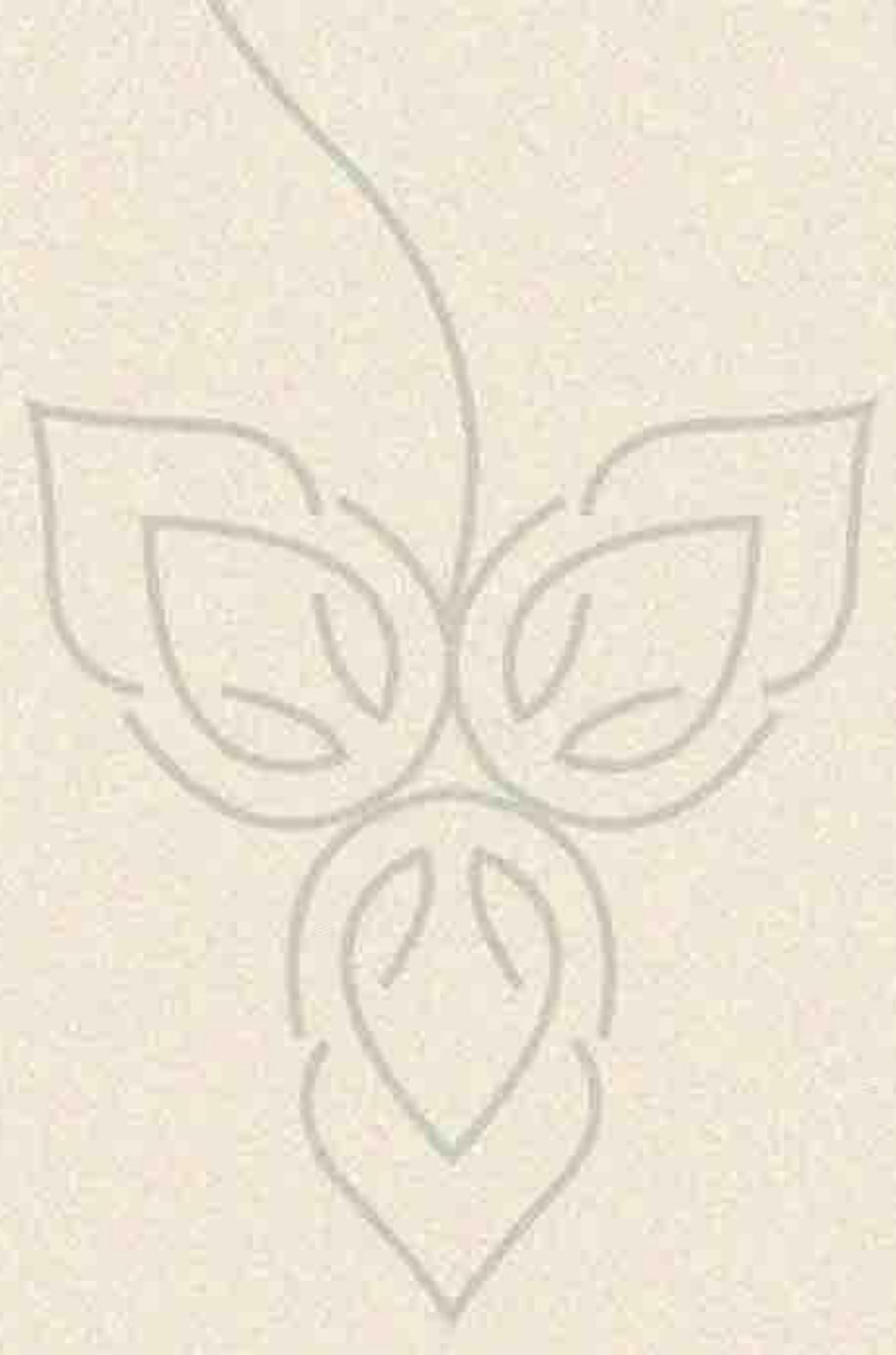
DIRASHA SPACE TREATMENT ROOM

Our spa treatment room is designed with the help of spa experts to make you feel unwind, relax and rejuvenate. There are three rooms available for couples to indulge in the treatments together.

DIRASHA FEELS

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.





Om Santih Santih Santih Om

MATUR SUKSMA

