



LOKHA

WELLNESS & SPA

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## A Sacred Pause Between Forest and River

In the heart of Ubud's jungle, where ancient trees stand in quiet wisdom and the river flows with timeless rhythm, Lokha Wellness & Spa invites you into a space of deep presence and gentle restoration. Here, wellness is a return to stillness, to balance, and to the natural intelligence of the body.

## Rooted in Nature, Guided by Spirit

Inspired by indigenous Balinese healing traditions and universal spiritual philosophies, our rituals are shaped by the elements that surround us:

the grounding strength of stone,  
the warmth of wood,  
the life-giving flow of water,  
and the breath of the forest.

Each treatment is a mindful ceremony unhurried, intentional, and deeply intuitive designed to calm the nervous system, release stored tension, and awaken inner harmony.

## Healing Beyond Technique

At Lokha, healing is not something done to the body, but something that unfolds within it. Through conscious touch, natural botanicals, rhythmic movement, and guided breath, we create space for the body and mind to remember their natural state of balance.

There is no need to understand the philosophy to feel its effect. The jungle speaks softly, and the body listens.

## A Gentle Ritual for Modern Lives

Our therapists act as quiet guardians of the experience present, intuitive, and deeply connected to the rhythm of each guest. Every ritual is personalized, honoring where you are in that moment. This is not a fleeting escape, but a sacred pause one that lingers long after you leave the treatment room.

## Carry the Stillness Home

As the river continues its flow beyond the forest, so too does your journey. Our intention is for guests to leave feeling grounded, open, and renewed carrying the calm of the jungle, the strength of the earth, and the clarity of flowing water into everyday life.



# Massage Therapy

## Balinese Massage

60 Minutes | IDR. 500.000++

90 Minutes | IDR. 700.000++

A traditional Balinese healing ritual that restores balance through rhythmic acupressure, gentle stretching, and flowing massage movements. Warm aromatic oils calm the senses while easing muscular tension and encouraging natural circulation. The experience leaves the body grounded, the mind quiet, and the spirit gently renewed.

**Welcome Drink · Oshibori · Foot Wash · Body Massage · Farewell Drink**

## Aromatherapy Massage

60 Minutes | IDR. 500.000++

90 Minutes | IDR. 700.000++

A bespoke healing ritual intuitively tailored to your body's needs, guided by the mindful touch of our experienced therapists. This signature journey blends flowing movements, focused pressure, and restorative techniques to release tension and restore inner balance. The body softens, the mind quiets, and a deep sense of renewal gently unfolds.

**Welcome Drink · Oshibori · Foot Wash · Essential Oil Inhalation · Body Massage · Farewell Drink**

## Deep Tissue Massage

60 Minutes | IDR. 550.000++

90 Minutes | IDR. 750.000++

A focused therapeutic ritual designed to release deep-seated tension through slow, deliberate strokes and sustained pressure. Working into the deeper layers of muscle and connective tissue, this treatment restores mobility, eases chronic discomfort, and supports physical recovery. The body feels lighter, grounded, and gently rebalanced.

**Welcome Drink · Oshibori · Foot Wash · Elbow Pressure Body Massage · Farewell Drink**

## Foot Massage

60 Minutes | IDR. 500.000++

A grounding ritual inspired by reflexology, focusing on pressure points that support the body's natural balance. Through mindful touch and rhythmic pressure, tension is released while circulation and energy flow are gently restored. The experience leaves you feeling relaxed, refreshed, and deeply connected to the earth beneath you.

**Welcome Drink · Oshibori · Foot Wash · Foot Massage · Farewell Drink**

## Hot Stone Massage

90 Minutes | IDR. 750.000++

A deeply grounding ritual that combines the warmth of smooth heated stones with slow, flowing massage movements. The gentle heat penetrates the muscles, easing deep tension, improving circulation, and inviting profound relaxation. As the body softens, the mind settles into a state of calm balance and inner stillness.

**Welcome Drink · Oshibori · Foot Wash · Stone Massage · Farewell Drink**



## Herbal Compress Massage

90 Minutes | IDR. 750.000++

A traditional healing ritual combining warm herbal compresses with flowing massage movements to restore balance and vitality. Infused with therapeutic botanicals, the heated compresses ease muscular tension, stimulate circulation, and awaken the senses. The body feels comforted, the mind relaxed, and the spirit gently renewed.

**Welcome Drink · Oshibori · Foot Wash · Herbal Massage · Farewell Drink**

## Shirodara

90 Minutes | IDR. 938.000++

A deeply calming Ayurvedic ritual where warm herbal oil is gently streamed across the forehead, inviting the mind into profound stillness. This continuous flow soothes the nervous system, releases mental tension, and supports restful sleep and clarity. The experience offers deep relaxation, emotional balance, and a quiet sense of inner harmony.

**Welcome Drink · Oshibori · Foot Wash · Back Side Massage · Shirodara · Farewell Drink**



# Traditional Body Scrub & Wrap

## Javanese Lulur

45 Minutes | 450.000++

An ancient beauty ritual rooted in the royal heritage of Java, created to illuminate and refine the skin. A traditional blend of turmeric, rice powder, and aromatic spices gently exfoliates, followed by a cooling yogurt mask that soothes and nourishes. The body emerges smooth, radiant, and delicately balanced.

**Welcome Drink · Oshibori · Foot Wash · Body Scrub Javanese Lulur · Yogurt · Bath · Farewell Drink**

## Chocolate Body Scrub

45 Minutes | 500.000++

Indulge your senses with our decadent Chocolate Body Scrub that combines the irresistible aroma of chocolate with the exfoliating benefits of natural ingredients, designed to gently buff away dead skin cells, leaving your skin feeling silky smooth and deeply nourished. Rich in antioxidants, cocoa powder helps to rejuvenate the skin while cocoa butter provides intense hydration, leaving you with a radiant and glowing complexion.

**Welcome Drink · Oshibori · Foot Wash · Body Scrub Chocolate · Bath · Farewell Drink**

## Coconut Body Scrub

45 Minutes | IDR 450,000++

A tropical-inspired ritual using the natural richness of coconut to cleanse, soften, and hydrate the skin. Coconut oil, milk, and flakes gently exfoliate while restoring moisture and comfort. The skin feels silky, supple, and refreshed echoing the calm rhythm of island nature.

**Welcome Drink · Oshibori · Foot Wash · Coconut Body Scrub · Farewell Drink**

## Seaweed Body Scrub

45 Minutes | 500.000++

A revitalizing exfoliation ritual infused with finely ground seaweed, mineral-rich salts, and nourishing oils. This ocean-inspired treatment gently smooths the skin while supporting natural detoxification and circulation. The body feels refreshed, balanced, and naturally radiant.

**Welcome Drink · Oshibori · Foot Wash · Seaweed Body Scrub · Bath · Farewell Drink**

## Detoxifying Algae Seaweed Body Wrap

45 Minutes | IDR 500,000++

A purifying body cocoon harnessing the restorative power of seaweed and algae. This detoxifying ritual supports the body's natural cleansing process while deeply nourishing the skin. As the body rests, tension releases and a renewed sense of lightness emerges.

**Welcome Drink · Oshibori · Foot Wash · Seaweed Body Wrap · Bath · Farewell Drink**

## Moisturizing Milky Honey Body Wrap

45 Minutes | IDR 500,000++

A deeply comforting ritual that envelops the body in the gentle richness of milk and honey. This nourishing wrap restores moisture, soothes the skin, and invites profound relaxation. The skin feels silky, replenished, and softly glowing.

**Welcome Drink · Oshibori · Foot Wash · Milky Honey Body Wrap · Bath · Farewell Drink**

## Energizing Balinese Boreh Body Wrap

45 Minutes | IDR 500,000++

A warming Balinese herbal ritual inspired by traditional village remedies. A blend of natural spices and roots stimulates circulation, eases muscular tension, and awakens the body's energy flow. The experience leaves you feeling refreshed, revitalized, and grounded.

**Welcome Drink · Oshibori · Foot Wash · Boreh Body Wrap · Bath · Farewell Drink**



# Face Care

## Rejuvenating Facial

60 Minutes | 550,000++

A soothing facial ritual designed to restore balance, hydration, and natural radiance. Enriched with the calming properties of aloe vera, this treatment nourishes the skin while easing signs of fatigue and stress. The complexion appears refreshed, luminous, and gently renewed.

**Welcome Drink · Oshibori · Facial Aloe Vera · Chest & Shoulder Massage · Hands Massage · Farewell drink**

## Moisturizing Facial

60 Minutes | 550,000++

A deeply hydrating facial infused with the nourishing richness of avocado. This restorative ritual replenishes moisture, softens the skin, and supports a healthy, radiant glow. Suitable for all skin types, it leaves the complexion smooth, comforted, and revitalized.

**Welcome Drink · Oshibori · Facial Avocado · Chest & Shoulder Massage · Hands Massage · Farewell Drink**

## Pevonia Hydra Organic Facial

60 Minutes | 1,000,000 ++

A botanical facial experience crafted with organic formulations from Pevonia Botanica. This nature-led ritual restores balanced hydration while supporting the skin's natural vitality. The skin feels healthier, softer, and beautifully radiant.

**Wecome Drink · Oshibori · Facial Pevonia · Chest & Shoulder Massage · Hands Massage · Farewell Drink**

## Pevonia Lift & Glow Facial

60 Minutes | 1,100,000 ++

A revitalizing facial enriched with organic black tea Kombucha to enhance luminosity and firmness. This advanced botanical treatment supports a lifted, refined appearance while restoring youthful radiance. Ideal for skin seeking renewal, glow, and visible vitality.

**Wellcome Drink · Oshibori · Facial Pevonia · Chest & Shoulder Massage · Hands Massage · Farewell Drink**



# Spa Package

## Lokha Radiance

90 Minutes | 800,000++

A restorative wellness journey designed to awaken the body and calm the mind. Begin with a traditional Balinese Massage to release tension and restore natural flow, followed by a revitalizing body scrub that gently renews the skin. The experience leaves you feeling refreshed, radiant, and softly rebalanced.

**Welcome Drink · Oshibori · Foot Wash · Balinese Massage · Body Scrub · Bath · Farewell Drink**

## Pure Indulgence

120 Minutes | 950,000++

A romantic spa journey created for shared moments of stillness and connection. Enjoy a soothing Balinese Massage and nourishing body scrub, followed by a private candlelit flower bath an intimate ritual to unwind together in serene harmony. A deeply relaxing experience for couples or those seeking gentle indulgence.

**Welcome Drink · Oshibori · Foot Wash · Balinese Massage · Body Scrub · Flower Bath · Farewell Drink**

## Ultimate Indulgence

150 Minutes | 1,500,000++

A complete signature wellness journey for profound relaxation and renewal. This immersive ritual blends aromatherapy body massage, revitalizing body scrub, and facial care, followed by a soothing flower bath. The experience concludes with a nourishing healthy meal, allowing the body and mind to feel fully restored.

**Welcome Drink · Oshibori · Foot Wash Ritual · Balinese Massage · Body Scrub · Facial Treatment · Herbal Bath or Milk Bath · Farewell Drink · 2-Course Healthy Lunch or Dinner, including a Beverage**

## Royal Heritage Javanese Lulur

150 Minutes | 1,700,000++

A regal wellness journey inspired by the timeless beauty rituals of Javanese royalty. This indulgent experience begins with a traditional Javanese Lulur body scrub, followed by a calming Balinese massage, rejuvenating facial, and a romantic flower bath. A ceremony of refinement and restoration, leaving the body luminous, the mind serene, and the spirit deeply nurtured.

**Welcome Drink · Oshibori · Foot Wash · Balinese Massage · Javanese Lulur Scrub · Facial Flower · Bath · Farewell Drink · 2-Course Healthy Lunch or Dinner with Drink**

## Renew & Rejuvenate

180 Minutes | 1,900,000++

A deeply restorative spa journey designed to cleanse, soften, and reawaken the body. This holistic ritual combines a purifying body scrub, detoxifying wrap, focused deep tissue massage, and a comforting milk bath to release tension and restore balance. The experience supports profound relaxation, renewed energy, and lasting well-being.

**Welcome Drink · Oshibori · Foot Wash · Deep Tissue Massage · Seaweed Body Scrub · Detoxifying Body Wrap · Milk Bath · Farewell Drink · 2-Course Healthy Lunch or Dinner with Beverage**



# Add-On Treatments

## Massage

300,000++

Perfect as an add-on to your spa treatment, this ritual leaves you feeling deeply relaxed, refreshed, and revitalized. Available Add-On Treatments:

### Back Massage | 30 Min

Targeted treatment focusing on the back, neck, and shoulders.

### Foot Massage | 30 Min

Stimulate key pressure points on the feet to promote deep relaxation and overall well-being.

### Aromatherapy Enhancement | 30 Min

Choose from a selection of essential oils to elevate your treatment

### Express Facial | 30 Min

Instantly boost hydration and nourishment with a revitalizing hydrating mask.

## Bath Ritual

450,000++

Perfect as an add-on to your spa treatment, this ritual leaves you feeling deeply relaxed, refreshed, and revitalized. Bath Ritual Selections:

### Flower Bath | 45 Min

A soothing soak adorned with fresh flower petals such as rose, jasmine, or frangipani.

### Aromatherapy Bath | 45 Min

Infused with calming essential oils

### Herbal Bath

A warm herbal infusion designed to relax muscles, relieve tension, and promote overall well-being.

### Milk Bath

A moisturizing bath enriched with the creamy goodness of milk to deeply hydrate and nourish the skin.

### Citrus Bath

An invigorating citrus-infused bath that refreshes the senses, uplifts the spirit, and revitalizes the body.

## Sauna & Jacuzzi

60 Minutes | 300,000++

Unwind and restore your senses with our Sauna & Jacuzzi experience. Designed to ease muscle tension, improve circulation, and promote deep relaxation, this soothing ritual allows you to slow down, release stress, and reconnect with your body in a calm and serene setting.



# Pevonia Skincare

## Holistic Stress Relief Massage

60 Minutes | 548,000++

A deeply relaxing full-body massage combined with a focused back treatment using Desert Heat therapy. Enhanced with warm towel infusions, this holistic ritual melts away tension, promotes deep healing, and restores vitality perfect after a long flight or a demanding day.

**Welcome Drink · Oshibori · Foot Wash · Heated Back Dessert Mask · Balinese Massage · Farewell Drink**

## Rejuvenating Anti-aging Massage

60 Minutes | 548,000++

This treatment goes beyond muscle relaxation, beautifully restoring youthful-looking skin while lifting and firming. Enriched with organic Shea Butter and vitamins A and E to protect against premature aging.

**Welcome Drink · Oshibori · Foot Wash · Shea Butter Application · Balinese Massage · Farewell Drink**

## Men's Reviving

60 Minutes | 675,000++

This invigorating treatment combines a back massage with a targeted back treatment and hot towel infusion to ease muscle tension and restore energy. Complete your experience with a choice of Pevonia Refresher Men Facial or Energizing Jojoba Scrub.

**Welcome Drink · Oshibori · Foot Wash · Back Massage · Express Facial or Body Scrub · Farewell Drink**

## Nature's Treasure

150 minutes | 1.100.000++

A sensorial celebration inspired by nature's finest elements. This indulgent experience restores balance and beauty, featuring a Waterlily Body Wrap to reveal radiant, silky-soft skin.

**Welcome Drink · Oshibori · Foot Wash · Balinese Massage · Jojoba & Chamomile Scrub · Water Lily Wrap · Tropical Flower Bath · Farewell Drink**

## Dessert Heat Holistic Healing

150 minutes | 1.200.000++

Awaken and rejuvenate the skin while recharging and rebalancing the body. As the healing Desert Heat envelops your body, rich natural vitamins, enzymes, and minerals penetrate deeply into the skin to help relieve muscle aches, rheumatism, and arthritis, leaving you restored and renewed.

**Welcome Drink · Oshibori · Foot Wash · Balinese Massage · Jojoba & Chamomile Scrub · Desert Heat Body Mask · Tropical Flower Bath · Farewell Drink**



# Pevonia Skincare

## Riverside Escape

120 minutes | 1.100.000++

A mystical spa journey designed to rejuvenate both body and soul, accompanied by the soothing sounds of flowing river water. This signature ritual features an aromatic blend that gently smooths, purifies, and renews the skin.

**Welcome Drink · Oshibori · Foot Wash · Balinese Massage · Mango & Passion Fruit Scrub · Milk Bath · Farewell Drink**

## Bliss To Share (Couple)

120 minutes | 1.800.000++

A pure bliss spa experience designed to celebrate and cherish love. Renewed and refined, this intimate spa journey embodies harmony, relaxation, and affection.

**Welcome Drink · Oshibori · Foot Wash · Balinese Massage · Jojoba Scrub · Express Botanical Facial · Farewell Drink**

## Dreams for Two (Couple)

150 minutes | 1.950.000++

Share a romantic moment as you celebrate love. Escape into a divine tropical fruit aroma, creating an unforgettable romantic spa hideaway for two.

**Welcome Drink · Oshibori · Foot Wash · Tropical Body Massage · Tropical Salt Mousse Scrub · Express Facial · Tropical Flower Bath · Farewell Drink**

# Pevonia Sunburn

## Waterlily Body Mask

30 Minutes | 500,000++

Immediately cooling and soothing, Water Lily, Green Tea, and Chamomile help relieve discomfort caused by overexposed or overstimulated skin. This treatment calms burning and stinging sensations, promotes healing, desensitizes the skin, and gently reduces skin temperature.

## Sun-Soothing Facial

30 Minutes | 400,000++

Instantly soothe the skin and restore hydration with the repairing benefits of White Lily and Green Tea. This treatment deeply hydrates and desensitizes the skin. No facial scrub or facial massage is performed.