



LOKHA
WELLNESS & SPA

Puja Mandala

Puja Mandala

IDR 1,500,000++

In a Puja Mandala ritual, offerings such as flowers, incense, light, and sacred elements are arranged in a mandala formation. Each element carries meaning honoring balance, harmony, and the flow of energy within and around us. The ritual is often accompanied by guided prayers, मंत्र (mantras), or meditation to deepen awareness and presence.

This experience is designed to cleanse the energy, set intentions, and invite clarity, peace, and spiritual alignment leaving you feeling grounded, centered, and deeply connected.



Wellness Package

A Two-Day Immersive Wellness Experience

IDR 6.450.000++ per Person

IDR 12.000.000++ per Couple

Step into a space where time softens, nature surrounds, and each moment flows with quiet intention. Guided by Balinese wisdom and the elements of water, fire, and earth, this journey invites you through a natural process of grounding, cleansing, and renewal without rush, without pressure, and without the feeling of a fixed schedule.

PHASE ONE

Grounding the body, calming the mind, preparing for transformation

- **Blessed** : Balinese Welcome Ritual
- **Awakening** : Sunrise Yoga & Meditation
- **Nourishing** : Wellness Breakfast
- **Purifying** : Tirta Yatra & Water Blessing
- **Balanced** : Wholesome Lunch
- **Healing** : Sound Therapy Session
- **Restorative** : Lokha Spa Ritual
- **Releasing** : Fire Ceremony
- **Mindful** : Dinner Under the Stars

PHASE TWO

Awakening the senses, nourishing the body, restoring balance

- **Immersive** : Cultural & Nature Walk
- **Energizing** : Healthy Breakfast
- **Authentic** : Balinese Cooking Experience
- **Light Wellness** : Lunch
- **Connecting** : Romantic Spa Journey
- **Calming** : Herbal High Tea
- **Balancing** : Meditation & Sound Healing
- **Closing** : Farewell Dinner

At the heart of your journey lies the sacred water purification ritual, an authentic Balinese experience of cleansing, release, and renewal that remains with you long after your stay.



Wellness Package

Purification & Rejuvenation Full Day Wellness Experience

IDR 3.000.000++ per Person
IDR 5.350.000++ per Couple

Immerse yourself in a full-day wellness journey inspired by ancient Balinese healing traditions. From sunrise blessings and gentle yoga to sacred water purification, signature spa rituals, and a closing fire ceremony, each moment is designed to restore balance and clarity. Set amidst the natural beauty of Ubud, this experience offers deep relaxation, mindful nourishment, and a meaningful connection to body, mind, and spirit.

- **Blessed : Balinese Welcome Ritual**
- **Awakening : Sunrise Yoga & Meditation**
- **Nourishing : Wellness Breakfast**
- **Purifying : Tirta Yatra & Water Blessing**
- **Balanced : Wholesome Lunch**
- **Reconnecting : Lokha Spa Ritual**
- **Releasing : Fire Ceremony (Agni Hotra)**
- **Mindful : Dinner Under the Star**

Mindful Escape Half-Day Balinese Wellness Experience

IDR 2.200.000++ per Person
IDR 3.750.000++ per Couple

Step into a half-day wellness experience inspired by Balinese spiritual traditions. From sunrise blessings and yoga to sacred water purification, cultural immersion, and a signature spa ritual, each moment is thoughtfully designed to restore balance and relaxation. Set amidst the tranquil beauty of Ubud, this journey offers meaningful renewal for body, mind, and spirit.

- **Blessed : Balinese Welcome Ritual**
- **Awakening : Sunrise Yoga & Meditation**
- **Nourishing : Wellness Breakfast**
- **Purifying : Tirta Yatra & Water Blessing**
- **Balanced : Wholesome Lunch**
- **Authentic : Balinese Offering Making**
- **Restorative : Lokha Spa Ritual**



Wellness

Private Yoga

IDR 540,000++ per Person

A personalized yoga experience tailored to your individual needs and goals. Whether you are new to yoga, have specific health concerns, or wish to deepen your practice, our experienced and certified instructors will guide you with care and attention.

Designed to support your body and mind, each session encourages balance, strength, and inner calm leaving you feeling refreshed, aligned, and fully restored.

Group Yoga

IDR 720,000++

*Maximum 5 per Persons

*Additional 70K per Persons

A shared yoga experience designed to support all levels in a welcoming and uplifting environment. Whether you are new to yoga or looking to deepen your practice, our experienced and certified instructors guide each session with care and attention.

Move, breathe, and flow together as you build strength, improve flexibility, and find inner balance leaving you feeling refreshed, connected, and revitalized.

Sound Healing

IDR 1,080,000++

A deeply immersive experience designed to relax the mind and body through the power of sound. Using instruments such as Tibetan singing bowls, each session creates soothing vibrations and harmonious tones that gently guide you into a state of deep relaxation.

Allow the sound waves to restore balance, release tension, and promote inner peace leaving you feeling calm, centered, and renewed.

Chakra Healing

IDR 720,000++

A transformative treatment designed to restore balance and harmony within your energy centers. This experience supports deeper clarity and self-understanding, helping you reconnect with your true potential while gently releasing deeply rooted emotions.

Ideal for easing stress, anxiety, and negative thought patterns, Chakra Healing leaves you feeling aligned, lighter, and beautifully renewed both emotionally and energetically.

Rent Yoga Shala

Yoga Shala

IDR 1,500,000++ / 2 hour

Include

complimentary yoga mat, mineral water, face towel, and yoga towel.

Set in the heart of The Lokha Ubud jungle and overlooking the tranquil WOS River, our Yoga Shala provides a peaceful sanctuary—perfect for yoga sessions, meditation, and wellness gatherings. Positioned in a secluded area away from the main hotel, it guarantees enhanced privacy and uninterrupted calm



Wellness

Aerial Yoga

IDR 600,000++

A unique and uplifting practice that blends traditional yoga, deep stretching, and strength training using a suspended hammock. This graceful experience allows you to move freely, decompress the spine, and explore poses with a sense of lightness and flow.

Perfect for all levels, Aerial Yoga enhances flexibility, builds core strength, and invites a playful yet deeply relaxing journey leaving your body refreshed and your mind beautifully at ease.

Mat Pilates

IDR 480,000++

A low-impact yet highly effective practice designed to strengthen the core, improve posture, and enhance flexibility. Performed on a mat using body weight, each movement is guided by controlled techniques and mindful breathing to create balance and stability throughout the body.

Ideal for all fitness levels, Mat Pilates promotes long, lean muscles and a deeper connection between body and mind leaving you feeling centered, toned, and refreshed.

Olah Prana

IDR 540,000++

A mindful breathing and energy movement practice inspired by traditional yoga and ancient healing techniques. This gentle yet powerful experience focuses on awakening life force energy, guiding the breath with intentional movement to restore balance and inner harmony.

Perfect for relaxation and self-connection, Olah Prana leaves you feeling grounded, revitalized, and deeply aligned in both body and mind.

Aqua Yoga

IDR 600,000++

A refreshing form of yoga practiced in water, typically in a swimming pool. This unique experience combines traditional yoga poses with the natural resistance and buoyancy of water, allowing for gentle movement and deeper support.

Ideal for all levels, Aqua Yoga enhances flexibility, improves circulation, and reduces joint impact leaving you feeling light, relaxed, and beautifully refreshed.



Wellness

Floating Sound Healing

IDR 1,080,000++ per Person

IDR 1,320,000++ per Couple

A deeply immersive experience designed to relax the mind and body through the power of sound enhanced by the gentle sensation of floating. Using instruments such as Tibetan singing bowls, each session creates soothing vibrations and harmonious tones that guide you into a state of deep relaxation.

As you drift effortlessly, the sound waves help restore balance, release tension, and promote inner peace leaving you feeling calm, weightless, and beautifully renewed.

This session blends modern hypnotherapy techniques with traditional Balinese healing wisdom to support deep emotional and mental restoration. Through guided relaxation, subconscious reprogramming, breath awareness, and gentle energy balancing, you are guided into a deeply relaxed state where inner healing and positive transformation can naturally unfold.

Ideal for those seeking clarity, release, and renewal, this experience leaves you feeling lighter, aligned, and deeply restored.

A guided relaxation session designed to calm the nervous system and improve sleep quality. Through gentle breathing techniques, meditation, and soothing sound healing, this experience helps release tension and quiet the mind.

Ideal for those seeking deeper rest and inner calm, Sleep Therapy supports a peaceful night's sleep leaving you feeling restored, balanced, and fully rejuvenated.

Sleep Therapy

IDR 660,000++

Fire Cleansing

IDR 500,000++

Harness the transformative power of fire to cleanse the mind, body, and soul through the ancient ritual of Agni Hotra. Rooted in sacred tradition, this powerful practice honors fire as a symbol of both release and renewal allowing you to let go of what no longer serves you and invite new, positive energy.

Guided with intention and presence, this ritual supports purification, clarity, and inner balance leaving you feeling grounded, renewed, and deeply connected.



Wellness

Water Purification

IDR 600,000++ per Person
IDR 1,560,000++ per Group

*Group maximum 5 per Persons

A personalized intuitive session designed to offer insight, clarity, and meaningful self-reflection. Through the guidance of tarot, each reading reveals deeper perspectives and gentle direction, helping you navigate life with greater awareness and intention.

Perfect for those seeking understanding and inspiration, this experience invites you to reconnect with your inner wisdom leaving you feeling enlightened, centered, and empowered.

Viphasana

IDR 540,000++

A mindfulness-based meditation practice that cultivates deep insight and inner awareness. Through observing bodily sensations, thoughts, and emotions with non-reactivity, this practice encourages clarity, presence, and a deeper understanding of the self.

Grounded in a sense of stability and connection to the earth, Vipassana Meditation invites you to slow down, root into the present moment, and experience a profound state of calm leaving you centered, aware, and peacefully balanced.

Samanic Sound Bath

IDR 720,000++ per Person
IDR 1,920,000++ per Group

*Group maximum 5 per Persons

A deeply immersive sound healing experience inspired by ancient shamanic traditions. Using therapeutic gongs, sacred instruments, and powerful vibrational frequencies, this session gently guides you into a meditative state.

Designed to support energetic cleansing, emotional release, and profound relaxation, the experience allows sound waves to wash over you leaving you feeling deeply restored, balanced, and connected.

Breathwork

IDR 550,000++

A guided practice designed to calm the mind and restore balance through conscious breathing techniques. By connecting breath with gentle awareness, this session helps release physical and emotional tension while supporting deeper relaxation and mental clarity.

As your breath flows with intention, you are invited into a state of inner stillness leaving you feeling grounded, refreshed, and energetically balanced.

