

LOKHA  
WELLNESS & SPA



# Wellness Package

## A Two-Day Immersive Wellness Experience

IDR 7.250.000++ per Person  
IDR 12.550.000++ 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 3.305.000++ per Person  
IDR 5.505.000++ 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 2.405.000++ per Person  
IDR 4.005.000++ 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**







# Yoga & Movement

## 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.

## 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.

## Mat Pilates

IDR 480,000++ per Person

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.

## Olah Prana

IDR 540,000++ per Person

Inspired by traditional Indonesian and yogic breathing practices, Olah Prana focuses on awakening and circulating life-force energy throughout the body. Combining conscious breath, gentle movement, and energy activation techniques, this session encourages vitality, focus, and inner balance.

Ideal for those seeking increased energy, mental clarity, and a stronger connection between body and spirit.

## Aqua Yoga

IDR 600,000++ per Person

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.







# Sound & Meditation

## Sound Healing

IDR 1,080,000++ per Person

Immerse yourself in the therapeutic vibrations of Tibetan singing bowls and sacred instruments designed to guide the mind into a meditative state. The frequencies gently calm the nervous system, reduce stress, and promote mental clarity.

Ideal for guests seeking emotional balance, mindfulness, and inner stillness, leaving you feeling calm, present, and refreshed.

## Floating Sound Healing

IDR 1,080,000++ per Person

IDR 1,320,000++ per Couple

Experience sound healing from an entirely new perspective while floating effortlessly in water. Supported by the gentle embrace of the water's surface, therapeutic sound vibrations travel more deeply through the body, creating a unique sensation of weightlessness and profound relaxation.

This immersive journey enhances emotional release, sensory awareness, and deep restoration, leaving you feeling completely renewed and free from tension.

## Shamanic Sound Bath

IDR 720,000++ per Person

IDR 1,920,000++ per Group

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.

\*Group maximum 5 per Persons

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.

## Vipassana Meditation

IDR 540,000++ per Person

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.







## Breathwork

IDR 550,000++ per Person

A modern therapeutic breathing practice designed to regulate the nervous system, release stored stress, and improve emotional resilience. Through guided breathing techniques, this session helps calm the mind, enhance focus, and create a greater sense of presence.

Perfect for guests looking to reduce anxiety, improve mental well-being, and experience immediate relaxation.

## Sleep Therapy

IDR 660,000++ per Person

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.



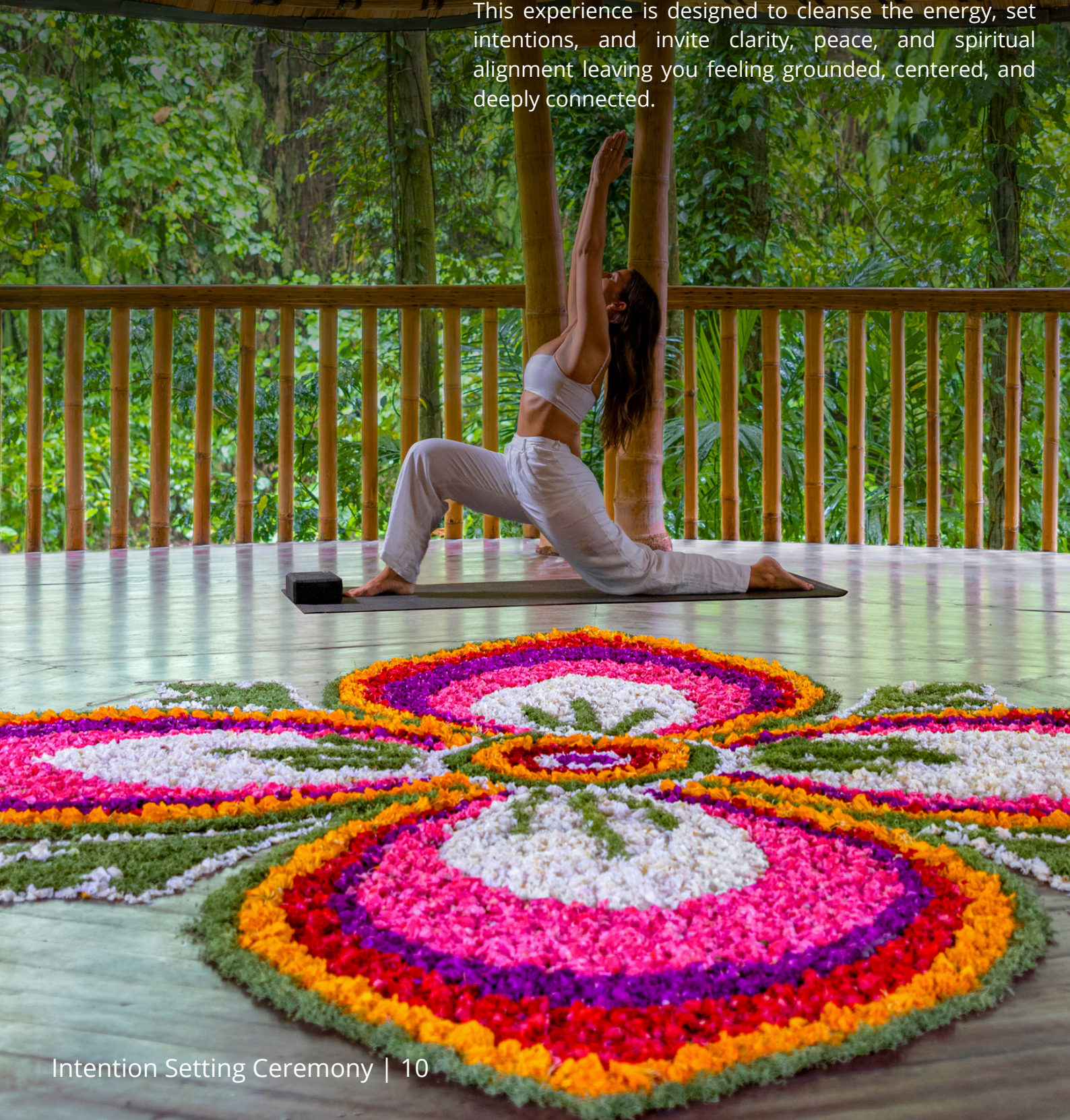
# Intention Setting Ceremony

## 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.





# Energy Healing

## Chakra Healing

IDR 720,000++ per Person

A focused energy-balancing therapy designed to restore harmony across the body's seven main chakras. Through intuitive energy work, guided awareness, and chakra alignment techniques, this session helps identify energetic blockages that may affect emotional well-being, confidence, relationships, and personal growth.

Ideal for guests seeking greater self-awareness, emotional clarity, and energetic alignment, leaving you feeling centered, empowered, and deeply connected to your authentic self.

## Reiki Healing

IDR 720,000++ per Person

Experience the gentle healing power of Reiki, a Japanese energy therapy that channels universal life-force energy through the practitioner's hands. This deeply relaxing treatment encourages the body's natural healing process, helping to reduce stress, ease emotional tension, and restore inner harmony.

Perfect for those seeking profound relaxation and energetic renewal, leaving you feeling peaceful, refreshed, and naturally balanced.

## Crystal Healing

IDR 720,000++ per Person

Experience the healing energy of natural crystals, carefully selected to promote balance, relaxation, and positive well-being. This holistic therapy is designed to harmonize the body's energy, encourage emotional clarity, and support inner peace.

## Balinese Energy Healing

IDR 1,020,000++ per session

Rooted in generations of Balinese spiritual wisdom, this traditional healing experience combines sacred blessings, intuitive energy work, and ancient local practices to restore harmony between body, mind, and spirit.

More than relaxation, this cultural healing journey offers a meaningful connection to Bali's spiritual heritage while encouraging emotional release, energetic cleansing, and a renewed sense of well-being.



# Energy Healing

## Hypnotherapy

IDR 1,080,000++ per Person

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.







# Sacred Balinese Rituals

## Balian Healing Ceremony

IDR 720,000++ per Person

Experience a traditional Balinese blessing ceremony performed to invite protection, harmony, and positive energy into your life. Guided by a local priest or spiritual practitioner, this sacred ritual honors Bali's rich cultural heritage while offering a meaningful moment of connection and gratitude.

Ideal for those wishing to experience an authentic Balinese spiritual tradition and receive blessings for health, happiness, and well-being.

## Water Purification

IDR 1,100,000++ per Person

IDR 2,060,000++ per Group

\*Group maximum 5 per Persons

\*\*Price are included transport to temple

Journey to a sacred Balinese water temple for a traditional purification ritual known as Melukat. Guided by local spiritual traditions, this ceremony uses holy spring water to symbolically cleanse negative energies, emotional burdens, and spiritual obstacles.

A deeply cultural and transformative experience that leaves you feeling refreshed, renewed, and spiritually uplifted.

## Agni Hotra Fire Cleansing

IDR 820,000++ per Person

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.

## New Moon Intention Ritual

IDR 1,920,000++ per session

Harness the powerful energy of the new moon through a guided intention-setting ritual. This mindful experience encourages reflection, clarity, and the creation of meaningful goals, helping you align your thoughts and aspirations with new beginnings and positive growth.

## Full Moon Cleansing Ceremony

IDR 1,920,000++ per session

Experience a sacred full moon ritual designed to cleanse negative energy, restore balance, and invite renewal. Guided by Balinese spiritual traditions, this meaningful ceremony encourages reflection, gratitude, and inner harmony under the powerful energy of the full moon.







# Spiritual & Intuitive Readings

## Balinese Wariga Reading

IDR 720,000++ per Person

Discover the wisdom of the Balinese calendar through a personalized Wariga Reading. This traditional practice provides insight into your character, life path, and auspicious timings based on Balinese spiritual and cultural beliefs.

## Palm Reading

IDR 720,000++ per Person

Explore the ancient art of palm reading and gain insights into your personality, strengths, relationships, and life journey. Guided by an experienced reader, this fascinating experience offers a unique perspective on your potential and future path.

## Tarot Reading

IDR 720,000++ per Person

Gain clarity and guidance through a personalized Tarot Reading. Using symbolic tarot cards, this insightful session helps explore your current situation, uncover new perspectives, and provide guidance for your personal journey.

## Numerology Reading

IDR 720,000++ per Person

Discover the meaning behind the numbers in your life through a personalized Numerology Reading. Based on your birth date and name, this insightful session reveals aspects of your personality, strengths, life purpose, and potential opportunities.



# Yoga Shala Rental

## 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

