

BODY MASSAGE

Back Relief Massage / 30 min 450K

Uses long strokes and pressure point techniques, focusing on the large muscle groups and sensitive nerve plexus on the back to ease tension.

Foot Massage / 75 min 660K

Based on the Chinese meridian theory of “energy pathways”, this treatment begins with a foot bath ritual with delicate exfoliation, followed by gentle stimulation of acupressure points in the feet to balance and energize the body.

Head and Shoulder Stress Relief / 60 min 725K

Focusing on alleviating stress in the upper body using deep tissue massage techniques to break down muscle knots and increase oxygen intake in the tissues. An excellent stress buster to relax the mind and improve concentration.

Traditional Balinese Massage / 60 min 795K

Influenced by the healing rituals of Balinese culture, this traditional massage combines stretching and acupressure techniques to relieve tension and improve circulation.

Purification Massage with Ear Candle / 60 min 795K

Using lymphatic drainage techniques as a basis, with an natural and non-intrusive method of cleansing the inside of the ears and relieving pressure in the head, this treatment helps promote thermal circulation in the encephalon by increasing oxygen and blood circulation, purifying the channel of the throat, nose and ears, easing overall tension and fatigue.

Lymphatic Drainage Massage / 60 min 860K

Using gentle and rhythmic lymphatic massage techniques, this treatment effectively stimulates the lymphatic system, encouraging the elimination of toxins and increases blood circulation.

Jade Stone Body Massage / 60 min 860K

This invigorating full body massage combines the healing powers of jade stone with a series of century-old Chinese techniques to stimulate circulation that helps release toxins from the body's deep tissue.

Amala Holistic Signature Massage / 90 min 990K

This signature massage uses a combination of techniques to release physical stiffness, tissue adhesions, and tension, together with The Amala's exclusively blended essential oils, this holistic full body treatment uses a fusion of therapeutic techniques from the East and the West to give you the ultimate soothing and pampering experience.

Tui Na – Chinese Acupressure Massage / 90 min 990K

Tui Na is a bodywork treatment that adapts the traditional Chinese massage technique that opens and stimulates the meridians of the body to increase the flow of "chi" energy and replenish vitality. A deep, full, all over body massage designed to work on stiff, tight and fatigued muscles.

Hot & Cold Stone Signature Massage / 90 min 990K

Based on the philosophy of "La Stone" technique of the traditional North American Shaman tribe, using thousand year old hot and cold energy stones with gentle Swedish massage techniques to stimulate and relax the circulatory system for a full body detox and energy balancing.

BODY CARE TREATMENT (ADD ON)

Traditional Balinese Boreh Mask / 45 min 400K

A warming scrub using centuries-old Balinese healing recipe of herbs and exotic spices for a "body revival" experience.

Natural Cacao Body Mask / 30 min 350K

A moisturising and nourishing cacao body mask that leaves skin soft with a luminous glow.

Aloe Vera Body Scrub & Mask / 60 min 650K

The amino acid and complex polysaccharide substances in aloe vera constitute a natural moisturising factor. It can replenish the moisture lost in the skin, restore the function of the gelatin protein, and keep the skin soft, smooth and elastic. A nourishing and natural scrub for sensitive and dry skin.

Detox Green Tea Body Scrub & Mask / 60 min 650K

Green tea leaves provide anti-inflammatory properties that help reduce blemishes and scars, leaving your skin soft and smooth.

Coffee, Cacao & Brown Sugar Body Scrub By Sensatia / 30 min 450K

A natural exfoliating and anti-inflammatory scrub by Sensatia Botanicals for detoxification that reduces the appearance of varicose veins and cellulite.

FACIAL

All facial treatment products use the well-known 100% natural "SENSATIA BOTANICALS" brand from Bali, which are made from pure plants.

Organic Facial / 60 min 860K

Starting with a gentle facial cleanse and exfoliation, this is followed by a revitalising face and neck massage with the application of a nourishing mask and moisturiser, leaving the skin refreshed.

Golden Spoon Facial / 90 min 1,250K

This rejuvenating facial uses golden spoon therapy and bio-light ultrasonic induction method to reduce fine lines, lighten dark eye circles, and help the skin become more radiant. This treatment includes a serum mask and golden spoon massage to improve facial circulation and regenerate the skin.

Cooling Jade Facial / 90 min 1,250K

Inspired by the beauty and radiant skin of the Chinese Empress, this opulent anti-aging treatment lavishes your skin with pure Pearl Extract to improve elasticity and increase skin oxygenation. This treatment includes Pearl Extract mask and Jade roller massage.

THE AMALA RITUAL

Blissful Body Rejuvenating Ritual / 100 min 1,150K SINGLE / 1,850K COUPLE

A combination of one-hour body massage and 40 minutes of an Aloe Vera, Green Tea body scrub or Cacao body mask treatment.

Indulgent Re-balancing Ritual / 100 min 1,150K SINGLE / 1,850K COUPLE

One hour of Balinese massage followed by a 40 minute mini Organic facial (cleanser, exfoliating, facial mask, and moisturizer)

Balinese Exotic Fruit Ritual / 130 min

1,325K SINGLE / 2,120K COUPLE

With a sense of ritual, this treatment starts with a Foot Bath, leading to a Traditional Balinese Massage, fully pampered by a scrub that is a combination of exotic fruits and coconut which helps rid the skin of dead cells, while gently moisturising with an avocado body mask that keeps the skin smooth and soft. Followed by relaxing into a citrus and flower petals bath. And to complete the treatment, a sandalwood lotion moisturiser will be used.

Amala Healing Ritual / 120 min

1,325K SINGLE / 2,120K COUPLE

The Amala signature holistic body massage using a warm herbal compress to melt your tension away. Using dry flower powder with milk for a nourishing exfoliating scrub, this signature ritual cleanses and restores the mineral balance and PH in the body. A rich green tea body lotion is applied for a finishing touch.

Javanese “Lulur” Ritual / 150 min

1,450K SINGLE / 2,320K COUPLE

Originated from the century old royal treatment found in the palaces of central Java, this ancient beauty treatment was used as a purifying ritual for Javanese princesses as they prepared for their wedding day. Starting with our ritual foot bath, leading to a traditional Balinese body massage, this luxurious ritual adds an exquisite “Lulur” exfoliation to peel off dead skin followed by a Cendana (sandalwood) body mask. The ritual is completed with a pampering flower bath.

Detox Purification Ritual / 150 min

1,450K SINGLE / 2,320K COUPLE

This ritual starts with lymphatic drainage body massage to eliminate toxins, continues with seaweed body scrub to prepare the body for a rich detoxing seaweed mask, and finishes with an herbal bath soak and Jasmine lotion.

Royal Chinese Empress Ritual / 210 min

1,790K SINGLE / 2,850K COUPLE

A Chinese imperial secret reserved for thousands of years, this rejuvenation journey includes a jade body massage followed by a natural honey salt scrub with a kaolin clay mask to help purify, soothe and nourish. The ritual includes a soothing flower bath for a full body relaxation with a luxurious cool jade facial for a head to toe pampering treatment. These were the privileged and rare accessories of the Chinese empresses in their quest for a smooth youthful face.

AMALA WELLNESS PROGRAM

YOGA & PILATES

Yoga practices toward gaining inner peace and physical balance. Our wellness program is designed for all levels to enhance your vitality and rejuvenation.

SEMI PRIVATE YOGA CLASS / 60 min (min. 2 persons) 300K

Conducted by a local certified yoga teacher.

PRIVATE PILATES CLASS / 60 min (min. 2 persons) 320K

Pilates teaches balance and control of the body, and that capacity spills over into other areas of one's life - improvements in bone density and joint health - and many experience positive body awareness for the first time.

PRIVATE WATER PILATES CLASS / 60 min (min. 2 persons) 350K

Flowing-water based workout focuses on muscular toning and definition through core-stability work. Specific water movements are also supportive for those with back problems, weak joints, and anxiety.

PARTNER YOGA & THAI MASSAGE / 90 min 1,125K COUPLE

A unique blend of yoga and Thai massage that is practiced for a couple with instructor to guide into deeper postures with ease and comfort. After the partner yoga practice, the instructor will further guide through a series of massage techniques that combine stretching and acupressure.

MASSAGE CLASS

THE ART OF TOUCH 1,890K SINGLE / 3,100K COUPLE

Body massage class (90 min) conducted by The Amala SPA manager + Body massage (45 min) by an Amala therapist

THE ART OF TOUCH WITH MEAL 2,565K SINGLE / 4,385K COUPLE

Body massage class (90 min) conducted by The Amala SPA manager + Body massage (45 min) by an Amala therapist + 2 course vegetarian wellness meal with choice of smoothie drink.

THE AMALA WELLNESS MASTER CLASS

Book a private Master Class with Leona Chen, our Resident Wellness Master, who will take you into a relaxation journey through your body, soul and mind.

Specializing in Traditional Chinese Medicine (TCM), Aromatherapy, and Ayurvedic self-healing skills, Leona leads the Wellness & Spa team at The Amala, providing guests with a complete holistic lifestyle experience.

HEALING YOGA FOR BEGINNERS (Level I) / 60 min 500K

Introduction to the basic movements of Hatha Yoga, and learn basic yoga knowledge and physical practice skills.

TADSANA VINYASA KRAMA YOGA (Level II) / 60 min 500K

Practice gentle yoga movements, and focus on the different breathing techniques to balance body and mind.

TIBETAN SINGING BOWL MEDITATION / 60 min 500K

Allow yourself to be immersed in the healing sounds and vibrations of the Tibetan singing bowl. This sound healing bowl creates waves of vibration designed to align your energy chakra points and creates a deep state of relaxation and mindfulness.

YIN YOGA + TCM MERIDIAN ENERGY FLOW / 60 min 500K

Combining the static stretching technique of Yin Yoga and meridian energy work- an ancient medicinal philosophy based on Traditional Chinese Medicine (TCM) theory enables participants to connect more deeply with their own consciousness and body.

INDIAN FUSION DANCE WITH NUANCES / 60 min 500K

With a feminine soft body posture and beautiful poetic Indian dance elements. In the drum rhythm of classical Indian dance, find the balance and tranquility curve of the body. In an hour of training we will learn the basic elements of classical Indian dance: body balance bending, hand mudras, arm patterns, neck movements. The design of the dance class will lead you to develop a body language that expresses reverence.