



# Yuna

SPA • RECOVERY • GYM









# MIND AND BODY DISCIPLINE

YUNA offers a variety of wellness experiences, from gym access to spa and recovery sessions, available for both in-house guests and outside visitors. Personal training and private sessions with our accredited teachers are also available upon request. Please refer to the YUNA schedule of activities or approach our wellness reception team to enquire or make your reservation.

# GYM AND RECOVERY PACKAGE

YUNA Gym and Recovery Package	Passes			Membership	
	Daily IDR 250,000	Weekly IDR 750,000	Monthly IDR 1,500,000	6-month IDR 7,200,000	12-month IDR 12,000,000
Access to the fitness center	✓	✓	✓	✓	✓
Access to the recovery facilities	✓	✓	✓	✓	✓
Access to the Amarta infinity pool	✓	✓	✓	✓	✓
20% off for food and beverages menu at Lilly by The Sea	✓	✓	✓	✓	✓
20% off for spa treatments	✓	✓	✓	✓	✓
IDR 5,000,000 spa credit				✓	✓
IDR 10,000,000 spa credit					✓

## Private Trainer Session

Starts from IDR 400,000 per session

*Prices are subject to 21% government tax & service charge*

# WELLNESS ACTIVITY

## Private Yoga

Yoga has been practiced for over 5,000 years. It provides a total workout for both body and mind, incorporating strengthening exercises with breathing and meditation techniques. The benefits are myriad, from increased flexibility and muscle tone, to lowered stress levels and blood pressure. Our yoga expert works closely with you to design a program for your specific needs.

IDR 500,000 per session

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## Meditation

Discover the healing power of meditation in a one-on-one session that will introduce you to the basics of this ancient therapeutic tradition.

IDR 500,000 per session

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# COMPLETE RELAXATION PACKAGES

## Indonesian Heritage Ritual

IDR 1,100,000 | 120 minutes

A deeply calming journey inspired by Indonesia's most treasured beauty traditions. Begin with an aromatic full-body massage designed to melt away tension and restore inner harmony. The ritual continues with a traditional lulur body exfoliation, a centuries-old Javanese practice that gently polishes the skin while enhancing softness and radiance. A nourishing body mask completes the ritual, restoring softness, comfort, and a radiant natural glow. A timeless celebration of Indonesian wellness heritage for body, mind, and spirit.

## Skin Rescue Ritual

IDR 1,450,000 | 150 minutes

A restorative head-to-toe ritual created to comfort skin that feels dry, stressed, or overexposed to the sun. The journey begins with a soothing full-body massage to release tension and rebalance the body, followed by your choice of body exfoliation, energizing coffee, nourishing coconut, detoxifying sea salt, or softening traditional lulur, to gently renew and restore the skin. The experience concludes with a nutrient-rich Moringa Facial, infused with powerful botanical antioxidants to deeply nourish, replenish moisture, and restore the skin's natural glow. The result is skin that feels comforted, radiant, and beautifully renewed from head to toe.



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# SIGNATURE MASSAGE

## Balinese Relaxation

IDR 550,000 | 60 minutes or

IDR 750,000 | 90 minutes

Massage Surrender to the timeless wisdom of Balinese healing. Long flowing strokes, gentle stretches, and rhythmic kneading work in harmony to release built-up tension, improve circulation, and guide the body into a state of deep relaxation. Performed with nourishing almond oil, this soothing ritual restores balance, calms the senses, and leaves the skin soft, comforted, and lightly radiant.

## Javanese Deep Tissue Massage

IDR 550,000 | 60 minutes or

IDR 750,000 | 90 minutes

Rooted in traditional Javanese therapeutic techniques, this deeply restorative massage targets chronic muscle tension through focused pressure-point work and slow, deliberate strokes. Using forearms, elbows, and deeper pressure techniques, the treatment helps release stiffness, stimulate circulation, and support muscular recovery. Enriched with Bali Radiance Massage Oil, the body feels lighter, rebalanced, and profoundly renewed.

## Hot Stone Massage

IDR 750,000 | 90 minutes

Inspired by the grounding energy of Bali's volcanic landscape, smooth heated stones are gently glided across the body to release deep muscular tension and calm the nervous system. The comforting warmth penetrates far beyond the surface, easing stiffness, improving circulation, and inviting the body into profound relaxation and stillness.

## Yoga Stretch Massage

IDR 550,000 | 60 minutes or

IDR 750,000 | 90 minutes

A dynamic assisted-stretch ritual inspired by the principles of yoga and traditional bodywork. Guided stretches and targeted pressure point techniques work together to lengthen tight muscles, improve flexibility, and restore the body's natural range of motion. Performed without oil and with comfortable clothing provided, this energizing treatment leaves the body feeling open, balanced, and deeply re-aligned.

## Foot Massage

IDR 550,000 | 60 minutes or

IDR 750,000 | 90 minutes

A grounding ritual that begins from the feet and restores balance throughout the body. Focused pressure-point techniques stimulate reflex zones connected to different organs and energy pathways, helping to release tension, improve circulation, and encourage deep relaxation. Simple yet profoundly restorative, this treatment leaves the body feeling lighter, calmer, and fully refreshed.

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# BODY EXFOLIATION

## The Hydrating Coconut Polish

IDR 900,000 | 90 minutes or  
IDR 1,100,000 | 120 minutes

Deeply nourishing and naturally gentle, coconut has long been revered as a timeless tropical beauty ritual. This finely milled coconut scrub softly polishes away dull, dry skin, removing dead skin cells and smoothing rough skin while helping to restore smoothness, softness, and lasting comfort. Combined with a soothing Balinese massage, the experience refreshes and cleanses the skin, cocooning the body in warmth and relaxation, leaving the skin velvety smooth, feeling noticeably softer, and delicately scented with the creamy aroma of fresh coconut.

**Best for: Dry skin, sensitive skin, first-time scrub, pre-wedding glow, post-beach treatment**

## The Energizing Coffe Detox

IDR 900,000 | 90 minutes or  
IDR 1,100,000 | 120 minutes

An awakening ritual for skin in need of a reset. Coffee and natural exfoliants gently buff away dullness through deep exfoliation while helping to stimulate circulation, detoxify the body of toxins, and revive tired-looking skin. Warming clove and ginger create a comforting heat that awakens the body and senses, while the rich aroma of roasted coffee grounds the mind in deep relaxation. Combined with a flowing Balinese massage, this invigorating ritual leaves the skin smoother and softer, the body refreshed, and the spirit re-energized.

**Best for: Normal to oily skin, rough/dull skin, morning appointments, guests wanting visible smoothing**

## The Deep Sea Salt Detox Cleanse

IDR 900,000 | 90 minutes or  
IDR 1,100,000 | 120 minutes

Inspired by the cleansing energy of the ocean, this mineral-rich sea salt ritual deeply polishes and revitalizes the skin while helping to restore softness, clarity, and natural balance. Himalayan and sea salt crystals gently buff away dullness as aromatic notes of sweet orange awaken the senses and comfort the body. Combined with a flowing Balinese massage, the experience leaves the skin silky smooth and the entire body feeling purified, grounded, and renewed.

**Best for: Oily skin, acne-prone back/chest, athletes, men, guests who want that "deep clean" feeling**

## Balinese Boreh Ritual

IDR 900,000 | 90 minutes or  
IDR 1,100,000 | 120 minutes

A time-honoured Balinese healing ritual passed down through generations. A warming blend of ground spices — including ginger, clove, and rice — is applied to the body, drawing on the natural heat of the boreh to stimulate circulation, discharge toxins from internal organs, and ease deep muscle fatigue, and restore warmth to tired, aching limbs. Combined with therapeutic massage, this grounding ritual leaves the body deeply comforted, revived, and wrapped in the living warmth of Bali's healing traditions.

## Aloe Vera Glow Ritual

IDR 900,000 | 90 minutes or  
IDR 1,100,000 | 120 minutes

Cool, calm, and restore. Fresh aloe vera gel is generously applied to the body, immediately calming irritation, reducing heat-induced redness, and beginning to replenish the moisture that sun, wind, or dehydration has stripped away. As the aloe absorbs, gentle massage movements help improve elasticity and circulation, leaving the skin supple, deeply comforted, and intensely hydrated from within. A quiet ritual that lets your skin simply breathe again.

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# FACIAL THERAPIES

## Moringa Glow Facial

IDR 600,000 | 60 minutes

Nourish your skin from the outside in. Moringa — one of nature's most nutrient-dense botanicals — delivers a concentrated dose of antioxidants, vitamins, and essential fatty acids directly into the skin, shielding it from environmental damage while visibly restoring clarity and glow. Gentle cleansing, targeted exfoliation, and a relaxing facial massage work in sequence to leave the complexion smoother, brighter, and deeply revitalised.

## Cucumber Aloe vera Hydration Facial

IDR 600,000 | 60 minutes

A cooling rescue for skin that feels tight, tired, or parched. Cucumber's natural anti-inflammatory properties immediately calm puffiness and reduce redness, while aloe vera floods dehydrated skin with deep moisture and restores its natural comfort and suppleness. Together they reset the skin's balance — soothing sensitivity, improving tone, and leaving the complexion visibly dewy, calm, and beautifully refreshed.

## Dermalogica Express Facial

IDR 700,000 | 45 minutes

Maximum results, minimum time. This professional Dermalogica express facial delivers a precise skin reset in 45 minutes — deep cleansing removes surface impurities, targeted exfoliation smooths and refines texture, and skin is left visibly brighter and revived. The ideal treatment when your skin needs real results, fast.

## Dermalogica Deep Purifying Facial

IDR 850,000 | 75 minutes

A deep-cleansing intensive for congested, oily, or breakout-prone skin. Professional Dermalogica techniques — including cleansing, exfoliation, steam, and extraction — work in sequence to thoroughly decongest blocked pores, regulate excess oil, and visibly refine skin texture. The result is a noticeably clearer, more balanced complexion that breathes freely again.

## Dermalogica Ultimate Hydration Facial

IDR 1,100,000 | 90 minutes

The ultimate act of care for skin that is dry, depleted, or showing early signs of dehydration. This indulgent 90-minute Dermalogica facial delivers intensive moisture therapy at every layer — strengthening the skin barrier, visibly plumping fine dehydration lines, and restoring the deep, lasting comfort that truly hydrated skin feels like. You leave with a complexion that is luminous, supple, and genuinely nourished.

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# HAIR RITUALS

## Traditional Creambath

IDR 550,000 | 60 minutes or  
IDR 750,000 | 90 minutes

A Botanical Hair & Scalp Ritual Inspired by one of Indonesia's most beloved beauty traditions, this deeply nourishing hair ritual restores balance, softness, and vitality using nature's finest ingredients. A rich botanical creambath, available in avocado, banana, or fresh aloe vera, is carefully applied to the scalp and hair to replenish moisture, enhance shine, and support healthy hair from root to tip.

Combined with a soothing scalp, neck, shoulder, and foot massage, the experience melts away tension while stimulating circulation and calming the senses. The ritual concludes with hair that feels silky, healthy, beautifully refreshed, and delicately scented with tropical botanicals.

Choice of:

- Avocado - rich nourishment for dry or damaged hair
- Banana - smoothing and softening for dull hair
- Aloe Vera - cooling hydration for scalp and hair balance

## Blow Dry

IDR 400,000 | 30 minutes

A refreshing hair wash and blow-dry that leaves you looking and feeling effortlessly polished. Hair is thoroughly cleansed, then styled to a smooth, voluminous finish with natural movement, softness, and luminous shine, leaving you feeling refreshed and ready for the day ahead.

# NAILS

## Classic Manicure or Pedicure

IDR 450,000 | 60 minutes

The full treatment for hands and feet together. Enjoy soaking, gentle exfoliation, callus softening, cuticle care, and a relaxing massage for both hands and feet — finished with a smooth, lasting polish. A complete ritual that leaves you feeling polished, pampered, and put-together from fingertip to toe.

## Kids Manicure or Pedicure

IDR 450,000 | 60 minutes

A gentle, fun nail experience designed just for little ones. Nails are carefully shaped and neatly cared for, finished with a pop of their favourite polish colour. A sweet introduction to spa time that feels special, safe, and completely their own.

## Add-on Gel

IDR 450,000 | 30 minutes

Extend the life of your polish with a gel finish that stays chip-free, glossy, and salon-perfect for weeks. Added to any manicure or pedicure for lasting colour and a flawless, high-shine result.

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# NEED TO KNOW

## Spa Arrival

To ensure a seamless experience, kindly arrive 15 minutes prior to your scheduled treatment. This gives you and your therapist time to plan your perfect experience.

## Health Consideration

To ensure a safe and enjoyable experience, kindly inform us of any medical conditions, allergies, or injuries when booking your appointment.

## Pregnancy Consideration

Certain treatments may not be recommended during the first trimester, but we offer specialized options for expectant and nursing mothers to indulge in some well-deserved self-care our team will guide you in choosing the perfect treatments.

## Refined Relaxation Guidelines

To preserve the peaceful atmosphere, kindly set your mobile phone to silent mode.

## Cancellation

Please notify us at least 24 hours in advance if you need to reschedule or cancel, to avoid any applicable charges.



