

AYUNG RIVERSIDE WELLNESS

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Inspired by the rhythm of the river. Rooted in the soul of Bali.

Welcome to Ayung Riverside Wellness

Nestled in the tranquil heart of Ubud, where the gentle waters of the Ayung River weave through lush tropical forests, Ayung Wellness is a sanctuary inspired by one of Bali's greatest natural treasures.

For generations, rivers have been regarded as symbols of life, renewal, and harmony—places where nature flows freely and the body and mind find balance. Inspired by this timeless connection, we have created a collection of wellness experiences that embrace the calming rhythm of the river while honoring Bali's rich healing traditions.

Each treatment is thoughtfully curated using time-honored techniques, nourishing botanicals, and intuitive care to restore the body, quiet the mind, and awaken the spirit. From flowing Balinese massage to aromatic ritual baths and holistic body therapies, every journey is designed to encourage stillness, relaxation, and meaningful moments of self-care.

Here, wellness is not simply a treatment—it is an invitation to slow down, reconnect with nature, and embrace the peaceful rhythm of Ubud.

Allow the river to guide your journey.

Welcome to your sanctuary.

Wellness Experiences

Discover a thoughtfully curated collection of treatments inspired by Bali's rich healing traditions and the serene beauty of the Ayung River. Whether seeking deep relaxation, renewed vitality, or a quiet moment of indulgence, each experience is designed to restore harmony between body, mind, and spirit.

Signature Journeys

Inspired by the Timeless Flow of the Ayung River

Thoughtfully curated to celebrate the harmony between nature and well-being, our Signature Journeys combine restorative massage therapies with immersive ritual baths, creating memorable wellness experiences found only in the tranquil heart of Ubud.

The Ayung River Ritual

150 Minutes - 2.500K ++

Our signature wellness journey begins with a traditional Balinese Massage to release tension and restore balance, followed by your choice of a luxurious Ritual Bath. Surrounded by the peaceful ambiance of Ubud's lush riverside landscape, this immersive experience invites you to slow down, reconnect with nature, and leave feeling completely renewed.

Includes

- Welcome Herbal Tea
- 90-minute Balinese Massage
- Your choice of Ritual Bath
- Light Refreshment

Romance by the Ayung

120 Minutes - 2.450K ++

Celebrate love with a romantic escape designed for couples. Enjoy the flowing techniques of a Lomi Lomi Massage before unwinding in a luxurious Milk Bath adorned with fresh rose petals. Complete your journey with chilled sparkling wine in an atmosphere of peace and intimacy.

Includes

- 90-minute Lomi Lomi Massage
- Milk Bath
- Sparkling Wine

Ayung Botanical Journey

120 Minutes - 1.650K ++

Inspired by Bali's abundant botanicals, this nurturing experience combines our signature Balinese Massage with a fragrant Balinese Herbal Bath. Aromatic herbs and traditional ingredients encourage deep relaxation while restoring harmony to body and mind.

Includes

- 90-minute Balinese Massage
- Balinese Herbal Bath
- Traditional Jamu or Ginger Tea

Kintamani Citrus Renewal

120 Minutes - 1.750K ++

Awaken your senses with an invigorating Deep Tissue Massage followed by a refreshing Kintamani Citrus Bath. Bright citrus aromas, nourishing coconut milk, and mineral-rich bath salts create a revitalizing ritual that leaves the body feeling refreshed, balanced, and renewed.

Includes

- 90-minute Deep Tissue Massage
- Kintamani Citrus Bath
- Fresh Orange Squeeze

Tropical Cooling Escape

120 Minutes - 1.650K ++

Escape the tropical heat with a soothing wellness journey designed to refresh both body and mind. Begin with our signature Balinese Massage to ease muscular tension before immersing yourself in a Cooling Cucumber Bath infused with crisp cucumber, calming lavender, and mineral-rich bath salts. Finished with fresh coconut water, this revitalizing experience is the perfect way to unwind after a day beneath the Balinese sun.

Includes

- 90-minute Balinese Massage
- Cooling Cucumber Bath
- Fresh Coconut Water

Massage Collection

Experience the healing art of touch through a collection of traditional and contemporary massage techniques, thoughtfully designed to ease tension, improve relaxation, and restore a sense of balance and well-being.

Balinese Massage - 950K ++ / 1.300K ++

Experience the essence of traditional Balinese healing through a harmonious blend of flowing strokes, acupressure, and rhythmic techniques. This signature massage melts away tension, promotes deep relaxation, and restores a sense of balance to both body and mind.

Deep Tissue Massage - 995K ++ / 1.350K ++

Ideal for those seeking focused muscle relief, this intensive massage combines deep tissue techniques with acupressure, trigger point therapy, gentle stretching, and flowing Balinese movements. Designed to release persistent tension, improve flexibility, and leave the body feeling restored and re-energized.

Lomi Lomi Massage - 995K ++ / 1.350K ++

Discover the ancient Hawaiian art of Lomi Lomi, often known as the "Loving Hands" massage. Characterized by long, flowing strokes that mimic the rhythm of ocean waves, this deeply relaxing treatment helps ease muscular tension, improve circulation, and promote a harmonious sense of balance and renewal.

Reflexology - 650K ++

Inspired by the principles of holistic wellness, this soothing foot therapy applies gentle pressure to specific reflex points believed to correspond with different areas of the body. Designed to encourage relaxation and restore a sense of overall well-being, it offers a deeply calming experience from the ground up.

Body Rituals

Revitalize your skin with nourishing body treatments that gently exfoliate, hydrate, and leave your body feeling beautifully refreshed and renewed.

Body Scrub & Body Wrap - 1.450K ++

Begin with a luxurious body scrub to gently exfoliate and reveal smoother, more radiant skin. Continue with a nourishing body wrap that envelops the body in comforting warmth, helping to hydrate the skin and leave it feeling soft, refreshed, and beautifully revitalized.

Facial Therapies

Restore your natural radiance with a deeply cleansing and nourishing facial designed to refresh the complexion while encouraging complete relaxation.

Sensatia Holistic Facial - 1.050K ++

Experience a luxurious facial featuring premium botanical skincare by Sensatia. This rejuvenating treatment deeply cleanses, gently exfoliates, and intensely hydrates the skin, leaving your complexion refreshed, balanced, and naturally radiant.

Natural Botanical Facial - 950K ++

Inspired by Bali's rich botanical heritage, this gentle facial harnesses the nourishing benefits of locally sourced natural ingredients to cleanse, refresh, and revitalize the skin. A calming ritual that restores your complexion while encouraging deep relaxation and holistic well-being.

Ritual Baths

Immerse yourself in luxurious bathing rituals inspired by Bali's natural beauty. Thoughtfully prepared with fresh botanicals and nourishing ingredients, each bath is designed to soothe the senses and complement your wellness journey.

Cooling Cucumber Bath - 650K ++

A refreshing bathing ritual infused with crisp cucumber, cooling ice, calming lavender, and mineral-rich bath salts. Designed to soothe and revive after a day beneath the tropical sun, complemented with fresh coconut.

Balinese Herbal Bath - 600K ++

Inspired by traditional Balinese wellness, this comforting bath blends fragrant lemongrass, fresh lemon, cooling mint, and mineral-rich bath salts to relax the body, restore the senses, and encourage tranquility.

Kintamani Citrus Bath - 675K ++

Awaken your senses with fresh Kintamani oranges, nourishing coconut milk, and mineral-rich bath salts. This uplifting ritual refreshes the body while leaving the skin soft, smooth, and beautifully renewed.

Milk Bath - 1.250K ++

A timeless bathing ritual enriched with creamy milk and delicate rose petals to soften the skin and inspire deep relaxation. A romantic indulgence, perfect for honeymooners or moments of quiet escape.

Bubble Bath - 1.250K ++

Sink into luxurious bubbles adorned with fresh rose petals for a playful yet elegant bathing experience. Perfect for couples or anyone seeking a blissful moment of relaxation, accompanied by a chilled glass of sparkling wine.

Spa Etiquette & Policies

Arrival

To enjoy the full benefits of your treatment, we kindly recommend arriving at least 15 minutes before your scheduled appointment. Late arrivals may result in a shortened treatment to avoid delaying subsequent appointments, while the full treatment fee will still apply.

Spa Attire

For your comfort, we recommend wearing light, comfortable clothing when visiting the spa. Robes, slippers, and disposable underwear will be provided. You are welcome to wear your own underwear during your treatment if you prefer.

Reservations & Cancellation

Advance reservations are recommended to secure your preferred treatment time. Appointments cancelled or rescheduled within 8 hours of the scheduled treatment time will incur a cancellation fee of 50% of the treatment price. Our Spa Reception will be delighted to assist you with any changes, subject to availability.

Health Considerations

Please inform our Spa Reception of any medical conditions, allergies, injuries, or pregnancy at the time of booking. This enables our therapists to recommend the most suitable treatment and ensure your comfort, safety, and well-being throughout your spa experience.

Pregnancy

We recommend that expectant mothers consult their physician before booking any spa treatment. For your safety and comfort, certain treatments may not be suitable during pregnancy, particularly during the first trimester. Our Spa Reception will be pleased to recommend appropriate alternatives.

Minimum Age

To maintain a peaceful and relaxing environment, spa treatments are available for guests aged 16 years and above. Younger guests may be accommodated for selected treatments when accompanied by a parent or guardian and with prior arrangement.

Rates

All prices are quoted in Indonesian Rupiah (IDR) and are subject to a 21% government tax and service charge.

Respect for Others

To preserve the tranquil atmosphere of the spa, we kindly ask guests to respect the privacy and relaxation of others by keeping conversations quiet. Mobile phones and electronic devices should be switched to silent mode, and photography is discouraged within the spa facilities.

Smoking & Alcohol

Smoking is not permitted within the spa premises. For your comfort and safety, we recommend avoiding alcohol consumption for at least eight hours before your treatment.

Personal Belongings

We kindly recommend leaving jewelry and other valuables in your villa or room before your appointment. While every care is taken, the spa cannot accept responsibility for the loss or damage of personal belongings. Upon arrival, our Spa Reception will confirm your reservation and provide a brief introduction to your selected treatments.