



NARA

Spa & Recovery



@naraspa.bali

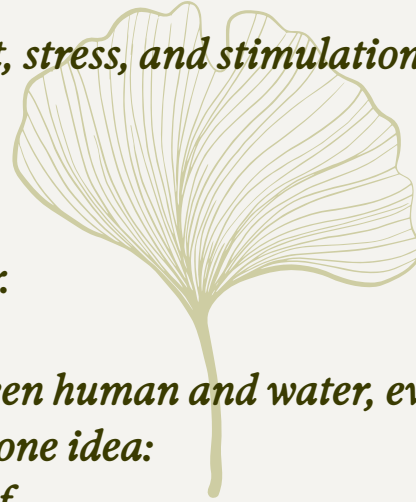
GROUNDED THERAPIES. ELEMENTAL STILLNESS. GENTLE RECONNECTION.

In Indonesian, NARA from Sanskrit, means "human" — and is rooted in the element of water, where life begins.

In a world of constant movement, stress, and stimulation, we lose connection to our bodies.

*NARA is a space to return.
To slow down. To feel. To recover.*

*Guided by the relationship between human and water, everything at NARA is designed around one idea:
helping you come back to yourself.*



*RECOVERY
Area*

SESSIONS

Morning Full Body Reset 8.00 - 12.00	300
Midday Recovery Ritual 12.30 - 16.00	300
Sunset Nervous System Reset 16.30 - 21.00	400
Stay longer for 1h	+ 100
5 Session Pack	1.200
10 Session Pack	2.250

PASSES

Day Pass	500
3 Day Recovery Pass	1.200
7 Day Recovery Pass	1.900

RECOVERY INCLUDES ACCESS TO POOL, SAUNA, INFRARED, ICE BATH AND HOT PLUNGE



1 Month

Unlimited Recovery Access

2.700



3 Months

Unlimited Recovery Access

6.500



6 Months

Unlimited Recovery Access

11.000

FOR THOSE WHO DON'T JUST RECOVER ONCE — BUT MAKE IT A RITUAL

A woman with wet hair is in a shower, looking over her shoulder. Water droplets are visible on her skin and the shower wall. The text 'NARA Packages' is overlaid on the left side of the image.

NARA
Packages

RECOVER & RELAX

3-Hour Recovery Access + 60min FULL BODY 650

FULL BODY RESET

3-Hour Recovery Access + 90min FULL BODY 800

SIGNATURE Experience

3-Hour Recovery Access + 90min Signature Ritual 950

3-Hour Recovery Access + 120min Signature Ritual 1150

+ Signature Lymphatic + 100

GLOW & FLOW

3-Hour Recovery Access + 90min Signature Facial 1300

ULTIMATE RENEWAL

Full Day Recovery + 60min Treatment + 90min Facial 1800

Full Day Recovery + 90min Treatment + 90min Facial 1950

Full Day Recovery + 120min Treatment + 90min Facial 2200

*Aromatherapy is more than scent —
it's a ritual of presence, authenticity and care.*

A close-up, artistic photograph of a person's face and hands. The person's face is partially visible, with their eyes closed and mouth slightly open. Their hands are raised, with fingers spread, framing the face. The lighting is warm and dramatic, creating strong highlights and shadows. The text "FULL BODY Rituals" is overlaid in a white, serif font, with "FULL BODY" in all caps and "Rituals" in title case.

*FULL BODY
Rituals*

	90 MIN	120 MIN
<i>Signature Awakening</i> A tailored fusion of sacral techniques, active oils and holistic aromatherapy, designed to activate your body's natural energy and nourish your skin. Through rhythmic movements and intentional pressure, this ritual revitalizes body, mind and spirit - leaving you grounded and recharged.	780	990
<i>Signature Deep Release</i> Releasing built-up tension and support the body's recovery process. Combined with our signature therapeutic oil blend and slow, intentional pressure, this ritual helps stimulate circulation, soften muscular heaviness and regulate the nervous system - leaving the body feeling lighter, clearer and deeply renewed.	780	990
<i>Signature Lymphatic Drainage</i> Gentle, detoxifying therapy that stimulates lymphatic flow and cellular renewal. Combining rhythmic movements with detoxing scents for your whole system. This ritual enhances immunity, relieves water retention and invites inner radiance and balance.	850	1100

OUR SIGNATURE MASSAGES USE PREMIUM ACTIVE OILS TO BOOST RELAXATION, RECOVERY, HYDRATION, AND WELLBEING WHILE NOURISHING THE SKIN WITH TRUE SKINCARE BENEFITS

	60 MIN	90 MIN	120 MIN
<i>Sacred Balinese Healing</i> Honoring traditional Balinese techniques and scents, this massage aims to ground and harmonize. Each movement is performed with intention and invites the body to restore its natural balance and calm.	480	650	850
<i>Pure Relaxation</i> A gentle, soft flowing ritual designed for total relaxation and emotional ease, creating a peaceful rhythm that quiets the mind and allows the body to unwind effortlessly.	480	650	850
<i>Deep Release</i> A powerful deep-tissue massage that dissolves tension and restores natural flow, encouraging profound release to leave your body lighter, open, and renewed.	580	750	950
<i>Anti-Cellulite Slimming</i> A targeted massage using deep, rhythmic techniques to boost circulation and support the detoxification of the lymphatic system. Helps reduce the appearance of cellulite, leaving skin firmer and smoother.	580	750	

COMING
SOON

ALL OUR FULL BODY RITUALS ARE ALSO AVAILABLE FOR IN-VILLA BOOKINGS



BODY PART
Rituals

	30 MIN	60 MIN
<i>Thai Foot Stick</i>  Rooted in traditional Thai healing, this focused foot treatment uses a wooden stick to stimulate reflex points, ease tension and support the body's natural energy flow. A deeply grounding experience that invites balance, calm and full-body release.	350	480
<i>Happy Feet</i> Ground yourself through a mindful ritual that uses gentle pressure on the feet's reflex zones to release tension and support the natural flow of energy in the body. A moment to pause, breathe and appreciate your feet for carrying you through life.	300	450
<i>Anti Stress</i> A nurturing face massage that soothes the mind and melts away stress. Through warm, loving touch and slow rhythmic movements, it calms your senses, eases mental noise and wraps you in a feeling of peace and emotional comfort.	380	
<i>Overthinking Treatment</i> Created for the tension and thoughts we hold in our shoulders, neck and jaw. Using firm pressure & mindful holds, this treatment releases tightness caused by stress, posture and screen fatigue. It may feel intense but it brings deep relief - clearing heaviness from the head and leaving you open and reconnected.	380	

THE ART OF AUTHENTIC AROMATHERAPY

At NARA, every scent tells a story - one of nature, intention & care.

Our exclusive blends are created in collaboration with a certified MIFPA Clinical Aromatherapist, honoring the purity and soul of each ingredient.

Unlike standardized essential oils, each blend is composed from rare, single-origin botanicals — including Frankincense, Rosewood, Pepper, and Cedarwood — each formula is meticulously crafted by hand, drop by drop.

No synthetic fragrances. No chemical stabilizers. Only nature in its most refined, living form.

Guided by both science and intuition, every formula is designed to restore balance, calm the mind, and reconnect the spirit.

FRANKINCENSE

FROM SACRED TREES

ROSEWOOD

*FROM SUSTAINABLE
FORESTS*

PEPPER

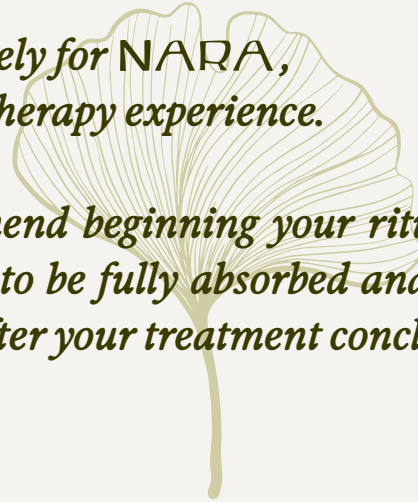
*FROM HANDPICKED
SOURCES*

CEDARWOOD

*FROM HIGH-ALTITUDE
WOODLAND*

*Each oil blend is crafted exclusively for NARA,
ensuring a truly bespoke aromatherapy experience.*

*For optimal results, we recommend beginning your ritual with a
gentle cleanse, allowing the oils to be fully absorbed and continue
their therapeutic benefits long after your treatment concludes.*



A close-up, warm-toned photograph. A hand holds a small, dark wooden bowl. Above the bowl, a glass dropper is positioned, with a single, thick drop of dark oil hanging from its tip. The background is softly blurred, showing a person's face in profile, suggesting a spa or wellness setting.

*FACIALS by
Fields of Yarrow*

90 MIN

Wild Rose Classic

1150

Experience a profound facial rejuvenation with our rose infused skincare line. Specialized draining movements using our Gua Sha tools to stimulate lymphatic circulation. This promotes enhanced oxygenation, revitalizing skin suffocated by pollution allowing it to breath anew. Appearance elevating your natural radiant glow.



Super C Classic

1150

Immerse yourself in the deep hydration, nourishment, and corrective power of vitamin C, as this facial targets & heals acne scars, hyperpigmentation & sunspots. Revel in the radiant results as your skin is brightened, corrected, and left with a renewed brilliance.



Enzyme Classic

1150

This treatment is dedicated to breathing new life into dull skin, offering a perfect polish that unveils a radiant complexion. Immerse yourself in the soothing & illuminating experience, leaving your skin with a captivating brightness that reflects its renewed vitality. Meticulously curated with our exclusive in-house products.



75 MIN

Oxygen Therapy

1300

It's a "Non - medical" procedure created to hydrate your skin and support natural collagen to help you achieve a more youthful look.

We deliver condensed molecules of oxygen to your skin, more specifically, your epidermis.

As a skincare ingredient, oxygen helps encourage a healthy skin barrier and hydration.

It helps to maintain your skin's health and keep it looking bright and healthy.



Gua sha & Acupressure Facial

1300

This facial acts as a radiance booster to repair tired skin and dull complexions.

After a deep double-cleansing, we spray a good amount of our Rosa Damascena floral water which will promote hydration and enhance the active ingredients of our next product: the Wild rose face oil following by an hour of deep draining massage using our signature Gua Sha tools.



After Sun Recovery

1300

It is designed to replenish and soothe your skin providing you with a fresh oasis of hydration. Experience the calm and cooling effects of cucumber, aloe vera and chamomile during this soothing and nourishing treatment leaving you with a replenished glow.



*From seed to serum, our philosophy is simple: nature first, quality always.
Every plant is nurtured by hand, harvested at its prime and processed in small batches
to preserve its natural efficacy.*

*This meticulous approach ensures that every Fields of Yarrow product delivers the
skin-loving benefits that our customers have come to trust.*

*By controlling each step — from cultivation to formulation —
we can maintain the purity, freshness, and potency of our botanicals.*

This is skincare in its most authentic, honest form.



A close-up, profile view of a person's face, focusing on the nose, lips, and chin. The skin appears smooth and slightly glossy. The background is a plain, light-colored wall. The text "LED LIGHT Therapy" is overlaid on the left side of the face in a white, serif font.

*LED LIGHT
Therapy*

ILLUMINATE & RESTORE

LED light therapy uses targeted wavelengths with antibacterial and skin-repairing properties. These light particles, called photons, penetrate the skin and are absorbed by cells to support natural regeneration, helping to soothe sun exposure, reduce inflammation, balance oil production and acne, improve the appearance of redness and visible capillaries, soften scarring, and support a smoother, more youthful complexion—all in a non-invasive treatment.

OUR FACIALIST SELECTS THE IDEAL LIGHT FREQUENCY FOR YOUR SKIN'S NEEDS

YELLOW

480

It reduces redness and calms inflammation.

- + *Soothing properties*
- + *Great to use after peelings or micro-needling*
- + *Improve blood circulation*
- + *Helps the healing process after a sunburn*

GREEN

480

Absorbed into the skin, it calms and brightens the complexion. Green LED helps reduce hyperpigmentation, sun spots, under-eye circles, and visible capillaries.

- + *Detoxifying*
- + *Helps stabilizing hormones and metabolism*
- + *Control hyperpigmentation*
- + *Great regenerative power of skin nutrients*
- + *Helps eliminate dark spots*
- + *Acts against the melanocytes*

PURPLE

480

A blend of red and blue light that detoxifies, reduces inflammation, and enhances healing and circulation.

- + *Treat irritated skin*
- + *Improve acne*
- + *Reduce visible acne marks / acne*

45 MIN

RED

480

Offers deep penetration to combat aging, refine texture, and support acne healing.

- + Anti-aging*
- + Anti-pollution*
- + Stimulate collagen*
- + Healing*
- + Increase skin elasticity*
- + Improve blood circulation*

BLUE

480

Targets acne at its source by reducing bacteria and excess sebum.

- + Anti-bacterial*
- + Calming effect*
- + Good for inflamed & sensitive skin*
- + Helps the healing process after a sunburn*
- + Improve blood circulation*

ORANGE

480

Soothes rosacea and redness while gently boosting collagen production.

- + For lymphatic drainage*
- + Helps detoxification process*
- + Has brightening effect*

CONTACT US



+62 823 2699 6575

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prices are in thousands of rupiah and inclusive 15% government tax & 5% service charge