

ANANDA

SPA & WELLNESS

ANANDA

Immerse yourself in the Ananda Spa experience.

Inspired by the tranquility of ancient Balinese traditions and the healing energy of our serene surroundings, each treatment is thoughtfully designed to nourish your body, mind, and soul.

Let us guide you on a journey of deep relaxation and rejuvenation, awakening your senses at every step.

Ananda – The Essence of Ultimate Bliss



At Ananda Spa, we take pride in using natural botanical skincare, with many of our products handcrafted from fresh ingredients sourced right here at Samanvaya.

Enhance your experience with one of our delicious signature drinks, thoughtfully curated to complement your treatment. Our therapists will be delighted to share the menu with you.

ANANDA MASSAGE

Experience traditional massage therapies tailored specifically to your needs.

TRADITIONAL BALINESE MASSAGE

60 MIN 540 | 90 MIN 780

A gentle and soothing Balinese Massage. Based on the holistic system of traditional Chinese Medicine, using long flowing strokes and pressure point therapy.

Benefits : Calms the nervous system, improves circulation and relieves tired and tense muscles.

FOUR HANDS OF BLISS

60 MIN 900 | 90 MIN 1,200

Enjoy deep relaxation as you indulge in our most decadent massage. In this four hands massage, two therapists use synchronised movements applying the same pressure and pace on both sides of the body.
90 minute option includes a mini facial

Benefits : Body and mind relaxation

ANANDA SIGNATURE MASSAGE

90 MIN 900

This treatment begins with 30 minutes of foot reflexology and a healthy jamu shot followed by a full 60 minute body massage. Our special candle of shea butter and essential oils is heated, poured and massaged onto your body. A truly decadent experience.

Benefits : Skin hydration, skin elasticity, restoration of sun damaged skin

All prices are ,000 and are subject to additional Government tax and service of 15.5%

HERBAL COMPRESS — 90 MIN 840

This holistic whole body massage uses a fresh, aromatic herb blend of star anise, ginger, lemongrass, cloves and cardamom to harmonise your inner state. The warm compress is applied to your body to smooth muscle tension and guide you towards deep relaxation.

Benefits : Relieves stress and improves blood and oxygen flow.

HOT BAMBOO — 90 MIN 780

This treatment uses heated, hollow bamboo stalks to massage the body's muscles, connective tissues, tendons, ligaments, and joints. This combined with the heat allows for deeper tissue penetration.

Benefits : Reduces inflammation, reduction of pain.

HOT VOLCANIC STONE MASSAGE — 90 MIN 780

Hot stone therapy is a powerful massage technique that uses heated riverbed stones throughout the massage. This massage is good for guests wanting a massage focusing on specific areas of the body.

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Benefits : Releases tension, increases blood circulation, relaxes the nervous system and restores fluidity to the connective tissues and joints.

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SHIRODHARA TREATMENT

90 MIN 960
30 MIN 480
(oil drop only)

An ancient and powerful tool for bringing body, mind, and soul into harmonious balance by addressing multiple layers of your being. The massage combines a full body 60 minute Balinese massage with the dripping of warm herbal ayurvedic oils on the forehead allowing the oil to run through the scalp and down into the hair.

Benefits : Increased quality of sleep, relaxation and reduction of headaches

ANTI-FATIGUE MASSAGE

60 MIN 540 | 90 MIN 780

Indulge yourself in this therapeutic personally designed treatment. Speak to our therapists and enjoy the soothing touch with a focus on the body part of your choice. This treatment is finished off with a soothing head and face massage focusing on pressure points in the temples of your head. This is not a full body massage.

Benefits : Enhances blood circulation, boosts the lymphatic system, assist with the removal of toxins.

REBORN FOOT REFLEXOLOGY

60 MIN 540

Foot reflexology is not just a foot massage, but an all-round tension-tamer. The perfect solution for jet-lag or late afternoon fatigue. Your therapist will use pressure points that correspond with different parts of the body to stimulate and balance energy.

Benefits : Relaxation, enhanced circulation

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ANANDA BODY SCRUBS

All body scrubs and wraps include a 60 minute Balinese massage.

CITRUS AND SEASALT BODY SCRUB

90 MIN 840

Made from organic sea salt harvested on the east coast of Bali, this scrub is rich in mineral exfoliates to remove dirt and rejuvenate the skin. The active ingredients of lavender, rosemary and white grapefruit provide nutrients to protect and improve skin elasticity to replenish your skin.

Benefits : Improvement of skin elasticity - replenishes skin

IRISH COFFEE SUGAR SCRUB

90 MIN 840

Made from all natural ingredients, this scrub combines organic coconut oil, ground coffee beans, organic raw sugar and rum essence. Coffee scrub stimulates blood and lymph flow, reduces cellulite and tightens skin.

Benefits : Skin tightening , reduction in cellulite

FRESH ALOE VERA BODY WRAP

90 MIN 840

The healing and moisturising properties of aloe vera and lavender are combined for unrivaled relief for skin stressed by sun exposure or harsh weather conditions. Deep relaxation guaranteed.

Benefits : Relief for sunburn - nourishing

DETOXIFYING BOREH SPICE WRAP

90 MIN 840

This exotic clove, nutmeg, cinnamon, ginger and arak combination awakens the senses providing an invigorating treatment. This is the perfect treatment if you are feeling less than 100% and in need of a boost.

Benefits : Boosts circulation, revitalises the skin

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ANANDA FACE AND NAILS

SKIN SPIRIT FACIAL

60 MIN 720

This all-inclusive facial treatment includes deep skin cleansing, detoxifier toning, gentle exfoliation and scrub along with an impurity removing hydrating mask of nourishing oils and refreshing eye care.

ROSE QUARTZ ANTI AGEING FACIAL

90 MIN 950

Let nature turn back the clock with this age-defying Rose Quartz facial massage. An advanced method of face massage that incorporates aspects of Natural face lift and Lymphatic drainage techniques. It will assist with fine lines and wrinkles and is complimented by a chilled rose quartz mask to reduce puffiness and relieve congestion.

DECADENT MANICURE OR PEDICURE

60 MIN 540

90 MIN 800

This starts with either a hand or foot treatment including exfoliation, nail clean, cutting, shaping and cuticle care. The treatment is followed by a polish of your choice. (90 minute treatment includes gel)

ENERGY HAIR AND SCALP

60 MIN 540

Enjoy the pleasure of this traditional Indonesian treatment. Rich conditioning cream is massaged into scalp and hair in an experience that is both blissful and beneficial. Tension melts away and the scalp tingles with improved circulation as your hair is softened, enriched and glowing.

Add Olaplex No3 Treatment for RP 150

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ANANDA MIND AND BODY

PRIVATE GUIDED YOGA & MEDITATION

60MIN 400

Private and personalised yoga and meditation sessions are great for beginner or advanced students. Slow down and open your body to this session that is an intrinsic part of Balinese Hindu culture.

Benefits : Improvement in emotional health - stress reduction, self awareness and controlling anxiety.

PASSIVE YOGA

60 MIN 400

A uniquely Samanvaya experience. Passive asanas are yoga poses in which the body totally relaxes into the pose, supported by bolsters, other props and Komang, our local yoga teacher and healer.

Benefits : Softens your muscles, stronger more supple muscles.

CHAKRA BALANCING

60 MIN 550

Chakras balancing is a technique for balancing the body's energy centers (chakras) using crystals and sound vibrations. Our local yoga instructor and healer Komang, uses special crystals and stones which are believed to have a healing effect as an alternative medicine. Sound vibrations provide a deep relaxing effect to distract the brain.

Benefits : Improve blood flow by widening blood vessels and preventing blockages.

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ANANDA SANCTUARY

ROMANCE IN THE VALLEY

150 MIN 1,440
Price per person.

A romantic and dreamy spa package designed especially for couples wanting to spend pampering time together. Start your experience with an indulgent 30 minute foot and leg massage whilst sipping on a glass of bubbles or a delicious mock-tail. Prepare your body for deep relaxation with a 90 minute scrub of our choice and Balinese massage treatment. Finish in luxury with a romantic candle lit herbal bath. Ask our staff about adding on our romantic dinner packages.

Benefits : Enhances intimacy

TRAVELLERS REJUVINATION

180 MIN 1,920

Prepare your body with a cleansing detox juice of green capsicum, cucumber, lemon, lime and turmeric. This soothing treatment starts with 30 minutes of foot reflexology lying down followed by a 90 minute body scrub of your choice which includes a traditional Balinese massage. Enjoy the hydrating benefits of a 30 minute body wrap and 30 minute mini facial to give your skin a refreshing pick me up. This package is designed to help the body and mind recover from the physical and mental strains of long distance travel.

Benefits : Relaxation, reduces muscle tension from travel

COMPLETE ZEN

150 MIN 1,320

Experience a 60 minute chakra balancing treatment which synchronise's brain waves to achieve profound states of relaxation helping to restore the normal vibratory frequencies of the cells in your body. Next, enjoy a 90 minute herbal, bamboo or hot stone massage.. Finish your treatment with a cleansing Jamu shot. Leave the experience feeling a deeper connection to the earth, the island and yourself.

Benefits : Relaxation and calmness

All prices are ,000 and are subject to additional Government tax and service of 15.5%

REST AND RE-BALANCE

60MIN 1,150

Enjoy the combination of this 2 therapist treatment. This 60 minute treatment begins with a sleep inducing facial including facial reflexology whilst combining the treatment with foot and hand reflexology. By choosing this combined treatment you not only get the deep, restorative results of reflexology but also the rejuvenating qualities of a facial.

Benefits - Deep relaxation - healthier skin - headache relief

HYDRATION PLUS

60 MIN 1,150

This 2 therapist treatment blends the benefit of a rich conditioning cream hair bath with the combined relaxation of hand and foot reflexology.

Benefits : improvement in hair strength and luster - reduction in stress and anxiety - mood lifting

ULTIMATE INDULGENCE

90 MIN 1,350

Indulge in our classic pedicure and manicure with two therapists working on your hands and feet and at the end of your treatment indulge in a 30 minute neck, shoulder and head massage and foot massage.

Benefits : Tension release - fresh hands & feet
Add gel polish 120

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WE LOOK FORWARD TO WELCOMING YOU TO ANANDA

To ensure a relaxing experience, please note the following:

Arrival – Please arrive 10 minutes before your treatment to unwind in our tranquil surroundings. Late arrivals may result in a shortened session.

Cancellations – A 24-hour notice is required for cancellations. Late cancellations may be charged the full treatment price.

Spa Etiquette – Smoking and mobile phone use are not permitted within the spa.

Health Considerations – Please inform our spa reception of any medical conditions prior to your treatment.

SAMPAI JUMPA NANTI – SEE YOU SOON! ✨