



## Waterfall Tree House Spa

**Ulaman Eco Retreat's tree house is the only tree house spa in Bali and South East Asia!**

Thoughtfully perched over the Ulaman river, our tree house was carefully built and designed around the most spiritual 'Banyan' tree on property. Nourish your body, mind, spirit and daydream blissfully while listening to the hypnotic sounds of the waterfall's river below.

Our Spa is fully equipped with 2 beds which can accommodate private as well as couples' massages, a private changing space, shower/bath area and a riverside stone bathtub. At Ulaman we proudly use only natural, local and organic Balinese ingredients.

# Spa Menu

## Foot Massage

30 minutes | IDR 125K

Leave your worries behind and immerse yourself in a tantalizing, invigorating 30-minute foot massage. Foot massages have been around for hundreds of years throughout many cultures using a variety of traditional disciplines such as shiatsu and reflexology. They improve health and relaxation not only for feet and legs but they also enhance your mind space so you are ready to seize the day or wind down to prepare for restful sleep.

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## Foot Reflexology

60 minutes | IDR 200K

Foot reflexology is a form of Ancient Chinese medicine that can be traced back to 3000 BC. Dividing the body into ten zones, each corresponding to the reflex areas on your feet. These ancient traditions operate on the belief that applying pressure to the more than 7,000 nerves in the foot can release energetic blockages throughout the entire body to enhance your mood, improve relaxation and calm your mind.

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## Head, Neck and Shoulder Massage

30 minutes | IDR 125K

Relieve tension, stress and headaches while improving circulation and strengthening the immune system. A 30-minute relaxing head, neck and shoulder massage will restore your mood and make you feel as good as new.

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## Balinese Massage

60 minutes | IDR 250K

90 minutes | IDR 350K

Block out the noise and nourish the mind, body and soul with traditional Balinese massage. Rejuvenate and revel in a full-body, deep-tissue, holistic treatment using a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and “qi” (energy) bringing you a sense of wellbeing, calm and deep relaxation. Balinese massage uses a variety of techniques including skin rolling, kneading and stroking, and pressure-point stimulation, combined with the aromas of essential oils. Immerse your senses from head-to-toe; our Balinese Massage is sure to leave you feeling centered and peaceful.



### **Lomi Lomi Massage**

60 minutes | IDR 300K

Lomi Lomi is an enriching, holistic Hawaiian practice bringing harmonious balance between physical and mental areas. Enjoy synchronized, continuous flowing strokes, or vigorous stretching increasing your body's range of motion. Relish the Polynesian 'Aloha Spirit' of sharing life energy by giving yourself up to the "the loving touch", a connection of heart, hands and soul. You will love how your mind and body feel after a Lomi Lomi massage.

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### **Ulaman Signature Esalen® Massage**

90 minutes | IDR 450K

Esalen Massage is a unique form of Bodywork developed over the last 40 years at the Esalen Institute of massage in Big Sur, California. This technique is known for its long, integrating strokes, creating an experience of deep relaxation supporting the natural ability of body and mind to self-heal. Ulaman's signature massage uses a combination of Balinese, Ayurveda and Lomi Lomi techniques using elbow, palm, thumb, knuckles and body stretching releasing stress and leaves you feeling whole and deeply relaxed. Simply put, it's the best of the best. Indulge yourself today!

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### **Ulaman Manicure**

60 minutes | IDR 150K

Never underestimate the restorative power of fresh polish. A traditional manicure which includes a nail cut down, filing, cuticle treatment, a calming hand massage, and finished with your choice of polish. Treat yourself and your hands with this delightful treatment.

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### **Ulaman Pedicure**

60 minutes | IDR 150K

Pamper yourself with a divine pedicure that will leave you feeling immediately relaxed. Unwind and unplug for an hour and let our nail technicians work their pedicure magic. Our pedicures include a warming foot bath and a gentle, foot exfoliation treatment.

