MEKAR

Ubud JUNGLE SPA Bali

*spa*MENU

HAPPINESS in BALI begins here....

We invite you to enter a world of peace and harmony to experience a range of result driven, yet authentic farm to spa treatments, inspired by regional health and wellbeing rituals.

Our therapists combine practiced technique and intuitive touch to carry out our carefully curated treatments, created foremost with your relaxation in mind to ensure you leave feeling renewed and inspired. Each guest is viewed holistically, with consideration for physical, emotional, and psychological wellness. Discover a haven of organic indulgence and generosity, immerse yourself in a world of well-being, relaxation, and fulfillment, where the spirits are lifted, and the pursuit of happiness, and balance is the only option on the menu.

We are committed to providing the most inspiringly beautiful experiences, with natural ingredients in all our oil lotions and herbal blends, prepared for each treatment to create a truly unique and tailored program for singles, couples, and families alike.

Mekar Spa is open every day
from 9 am to 9 pm.

For any request, our spa operators are at your entire disposal at +62 8 18 02 18 58 88

info@mekarubud.com
+62 818 0218 5888
@mekarubud

MEKAR UBUD JUNGLE SPA BALI
www.kclububud.com

MEKAR
Ubud JUNGLE SPA Bali

welcome CEREMONY

Each treatment begins with a deeply relaxing, mineral-rich Foot Ritual. This is also symbolic – an act of humble service that fosters trust, helping guests to fully benefit from the treatments that follow.

Ladies
Welcome Ceremony Infusion made with Roses and Balinese Flowers.

Gentlemen
Welcome Ceremony Infusion made with Eucalyptus and fresh Mint.

Our couple cocoons & spa treatment rooms offer your choice of music or guided meditation. Guests are offered to take a shower prior to and/or after receiving a spa treatment. A selection of the most appropriate infusions from our flavour tasting menu will be served at the end of each treatment

MEKAR
Ubud JUNGLE SPA Bali

SIGNATURE *massage*

The best of Mekar's expertise is dedicated to allowing the body to flourish. The spa therapist applies precise motions and extreme sensorial acuity to relieve tensions, drain the tissue and free the emotions. A moment of pure happiness for the skin and the senses.

bali HARMONY

60 minutes | IDR 850,000
90 minutes | IDR 1,100,000

Rediscover harmony of body and mind by absolutely letting go thanks to this holistic oil massage. Applying slow enveloping motions inspired by Balinese massage techniques, including acupressure, skin rolling and flickering, firm and gentle stroking, percussion, and applications of traditional essential oils. A multi-sensory journey that frees the emotions.

Benefits :

- Reduce stress
- Soothe damaged tissue,
- Relieve strained muscles and joint pain.
- Boost circulation to rebalance your body

---

aromatic CANDLE

60 minutes | IDR 900,000
90 minutes | IDR 1,120,000

Our selection of signature aromatic candles works as a massage oil and moisturizing lotion at the same time. These are special candles purpose-made to deliver the aroma, with low-temperature melting and moisturizing qualities that offer anti-aging properties and health benefits for the skin. The treatment soothes and nourishes your senses; while also leaving your skin soft, supple, and glowing, and your hands and feet truly soft.

Benefits :

- Skin soft, supple, and glowing.
- Relieve from stress and sleeplessness, fatigue and exhaustion
- Muscle relaxation
- Stimulate blood circulation.

All price is in Indonesian Rupiah and subject to 10% service charge plus 12.5% Government Tax

deep TISSUE *by* MEKAR

90 minutes | IDR 1,120,000

Tension is released and the body is given a feeling of freedom through an extremely vigorous muscle massage using magnesium oil which drains the tissues and relieves soreness. The ideal treatment before or after a workout.

Benefits :

- Improve stiffness
- Helps to treat muscle pain
- Stress relief
- Reduce pain

HOT STONE *massage*

90 minutes | IDR 1,230,000

A holistic experience combining the benefits of warm volcanic stones with therapeutic oils to deliver ultimate relaxation for tight and tired muscles. During a hot stone massage, heated stones may be placed along your spine, on your stomach, chest, face, palms, feet, and toes. Heated massage stones enhance the effectiveness of classic massage moves to stimulate blood flow and induce profound muscular relaxation.

Benefits :

- Helps relieve muscle tension and pain
- Reduces stress and anxiety
- Promotes sleep
- Releases toxins & improves skin appearance

---

herbal REVIVAL

90 minutes | IDR 1,230,000

A traditional Balinese healing massage treatment utilizing poultices made of local herbs to calm the nerves and rebalance energy levels to positively promote circulation and good health. It aims to soothe muscle tension and stiffness in targeted areas, stimulate blood circulation and detoxify the body. Heat and herbs are absorbed by the body to help reduce aches and pains, increase lymphatic drainage and tone the skin.

Benefits :

- Relieves pain and inflammation
- Soothes sore and overworked muscles
- Relieves stress and fatigue
- Induces deep relaxation and sleep

All price is in Indonesian Rupiah and subject to 10% service charge plus 12.5% Government Tax

REFLEXOLOGY

60 minutes | IDR 800,000

The ancient art of healing and wellbeing, connecting and balancing the body's energy channels by stimulating the reflex points on your feet.

Benefits :

- Promote healing
- Boost the immune system
- Cleanse the body of toxins
- Increase circulation

---

prenatal THERAPY

75 minutes | IDR 970,000

Bali, goddess of fertility and abundance, teaches us to honor and thank the beginning of life in a celebration of motherhood. Dedicated to pregnant women, this full body, prenatal massage therapy addresses the unique needs mothers have during their second trimester of pregnancy.

Benefits :

- Reduced back pain
- Improved circulation
- Reduced muscle tension and headaches
- Reduced stress and anxiety

All price is in Indonesian Rupiah and subject to 10% service charge plus 12.5% Government Tax

ORGANIC *facials*

The abundance of antioxidants, vitamins, and minerals in our organic formulations is perfect for a range of complexions, from sensitive to stressed and dehydrated. All products used in our signature Organic Facials are naturally chemical-free and inspired by our rich Bali heritage, renowned for their exceptional healing and rejuvenating properties.

under THE BALI *sun*

60 minutes | IDR 800,000

Organic Local Farm Honey, Fresh Aloe Vera, Cucumber, and Vegan Coconut Yoghurt. This healing facial has been specially designed to replenish the freshness and texture of the skin, damaged by the strong sun of this beautiful, tropical Island of the Gods! The locally harvested Honey and the Vegan Coconut Yoghurt will be applied with a soft and relaxing massage on your visage. After rinsing your skin with the fresh Cucumber water, your face and neck will be immersed in our ‘ Aloe Vera’ mask which is freshly cut from our garden.

Benefits :

- Cleansing
- Great remedies for dry skin and sunburn

---

jungle ELEMENTS

60 minutes | IDR 800,000

Organic Local Farm Honey, Avocado, Oatmeal, and Cocoa Butter. Imagine a precious hour during which your skin is nourished by natural active ingredients whilst your mind rests and unwinds... This exceptional treatment combines elements for moisturizing, energizing, nourishing, and reconstructing the skin using oatmeal, honey, avocado pulp, and cocoa butter. It’s the perfect combination for deep cleansing and removing pollutants to rejuvenate the skin.

Benefits :

- Keep your skin moisturized
- Fights aging sign helps the skin produce new cells and restores natural collagen,

All price is in Indonesian Rupiah and subject to 10% service charge plus 12.5% Government Tax

ORGANIC *body scrub* & WRAPPING *body polish*

We offer a range of our best selection signature organic and natural body scrub and body polish. It is designed to exfoliate, cleanse impurities skin cell and revitalize dull skin to restore skin suppleness, glowing and radiance skin also promote relaxing experience.

beauty - revealing SCRUB

60 minutes | IDR 820,000

The skin is soft as velvet, smooth and hydrated thanks to Mekar's customized sugar scrub. The treatment ends with wrapping and draining motions. A moment of pure happiness for the skin.

---

detoxifying SPIRULINA *wrap*

60 minutes | IDR 820,000

A detoxifying, slimming, and energy-boosting treatment with an exfoliation to boost circulation and a wrap with seaweed extracts to eliminate toxins. Perfect after a long trip and essential to support a detox or weight program

---

brightening LULUR

60 minutes | IDR 820,000

A naturally brightening body exfoliation is applied using Balinese ground rice and fragrant spices roots, before being enveloped with a luxurious mixture of yoghurt, ginger and spirulina, which are soothing, nurturing and brightening to the skin.

All price is in Indonesian Rupiah and subject to 10% service charge plus 12.5% Government Tax

PRECIOUS *rituals packages*

The spirit of Mekar Spa is embodied by precious rituals, rolled out in several stages, allowing the skin and the senses to fully flourish and satisfying all your relaxation cravings. Here, customized attention, bespoke massages, and the power of nature works wonders on well-being and beauty.

CHOCOLICIOUS

120 minutes | IDR 2,300,000

Prepare the mind and body for an enhanced sensory experience. This massage makes the most of cocoa's antioxidants and muscle-relaxing magnesium, beginning with a chocolate salt scrub (made with hibiscus salt and cocoa extract) to soften your skin. After a relaxing shower, your masseuse will massage your whole body with our spa's signature shea butter chocolate lotion. Delight yourself with and texture of this chocolate treatment.

Inclusion : chocolate salt scrub – massage – botanical bath

Benefits :

- Reduced back pain
- Improved circulation

---

lulur ALLURE

150 minutes | IDR 2,450,000

This Javanese beauty ritual goes back centuries and has royal roots. The treatment begins with a massage using holistic oil to ease muscular tension and invite a sense of harmony, followed by an all-natural ' lulur' body exfoliation using ground rice and fragrant spice roots. All before being enveloped with a luxurious mixture of yogurt, ginger, and spirulina which, when combined, are soothing, nurturing, and brightening to the skin.

Inslusion : Massage – lulur scrub – lulur wrap – Botanical bath

Benefits :

- Cleansing
- skin soft, supple, shining skin
- Moisturize skin

All price is in Indonesian Rupiah and subject to 10% service charge plus 12.5% Government Tax

CARESSES *for the little ones*

Our ancient healers treated children and teens with massage techniques inherited from a knowledge that is aimed at healing the body and spirit so they feel at home. Using delicate, natural elements, we have designed these experiences to strengthen the emotional bond between parents and children.

sweet DREAMS

60 minutes | IDR 750,000

The smallest members of the house will visit dreamland. A nourishing aloe vera cream is applied, enveloping and relaxing with slow movements that provide deep relaxation, release muscle tension, and strengthen self-esteem.

---

soul to HEART *ritual*

75 minutes | IDR 1,900,000

A moment of connection between parents and children to strengthen their bonds of love through a small ritual of joined hands. Enjoy a sublime massage with your choice of rose oil or basil, followed by an organic facial massage and cleansing.

All price is in Indonesian Rupiah and subject to 10% service charge plus 12.5% Government Tax

add on HAPPINESS *shots*

The Happiness Shots are concentrated treatments of either 30 or 45 minutes of indulgence and efficacy that can be combined as desired with any other treatment. This original approach enables each treatment on the menu to be customized depending on desires, and multiply moments of happiness.

higher SELF

30 minutes | IDR 500,000

Scalp Massage

This all-natural, plant-based scalp-specific treatment is dedicated to all people affected by hair loss. Our special massage technique, using our locally produced pure plant-based medicinal patchouli & mangkokan oil, stimulates blood circulation to the scalp, eases stagnant head tension & promotes hair growth.

---

alta MAJOR

30 minutes | IDR 500,000

Back, neck, and shoulder massage

This specific treatment is dedicated to all people affected by chronic back problems including neck, shoulders, and back. This massage technique combines kneading, stretching, friction, and percussion, beneficial to the overall status, helping muscle relaxation and debugging of all accumulated toxins.

All price is in Indonesian Rupiah and subject to 10% service charge plus 12.5% Government Tax

root BALANCE

30 minutes | IDR 500,000

foot massage treatment

An invigorating organic scrub followed by an energetic massage inspired by foot reflexology. This delightful foot and lower leg treatment will stimulate circulatory and lymphatic systems to leave hard-working feet walking on air.

---

youth EXPRESS

30 minutes | IDR 500,000

Facial

The combination of a deep lifting massage of the facial muscles and a skin-perfecting mask for an instant radiance boost.

All price is in Indonesian Rupiah and subject to 10% service charge plus 12.5% Government Tax

NAILS *care and beauty*

Light up your day with beautiful fingernails, our complete range of OPI nail care and the most current techniques combined with the best ingredients for the healthier and stronger nails. With new Gel formula OPI Nail Lacquer gives you weeks of shiny OPI color fingernails.

express MANICURE

45 minutes | IDR : 450.000

File and Polish, with OPI ProSpa products indispensable for transforming your fingernail. Includes nail shaping and cuticle works. Continue with the application of a nourishing hand treatment continue with your preference of New OPI Gel Color or buffing.

---

express PEDICURE

45 minutes | IDR : 500.000

Quick if you have limited time. Features essential OPI ProSpa products, includes nail shaping, tidying the cuticle cares. Continue with light moisturizer of a nourishing hand treatment with your preference

---

luxury MANICURE

60 minutes | IDR : 600.000

Use luxury OPI products to create an enchanting fingernail. Begin with nail polish removal, hand cleansing, nail trimming and shaping, exfoliating cuticle treatment, cuticle care. Nourishing hand cream to hydrate, soothe the skin, relieve tension and stimulate circulation.. Your choice of New OPI Gel Color will finish this natural hand beauty.

All price is in Indonesian Rupiah and subject to 10% service charge plus 12.5% Government Tax

luxury PEDICURE

60 minutes | IDR. 650.000

New formulated OPI products will renew, revitalize and freshen the whole foot. Begin with refreshing foot soak to sanitize the feet follow with heel scrub continue cuticles cared, nails trim, file and shaped. A relaxing leg ang feet massage with a moisturizing lotion will be carried out before your selection of new color gel OPI or buff end the session.

SPORT *manicure*

40 minutes | IDR. 400.000

It is the perfect way to pamper your nails. Nails are trimmed, sanded, striped, cuticle care and calluses are cleaned. Hand massage with OPI formulated moisturizing cream will help to relax and moisturize the skin. A seamless coat is applied if desired.

SPORT *pedicure*

40 minutes | IDR 450.000

The best choice for a masculine twist. Begin with foot soak, cuticle care, softens the nail cuticles and gently cut and push. Removing calluses and exfoliating scrub will soften the skin with an enjoyable and relaxing foot massage experience. Finally, your toenails are buffed for a glossy and subtle radiance.

All price is in Indonesian Rupiah and subject to 10% service charge plus 12.5% Government Tax

OPI *Gel polish*

30 minutes | IDR. 350.000

OPI Color Gel is designed for a worn and brilliant nail that can last up to three weeks. Your nails will be cleaned, filed and simple nails shaped and a perfect application your choice of OPI Gel polish will be applied.

Nail Gel Remover

20 minutes | IDR. 250.000

Ready for new looks..!. Your Gel Color will be soaked off, cuticles are tamed, pampered, conditioned and your nails are filed and smoothed. Your hands are then soothed with special formulated lotion without the drying effects

All price is in Indonesian Rupiah and subject to 10% service charge plus 12.5% Government Tax

SPA *policy*

- Private in-villa spa treatment services plus any treatment requests outside of operating hours are welcome & subject to availability.
- Our Spa environment is one of relaxation and tranquility. Please respect all Spa Guests' right to privacy and serenity. We appreciate you silencing your mobile phone whilst in the Spa.
- We request that you arrive at least 15 min minutes prior to your treatment time, providing you with ample time to check in and prepare for your spa experience. Should your arrival be delayed, please note that your treatment time will be reduced accordingly so that we may serve the next guest on time.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant, or have any other medical complications are advised to consult the doctor before signing up for any treatments.
- Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation.
- We recommend that you leave all jewelry in your villa safe deposit box before coming to the spa.
- All treatments can be paid by cash, debit or charged to your room and will appear on your account at check-out.
- All Pricing is in Indonesian Rupiah and subject to 10% service charge plus 12.5% Government Tax

MEKAR

Ubud JUNGLE SPA Bali

@mekarubud

www.kclububud.com

+62 81 802 185 888