



Indulge a serene spa ritual only at Tahara Spa at Sthala, a Tribute Portfolio Hotel, Ubud Bali by Marriott International. Perched at the first floor which is bestowed by the magnificent nature view, the spa was designed to provide an instant relief to your body and soul.

Our spa is where your mind and body transcend, assisted by the healing blends of traditional products and pure essential oils combined by gentle nurturing massage and energy work.

It features a reflexology room with three treatment beds, five single treatment rooms, one couple treatment room, and two jungle front VIP treatment rooms. All treatment rooms come with a nature view. The spacious spa lobby with serene ambiance is also perfect for ultimate languid lounge and relax before or after the treatment whilst sipping our signature ginger tea.

The spa offers the ultimate relaxing spa experience. Recover from a busted activities day in the peaceful tranquility of Ubud Village and the River View with choosing one of our spa treatment.

BALINESE HERITAGE MASSAGE

This divine therapy rebalances your body, combining gentle stretching, long therapeutic strokes and skin rolling. Palm and thumb acupressure techniques applied directly to the problematic areas to alleviate deep stress and tension, improving blood flow and restoring a relaxed and rejuvenated sense of wellbeing.

60 – minutes: IDR 400.000
90 – minutes: IDR 540.000

SUNGAI WOS MASSAGE WITH HOT STONE THERAPY

Our Signature massage is a deeply soothing, stress-relieving body massage. Aromatherapy oils are poured onto the centre of the body and massaged into the skin using long deep sweeping movements that encompass the whole body. Hot Wos river stones are used to release deep-seated tension. A relaxing scalp massage is also included to achieve total relaxation.
(Available only in a spa)

90 – minutes: IDR 650.000

HOT BALINESE HERBAL COMPRESS MASSAGE

As one of our traditional healing massages, the herbal compress massage uses selected Balinese herbs wrapped inside a warm poultice and is used to calm nerves, soothe knotted muscles and rebalance energy levels to encourage positive circulation and good health.

90 – minutes: IDR 650.000

FULL REFLEXOLOGY

Reflexology is based on the principle that the body has natural energy that flows freely when in good health. Our therapists gently apply pressure to specific points around the feet, back, neck and shoulders to target problematic areas due to poor diet, stress, and tension and assist the energies' pathways to natural healing.

30 – minutes: IDR 300.000

STHALA SIGNATURE TREATMENT

Eliminate toxins and smooth your skin with this stimulating treatment that promotes purification and renewed skin tone. Treatment begins with a mineral-drenched footbath followed by our full body massage with hot Wos Stone Massage technique. A Javanese lulur scrub is then applied, smoothing and removing dead skin cells. Afterwards, a fresh papaya leaf and cucumber blend is massaged over the whole body, allowing the skin to absorb the healing nutrients. Meanwhile, the Aloe Vera mixed with gel is applied to the face to nourish and replenish skin. The treatment is completed with a soak in a luxurious bath.

120 – minutes: IDR 1. 800.000

ORGANIC BALINESE HERBAL TREATMENT

Our Total Detox face & body treatment uses a traditional Balinese organic natural herbal medicine that has handed down from generation to generation. The treatment uses an initial herbal compress massage then a detoxifying body wrap, a turmeric herbal mini facial, and finally a soothing herbal bath to complete your spa treatment journey.

120 – minutes: IDR 1.250.000

BODY SCRUB

Luxurious Balinese Lulur

Recognized as traditional medicine, this ancient remedy full of detoxifying herbs and spices originated in the rice farms of Bali and has been bequeathed through generations. Lulur warms the body, relieving aching joints and soothing sore muscles. This remedy can be used both as a body mask or a scrub due to its complex, healing texture.

30 – minutes: IDR 300.000

Softening Salt Glow

This nourishing natural body scrub is filled with a refreshing blend of sea salt and coconut oil. Perfect for making the skin look vibrant and youthful by exfoliating and moisturising damaged dry skin.

30 – minutes: IDR 300.000

BODY WRAP

Soothing Sun-Kissed Body Wrap

A deeply soothing and cooling total-body mask designed to rehydrate and repair damaged or dull skin. Infused with healing herbal essential oils, papaya combined with Aloe Vera, this wrap is the most effective way to soothe your body and rejuvenate your skin cells.

30 – minutes: DR 300.000

MANICURE AND PEDICURE

Basic Manicure

A traditional manicure and soothing treatment for total nail and hand care including forearm and hand massage with moisture-rich balm.

45- minutes: IDR 300.000

Basic Pedicure

A traditional pedicure and soothing treatment for total nail and foot care including a nourishing soak and moisturizing foot massage.

45- minutes: IDR 350.000

Manicure

A traditional manicure and soothing treatment for total nail and hand care including forearm and hand massage with moisture-rich balm. A choice of nail colour from our extensive polish collection is applied.

60- minutes: DR 400.000

Pedicure

A traditional pedicure and soothing treatment for total nail and foot care including a nourishing soak and moisturizing foot massage. A choice of nail colour from our extensive polish collection is applied.

60 – minute: IDR 450.000

ADDITIONAL

Nail Polish

A choice of nail colour from our extensive polish collection is applied.

30- Minute: IDR 300.000

Traditional Hair Mask

Traditional hair mask treatment use natural coconut milk mixed with fresh lemon that helps overcome various problems with damaged hair such as dry, dull, this treatment is intended to nourish the hair roots, revitalize the scalp, and strengthen hair follicles making hair healthy and shiny overall.

30- Minute: IDR 300.000

FACE CARE TREATMENT

Man Treatment

Facial treatment made for men using the beneficial aroma of seasonal fruits. Taken from pure fruit juice and distilled by experts to produce a nourishing extract that results in a glowing youthful skin.

60 – minute: IDR 400.000

After Sun Professional Treatment

A treatment which is created for facial skin after sun exposure; suitable for sensitive skin, perfect for soothing, rehydrating and repairing sensitive skin due to UV exposure.

60 – minute: IDR 500.000

Eye Treatment

A treatment that is made specifically for the sensitive eye area. With a high protection, this treatment is useful to reduce the signs of aging around the delicate eye area. This treatment can be combined with other treatments.

30 – minute: IDR 300.000

Classic Treatment

A facial treatment that can be used for dry-skin or dehydrated-skin. This series of treatments uses a soft scrub and hydra serum to make the skin brighter and moisturized and also prevent the signs of aging.

60 – minute: IDR 650.000

Intensive Anti-Ageing

Exclusive anti aging facial treatment designed to rejuvenate and rehydrate tired skin. The treatment starts with the pre-exfoliating lotion and renewal exfoliating paste to remove the dead skin cells and continues by the application of wrinkle and lifting serum to reduce fine lines and firm the face skin and lastly, completing with a Dermo filling mask for the nasal area upwards and Dermo lifting mask for the nasal area downward for the ultimate face rejuvenation.

60 – minute: IDR 1.000.000

Hours of Operation

Opening Hours 09:00-22:00 (9 AM-10 PM)

Last Booking: 20:30 (8.30 PM)

Special Request , we will make every effort to accommodate your preference. All therapists are professionally trained for our best treatments.

Medical Alert

Please alert the spa reception and your therapist if you are undergoing any following medical conditions or taking any form of medication: pregnancy, muscle or joint injuries, high blood pressure, history of plastic surgery or use of skincare medications. Please note that certain medical conditions could affect your choice of treatment. Our therapist will recommend suitable and modified treatments to expectant women or nursing mothers.

Valuables

It is recommended to avoid bringing valuable belongings to your treatment. If worn, please place them in the jewelry box provided at the spa. Please note that Tahara Spa will not be responsible for any lost, stolen or misplaced items on the spa premises.

Attire for Treatment

For your comfort, we will provide you a bathrobe, disposable panties and slippers.

Pricing Conditions

Pricing and treatments are subject to Change at any time without any notice. All prices indicate starting price and exclude 21% government and service charges.

Age Limitation

Tahara spa facility and treatments are for guests 12 years of age or older. To respect the tranquil environment, children under 12 years old must be accompanied by an adult.

Booking Time

Last Treatment must be booked before 8.30 P.m. We recommend you make an appointment 24 hours in advance by contacting our spa directly.

Cancellation Policy

Should there be any changes or cancellations to the appointment, please call Tahara spa on extension 7900, at least 4 hours prior to your Booking time, to avoid full cancellation fee.

Walk-in appointments

Although welcomed, guests are encouraged to make arrangements in advance. All reservations must be secured with a credit card and a telephone number. To schedule your appointments, please call our spa desk at 7900 for guests staying in the resort from the room.

Pre-Arrival Time

We request you arrive at least 10 minutes prior to your appointment. This will allow you time to register, enjoy a welcome drink, and relax before the treatment. Should your arrival time be delayed, please note that your treatment time will be reduced accordingly in order to respect the booking time of the next guest.

Spa Tranquility

To preserve the tranquility of our spa environment, all mobile devices should be switched off within the spa premises. Tahara spa is a non-smoking environment.

Meals Before Treatment

To receive the full benefits of your treatment, we recommend not eating two hours prior to your appointment.

Treatment Oils

It is highly recommended not to wear any perfume, heavy aftershave, or scented lotions in order to benefit from our special herbs and oils used during the treatment. It is not necessary to take a shower after the treatment as all spa products used are made out of quality ingredients.

Room & Ambiance

To meet your highest expectation, please let us know if we can adjust the room temperature, music volume or the pressure level of your treatment.