SPA

YOU

UMALAS



OPEN

DAILY
From 9AM to 9PM

Contact us : +62 851-9844-1060 or info@youspaumalas.com



FULL BODY MASSAGE

Let go of tension and embrace a sense of serenity with our body massages. Tailored to your needs, each stroke and press is designed to bring harmony to your body and peace to your mind. Let us transport you to a state of ultimate relaxation.

SIGNATURE

Indulge in our signature massage, where traditional techniques, gentle stretches, and precise acupressure come together to restore balance, melt away tension, and rejuvenate body and mind.

75min – 500k *full body massage*

BALINESE MASSAGE

Experience the art of a traditional Balinese massage, combining rhythmic strokes, acupressure, and aromatic oils to soothe muscles, improve circulation, and restore harmony to body and mind.

60min – 400k
90min – 540k *full body massage*

AROMATHERAPY

Indulge in a medium pressure aromatherapy massage with warm oil, releasing soothing scents and relieving muscle tension. Promote relaxation and rejuvenation for both body and mind.

60min – 430k
90min – 580k *full body massage*

DEEP TISSUE

Relieve deep-seated tension with targeted strong pressure, promoting muscle recovery and reducing chronic pain for lasting comfort.

60min – 580k
90min – 750k *full body massage*

HOT STONE

Immerse yourself in this ancestral massage style. Bali volcanic stones improve blood circulation, offer a sedative effect on pain, and promote deep relaxation.

60min – 580k
90min – 780k *full body massage*

PREGNANCY

A gentle, soothing massage using flowing Balinese techniques to ease tension, reduce swelling, and nurture both mother and baby. *(females only)*

60min – 450k
90min – 590k *full body massage*



RECONNECTING MASSAGE

Focused, part body massage options to help you align your body, soul, and mind with the present. Refreshing as stand alone treatments or the perfect addon to your facial and other part body massages. Connect with Balinese tradition and return to your essence.

RELEASE *back massage*

Release tension in your back and neck with this focused 30-minute massage, designed to target areas of stress, relax tight muscles, and restore comfort for a refreshed, rejuvenated feeling.

30min – 270k

EXPAND *head and shoulder massage*

Experience the incredible benefits of a head, neck and shoulder massage. Improve circulation to ease headaches, neck tension, and shoulder discomfort.

30min – 270k

SUPPORT *hand massage*

Soothe your tired hands with a gentle massage. This treatment targets pressure points and helps relieve joint strain, offering relaxation and comfort.

30min – 270k

REST *foot massage*

Give your feet and legs the care they deserve after travel or a day of exploration. This soothing treatment includes reflexology and extends up to the knees, releasing tension throughout your body and promoting deep relaxation and ultimate relief.

30min – 270k
60min – 490k



MADEROTHERAPY

Body Sculpt Rituals

Holistic treatments that use traditional wooden tools to drain, sculpt, revitalise and awaken your body. These deeply stimulating treatments blend firm, deep tissue techniques alongside lighter rhythmic strokes.

SCULPT

Experience the incredible benefits of a full body maderotherapy massage. This technique stimulates blood circulation, releases muscle tension, and enhances lymphatic drainage. It helps to reduce cellulite, eliminate toxins, firm and sculpt the body for a smoother and more defined silhouette.

75min - 700K

FOCUS UPPER BODY

A targeted part body maderotherapy session focusing on the arms, back, and stomach. Ideal for those looking to tone and relieve muscular tension in the upper body while reducing localised fat deposits, firming the skin, and improving lymphatic flow.

45min - 400K

FOCUS LOWER BODY

This lower-body maderotherapy treatment emphasizes legs and glutes. It helps to drain toxins, reduce bloating, smooth the skin's texture, and stimulate circulation for visibly firmer and more sculpted legs.

45min - 400K

MULTI-SESSIONS

Boost your results with regular sessions:

5 sessions full body – 3.300K
10 sessions full body – 6.500K

BODY MASK

Envelop your skin in nourishing, natural ingredients with our luxurious body masks. Detoxify, hydrate, and restore your skin's natural glow while indulging in a moment of calm, cocooned in pure bliss.



SUNBURN RELIEF

This mask provides multiple benefits to sun-exposed skin, including soothing and calming irritated areas, reducing redness, and promoting healing. It also hydrates your skin, which is essential for maintaining healthy skin after spending too much time in the sun.

30min – 540k *full body mask*

DRY SKIN NOURISHMENT

Nourish and hydrate your skin with this full-body mask. It provides essential moisture and nutrients, making it an excellent choice for dry skin in need of extra nourishment and hydration. Feel refreshed and revitalized as your skin receives the care it needs to stay healthy and hydrated.

30min – 630k *full body mask*



BODY SCRUB

Reveal smooth, glowing skin with our expertly crafted scrubs. Designed for all skin types, each treatment exfoliates, nourishes, and refreshes, leaving you feeling revitalised and radiant.

COCONUT *sensitive skin*

This gentle, exfoliating scrub helps maintain the natural balance of your skin while softening and alleviating dryness. Coconut's natural properties nourish the skin, providing hydration and leaving it feeling smooth and refreshed.

45min – 540k *full body scrub*

COFFEE *thick skin*

This medium-intensity scrub helps dilate blood vessels and reduce the appearance of skin dimples. The stimulating effects of caffeine help to improve blood flow, tighten the skin, and eliminate excess water, making it an effective treatment for cellulite-affected areas.

45min – 580k *full body scrub*



FACIAL & FACE MASSAGE

Pamper yourself with a gentle facial to rejuvenate your skin. We use all-natural, gentle products selected specifically for your skin type.

FACE SCULPT *lymphatic face massage*

A targeted lymphatic facial massage using techniques which stimulate lymphatic drainage, reduce puffiness, and enhance blood circulation. It helps to detoxify the skin, refine facial contours, and promote a naturally lifted, radiant complexion. Ideal for those looking to de-bloat the face, improve skin texture, and achieve a fresh, sculpted glow.

45min – 475k

RELAXING *face massage*

This 30-minute face massage includes a soothing face, neck, and scalp massage to promote deep relaxation and refresh your skin in a short amount of time. It leaves your skin feeling invigorated and rejuvenated. Perfect for busy schedules.

30min – 390k

REFRESHING *face treatment for fragile skin*

Ideal for those with fragile skin exposed to the elements, including the ocean, sun, wind, and dust. This facial soothes and nourishes the skin, reducing inflammation and restoring a healthy, radiant glow. Perfect for calming irritated skin, it provides deep hydration and protection.

60min – 540k

ENERGY *face treatment for normal to dry skin*

This face care treatment is designed for normal to dry skin, providing deep hydration and nourishment. It restores moisture, soothes dryness, and helps maintain a smooth, refreshed complexion. Perfect for keeping skin soft, balanced, and protected throughout the day.

60min – 540k

AWAKENING RITUALS

Awaken your senses with these thoughtfully curated packages,
featuring our most popular and requested treatments.

RELAX *75min signature massage + 30min facial*

This indulgent experience includes a 75-minute Signature massage, designed to release tension and promote deep relaxation, followed by a 30-minute Relaxing Face massage to refresh and rejuvenate your skin. The perfect way to relax, refresh, and emerge feeling renewed.

105min – 800k

RENEW *60min facial + 30min foot massage*

Pamper yourself with a 60-minute facial to cleanse, refresh, and nourish your skin. Follow it with a 30-minute foot massage to release tension and promote relaxation. This combination offers the perfect balance of skincare and soothing relief, leaving you feeling refreshed, revitalised, and completely relaxed.

90min – 730k

RECOVER *30min foot massage + 30min head massage + 30min facial*

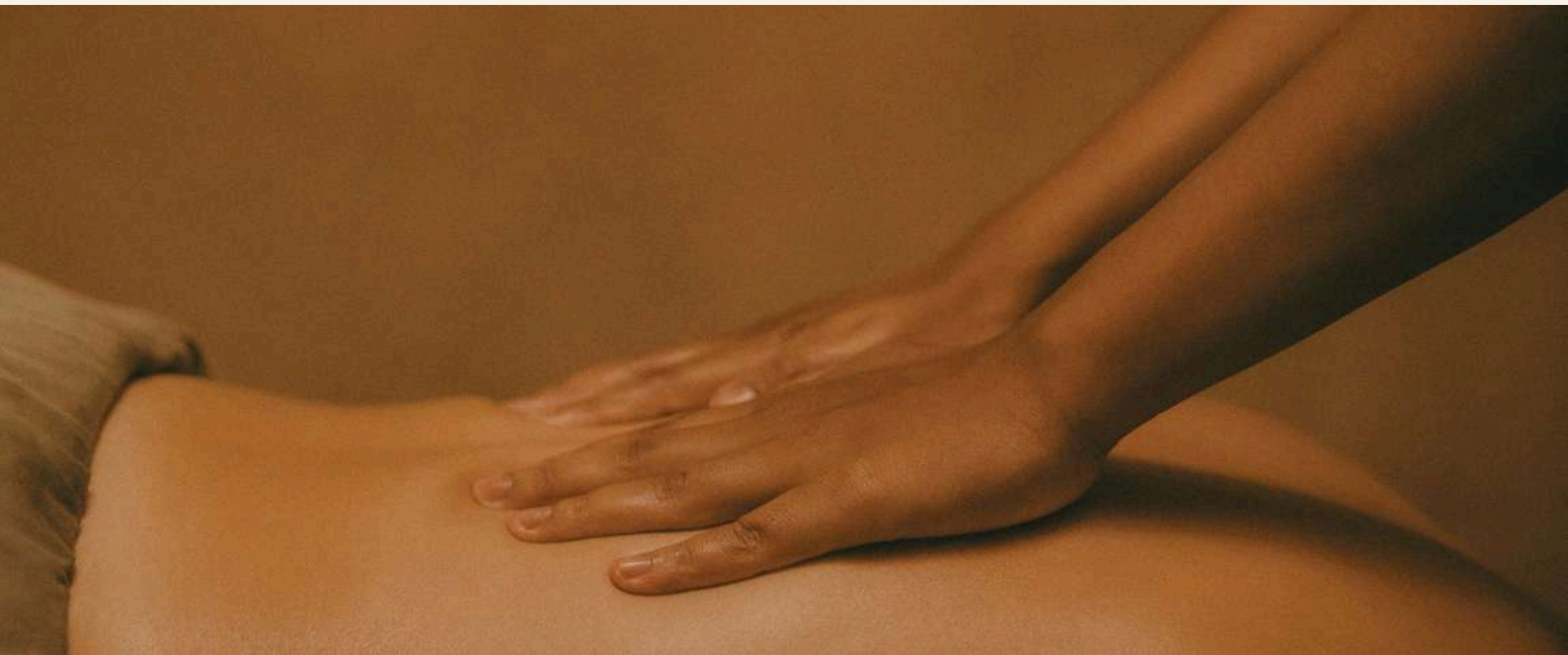
Begin your holiday with serenity. This rejuvenating package includes a 30-minute soothing foot massage, a 30-minute head massage, and a relaxing 30-minute facial. Perfect for unwinding post-arrival and setting a relaxed tone for your stay.

90min – 835k

RELIEVE *45min body scrub + 30min body mask + 60min Balinese massage*

Begin with a 45-minute body scrub to exfoliate and refresh your skin, followed by a 30-minute body mask to deeply nourish and hydrate. Finally, unwind with a 60-minute Balinese massage, designed to relax your muscles and soothe your mind. This luxurious treatment offers complete rejuvenation, leaving you feeling refreshed, glowing, and completely relaxed.

135min – 1.350k



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