

SPA MENU



auriga

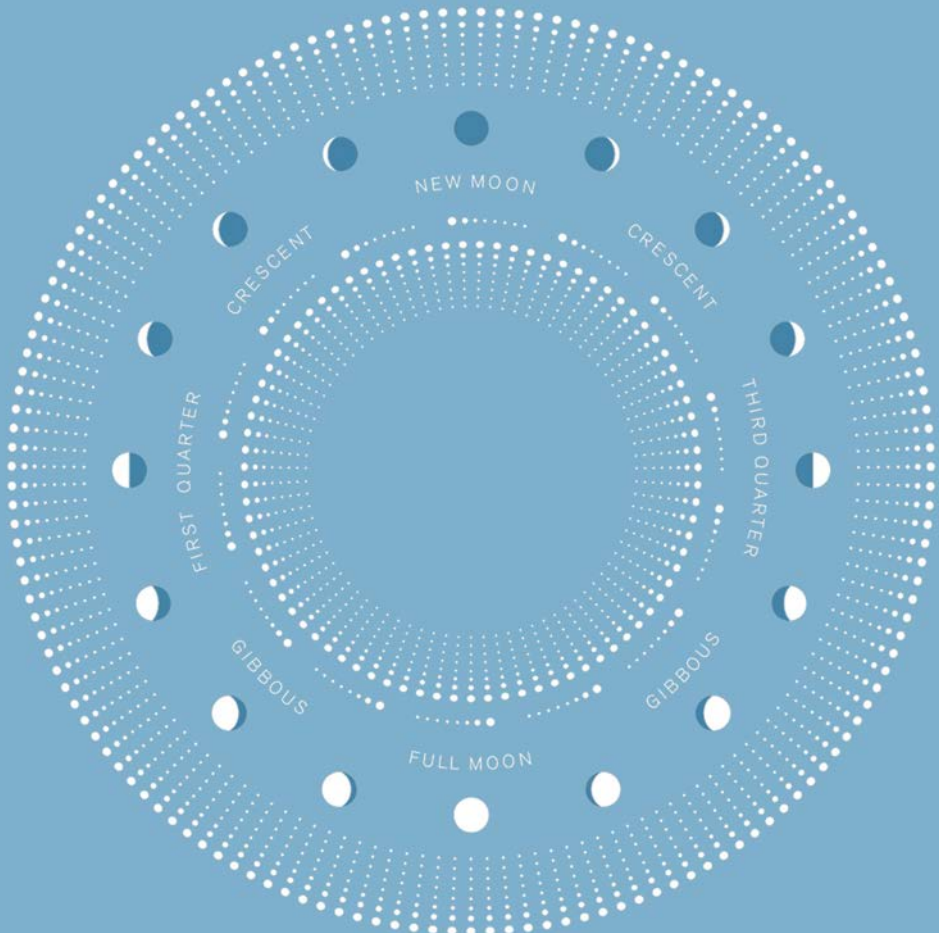


AURIGA WELLNESS UBUD

Nestled in the lush rainforest of Bali Island, Auriga at Capella Ubud, Bali is a cocoon for guests to rest, rejuvenate and tap into celestial rhythms. Auriga, whose namesake is a constellation in the northern hemisphere, has a distinctive approach to wellness and beauty based on the cycles of the moon.

Since time immemorial, it is believed that the different phases of the Moon impact the body in very specific ways; the New Moon is the time for renewal and introspection, the Waxing Moon is the period to refocus and 'sow seeds', the Full Moon is when one's full potential is achieved, and the Waning Moon is the perfect time for cleansing. Every aspect of the Auriga experience is designed in harmony with these varying energies of the lunar phases to align you with the rhythms of nature for your enhanced wellbeing.

Auriga uses 100% natural and organic products for all spa treatments. We also offer authentic treatment experiences that are exclusive to Auriga Ubud as they draw inspiration from the heritage of Bali.



NEW MOON

CRESCENT

CRESCENT

FIRST QUARTER

THIRD QUARTER

GIBBOUS

GIBBOUS

FULL MOON

AURIGA SIGNATURE EXPERIENCE

Our signature treatments have been designed to reflect the varying energies of the lunar cycle. Each of these treatments is dedicated to a particular phase of the Moon - New or Full - and is only offered during the corresponding lunar phase to ensure the most profound experience.

NEW MOON

THE BEGINNING

120 MINUTES | IDR 2.000.000

The New Moon is the time for renewal and introspection. Meditate on who you are and would like to become, establishing strategies to reach your higher potential and setting new intentions.

Treatment begins with a massage of your feet - your foundation. Your feet will be anointed with oils of Juniper, Rosemary and Fennel to awaken your spirit. The body and mind are then thoroughly revitalized with a Seaweed and Eucalyptus salt scrub followed by a deeply stimulating Seaweed wrap. The treatment concludes with a full body Rosemary and Eucalyptus massage and a special stimulating Jamu tonic.

Your body will feel awakened after this invigorating treatment.

FULL MOON

THE HEIGHT

180 MINUTES | IDR 2.800.000

The Full Moon is the time to realise your full potential. Live life to its fullest.

With a scent revered for centuries, nothing encompasses balance more than Rose, the focus of this treatment. The treatment begins with an anointment and massage of the feet with Rose oil. The body is then exfoliated with Rose petals and Rose oil-infused salt, leaving both the mind and body in complete harmony. A warming Rose wrap nourishes the body with minerals and is followed by a relaxing massage and lymphatic facial using Rose crystals and acupressure point facial massage. Balancing Jamu tonic is served at the end of your treatment.

This treatment will bring about a calm, peaceful and balanced state of being.

All prices are represented in thousand rupiah, and are subject to the prevailing government tax and service charge, a total of 21%.



AURIGA SIGNATURE MASSAGE

Our signature treatments are also offered as body massages in 60 and 90 minutes. Specific techniques, products and scents are combined to curate these unique experiences dedicated to each lunar phase. It is recommended to experience the massages during the specific moon cycle for optimal benefits. However, each therapy can also be taken at any time of the month.

NEW MOON

Based on Swedish Massage techniques

A deep and stimulating full body muscle massage that will revitalize and invigorate your body and spirit.

FULL MOON

Based on Energy work

With gentle massage techniques, your therapist will balance the energy flow, bringing harmony and heightening your sense of being.

75 MINUTES IDR 1.400.000 | 90 MINUTES IDR 1.600.000

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WELLNESS JOURNEYS

Designed to bring out the best in you, Auriga's wellness journeys will guide you into a quiet world of healing and transformation.

DETOX DAY 4 HOURS | IDR 3.900.000

Yoga & Pranayama class
Dry body brushing
Lymphatic drainage massage
Traditional Balinese herbal body wrap & scalp massage
Healthy meal at Mad's Lange

BEAUTY INSIDE AND OUT 4 HOURS | IDR 3.900.000

Coffee & brown sugar scrub
Balinese massage
Organic facial
Foot reflexology
Organic farm-to-table meal by The Cistern

STRESS MANAGEMENT 4 HOURS | IDR 3.900.000

Your choice of Wellness class: Yoga, Meditation or Personal Training
Sea salt body scrub
Deep & relaxing full body massage
Soothing head massage
Balinese afternoon tea by The Cistern

DIVINE SOUL RITUAL 3,5 HOURS | IDR 3.900.000

Auriga Signature - New Moon or Full Moon Massage
Chakra Healing with our Camp Guru
A soul reborn ritual

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DAY SPA EXPERIENCE FOR COUPLES

Escape to an island respite to enjoy quality time with your loved one amidst a tranquil setting. Day spa experiences come with privileged access to Capella Ubud's tented retreat.

P.S. I LOVE YOU

Foot ritual with sea salt scrub

Top-to-toe massage

Mortar and Pestle bar cocktails and aphrodisiac refreshment

SIRAMAN RITUAL

Balinese Lulur body scrub

Senja Sunyi Massage with warm river stones

Balinese flower bath ritual (Kumkuman)

Balinese afternoon tea by The Cistern

150 MINUTES IDR 6.900.000

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HOLISTIC THERAPIES

SENJA SUNYI MASSAGE

90 MINUTES | IDR 1.600.000

Senja (dusk) is the most spiritual and magical time of the day. Bathe in the cool blue rays of a rising moon. This sublime massage is delivered using gently heated river stones, with long flowing strokes to smooth out muscle kinks and tangled nerves. This elaborate treatment incorporates a combination of Shiatsu and Balinese massage techniques with medium pressure.

THERAPEUTIC MASSAGE

75 MINUTES | IDR 1.400.000

90 MINUTES | IDR 1.600.000

A full body deep tissue massage designed to ease tired muscles, with a focus on arms, legs and back. This treatment can also be adjusted to the specific needs of anyone involved in sports, fitness or strenuous physical activity.

BALINESE MASSAGE

75 MINUTES | IDR 1.400.000

90 MINUTES | IDR 1.600.000

Handed down through generations, this massage combines long kneading strokes, kneading and stretching to strengthen and renew the body.

HEAD AND SHOULDER MASSAGE

75 MINUTES | IDR 1.400.000

Head, shoulder and back massage soothes away tensions in your upper body, releases knots and improves your flexibility to leave you feeling relaxed and re-energized.

FOOT MASSAGE

75 MINUTES | IDR 1.400.000

Foot massage is effective in bringing about a deep state of relaxation. The solar plexus is the nerve center where stress is stored. During foot massage the solar plexus reflex point is massaged, eliminating stress and tension. Foot massage also improves sleep quality and general wellbeing.

ENHANCE YOUR TREATMENT (ADD ON)

BAAS CEKUH WRAP

This traditional Balinese herbal remedy relieves tense muscles and minor conditions. A mask of rice extract, aromatic white ginger and sandalwood is applied on the body and wrapped in banana leaf to work its magic.

COFFEE AND COCONUT SUGAR SCRUB

The caffeine found in coffee scrubs typically increases blood flow and may reduce the appearance of cellulite, giving your skin a more even tone.

30 MINUTES IDR 680.000

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FACIALS

ORGANIC ROSE CRYSTAL LYMPATIC FACIAL

This signature facial has been described as an experience in it's own right. Using natural and organic products, it cleanses, soothes, nourishes and balances all in one treatment. Skin is left radiant and glowing. This luxurious facial includes deep cleansing, exfoliation, a Seaweed mask, lifting acupressure massage, activating lymphatic massage and an age-fighting Collagen Boost Mask. The treatment also includes scalp, arms, hands and feet massage for a holistic experience.

60 MINUTES IDR 1.600.000 | 90 MINUTES IDR 1.900.000

MEN'S REMEDY

GENTELMAN'S FACIAL
60 MINUTES | IDR 1.600.000

This deep-cleansing and revitalizing treatment is specifically attuned to the needs of gentlemen and is complemented by a massage of the upper shoulders, neck and head. Strain and tension are eased away, leaving both skin and body nourished and renewed.

SPORTS & REMEDIAL
MASSAGE
90 MINUTES | IDR 1.600.000

Therapy uses a variety of classic massage strokes together with specific deep tissue techniques, working on the body's soft tissues, muscles, tendons and fascia to ease soreness, tension or tightness in muscles, whether work or sports related also helps general relaxation and stress relief.

MALE REJUVENATION
4 HOURS | IDR 3.900.000

TRX class
Deep stretching
Coffee and brown sugar body scrub
Gentleman's facial

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ACTIVE WELLNESS

Reconnect with yourself and nature through a combination of exercise, healthy eating, adventure, yoga, relaxation and connection.

FITNESS TRAINING

60 MINUTES | IDR 950.000

Enjoy a variety of engaging and energizing workouts in the luxurious jungle setting of our Armory, from guided stretching to circuit training and intense cardio workouts. Allow our highly qualified personal trainers to customize your workout regime, tailoring it to your fitness level and needs.

PARTNER WORKOUT

60 MINUTES | IDR 1.600.000

Working out with a partner can definitely be more fun and inspirational than exercising solo, and with partner exercises you can also get a better workout. These exercises work your muscles differently and more efficiently. This total-body circuit is designed to help you and your partner get even more out of each movement by performing them as a pair.

BALINESE DANCE MOVEMENT

60 MINUTES | IDR 950.000

Work out through Balinese dance which is very dynamic, angular and intensely expressive, combined with some traditional yoga poses to help you experience the alignment of your body, mind and soul.

TAE BO - KARATE WORKOUT

60 MINUTES | IDR 950.000

This is a high-intensity cardiovascular workout, effective in toning and defining the body's musculature, also to improve balance, flexibility, coordination and fitness through some self-defense techniques and movements similar to Karate.



ACTIVE WELLNESS

Reconnect with yourself and nature through a combination of exercise, healthy eating, adventure, yoga, relaxation and connection.

AERIAL YOGA
60 MINUTES | IDR 1.300.000

Experience a combination of the art of aerial silks and the classic practice of yoga that involves performing a series of exercises inspired by yoga, Pilates, calisthenics and aerial acrobatics while hanging from a fabric hammock suspended above the ground. Discover the extraordinary benefits of this workout at our open-air Armory overlooking the Keliki valley. The ultimate setting for an amazingly uplifting experience.

TANDEM YIN & YANG
YOGA
60 MINUTES | IDR 1.600.000

Deepen and expand your yoga practice through this unique Yin & Yang yoga session. Performed together with your partner, experience invigorating and relaxing poses by supporting each other and moving in synchrony. Your muscles can relax and stretch while your partner's resistance helps your limbs stay in the pose. You will challenge yourself physically and emotionally by putting your body in your partner's hands. Working together leads to an increased sense of connection and trust.

PRIVATE SURYA OR
CHANDRA YOGA
60 MINUTES | IDR 950.000

Immerse yourself in the practice of physical, mental and spiritual discipline. Yoga poses help to balance and harmonize your mind, body and emotions. Regular practice of yoga encourages holistic wellness, increasing energy, immunity and vitality for a higher quality of wellbeing. Surya Yoga is performed in the morning and offers salutation to the Sun with an invigorating sequence of yoga poses. Chandra Yoga incorporates more calming and nurturing poses and a Moon salutation sequence.

BARRE CLASS
60 MINUTES | IDR 1.600.000

Combination of postures inspired by ballet and other disciplines include yoga and Pilates. This workout will help you achieve a muscle endurance and balance. Barre is also effective at targeting the "support and steady" muscles that run close to your bones and tie into your core and spine.

ACTIVE WELLNESS

Reconnect with yourself and nature through a combination of exercise, healthy eating, adventure, yoga, relaxation and connection.

TRX WORKOUT

60 MINUTES | IDR 950.000

A full-body strength workout that utilizes your own body weight. It incorporates variety of exercises that build power, strength, flexibility, balance and mobility, and prevents injuries, all at the intensity you choose.

GI JUNGLE

60 MINUTES | IDR 950.000

Inspired by the natural landscape, high intensity cardio training (HIIT) exercises are carried out in the dramatic setting of the resort utilizing natural elements for cardio and strength training. Combining many aspects of fitness, GI Jungle will encourage and teach proper exercise forms, including cardiovascular drills, body weight resistance, plyometrics, hand eye coordination, agility movements, and much more.

KELIKI RICE PADDY TREKKING

90 MINUTES | IDR 600.000

Walk through the farmed rice fields of Keliki on this one-hour nature adventure, surrounded by spectacular scenery. You will trek through the field and learn about the life cycle of the rice paddy from planting to harvesting. You will also pass by some temples and have a chance to meet a village farmer.

VILLAGE BIKING

120 MINUTES | IDR 950.000

Working out with a partner can definitely be more fun and inspirational than exercising solo, and with partner exercises you can also get a better workout. These exercises work your muscles differently and more efficiently. This total-body circuit is designed to help you and your partner get even more out of each movement by performing them as a pair.



SPIRITUAL WELLNESS

A SOUL REBORN
90 MINUTES | IDR 1.600.000

In the lush green garden of Capella Ubud, you will find The Beji, an ancient spring of rejuvenating holy water just footsteps from mystical Wos River. Experience a spiritual cleansing ritual called "Melukat", which aims to achieve self-purification for both body and soul. Dressed in traditional Balinese attire, you will be guided through chanting and offerings by a local priest. While chanting, the priest will splash three times with holy water as a blessing. At the end of the ritual you will be given a lucky charm bracelet "Tridatu" as a symbol of the three deities – Brahma the creator, Vishnu the preserver, and Shiva the destroyer.

NOCTURNAL MEDITATION
60 MINUTES | IDR 950.000

Performed after sunset, this calming meditation is just the thing to help you to prepare for a good night's sleep.

CHAKRA BALANCING &
PRANA HEALING
60 MINUTES | IDR 1.600.000

Our Camp Guru will conduct a full body scan, and then work where your body needs it. He relieves stress in points and helps to create energetic harmony by charging depleted areas with prana and bringing the seven chakras into balance. He works harmoniously to realign and release any blocked energy through bio-energy transfer. Prana is a Sanskrit word that means life force. The principle of this healing is that physical ailments and illness first appear as energetic disruptions in the auric body, before resulting in physical discomfort. Our camp healer will assess the body's pranic vibration, diagnosing any imbalance observed. This unique session is intuitively designed to make you feel lighter and free of stuck, stale energy.



IN TENT HOLISTIC THERAPIES

A diverse choice of pampering, healing journeys and adventure wellness are on offer. Capella Ubud, Bali's Auriga Wellness boosts three wellness tents as well as in-tent nomadic therapies and treatments. Experience the exclusively wellness at your tent.

HEAD AND SHOULDER MASSAGE

75 MINUTES | IDR 1.800.000

Head, shoulder and back massage soothes away tensions in your upper body, releases knots and improves your flexibility to leave you feeling relaxed and re-energized.

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DEEP SLEEP THERAPY

60 MINUTES | IDR 1.600.000

Wind down with a relaxing head and shoulder massage followed by a foot massage using magnesium oil and salt, enjoyed in a calm candlelit setting around the terrace with the scent of aromatherapy oil and a cup of organic chamomile tea. The treatment concludes with Tibetan bowl meditation sound healing.

DEEP STRETCHING

60 MINUTES | IDR 1.250.000

Inspired by Thai massage techniques, this assisted stretching uses the weight of the therapist's body to deeply stretch and open the body. This therapy will help to increase flexibility, relieve muscle and joint tension, and balance the body's energy systems.

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YOUR GUIDE TO AURIGA

HOURS OF OPERATION

Auriga Wellness is open daily from 9:00am to 9:00pm, or by prior appointment.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please contribute to this serenity by speaking in soft tones or by enjoying the quiet. Please respect all spa guests' right to privacy and refrain from using mobile phones, pagers and cameras during your time with us. Auriga Wellness is a smoke-free zone.

We encourage you to arrive 10 minutes prior to your appointment to allow us to welcome you for your experience. Our Auriga team will be happy to assist with any recommendations based on your chosen treatments.

During your time at Auriga Wellness you will be provided with a robe, towels, slippers and disposable undergarments. We recommend that you leave jewelry and other valuables the retreat's safety box, we will not assume liability for the loss of personal property.

After your treatment concludes, rest and relax with a herbal tea and take the time to reflect on your experience.

RESERVATIONS

To book an appointment, please contact your Capella Culturist.

Auriga Wellness welcomes both resident and non-resident guests aged 18 and older. Non-resident bookings will be secured with a credit card. To ensure your preferred time and services are available, advanced booking is advised. Auriga Wellness accommodates walk-in bookings based on availability. We highly recommend that you schedule your appointments at least 3 days in advance to ensure that your preferred time and treatment or service is available.

LATENESS AND CANCELLATION POLICY

Please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of eight hours' notice for changes or cancellations. With fewer than three hours' notice, you will incur the full cost of the treatment. If appointments are reserved before arrival at the resort, the spa cancellation policy follows that of your resort reservation.

HEALTH CONCERNS

When making your spa reservation, please advise us of any health conditions, allergies, or injuries that could affect your service. Our Auriga team is available to assist you in completing your Health Assessment prior to your treatment so that we may ensure your comfort and safety and provide a service customized to your needs.



