

taru
pramana

spa & wellness

MANDALA OF WELLBEING





WELCOME TO TARU PRAMANA SPA & WELLNESS

A Living Legacy of Healing and Harmony



The name TARU PRAMANA means “the life force found in plants” a sacred concept rooted in the Lontar Usada, an ancient Balinese manuscript from the 10th – 11th century that holds the timeless secrets of traditional healing. This holistic wisdom was preserved and shared by Mpu Kuturan, a revered sage and spiritual figure who played a key role in shaping Balinese culture, community, and sacred rituals. His teachings emphasized harmony between humans, nature, and the divine.

A philosophy that continues to guide us today.

At TARU PRAMANA, we carry this living legacy forward through a deeply personalized and evolving wellness journey. Our approach is centered around the Mandala of Well-being. A symbol of balance that recognizes each guest’s unique path to healing and renewal. Every experience is thoughtfully crafted, honoring Balinese healing traditions, enriched by the vitality of nature, and delivered with soulful intention.

Here, wellness is not just a destination – it is a mindful, ever-unfolding journey.

A return to self. A return to balance.

ROOTING



RESONANCE



REBIRTH



Our experience is designed as a holistic journey, unfolding in three transformative stages: pre- Rooting, during – Rebirth, and after – Resonance. At each stage, we guide you through a sensory deprivation technique, carefully crafted; to deepen your awareness and elevate every sensation.

WELLNESS JOURNEY AND RETREATS

A sanctuary of Balinese Wisdom,
guided by nature and nurtured by Time.



AN EXCLUSIVE TARU PRAMANA ESCAPE

Where nature heals, and time gently slows.

In a sacred sanctuary where the rhythms of the earth guide your every breath. The TARU PRAMANA wellness escape is more than a retreat, it is a soul-stirring journey into the heart of nature, inspired by the healing traditions of Lontar Usada and the ancient wisdom of the island. This curated experience is open to outside guests seeking rare moments of stillness, connection and renewal. Whether for a special occasion or a deeply personal reset, let this exclusive escape awaken your senses and realign your spirit.

Begin your journey – Lukat Toya

Step into a sacred sanctuary where nature and spirit align. Begin your healing journey with Lukat Toya, a traditional Balinese purification ritual held in the serene heart of Taru Pramana Garden.

Guided by a Balinese priest, this meaningful ceremony uses holy water, prayer, and intention to cleanse the mind, body, and soul. Surrounded by tropical stillness and lush greenery, guests are invited to release emotional burdens, reconnect with inner peace, and restore harmony. Adorned in traditional sarong and sash, each guest departs not only with physical tokens like the Tridatu bracelet but also with a renewed sense of clarity and purpose.

60-minute | IDR 800.000++/person

Enchanted Sound Healing

Nurture your inner energy through the sacred resonance of sound and mantra, inviting deep relaxation as the whispers of the trees surround you. In this stillness, you will be gently guided back to yourself, into a moment of connection, remembrances, and quiet renewal.

30-minute | IDR 750.000++/person

Wellness Apothecary

This hands-on apothecary experience invites you to explore the healing energy of native plants, sacred herbs and traditional remedies. Guided by our wellness curator, you will create your own personal elixir, infused oil, or botanical balm – designed to align with your current emotional or physical needs.

30-minute | IDR 300.000 - 600.000++/person

Song of the Senses

The fusion of sacred Balinese chanting (kidung) and graceful movement becomes a soulful dance of wellness – rooted in spirit, guided by rhythm and carried through the timeless wisdom of tradition, where each movement is a prayer, and every chant a thread connecting body, breath and spirit. This Once-in-a-lifetime experience becomes a living expression of wellness, where the time stands still, allowing you to immerse in a profound healing journey.

30-minute | IDR 400.000++/person

A woman with dark hair, wearing a brown sleeveless dress and sandals, stands on a brick path in a lush, green tropical garden. She is smiling and looking towards the camera. The garden is filled with various tropical plants, including large-leafed plants and palm trees.

Whisper of The Dasa Taru

Begin your morning with a sacred experience rooted in Balinese tradition and nature's ancient wisdom. Inspired by the Dasa Taru—the ten healing trees of Bali—this ritual guides you through movement, meditation, intention, and heart connection.

90-minute | IDR 1.500.000+€/person

- Dasabayu – Ten Healing Movements
- Heart-Opening Technique
- Whisper Walk of the Dasa Taru
- Yoga Nidra Under the Trees
- Wishing Write
- Let Your Hopes Blossom on the Tree of Life

TARU PRAMANA

All prices listed are subject to a 10% government tax and a 10% service charge.

Half-Day Journey Gentle return to Balance

In just a few unhurried hours, this restorative experience invites you to step away from the noise of everyday life and into a space of stillness, healing, and presence. Rooted in nature and tradition, it offers a perfect reset for body, mind, and soul.

4-hour | IDR 3.500.000++/person

- 45-minute Wellness Apothecary
- 60-minute Signature Taru Massage or Golden Elixir Facial
- 45-minute Forest wrap
- 60-minute Mustika Rasa Lunch
- 30-minute Enchanted Sound healing

Full-Day Journey A Day of Reconnection

A full immersion into stillness, self-care, and mindful restoration. This full-day journey is a graceful invitation to reconnect with your breath, your body, and the quiet wisdom within.

8-hour | IDR 8.000.000++/couple

- Half-Day Journey at Taru Pramana Spa & Wellness
- Half-Day Escape at The Meru Tropical Suites

Three-Days Retreat An Introductory Retreat to Restore, Reconnect & Remember

Let this gentle retreat be your invitation to pause—to breathe with the rhythm of the earth, to feel your energy slowly return, And to remember the quiet harmony that lives within.

3-day | IDR 14.500.000++/couple

- 2-night – 3-day at The Meru Tropical Suites
- 4-hour Half-Day Journey at Taru Pramana Spa & Wellness
- Daily yoga, mindful movement, or guided meditation to begin each day with clarity and intention
- Daily Healing Touch – A choice of therapeutic massage, rejuvenating scrub, or nourishing facial
- Sacred Balinese Bathing Ritual – A traditional water blessing experience to cleanse, soothe, and restore your energy
- Evening Soul Soothe – Sleep therapy session or serene sunset meditation to gently guide you into rest (bed time story at guest room – 45min foot massage with scent and lullaby music and eye pillow aromatic)
- Wellness Journal & Reflection Time – Personalized journaling moments to connect with your inner landscape and deepen your journey

THE WELL-BEING OF USADA

A Journey of Healing Rooted in Balinese Wisdom.

Olah Prana

Breath – Strength – Balance.

A wellness ritual that harmonizes breath and body. This guided session blends the mindful flow of Pilates and stretch-based movement with the focused power of strength-training modules, all anchored by deep pranayama (breathwork). Designed to energize yet ground you, Olah-Prana promotes improved posture, muscular endurance, and mental clarity—activating your prana, or life force, from within.

45-minute | IDR 600.000++/person

Segara Yoga

Flow with the Rhythm of the Ocean. This 60-minute sunrise session begins with a flowing sequence of Yang asanas—dynamic, heat-building postures that awaken strength and vitality—mirroring the rising tide and the sun’s energy. It transitions into deeply nourishing Yin poses—held gently and mindfully to release tension, enhance flexibility, and invite stillness.

60-minute | IDR 1.000.000++/pax - max 2 pax

60-minute | IDR 2.000.000++/4pax

JagaRaga

A Mindful Movement for Energy & Resilience.

JagaRaga is a 45-minute personal training session designed to restore vitality, enhance strength, and support the body’s natural healing rhythms—personally guided by our dedicated wellness trainer.

45-minute | IDR 600.000++/pax - max 2 pax

45-minute | IDR 1.600.000++/4pax

Pilates & Stretch

Focus on strength, mobility, and flexibility.

45-minute | IDR 600.000++/pax - max 2 pax

45-minute | IDR 1.400.000++/4pax

Contrast Class

Combination classes of 20 minutes high intensity and interactive class, combined with 30 minutes of mindful training, including a pranayama (breathing) exercise.

30-minute | IDR 600.000++/pax - max 2 pax

30-minute | IDR 1.400.000++/4pax

The Power of 8

A holistic fitness circuit of 8 parts to build strength and activate the whole-body system. Breathing, shaking, and concentration are also part of the fun strength building module.

30-minute | IDR 600.000++/pax - max 2 pax

30-minute | IDR 1.400.000++/4pax

Power Walk

This power walk is a dynamic experience that boosts energy, improves endurance, and provides a mental reset. Along the way, our expert guide will share the resort’s unique history and natural surroundings, adding a mindful connection to the environment.

30-minute | IDR 200.000++/pax - max 2 pax

30-minute | IDR 600.000++/4pax



Temple Blessing

A Sacred Lukat Toya Ritual at the Temple Grounds.

Step into the heart of Balinese tradition with Temple Blessing, a sacred Lukat Toya purification ceremony held at our revered temple setting. Surrounded by ancient stone, tropical flora, and the gentle murmur of holy water, this spiritual ritual invites you to reconnect with your truest self.

Guided by a Balinese priest, the blessing uses sacred water, offerings, and mantras to cleanse negative energy and restore inner balance. Dressed in traditional sarong and sash, guests are immersed in the symbolic act of release, renewal, and intention-setting. Each participant receives a Tridatu bracelet, a timeless reminder of protection and connection to the sacred.

60-minute | IDR 900.000++/person

Segara Tirta

A Sacred Sea Blessing for Renewal and Release.

Let the rhythmic waves and timeless energy of the ocean guide your path to renewal with Segara Tirta, a sacred Balinese sea blessing ceremony. Held where the sea meets the sky, this powerful ritual draws upon the purifying force of the ocean — believed in Balinese tradition to cleanse the soul, clear negative energy, and restore harmony within. Led by a Balinese priest, the blessing involves symbolic offerings, holy water, and sacred chants, inviting guests to surrender burdens and embrace clarity. With feet in the sand and spirit open to the sea, guests are immersed in a moment of deep connection — to self, to nature, and to something far greater. Segara Tirta is not only a blessing by the sea — it is a ceremony of letting go, and a gentle invitation to begin again.

60-minute | IDR 900.000++/person

Lukat Swara

A gentle spiritual ritual to cleanse and awaken the energy of speech. Rooted in the Balinese philosophy of Tri Kaya Parisudha—pure thought, word, and action—this experience begins with mindful reflection and the sacred creation of Tipat Gong, a symbol of purified expression.

Led by a Balinese priest, the ceremony includes a blessing with tirta (holy water), a honey and betel leaf sacred ritual and soft chanting to dissolve inner blocks—inviting clarity, confidence, and kindness in your voice. The ritual concludes with a soothing herbal elixir and a spoken affirmation from the heart.

60-minute | IDR 900.000++/person

Wariga – Pawukon

Balinese Astrology & Palm Reading. Unveil your Balinese birth chart through the Pawukon calendar and gain profound insights into your spiritual path with a traditional palm reading, guided by a revered spiritual guru.

60-minute | IDR 800.000++/person

Nada Prana

This transformative experience blends the therapeutic vibrations of a Tibetan singing bowl with a deeply soothing shoulder and head massage. As the resonant sounds clear stagnant energy and restore balance, gentle massage techniques release built-up tension, easing headaches, neck stiffness, and mental fatigue.

60-minute | IDR 800.000++/person

TARU PRAMANA MASSAGES

Bali Heritage Healing Tradition.



Manik Galih Massage

Seven Sacred Stones Massage

Manik Galih, meaning the sacred essence of gemstones, is a Taru Pramana signature massage using seven healing stones to restore balance and inner vitality. Blending flowing Balinese and Asian techniques, this deeply grounding treatment releases tension, harmonizes energy, and rejuvenates the body. Enhanced with sacred sound bowl vibrations and nourishing wariga oils, it offers profound energetic alignment and holistic renewal.

90-minute | IDR 1.950.000++/person

Les Wangi Massage

A deeply restorative experience designed to nurture both body and soul. Your therapist curates a bespoke oil blend infused with the harmonic vibrations of a singing bowl and carefully selected essential oils, attuned to your emotional well-being. The journey begins with a revitalizing salt scrub to awaken the senses, followed by a soulful and soothing aroma massage that melts away tension and restores inner balance. The experience concludes with a traditional Jamu face care ritual, leaving your skin nourished and radiant.

60-minute | IDR 1.300.000++/person

90-minute | IDR 1.500.000++/person

Taru Flow Lymphatic Massage

Awakening the Body's Natural Rhythm.

Inspired by the healing wisdom of Taru Pramana, this gentle lymphatic massage supports natural detox, reduces water retention, and boosts vitality. Slow, rhythmic strokes enhance immune function, ease inflammation, and restore deep internal balance.

60-minute | IDR 1.300.000++/person

90-minute | IDR 1.500.000++/person

Jala Guna Herbal Poultice Massage

Jala Guna, meaning “essence of water and earth,” is a grounding massage using warm herbal oils and a heated sand-and-herb poultice to relieve tension, boost circulation, and restore balance. The 90-minute treatment includes a Balinese Boreh body mask.

60-minute | IDR 1.300.000++/person

90-minute | IDR 1.500.000++/person

Balinese Apun Massage

Balinese Apun blends the ancient techniques of Apun, Gecel, and Limbun into a deeply restorative massage. Through therapeutic tapping, palm compression, and precise thumb pressure, it brings balance, renewal, and inner calm. The 90-minute version includes a magnesium muscle soak bath.

60-minute | IDR 1.300.000++/person

90-minute | IDR 1.500.000++/person



Marga Usug Massage

A Balinese-inspired massage for the back, neck, shoulders, and head, designed to release tension and restore Prāna (life force). Using ancient healing techniques, this treatment clears energy blockages, eases stress, and brings a sense of lightness, balance, and deep relaxation.

60-minute | IDR 1.000.000++/person

90-minute | IDR 1.200.000++/person

Saka Massage

Inspired by the philosophy of Taru Pramana, this oil-free therapy centers on the body's foundation—your inner “saka” or pillar of strength. Through precise acupressure, meridian activation, and mindful stretching, this treatment restores balance, relieves tension, and supports natural alignment. Just like a tree stands tall with strength from its trunk, you'll leave feeling grounded, revitalized, and connected to your core energy.

60-minute | IDR 1.200.000++/person

90-minute | IDR 1.500.000++/person

TARU PRAMANA SIGNATURE FACIALS

BOTANICAL WISDOM & ADVANCED SKIN SCIENCE

A curated collection of facials where ancestral botanical wisdom meets advanced skin science designed to restore, optimize, and reveal radiant, resilient skin.

After-Sun Recovery Facial

A veil of cool serenity for sun-kissed skin

Soothing • Cooling • Repair

A refined cooling ritual with Aloe Vera and Bisabolol to calm and restore, enriched with botanical extracts and finished with an oxygen infusion for luminous, dewy radiance. 90 minutes — includes your choice of Foot Massage or Back, Neck & Shoulder Massage.

60-minute | IDR 1.650.000++

90-minute | IDR 1.950.000++

Swissline Rejuvenessence Facial

Anti-Wrinkle • Firming • Radiant Renewal

An exquisite age-defying ritual infused with Collagen Peptides and Hyaluronic Complex, refining fine lines and restoring youthful luminosity through the harmony of Swiss precision and botanical vitality — leaving the skin lifted, supple, and beautifully radiant.

75-minute | IDR 1.950.000++

Elemental Oxygen Facial

Detox • Energizing • Revitalizing

A pure breath of vitality for fatigued, urban-stressed skin. Infused with Oxygen Complex and Swiss Alpine botanicals, this refined ritual detoxifies, renews, and restores clarity, leaving the skin fresh, smooth, and powerfully revitalized

60-minute | IDR 1.650.000++

90-minute | IDR 1.950.000++

Radiant Peel with Apple & Bamboo

Ideal for dull, uneven skin needing gentle renewal and long-lasting glow. The skin is gently polished with Bamboo and Jojoba Beads, followed by Apple Enzymes that naturally resurface and renew. Deep hydration is delivered through the Sweet Black Tea & Rice Moisture Mask, while the Radiance Complex—a blend of Turmeric, Clove Flower, Indian Gooseberry, Green Tea, and Algae—boosts brightness and overall skin vitality. For the 90-minute session, enjoy the added benefits of a soothing jade face massage and a LED mask treatment to enhance circulation, reduce inflammation, and further promote a radiant, youthful glow.

60-minute | IDR 950.000++/person

90-minute | IDR 1.300.000++/person

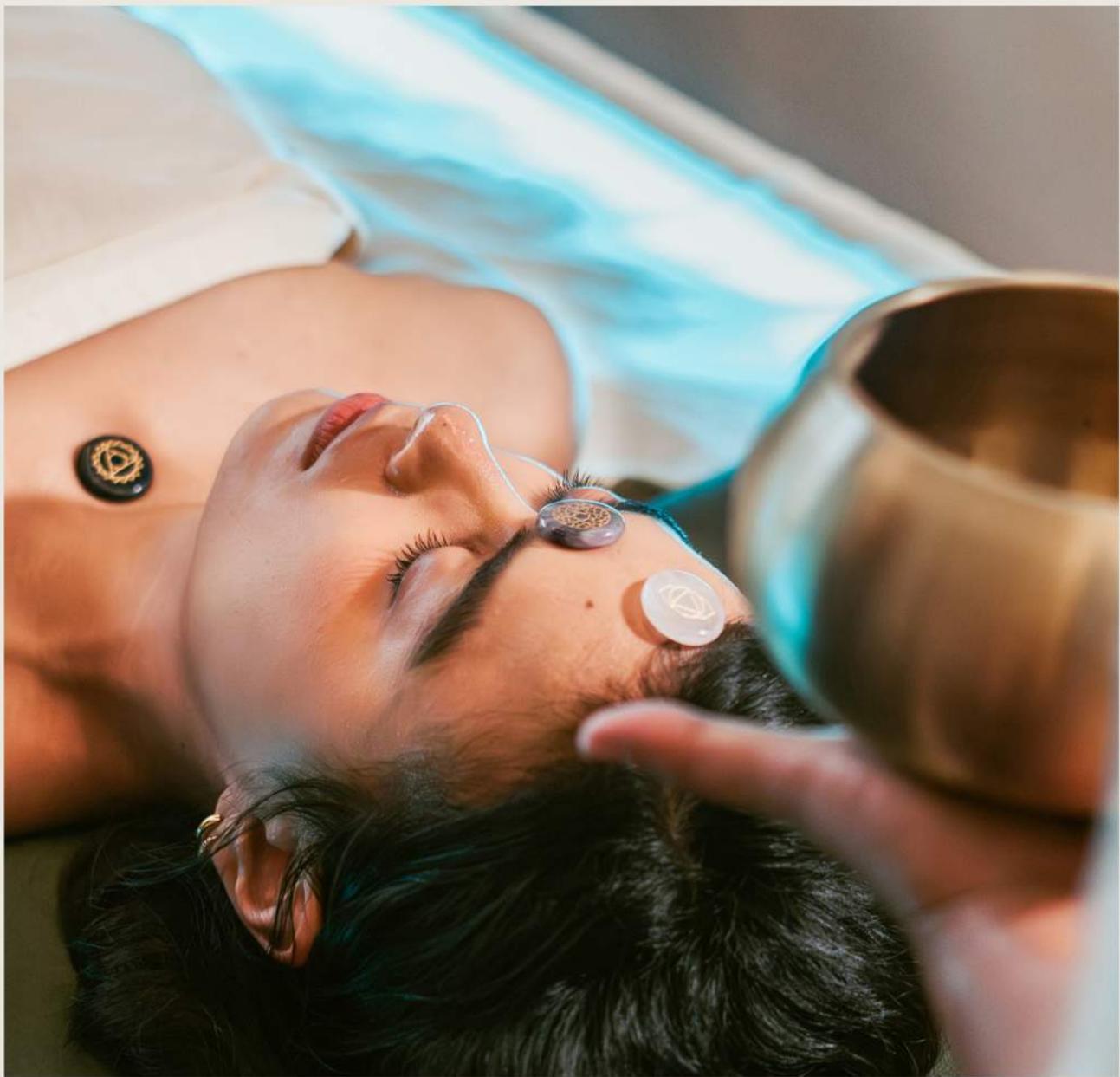
Goji Berry Skin Resilience

Ideal for: Mature, dry, or tired skin in need of a lift and glow. This rejuvenating facial helps strengthen the skin's barrier and boost its natural bounce. Powered by Goji Berry, Palm Peptides, and Hyaluronic Acid, the treatment delivers deep hydration while softening fine lines and restoring firmness. The skin is left smoother, more resilient, and luminous with youthful vitality. For the 90-minute session, enjoy the added benefits of a soothing jade face massage and a LED mask treatment to enhance circulation and amplify your glow.

60-minute | IDR 2.050.000++/person

90-minute | IDR 2.500.000++/person

TARU PRAMANA RITUALS AND BODY ENHANCEMENTS



Rajapala Ritual

Legacy of Royal healing

Inspired by Rajapala, the legendary royal guardian symbolizing strength, protection, and devotion, this immersive wellness ritual is designed to restore the body's vitality while nurturing inner balance. The journey begins with the crystal quartz massage bed experience, gently cocooning the body in therapeutic warmth to calm the nervous system and awaken energy flow. It continues with a deeply relaxing full-body massage, followed by a luxurious Royal Balinese Bath to cleanse and renew. The ritual is completed with a rejuvenating crystal facial massage, leaving the body protected, restored, and profoundly renewed.

120-minute | IDR 2.950.000++/person

Meru-Jaga

A deeply restorative experience designed to nurture both body and soul. Your therapist curates a bespoke oil blend infused with the harmonic vibrations of a singing bowl and carefully selected essential oils, attuned to your emotional well-being. The journey begins with a revitalizing coconut salt scrub to awaken the senses, followed by a soulful and soothing aroma massage that melts away tension and restores inner balance. The experience concludes with a traditional Jamu face care ritual, leaving your skin nourished and radiant. A signature alchemy experience, exclusively crafted for Taru Pramana Spa & Wellness.

120-minute | IDR 1.850.000++/person

120-minute | IDR 3.400.000++/couple

Meru-Raga

A wellness-enhancing ritual designed to restore balance and radiance. Your journey begins with a sacred moon scrub, gently exfoliating and renewing the skin to unveil a luminous glow. This is followed by a personalized full-body massage, intuitively crafted to meet your unique needs, concerns, and preferences. Work with your therapist to customize the focus areas and pressure, ensuring a truly bespoke experience. The ritual is further enriched with a soothing cranial technique for the face and head, infused with traditional Jamu face care, and complemented by energy-balancing crystal frequency to promote deep relaxation and harmony. For the ultimate renewal, enhance your treatment with a 7-chakra LED light facial, restoring radiance and holistic well-being.

150-minute | IDR 2.350.000++/person

150-minute | IDR 4.500.000++/couple

Angga-Lepa

Restorative Body Wrap, A nourishing full-body wrap designed to detoxify, hydrate, and restore balance. Using ancient herbal blends, this treatment draws out impurities, replenishes moisture, and leaves the skin feeling renewed, soft, and radiant. Experience deep relaxation as your body absorbs the healing benefits of nature.

30-minute | IDR 500.000++/person

60-minute | IDR 800.000++/person

Angga-Wangi

A revitalizing body exfoliation infused with Jasmine and Cananga (Ylang-Ylang). This traditional lulur treatment smooths, nourishes, and enhances your skin's natural glow, leaving it soft, radiant, and refreshed.

30-minute | IDR 500.000++/person

60-minute | IDR 800.000++/person

Sirah-Rai

A deeply soothing ritual that begins with a gentle face massage, using flowing strokes and acupressure techniques to release tension, promote circulation, and restore your natural glow. The journey continues with a head massage, easing stress and enhancing relaxation as warm, aromatic oils nourish the scalp.

Inspired by Balinese healing wisdom, Sirah-Rai harmonizes mind and body, leaving you feeling refreshed, grounded, and deeply restored.

30-minute | IDR 500.000++/person

60-minute | IDR 800.000++/person

WELLNESS APOTHECARY

This hands-on apothecary experience invites you to explore the healing energy of native plants, sacred herbs and traditional remedies. Guided by our wellness curator, you will create your own personal elixir, infused oil, or botanical balm – designed to align with your current emotional or physical needs.



BENANG JIWA

Weaving Presence, Culture, and Wholeness

Benang Jiwa (translated as Threads of the Soul) is a curated journey of daily mindfulness activities rooted in the local genius of Bali, embracing the spirit of Tri Hita Karana (harmony with God, with nature, and with fellow beings). This series invites guests to slow down and immerse themselves in the rich textures of Balinese tradition—through scent, sound, movement, and creation—while aligning with the holistic framework of the 8 Dimensions of Wellness.

Taru Pramana Spa & Wellness | Every 14.00
30-minute | IDR 300.000 - IDR 600.000

Monday Mind	Tuesday Soul	Wednesday Will	Thursday Told	Friday Flow	Saturday Still	Sunday Scent
Jejak Aroma	Lilin Jiwa	Ramuan Aroma	Suara Semesta	Warna Jiwa	Baluran Alami	Akar Wangi
Perfume Workshop	Aromatic Candle Making	EO Blend Workshop	Sound Healing Class	Tiedye Or Crochet	Body Wraps/Scrub Making	Soap Bar Making
IDR 600.000++/pax	IDR 350.000++/pax	IDR 350.000++/pax	IDR 300.000++/pax	IDR 350.000++/pax	IDR 400.000++/pax	IDR 400.000++/pax



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