

TAKE OUR HAND AND STEP BACK TO WELLNESS AT TEJAS SPA

Tejas Spa at Emana Akatara offers a relaxing escape where nature and wellness come together. Surrounded by the beauty of Ubud, our spa creates a peaceful space to refresh your mind, relax your body, and reconnect with yourself.

Inspired by Ayurvedic traditions, our treatments focus on healing, balance, and relaxation, using natural ingredients and methods. Whether it's a soothing massage, a calming yoga session, or simply enjoying the tranquil views, every moment at Tejas Spa is designed to help you feel renewed and at peace.

Experience wellness inspired by nature's harmony at Tejas Spa

TEJAS SPA

Tejas Spa's name is inspired by the Sanskrit word meaning "inner beauty" or "inner power", and your -five senses will experience just that under the life-giving hand of our staff. Promising an experience that honors the healing traditions of the region, each Tejas Spa delivers an individual and authentic encounter combining the therapeutic properties of natural local ingredients and the healing practices of the area, these age-old practices together with modern approaches to health and well-being results in a tailored one-of-a-kind experience. Tejas Spa offers a consistently unique and uplifting opportunity to refresh, enliven, and energize your inner beauty and inner power.

"Tejas Spa's vision is to be the best health and wellness spa by providing inspiring treatments, teaching our clients healthy practices and fostering wellness education."



TEJAS SPA EMANA EKATARA PACKAGES

RICE FIELD REJUVENATION PACKAGE

Ayurvedic Foot Ritual | Bamboo Massage | Rice scrub | Rice Milk Bath

Start with a guided meditative walk through the lush rice fields, followed by a soothing bamboo massage, a rice scrub to exfoliate and soften the skin, and finish with a nourishing rice milk bath for ultimate relaxation and rejuvenation.

150 minutes: IDR 1.100.000/person

150 minutes: IDR 2.000.000/couple

HARMONIZING HERBAL JOURNEY

*Ayurvedic Foot Ritual | Bamboo Massage | Herbal Compress
Balinese Lulur | Flower Bath*

This luxurious session of self-care and rejuvenation invites you to immerse yourself in the benefits of herbal therapies. Experience the soothing touch of a Balinese massage complemented by an herbal compress infused with medicated oil. Indulge in a gentle body scrub crafted from sandalwood and turmeric, followed by a tranquil soak in a restorative flower bath, leaving you refreshed and balanced.

150 minutes: IDR 1.100.000/person

150 minutes: IDR 2.000.000/couple

BALINESE ENERGY

Ayurvedic Foot Ritual | Balinese Massage | Boreh Body Wrap | Herbal Bath

This traditional Balinese treatment uses an age-old recipe to prevent colds during the rainy season. It involves a paste made from fresh herbs and spices, which is applied to the body to increase blood circulation and ease muscle pain. The Tejas foot ritual marks the start of this experience, followed by a tension-relieving Balinese massage. The highlight of the treatment is the boreh paste, which is carefully crafted using natural ingredients like turmeric, ginger, clove, cinnamon, coriander, pepper, and nutmeg. Finally, the experience concludes with a revitalizing soak in a herbal bath.

120 minutes: IDR 1.100.000/person

120 minutes: IDR 2.000.000/couple

TEJAS BLISS AKATARA

Ayurvedic foot ritual | Balinese Massage or Sport Massage | Body Polish | Flower Bath

Tejas Bliss is an invigorating spa ritual designed to provide you with the ultimate experience of relaxation and rejuvenation. Our specialized treatment is expertly crafted to relieve muscular tension and revitalize your body, leaving you feeling renewed and refreshed.

120 minutes: IDR 1.100.000/person

120 minutes: IDR 2.000.000/couple





AKATARA SIGNATURE MASSAGE

BAMBOO MASSAGE

Experience the holistic and balancing benefits of Bamboo Massage Therapy. This unique approach harmonizes the body, mind, and energy, providing a truly rejuvenating experience. In Balinese culture, bamboo holds significant symbolism, representing strength, fertility, and prosperity, and is renowned for its remarkable healing properties. Discover the power of bamboo as it enhances your well-being and leaves you feeling revitalized

40 minutes: IDR 550.000/person

40 minutes: IDR 970.000/couple

RICE FARMER MASSAGE

The Rice Farmer Massage is a traditional treatment inspired by the movements of rice farmers in Bali. It focuses on relieving tension and relaxing the body, using long strokes, gentle pressure, and kneading techniques. The massage targets areas like the legs, back, and arms, which are most affected by physical strain. It's designed to refresh and energize the body, helping to reduce fatigue and improve circulation. The experience is calming, often using essential oils or herbal compresses to enhance relaxation, making it a perfect way to unwind and reconnect with nature.

40 minutes: IDR 550.000/person

40 minutes: IDR 970.000/couple

RICE & MILK COMPRESS MASSAGE

This soothing massage uses warm compresses filled with rice and milk to gently relax and rejuvenate the body. The natural ingredients provide a calming effect, nourish the skin, and promote deep relaxation, while the compresses help relieve muscle tension and improve circulation for a truly restorative experience.

60 minutes: IDR 670.000/person

60 minutes: IDR 1.200.000/couple

HARMONY 4-HAND MASSAGE

Ayurvedic Foot Ritual, Four Hand Masage

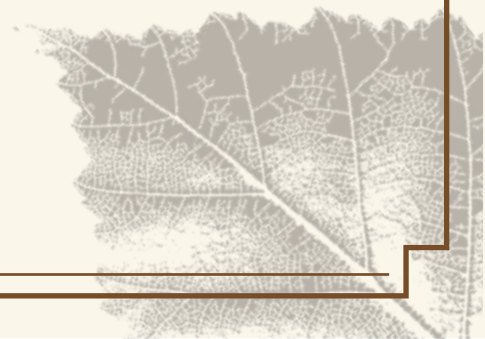
A deeply relaxing and synchronized treatment where two skilled therapists work in perfect unison to massage your body. This unique experience combines rhythmic movements and pressure techniques, providing a sense of total relaxation and balance, while relieving tension and promoting improved circulation. The synchronized touch enhances the overall therapeutic effect, leaving you feeling deeply rejuvenated and harmonized.

60 minutes: IDR 850.000/person

60 minutes: IDR 1.550.000/couple

90 minutes: IDR 1.150.000/person

90 minutes: IDR 2.100.000/couple





AKATARA SIGNATURE MASSAGE

HERBAL COMPRESS

This treatment is a sudation therapy that utilizes a blend of herbal leaves, grated coconut, mustard, and rock salt. The ingredient ratios vary for different conditions. The leaves, along with other herbs, are fried, placed in a linen pouch, and soaked in warm medicated oil. Skilled masseuses then apply this mixture to your entire body. It effectively treats muscular pains, sprains, cramps, and joint swelling. Additionally, it offers relief for serious ailments like slipped discs, backaches, spondylitis, sciatica, rheumatism, and arthritis.

60 minutes: IDR 670.000/person

60 minutes: IDR 1.200.000/couple

BALI KAMA MASSAGE

This massage incorporates the age-old Balinese methods of applying firm pressure using fingers and palms, combined with long, invigorating strokes. You can personalize the experience by selecting your preferred essential oil blend. This indigenous therapy effectively relieves bodily tension and revitalizes the senses.

60 minutes: IDR 550.000/person

60 minutes: IDR 970.000/couple

90 minutes: IDR 750.000/person

90 minutes: IDR 1.200.000/couple

MUSCLE TENSION RELEASE

A deep tissue sport massage incorporates elbow and forearm techniques to target deeper tissues. It is ideal for guests seeking firmer pressure to help release trapped air in the bloodstream and veins, promoting physical well-being.

60 minutes: IDR 600.000/person

60 minutes: IDR 1.000.000/couple

60 minutes: IDR 800.000/person

60 minutes: IDR 1.400.000/couple

THAI MASSAGE

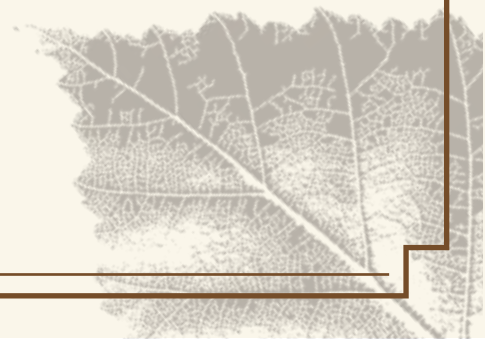
Thai massage is a form of assisted yoga that stretches the body, increases blood oxygenation, and calms the mind. Through gentle yet effective muscle stretching, joint release, and focused breathing techniques, this treatment induces deep relaxation, offers temporary pain relief, and fosters a general feeling of well-being. Additionally, it stimulates the brain-body connection, resulting in a notable boost in energy levels.

60 minutes: IDR 600.000/person

60 minutes: IDR 1.000.000/couple

90 minutes: IDR 800.000/person

90 minutes: IDR 1.400.000/couple





AKATARA SIGNATURE MASSAGE

FOOT AND LEG

A stimulating massage that activates the acupressure points of your lower legs and feet with medicated oil. It is performed to relieve tired toes, induce deep sleep, reduce hypertension, soothe cracked heels and enhance the skin's conditions.

60 minutes: IDR 550.000/person

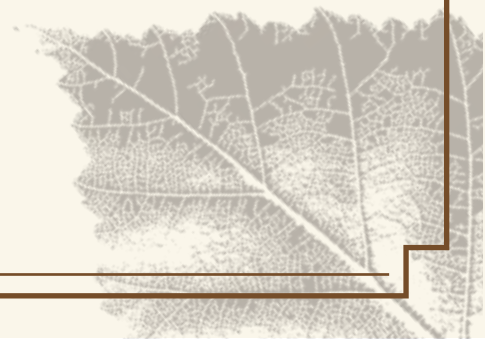
60 minutes: IDR 970.000/couple

NECK SHOULDER MASSAGE

A soothing head, neck, and shoulder massage with warm herbal oils to improve oxygen supply to the brain, boosts blood circulation, relaxes, and offers various health benefits like stimulating the scalp, enhancing sight and concentration, promoting sound sleep, and reducing headache symptoms.

60 minutes: IDR 550.000/person

60 minutes: IDR 970.000/couple





TEJAS FACIAL

REJUVENATION FACIAL

This Ayurvedic beauty regime helps firm and shape facial features as well as to improve your complexion. The application of a herbal face pack and cream is followed by a soothing massage on the face, head, and neck using herbal-infused oil. This treatment is suitable for all skin types and effectively addresses issues such as pimples, blemishes, wrinkles, sagging, and eyelash loss.

60 minutes: IDR 700.000/person

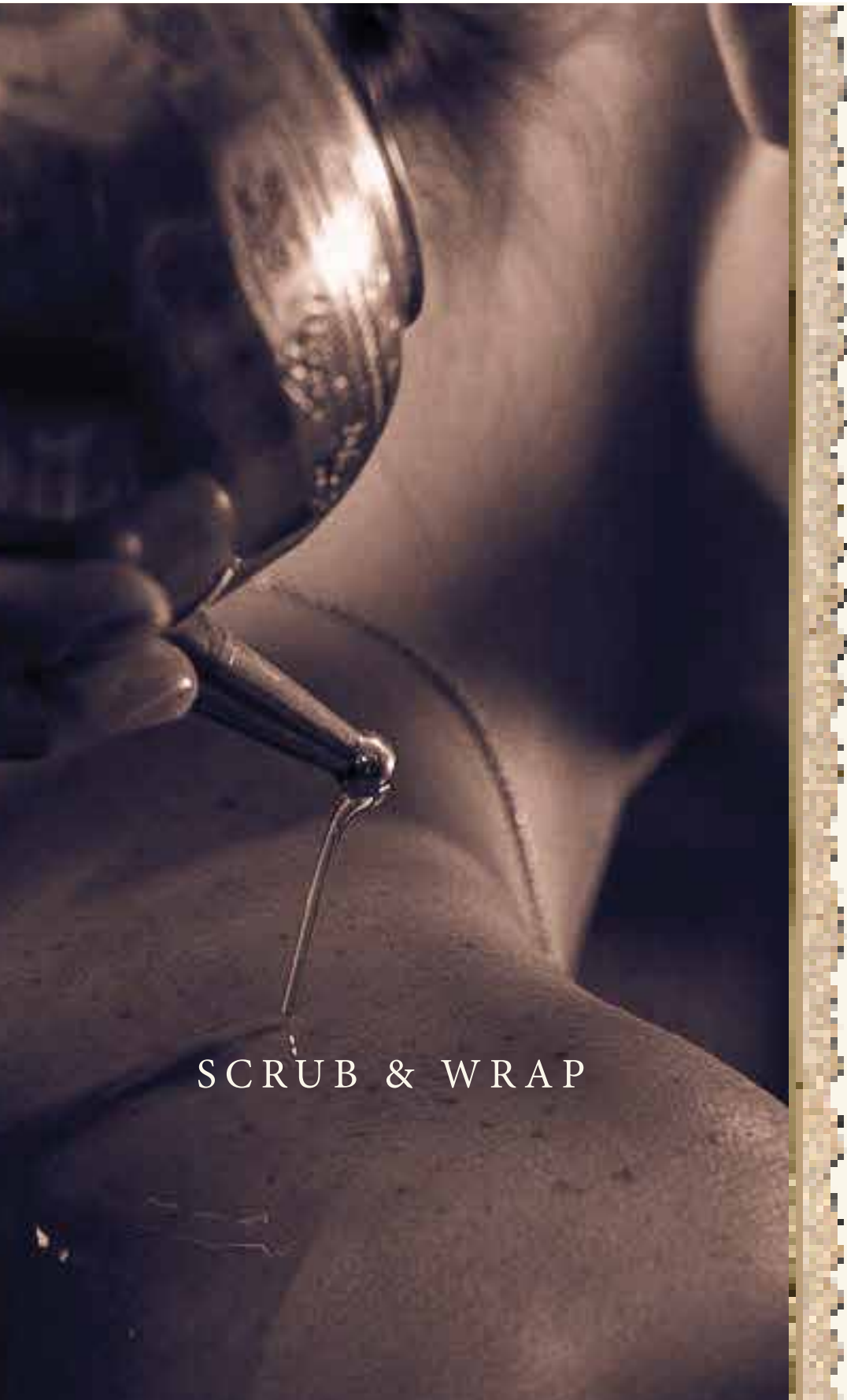
60 minutes: IDR 1.300.000/couple

NATURE'S RADIANCE FACIAL

The luxurious royal facial uses fresh and natural ingredients that are perfect for all skin types. Your face is thoroughly cleansed and then exfoliated with a gentle scrub of lavender chamomile and natural honey. Sliced cucumber is used to tone your skin and a steaming mini pouch of sesame seed, lavender and green tea is placed on various points on the face for a comforting effect that stimulates circulation.

30 minutes: IDR 750.000/person

30 minutes: IDR 1.300.000/couple



SCRUB & WRAP

RICE SCRUB THERAPY

The 30-minute Rice Scrub Therapy gently exfoliates and softens the skin using finely ground rice and herbs, leaving it smooth, radiant, and refreshed.

30 minutes: IDR 300.000/person

30 minutes: IDR 550.000/couple

COCONUT SCRUB

This rich natural was specially formulated to nourish and refresh very dry skin, dead skin cells are removed and the skin is moisturized.

30 minutes: IDR 300.000/person

30 minutes: IDR 550.000/couple

BOREH WRAP

A healing recipe of indigenous herbs is used in the region as a cure for stress – induced headaches, muscular stiffness and rheumatism using ginger, clove, cinnamon, nutmeg and rice powder.

30 minutes: IDR 300.000/person

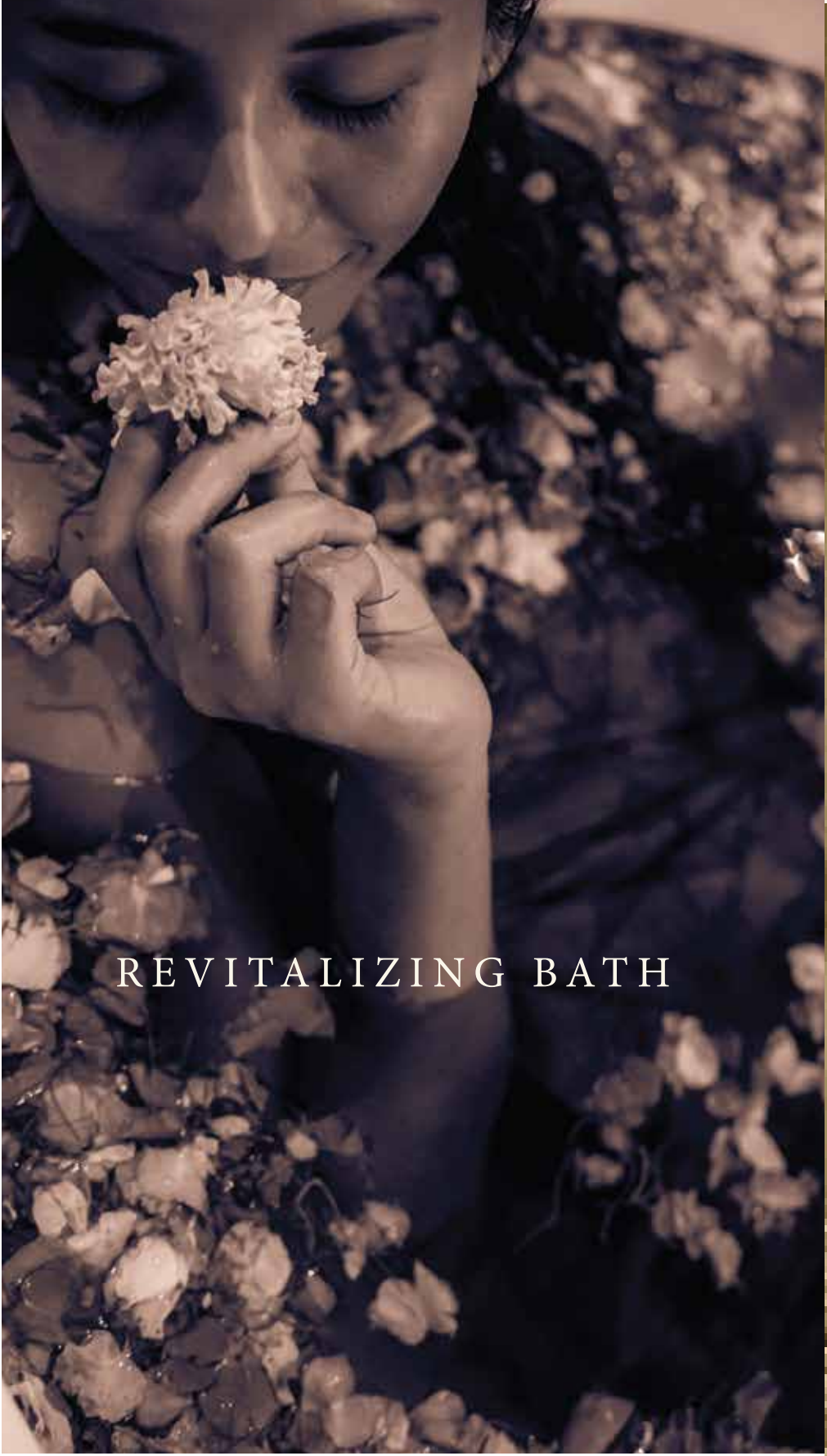
30 minutes: IDR 550.000/couple

SUN SHOOTER BODY WRAP

Deeply repairing sun-damaged or aging skin can be more than a dream, make it your reality with this exquisitely peaceful body wrap. While your body is cocooned in aloe vera and yogurt the therapist performs a stimulating head and scalp massage perfect while on holiday, an emollient aloe vera and yogurt wrap feels absolutely wonderful after a fun day by the sun. This soothing wrap cools and alleviates skin irritations.

30 minutes: IDR 300.000/person

30 minutes: IDR 550.000/couple

A close-up photograph of a woman with her eyes closed, smiling slightly as she smells a large, light-colored flower. She is surrounded by a thick layer of flower petals, creating a romantic and serene atmosphere. The lighting is soft and warm, highlighting the textures of the petals and her skin.

REVITALIZING BATH

ROMANTIC FLOWER BATH

The Romantic Flower Bath is a soothing and indulgent experience, where the bath is filled with aromatic flowers and essential oils, creating a serene and romantic atmosphere while nourishing the skin and relaxing the mind.

30 minutes: IDR 350.000/person

30 minutes: IDR 550.000/couple

RICE MILK BATH

The Rice Milk Bath is a luxurious soak infused with rice water, designed to deeply nourish and hydrate the skin, leaving it soft, smooth, and rejuvenated.

30 minutes: IDR 350.000/person

30 minutes: IDR 550.000/couple

HERBAL BATH

The Herbal Bath is a calming soak infused with a blend of natural herbs, designed to detoxify, soothe the body, and promote relaxation, while leaving the skin feeling refreshed and rejuvenated.

30 minutes: IDR 350.000/person

30 minutes: IDR 550.000/couple

SPA INFORMATION

The information listed below has been compiled to help you make the most of your experience at Tejas Spa. Please do not hesitate to contact us if you have any further questions or require assistance in choosing a treatment to suit your needs.

SPA HOURS

Tejas Spa opens from 11:00am to 10:00pm daily.

RESERVATIONS

Reservations are highly recommended. Please call #5 to book a treatment for Tejas Spa at Emana Akatara Ubud

PRE-INFORMATION

For your comfort, kindly take a shower prior to treatment, you may also come in your room kimono.

We advise you to arrive at least 15 minutes prior to your scheduled appointment, which will enable us to prepare you for your spa experience. Arriving late will limit the time and full benefits of your treatment.

Please refrain from sunbathing, heavy eating and consuming alcoholic beverages prior to your treatment as this may have an adverse effect on your spa experience.

Please let us know if you are feeling unwell or have a history of high/low blood pressure, allergies or a health condition that requires medication.

Our spa treatment rooms cater to the needs of individuals or couples. We will provide you with disposable underwear, slippers, towels, shower facilities and a hair dryer for your comfort and convenience.

Please leave any valuables and personal belongings in your room.

We will not accept responsibility for the loss of valuables brought to the spa.

While it is not necessary for you to take out contact lenses during your treatment, we advise you to bring your case and solution to the spa just in case you feel any discomfort.

NOTE FOR MEN

Men are advised not to shave for at least three hours before a facial.

NOTE FOR WOMEN

Women are required to remove all traces of make - up prior to any treatment and avoid shaving before a body exfoliation treatment. Body treatments are not appropriate for pregnant women. However, please ask our receptionist to advise what treatments/rituals are considered safe to experience during pregnancy.

CANCELLATION

Please notify the spa 12 hours in advance if you would like to cancel or reschedule your appointment. A 50% cancellation fee will be levied for treatments cancelled less than 12 hours in advance.

No-shows will be charged the full amount for missed services.

PAYMENT

Tejas Spa accepts cash and all major credit cards including Visa, Master Card and JCB. All rates are in Indonesian Rupiah and subject to 21% government and service charge.

PROHIBITED

Photography and smoking in and around the spa are strictly prohibited.

AGE LIMITATION

Children under the age of 14 are not permitted to use the spa facilities. Please do not leave the children unattended in the spa reception.