Mandapa

A RITZ-CARLTON RESERVE

Wellness Menu

BALINESE BLESSING RITUALS

Melukat Geni - Fire Blessing Ritual

75 minutes

Melukat Geni is a Balinese sacred healing fire ceremony originating from the ancient Vedic texts. It is a process of purifying unwanted beliefs, habits or thought patterns to be transformed into more positive energy. This fire-healing ritual is known to be effective in helping one let go of unwanted aspects in their lives and manifest new intentions and new life.

The ritual begins with meditation around an altar of fire, accompanied by the ringing of a Genta (sacred hand bell) and divine chanting of Sanskrit mantras for health and abundance. Fruits, grains, lentils, and other foods are ceremoniously offered as you manifest and seek spiritual purity and harmony.

Melukat Suci - Water Blessing Ritual

60 minutes

This traditional ceremony comes from the Balinese word Bayuh which means to cleanse and purify. Held in our resort's temple, this meaningful ceremony aims to purify and reconnect with the divine energy within. It allows for the release of accumulated experiences and negative energies, inviting in positivity to foster a more joyful and conscious existence. Led by the priest, this experience facilitates a shift towards greater ease in your body, mind, and soul.

Advance reservation is required, please contact your Patih or Spa at ext. 6000.

TRADITIONAL BALINESE HEALING TOUCH

Bali is known for its rich culture, traditions and holistic healing. The unique healing distilled from the depths of ancient cultural practices. We have hand-selected truly remarkable local healers to share their gifted talents that complement the mystical culture of Bali.

Ibu Ketut Mursi - Intuitive Blind Healer

120 minutes

A unique synergy of healing energy is shared by two dedicated practitioners: Ketut Mursi, a visually impaired healer, and Ketut Kis, a physically impaired healer. Together, they bring their strengths into Healing for Awareness (Eling) through the practice of Prana Kombi Massage. This therapy is designed to gently support the central nervous system, peripheral nerves, and upper nerve pathways, helping the body and mind return to balance. During each session, both healers will carry out a careful assessment, tuning into the vibrations they perceive. They analyze and respond to these subtle signals, working with the interconnected elements of energy, matter, light, and inner consciousness. Their combined approach creates a powerful harmony that encourages awareness, restores equilibrium, and nurtures deep inner healing.

Panca Mayakosha Healing

60/90 minutes

Each session begins with prayer and meditation to create a calm, peaceful space. This helps balance the body's five elements and connect with the five layers of being that support self-awareness and inner understanding. During the session, the practitioner uses gentle hand placements to support energy flow and clear imbalances. Massage techniques are included based on the guest's needs, helping to relax muscles, improve circulation, and ground the body. By combining energy work and massage, the session releases emotional, mental, and physical tension, guiding the body and mind back to balance, harmony, and overall wellbeing.

Pranic Acupuncture Healing

75/90 minutes

This therapeutic journey nurtures both the subtle energy system and the physical body. Each session begins with pranic healing to rebalance the aura and harmonize the body's chi, allowing life force energy to flow more freely. Gentle acupuncture is then applied to release energy blockages along the body's meridians by precisely placing fine needles, restoring balance and vitality. To complete the experience, the practitioner incorporates a signature healing massage. With intuitive touch, this massage eases muscular tension, improves circulation, and fosters a sense of lightness.

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ALTERNATIVE HEALING ENERGY

Inspired by the Balinese word Ubad, which means medicine, Ubud was originally known as a hub for energetic holistic healers. Mandapa offers a range of indigenous healing practices performed by experienced masters, focusing on a subtle emotional connection that transcends the physical approach.

Acupuncture

60 minutes

Acupuncture is a method that encourages the body to promote natural healing and enhance its functions. This ancient Chinese technique involves the insertion of thin needles at specific points on the skin to stimulate the flow of energy, known as Qi. It is believed that disruptions in the flow of energy can lead to imbalances and diseases.

Reiki

60 minutes

Reiki consists of two words: Rei, meaning God's Wisdom or the Higher Power, and Ki, which refers to life force energy. Therefore, Reiki can be defined as spiritually guided life force energy. It promotes a radiant glow that flows through the body, mind, emotions, and soul, leading to benefits such as relaxation, a sense of peace, security, and overall well-being.

Hasta Samudrika & Wariga Reading

60 minutes

Experience a unique Balinese tradition that combines Hasta Samudrika (the ancient art of palm reading) with Wariga (Balinese numerology and life path guidance). Through the lines and shapes of your hands, the practitioner can reveal insights into your personality, health, and life tendencies. Wariga then complements this with guidance based on traditional calculations of time, cycles, and destiny. Together, these practices provide a holistic perspective, helping you discover your inner strengths, life direction, and harmony with the natural rhythms of the universe.

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PRIVATE PERSONAL TRAINING SESSIONS

At Mandapa, our personalized training programs are designed to provide a holistic wellness experience, blending physical fitness with the serene and luxurious atmosphere of our resort. Whether you are a fitness enthusiast, a beginner looking to start your journey, or someone seeking a balanced approach to health and wellness, our expert trainers are here to tailor a program that meets your unique needs.

Strength & Flexibility Fusion

60 minutes
Focus: Combine strength training with flexibility to create a balanced, functional body.
Workout Frequency: 4 times a week (2 strength days, 2 flexibility-focused days)

Functional Fitness Circuit

60 minutes
Focus: Improve daily functional movements and overall stamina using a variety of circuits.
Workout Targets: Full-body strength, cardio endurance, agility, core stability, flexibility.

HIIT Fat-Burner Blitz

60 minutes
Focus: High-intensity interval training for fat loss and cardiovascular endurance.
Workout Targets: Fat loss, cardio, muscle endurance, speed, and power.

Muscle Gain Accelerator

60 minutes
Focus: A heavy weightlifting program designed to increase muscle mass and strength.
Workout Targets: Muscle hypertrophy, strength, upper body mass, lower body mass, core.

Low-Impact Strength & Mobility

60 minutes
Focus: Gentle, low-impact exercises designed to build strength and improve joint mobility
Workout Targets: Joint mobility, flexibility, strength, balance, and core stability.

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Mat Pilates
60 minutes

Elevate your physical fitness with our Pilates program, designed to cultivate strength, flexibility, and overall body awareness through low-impact, controlled movements. Pilates is renowned for its effectiveness in enhancing core stability, balance, and mobility, making it an ideal workout for those seeking a gentle yet effective exercise regimen.

Recommended For:
- Individuals seeking to improve their posture
- Those recovering from injuries or looking for a low-impact workout
- Anyone wanting to enhance core strengtah and flexibility
- Individuals interested in improving overall body awareness and balance

Benefits:
Enjoy a series of exercises that not only improve muscle tone and flexibility but also support injury recovery and promote a better mood. The Pilates program is ideal for fostering a strong foundation in movement, helping participants achieve better alignment and functional fitness.

Anti-Gravity Yoga
60 minutes
Defy gravity and discover a new way to move, stretch, and unwind with our Anti-Gravity Yoga experience.
Suspended in a soft silk hammock, you will explore a series of dynamic yoga poses that promote strength, flexibility, and deep relaxation.

Benefits include:
- Spinal decompression relieves tension and supports a healthy back
- Improved flexibility and core strength
- Enhanced circulation and detoxification
- Stress relief and emotional release, feel lighter in body and mind
- Playful, uplifting movements, rediscover joy and balance

Recommended for:
- Beginners and seasoned yogis alike
- Guests seeking pain relief or improved mobility
- Those looking to add a unique, energizing twist to their wellness journey

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