

# AMARTA NURTURA BALI

*Where restoration becomes ritual*

SERVICE CATALOGUE · UBUD, BALI · 2025

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At Amarta Nurtura, every service is delivered by expert freelance practitioners in the heart of Ubud. Our à la carte menu and immersive retreat programmes are designed for mothers — before, during and after birth — drawing on Balinese healing traditions, modern science and deep human care.



# À LA CARTE SERVICES

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## MOVEMENT & BREATH

Prenatal Yoga (Group)	60 min
Postnatal Yoga – Reconnect	60 min
Breathwork & Relaxation	60 min
Private Prenatal Yoga	60 min
Private Postnatal Yoga	60 min

## FLOAT THERAPY

Float Therapy	60 min	\$55
Float Therapy	90 min	\$70
Float + Massage Pack	2h	\$135

## PELVIC FLOOR & REHAB

## BODYWORK & RECOVERY

Prenatal Massage	60 min
Postpartum Recovery Massage	75 min
Lymphatic Drainage	75 min
Balinese Postpartum Ritual	2h
Reset: Massage + Breathwork	90 min

Postpartum Assessment	60 min	\$75
Pelvic Rehabilitation Session	60 min	\$85
Pack 5 Rehabilitation Sessions	—	\$350

## CONSULTATIONS

Lactation Consultation	75 min	\$110
Lactation Follow-up	45 min	\$75
Mama Nutrition Consultation	60 min	\$90
Baby-Care Workshop	90 min	\$35 pp
Baby Sleep Coaching	60 min	\$110

# RETREAT PROGRAMMES

*Each programme is fully personalised from the first day. Packages are a starting point, not a constraint. All stays include private accommodation, full organic nutrition, daily activities, and access to saltwater pool and float therapy.*

## The Reset

3 NIGHTS

*from \$1,800 /pp*

- Prenatal or Postpartum massage
- Lactation consultation
- Daily yoga & breathwork
- Nutrition programme
- Saltwater pool & float access

## Core Program

5 NIGHTS

*from \$3,200 /pp*

- Full Amarta Nurtura Method™ immersion
- Daily therapeutic treatments
- Lactation & baby care workshops
- Balinese postpartum ritual
- Cultural immersion experience

## Deep Recovery

7 NIGHTS

*from \$4,800 /pp*

- Complete physical restoration
- Pelvic floor rehabilitation
- Expert medical consultations
- Partner integration sessions
- Baby blessing ceremony

## Full Immersion

10 NIGHTS

*from \$7,000 /pp*

- Personalised recovery plan
- All wellness services included
- Professional motherhood photography
- Nutrition consultations
- Community & continuation plan

AMARTA NURTURA BALI · Ubud, Bali · Indonesia

All prices in USD, excl. tax & service charge · Services delivered by certified freelance practitioners

[amartanurtura.com](http://amartanurtura.com)

Prices valid for 2025 · Subject to availability · Personalised quotes available upon request