

Where
WELLNESS
Quietly *Unfolds*

REGENT
SPA & WELLNESS

PUTU AND SRI



Putu and Sri, a healing couple from Gianyar, embody the gentle strength of Balinese spiritual traditions. Guided by ancestral wisdom and life-changing spiritual experiences, they offer intuitive, holistic therapies rooted in compassion and devotion. Together, they support emotional and energetic balance, sharing the clarity, harmony, and healing spirit of Bali.

SOUND HEALING

60 MIN

Sound Healing Therapy is Therapy for your mind, your body and your Soul used 7 Singing Bowl Cakra. That's we know everybody have 7 active chakra in own body. From the 7 singing bowl Tibetan we cleansing and balancing our chakra. Every chakra used every singing bowl. Every singing bowl have different sound and different means.

REIKI

50 MIN

Reiki is Japanese form of alternative medicine called energy healing. But now Reiki is popular in the world. In Bali from long time ago we use Reiki for our Traditional medicine, and we called "Usadha". Reiki practitioners use a technique called palm healing or hands-on healing through which a universal energy is said to be transferred through the palm of the practitioner to the patient in order to encourage emotional or physical healing.

BIRTHDAY & PALM READING

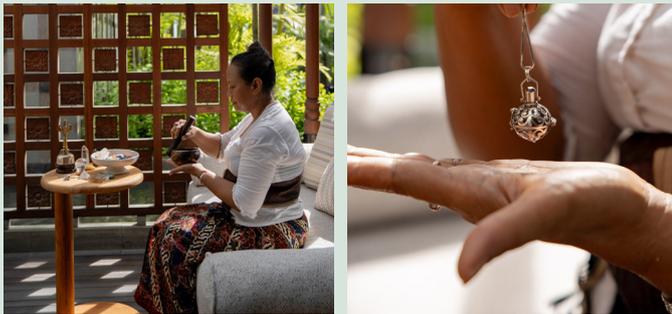
60 MIN

Birthday reading is a field of study focused on the significance of numbers in your life. It shares similarities with astrology in that it provides information on who you are and the overall characteristics of your life path, breaking the world around us down into its basic elements numbers. This technique, which has existed since ancient times, is combined with the study of the lines on the palm of the hand, used to understand a person's personality or to predict their characteristics and luck. Together, they offer deeper insight into your life journey.

MBOK AYU

BALINESE ENERGY HEALING

90 MIN



Born with a natural sensitivity to energy, she embraced her true path during the pandemic, when profound change opened space for spiritual guidance to emerge.

Trained by Balinese healers and mentors, she refined her intuitive gifts through traditional energy wisdom, grounding practices, and crystal healing. Today, she blends intuitive energy work with Balinese healing traditions, offering sessions that restore balance, clarity and calm through gentle, authentic care.



BHASKAR YOGACHARYA



Bhaskar's journey began in Rishikesh, the birthplace of Yoga, where his grandfather became his earliest teacher and an early awakening of Kundalini energy shaped his lifelong path. For over two decades, he has studied the Chakras, Kundalini, and Tantra, and for sixteen years has shared this authentic Himalayan lineage worldwide. Today, he brings the grounding wisdom of Rishikesh to Bali, guiding others toward inner awakening and true transformation.

KUNDALINI

60 MIN

Your Master Key to Limitless Power

The Kundalini Awakening is an exclusive energy reset that activates your dormant creative power through breath and movement. Go beyond relaxation to dissolve deep stress, awaken clarity and intuition, and experience lasting inner peace and vibrant transformation.

TANTRA HEALING WORKSHOP

60 MIN (COUPLE)

The Art of Sacred Connection

Transformative Tantra is a refined healing journey that uses conscious breath, movement, and awareness to restore harmony between body, heart, and mind. Release emotional blocks, awaken vital energy, and experience deeper intimacy, confidence, and inner peace.



BOOKING & INFORMATION

To reserve your session, please dial '6801' from your in-room phone to reach our guest service centre.

CANCELLATION POLICY

Your selected sessions are reserved exclusively for you.

Cancellations made less than 4 hours prior to your appointment will incur a 100% cancellation fee.