

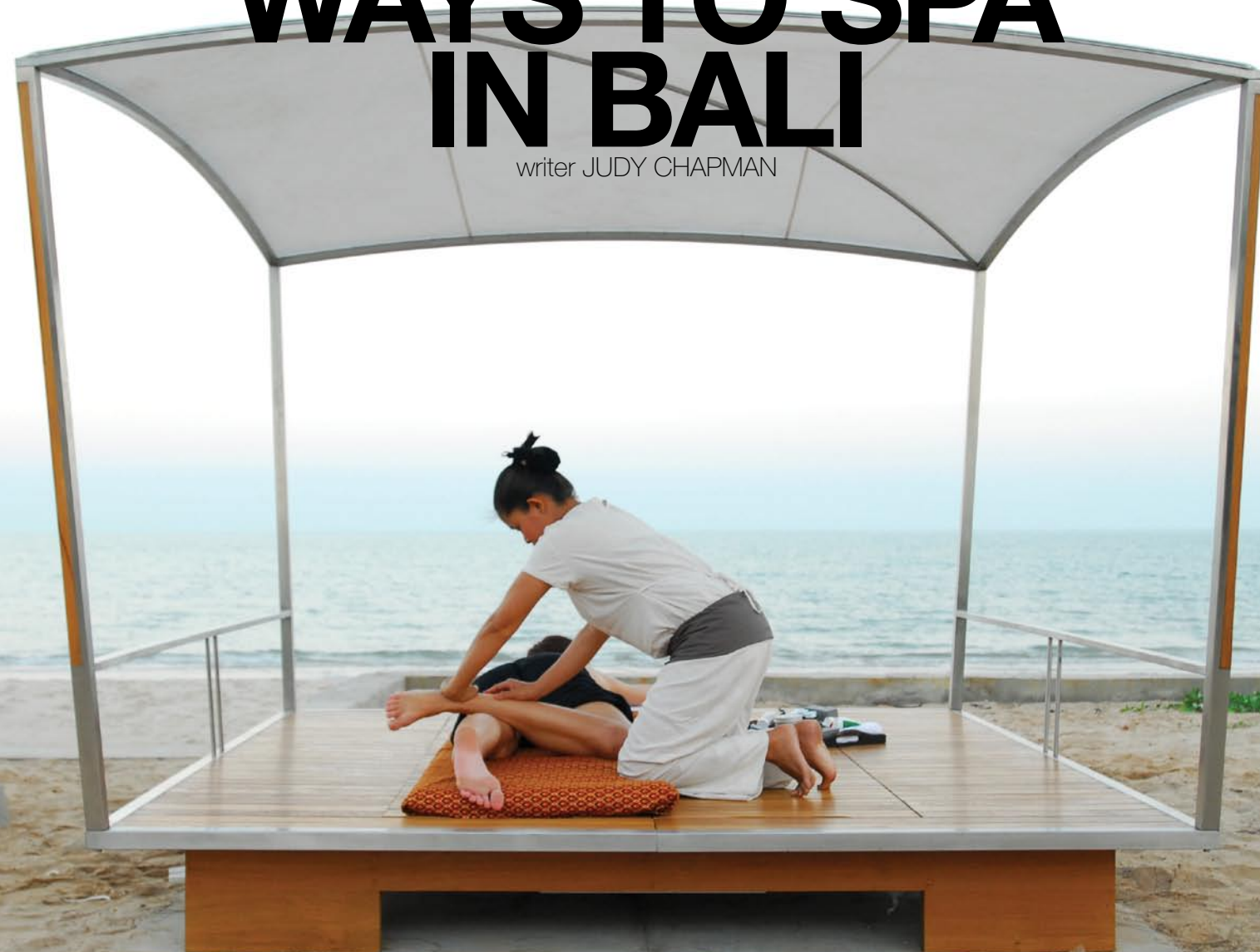
50

Bali's spas today offer so much more than flower baths and foot washes. Well-loved for the Balinese and Indonesian bathing rituals, what's new on this sumptuous island is a trend towards alternative and independent experiences. Facilities are increasingly eco yet at the same time there's an increase in medical, wellness and detox spas.

Torn between what spa choose?
Here are 50 of our favourites...

WAYS TO SPA IN BALI

writer JUDY CHAPMAN



SEMINYAK & CANGGU

ANANTARA BALI

Hi-tech, hi-touch and hi-comfort describes the rooms at this new swanky beachfront hotel. On ground level the pool rocks the daytime, while the poolside bar and restaurant adds to the social vibe night. Check in to a room at full moon and soak up the bright night views as the sound of the ocean roars.

At the rooftop spa, where warm interiors and soft textiles create a soothing sanctuary, choose between the downright fabulous reflexology sessions and the mind-melting Balinese massages.

What to know: The South Sea Pearl Mystic Treatment, valued between US\$200 and \$5,000 includes a therapeutic pearl powder massage, facial and your choice of lustrous pearls to take home.

Prices: Suites start at US\$350++; a one-hour massage is USD\$60++

www.bali.anantara.com

DESA SENI

Where the yogis and yoginis love to hang out at the weekend, this affordable resort is a village of antique wood Indonesian homes. An eclectic collection of furniture and art makes guests feel at home, while outside the wild flowers and rice fields add a breath of nature.

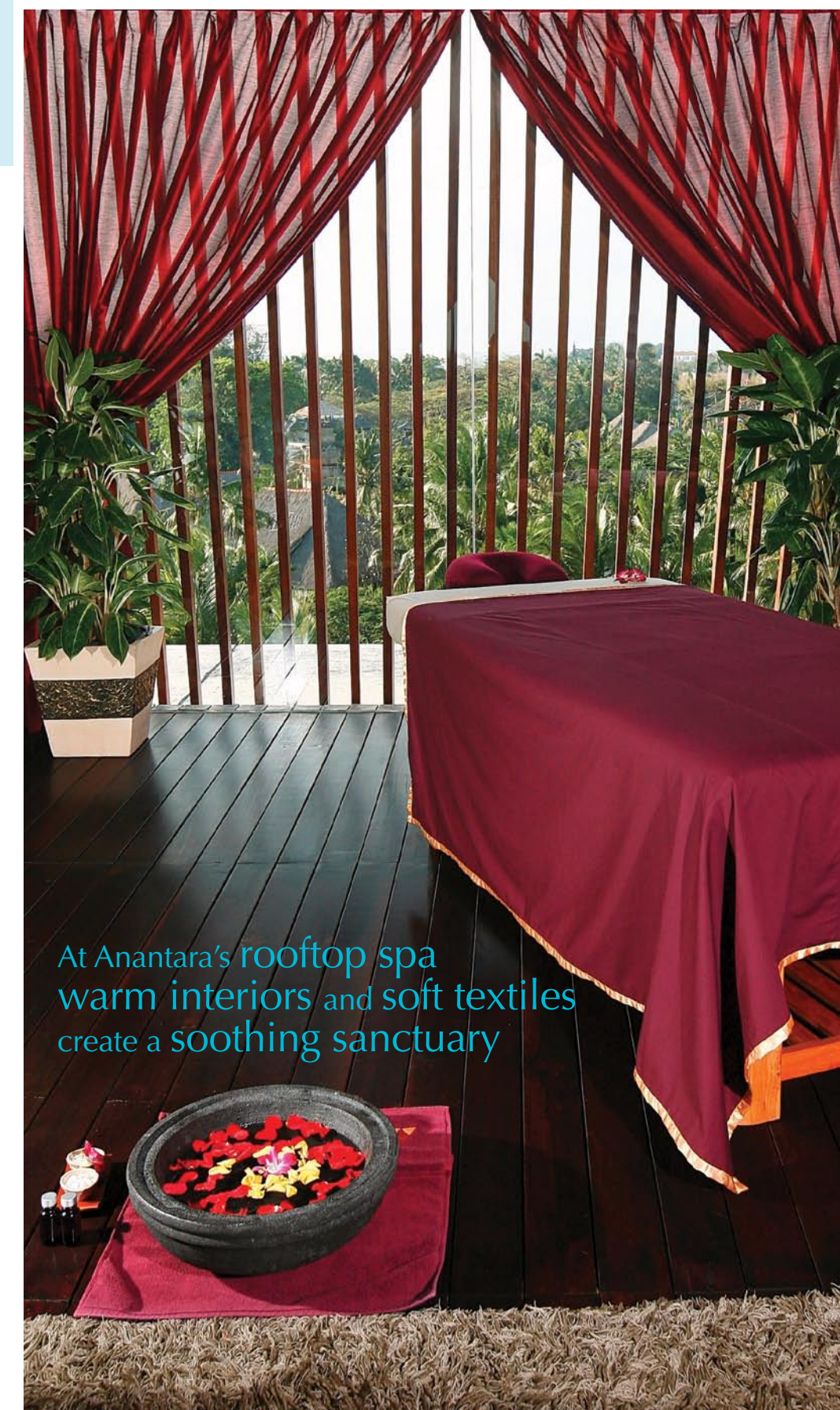
The spa is simple, but treatments like the Healing Diagnostic Massage with intuitive consultation give the same genuine warmth and care as the rest of your stay, which is this resort's recipe of success. Guests gravitate to the open-air yoga space every morning and evening for the popular classes, while organic food, much of it grown on-site, complements the entire wellness experience.

What to know: Detox programs are fast becoming as popular as the yoga.

Prices: Rooms start at US\$150++; a 90-minute Balinese massage is US\$20++

www.desaseni.com

THIS PAGE: The warm interiors and beach view of a spa room at the Anantara Bali. OPPOSITE PAGE: Therapy on the beach in one of Alila Spa's breezy cabanas.



At Anantara's rooftop spa warm interiors and soft textiles create a soothing sanctuary



HOTEL TUGU BALI, CANGGU

A world away, this historic sancturay offers 21 time-honoured rooms and suites, each different from the last. The entire hotel has been lovingly created from a collection of Chinese, Indonesian and Balinese antiques, its highlight the soulful lobby that showcases generations of rare art.

Spa rooms are scattered throughout. Book the Mantra Massage where therapists chant sacred mantras as they press healing hands deep into your body. The finale, a Hindu blessing of holy water, completes the journey.

What to know: Newly opened is Tugu Lombok, a destination resort of astounding architecture and comforting cultural antiques.

Prices: Standard rooms are US\$330++; a one-hour treatment is US\$64++
www.tuguhotels.com

OAZIA, CANGGU

Creating the buzz of the moment is Oazia, a new three-villa boutique haven, where a stay is all about being nurtured. Set within the rice fields in Canggu, everything from your soothing spa villa to the organic power food and treatments, is centered around replenishment. Embark on slimming, fitness and holistic

programmes or try their spa cooking classes and holistic practices. Treatments focus on transformative experiences, think Divine Healing, which combines shiatsu and reiki, and five kinds of meditation.

What to know: In the cocoon shaped watsu pool healers guide you through water underneath a star-filled sky.

Prices: Villas start at US\$350++; US\$60++ for a one-hour massage
www.oazia.com

THE AHIMSA

The Ahimsa offers something totally different. A boutique hotel, it encourages guests to 'make a mess' in the privacy of their own tropical villas. Take advantage of personal cooks, drivers, maids and the in-villa BBQs. As for the Amala Holistic Wellness Retreat (in-house guests only), here traditional Chinese Medicine is at its core, therapies performed by reputable Chinese doctors and therapists, with acupuncture, cupping and tui na on the menu.

What to know: Massages, reflexology and mani-pedis are all available in your villa.

Prices: Villas start at US\$245++; a one-hour massage is US\$20++
www.theahimsa.com

THE LEIGAN

Long home to some of the island's finest suites with unsurpassed views of the sea, this stylish boutique hotel offers an atmosphere that is so smooth it's beyond cool. The spa has also maintained its look and feel, and new are the super-comfortable adjustable massage beds for your Ayurvedic or Balinese massages, and treatments in the five sea-facing treatment rooms. There's also a manicure and pedicure lounge, gym and steam room.

What to know: Pick up stylish accessories, REN and Sundari products in the retail area.

Prices: Rooms start at US\$450++; a one-hour Balinese massage is US\$65++
www.ghmhotels.com

THE SAMAYA

Entering into The Samaya's seafront grounds where private villas and Breeze restaurant beckon, one can't but help but feel calm and comforted. And it's not just the sound of waves and the vibrations of the ocean that contribute. Inside the spa, the four villas are decked out in soothing earth-toned brown and cream furnishings. Massages include Indian Head Massage and their signature four-hand Samaya Massage with techniques from Hawaii, Japan, Sweden and Thailand, plus treatments by Decl  r for men and women.

What to know: The new beauty salon offers quality hair treatments and mani-pedis.

Prices: Rooms start at US\$475++ for a one-bedroom villa; US\$40++ for a one-hour Balinese massage
www.thesamayabali.com

SENTOSA PRIVATE VILLAS AND SPA

In the heart of Seminyak, this super-cool resort has it all going on. A cute pool outside, with a laid back decking, provides the view for Blossom Restaurant and Lounge Bar, where chilled parties kick off at a moment's notice. Their luxurious villas make you feel like a VIP, a feeling that persists in Luxe Spa, where the hot treatments include Exotic Spice and Decl  r facials. Bring some friends for their mani-pedi spa parties, which are all the rage.

What's to know: To fully cleanse after all that partying, see the specialised nurse and hydrotherapist for a quick colonic.

Prices: A one-bedroom pool villa is from US\$550++; a 60-minute massage is US\$30++
www.balisentosa.com

Life looks dreamy when relaxing in one of the spa villas overlooking pristine jungles at Kirana Spa

UBUD



ALILA UBUD

Journey through the cool, green hills towards this boutique establishment and you'll already feel refreshed. Renowned for its floating-above-the-clouds swimming pool, it is Spa Alila that is sought-after by guests around the world, where the recent touch-up of chocolate brown and green velvet furnishings is stunning. The team creating the 100% local treatments were so enthusiastic about them they launched a collection of bath and body retail items made from green tea, bamboo and virgin coconut oil.

What to know: The Alila Recovery signature massage includes Balinese, Thai and Swedish techniques for the best of all three worlds.

Prices: A one-bedroom villas is US\$725++; a one-hour massage is US\$65++
www.alilahotels.com/ubud

AMANDARI

It's been twenty years since Adrian Zecha launched the first of what has become one of the world's most admired hotel and spa brands. At Amandari, river stone paths lead to individual villas, some with alfresco baths or private pools, but all with that unmistakable Aman elegance.

The spa's two breezy open-air bales are enclosed by lotus ponds, just the place for the

popular reflexology sessions delivered by Wayan Budi Arta, a renowned blind healer, or a Balinese bathing ritual followed by detoxification sessions in a marble steam room and sauna.

What to know: All Aman resorts in Bali are expanding their facilities to launch new spas next year.

Prices: Rooms start at US\$750++; a one-hour massage is RP740,000++ (US\$59 approx)
www.amandari.com

BALI BOTANICA

Self-worship on a diet of yoga, nutritional cuisine, cleansing juices and therapeutic spa treatments at this moderately priced sanctuary of a colonial Javanese style house. Founded in 2006 by French-born Claude Chouinard and his partner, yoga instructor Iyan Yaspriyana, Bali Botanica is famed for their Escape the World yoga retreats.

What's really significant is the founders' dedication to therapist training. "To perform our Chakra Dhara massage, for instance, our therapist needs to learn and understand the principles of yoga, meditation, visualisation and chakra energy," explains Chouinard. Treatments come in incredibly tempting full day or half-day programs.

What to know: Cures also include herbal

scrubs and the ever-popular Shirodhara.

Prices: A full day program costs approx US\$100++
www.balibotanica.com

COMO SHAMBHALA ESTATE

Purify your soul within untouched forest and sacred rivers – the Lamborghini of health retreats, Como Shambhala's accommodation and facilities are world-class. Transformed into a wellness retreat, tailor-made packages of health consultations, colonic hydrotherapy and prescribed herbal cleansers are popular, as are the Cleansing Programmes that work on the lymphatic system, liver, kidney and skin. Don't miss the chlorine-free Vitality Pool fitted with massage jets that alkalises the body system. Work out with daily martial arts classes, ground yourself with yoga and let your mind go free with meditation.

What to know: The rejuvenating raw food menu is fantastic

Prices: Rooms start at US\$450++; a 60-minute massage is RP840,000++ (US\$67 approx)
www.cse.como.bz

THIS PAGE: Bill Bensley's majestic architecture creates a Presidential Villa fit for a king at Kirana Spa.
OPPOSITE PAGE: Each room is a homage to Indonesia's historic past at Tugu Hotel Bali, photography by Catharine Nicol.

FOUR SEASONS RESORT, SAYAN

The design of the entrance to this resort is pure wow-factor, the sky-high walkway leading to a lotus pool that overlooks the treetops. Below, the circular restaurant makes the most of the jungle views, while rooms and suites are pure Four Seasons; wide French windows and private pools bringing the jungle inside.

In the spa the Suci Dara Ayurvedic experience, delivered with authentic herbal oils from India, is so good it it hurts, while holistic offerings include chi kung, reiki and kundalini meditation.

What to know: The new watsu pool is situated at the spa villas – just let go to start the healing process.

Prices: Rooms start at US\$700++; a one-hour massage is US\$85++

www.fourseasons.com/sayan

IBAH LUXURY VILLAS & SPA

One of Ubud's best-kept secrets when it comes to secluded beauty, Ibah is situated on the holy Champuhan river. The fifteen-villa boutique resort is all cobbled paths, with villas built from traditional materials, and inside typical white-draped four-poster beds.

Spa-wise, bath offerings and massage rituals are bestowed with local ginger, ylang ylang, rice powder and cocoa.

What to know: Ibah has one of the island's most elegant saltwater pools, carved from local stone and surrounded by sculptures, greenery and frangipani trees.

Prices: Room start at \$225++; an 80-minute Balinese massage is US\$65++

www.ibah-bali.com

KAYUMANIS UBUD

Walking down the atmospheric, narrow lanes of Kayumanis Ubud takes you past 23 traditional wooden doors that open into stunning private villas. Choose from Balinese, Javanese, primitive or modern styles among others, and then close the doors behind you and revel in the beautifully decorated rooms, pools overhung with trees and blossoms and alfresco living rooms. Wander down the hill towards the Agung River for early morning yoga, the main pool, or Kayumanis Spa's overhead spa pavilions and some serious pampering. The volcanic mud or avocado



Ibah's elegant saltwater pool is carved from local stone and surrounded by sculptures, greenery and frangipani trees

body masks with foot bath and massage are phenomenal. And don't miss out on the cinnamon toast for breakfast.

What's to know: The villa's charming staff will arrange anything – from cycling around nearby paddy fields, to a rice farm visit, trips to the night market and offering making. Just ask.

Prices: One-room private villas from US\$488++; one-hour massages are from US\$XX++

KIRANA SPA

Seven years on and this is still Bali's most stunning day spa destination, created and designed by Bill Bensley. We love their menu – it's just five quality treatments, with the distinction that therapists integrate time-tested Japanese acupressure techniques into each one. And it works. Even the seemingly basic Balinese massage feels profound. Life looks dreamy when relaxing in one of the spa villas overlooking pristine jungles. Feeling extravagant? Book the Presidential Villa fitted out with your very own herbal mist sauna, dry sauna, pool and day bed.

What to know: Newly opened are the nail care services offered in the spa garden.

Prices: A one-hour treatment program is US\$80++

www.kiranaspa.com

KOMANEKA AT BISMA

The third Komaneka in Ubud, this new version with 10 villas and 34 suites showcases

the work of Indonesian artisans at every opportunity like its siblings. Absorb the beauty of the modern art as well as the architecture and surrounding Balinese nature. In the spa villa, special is the Traditional Cream Bath, using avocado, aloe vera and ginseng for your hair, followed by a steam, and head, neck and shoulder massage.

What to know: Villa hop from Komaneka at Monkey Forest's more simple abode, to Tanggayuda's luxurious pool villas, to Bisma.

Prices: Bisma Suite Rooms opening rates US\$350++; a one-hour treatment is US\$XX++

www.komaneka.com

KUPU KUPU BARONG VILLAS AND TREE SPA

One of Ubud's longest running hotels, Kupu Kupu Barong is named after the butterflies (kupu) that flit around the area. Duplex villas are spacious under soaring thatched roofs, while pool villas look straight out over the jungle. Steam yourself in Bali's largest hammam or slip into mango heaven via the new Mango Steam Sensation, which includes four hours of steam, scrub, wrap and lotion.

What to know: The Mango Tree Spa rooms are tree-house style, made of bamboo, for a truly uplifting experience and wild views.

Prices: Room rates start at US\$420++; a one-hour Balinese massage is US\$50++

www.kupubarongbud.com

MAYA UBUD

One of Ubud's favourite resorts, drop dead gorgeous surroundings and first class service and treatments have guests returning year after year. Pool villas overlook rice fields or a river, depending on which side of the resort you are staying, and pools come in family-friendly or quiet for serious reading and snoozing.

At Maya Spa, wallow in herbal and floral waters in oversized baths hanging over the edge of the river after your natural herbal compress or soothing wrap, or choose a new spa villa complete with circular baths and relaxing day beds. Listen to nothing but the sounds of nature, ultimately what a memorable spa experience is about.

What to know: New retreat programs include daily spa, meditation, yoga, health cuisine and cultural tours.

Prices: Superior rooms are US\$215++; a one-hour Balinese massage is US\$60++

www.mayaubud.com

TAKSU SPA

Look out for the opening of this day sanctuary where the jungle still rules. Picture hanging vines, moss covered walls, statues and a flowing river. Sessions including energy healing, reflexology and Thai massages, held in open-air bales. A yoga space at the river's edge adds to the sacred feel. For internal rejuvenation vegan cuisine and jamu will be served in romantic bales.

What to know: Programmes range from a half-day to twelve day workshops.

Prices: A one-hour massage is RP100,000++ (approx US\$8)

www.taksuspa.com coming soon, in the meantime call +62 361 971 490

THE CHEDI CLUB AT TANAH GAJAH, UBUD

Strike a pose in the open-air yoga studio built on the edge of the rice fields at this luxe resort, a sanctuary that is all about organic luxury. The feel is traditional Balinese where enclosed villas have their own lap pools, day pavilions and personal butlers. Check into one of the three spa villas, (massage tables, sauna and a plunge pool included) or at the spa try the vitamin-C infused men's facial or the signature Chedi Jade Massage.

What to know: Newly launched are treatments by skincare brand REN, which GHM will introduce into all their spas.

Prices: Rooms start at US\$280++; a one-hour massage is US\$65 ++

www.ghmhotels.com

UMA UBUD

It's impossible not to get swept away by the whitewashed charm and peaceful ambiance of Uma Ubud. Rooms are in shades of white and beige, with shaped windows framing the baths inside, shuttered French windows and billowing white curtains uncovering views of the jungle outside. An alfresco lounge area

At Maya Ubud, listen to nothing but the sounds of nature...

fringed with hanging vines overlooks the pool, while communal tables and books invite you to take a load off. Just don't miss the minimal spa rooms and Asian treatments, or a yoga or meditation class with the best view in town.

What to know: They hold women-only dedicated yoga, fitness and adventure retreats.

Prices: Rooms from US\$185++; one-hour massages from RP525,000++ (US\$42 approx)

www.umaubudbali.com

WAKA DI UME RESORT & SPA

Another sheltered destination, Waka is ideal for those who prefer a quiet atmosphere to indulge in sleeping, stretching and spa-ing. For sleeping, villas are elegantly furnished in natural Balinese wares, woods and cream fabrics. For stretching there's the impressive glass-walled yoga room overlooking Ubud's rice fields, and for spa-ing are two suites with private pools and sunken baths where treatments include four traditional men's rituals titled Wayan, Ketut, Mades and Nymonas (first, second, third and fourth son).

What to know: Packages include the four-day three-night Ubud Healing with daily yoga.

Prices: Rooms start at US\$159++; a one-hour Balinese massage is US\$45++

www.wakadiumeubud.com

THIS PAGE: The curvacious and tempting pool, overlooking the river and surrounded by jungle, at Maya Ubud. OPPOSITE PAGE: At Ibah Ubud the pool is surrounded by ancient walls with nooks and crannies for that post lunch snooze, photography by Catharine Nicol.



DENPASAR & KUTA

REI WELLNESS SPA

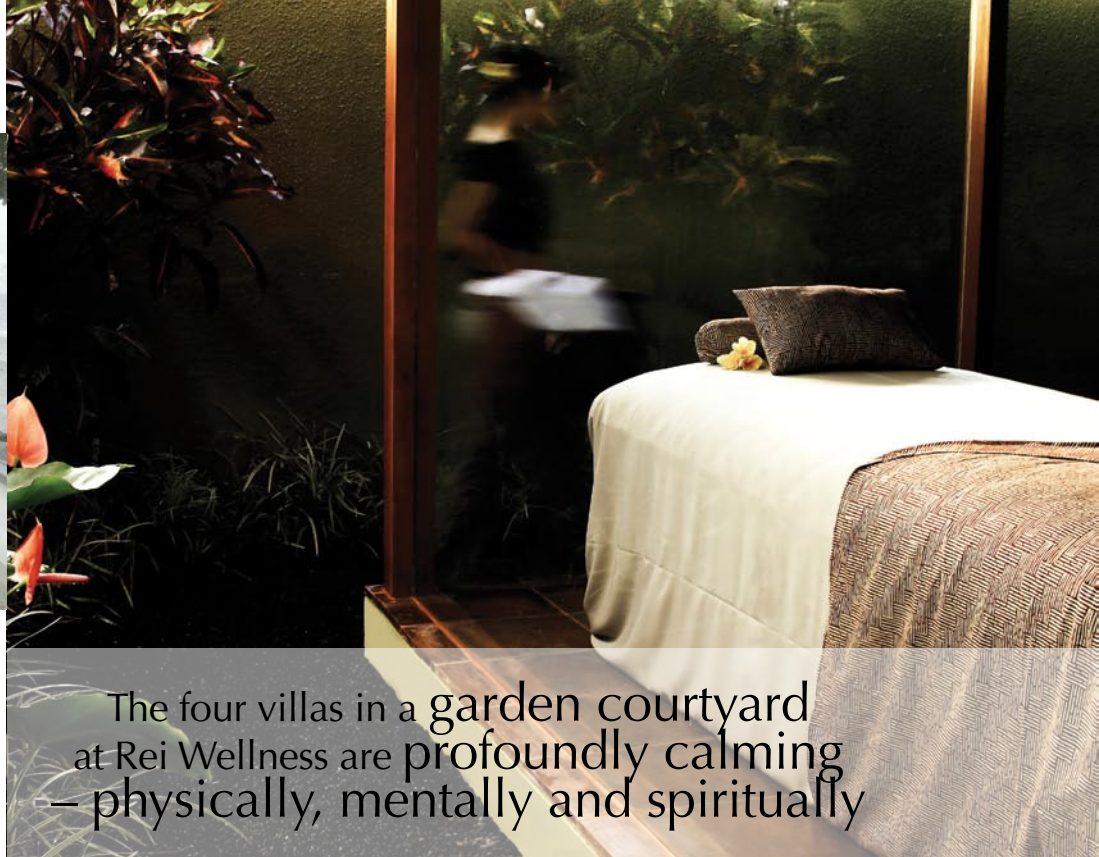
Ten minutes from the airport, Rei is an ideal day spa in which to soak up traditional therapies before late night flights – they also cater to early morning arrivals for guests who can't check into their hotel before 12. Built in the traditional Balinese compound style, the spa's four villas in a garden courtyard are profoundly calming – physically, mentally and spiritually. Traditional Bliss includes a massage and scrub before a farmers' style boreh, and finally a bath. Book ahead and watch therapists make the Boreh scrub by hand before it's lathered upon you.

What to know: For an authentic experience all therapists are attuned Reiki 1 by Made Warmana, a Reiki Master who also delivers private sessions twice a week.

Prices: A 2.5-hour ritual starts at US\$85 net
www.reiwellness.com

THETA SPA

While the adjoining Ramada Bintang Bali Resort could do with a touch-up, don't miss the opportunity to try Theta, one of Bali's coolest beachfront spas. A departure from the traditional mind-set, Theta harks back to a cool, maybe even retro, sixties Hollywood style with its all-white concrete exterior, rounded design and whitewashed doors. Products are displayed



The four villas in a garden courtyard at Rei Wellness are profoundly calming – physically, mentally and spiritually

like artwork, and so the feel is of a gallery, which is precisely what founder Jimmy Akili intended. All treatments are certified organic – don't miss out on the cream bath, created fresh on-site. Post-massage, recline with friends on stripy lounges and sip champagne at sunset – by night the space transforms into a lounge as chilled music flows throughout.

What to know: Check out the brand new hair salon and hair stylist from Tokyo who delivers top-notch hair services.

Prices: Treatments start at US\$25++
www.thetaspa.com

VILLA DE DAUN, KUTA

Winning awards right left and centre for their laid back villas and sumptuously rich warm coloured spa, Villa de daun is bringing the class back into Kuta. Villa rooms are homey and comfortable, with generous pools and contemporary design. But step into the dala spa and it's like entering a boudoir. Indulgent chandeliers light the cosy rooms where watermelon and honey facials and luxurious royal wedding milk baths are divine.

What to know: Japanese restaurant Tanaya's Café serves up wonderful teppanyaki.

Prices: A one-bedroom villa is from US\$300++; a 60-minute Balinese massage costs US\$45++
www.villaded daun.com

GOING MEDICAL

MIRACLE AESTHETIC CLINIC

Kuta and Denpasar

Locals head to one of the Miracle branches for detoxification, colonic hydrotherapy and modern facial rejuvenation. While the atmosphere is more clinical than spa, this in itself can be reassuring when undertaking Botox injections, chemical-peels, laser and acupuncture treatments performed by a team of doctors and beauty therapists.

What to know: Most popular are their 90-minute oxygen facials that leave your skin looking dewy for days.

Prices: A 2.5-hour facial costs RP250,000 (US\$20 approx)
www.miracle-clinic.com

SAYAN AESTHETIC INSTITUTE Ubud

Want to go the extra mile for that flat tummy while on vacation? Set in the grounds of The Mansion in Ubud, the Sayan Institute is a new facility fitted out with the latest technology and equipment for a full spectrum of cosmetic anti-ageing treatments. On the menu, cosmetic dentistry, slimming treatments and for the face, Botox, IPL and Mesotherapy.

What to know: Stay tuned for their ladies-orientated Aesthetic Rejuvenation Tours.

Prices: on application
www.aestheticbali.com

FOUR SEASONS JIMBARAN BAY

It is all about luxury living and lifestyle at the Four Seasons, where guests hibernate 'at home' or explore the various pools, sign up for cooking classes or browse the on-site art gallery. Lovingly set up by GM and curator John O'Sullivan, it's a great way to check out works by local artists.

In the spa, increasingly known for their chemical-free philosophy and the alternative therapies that delight their first class guests, new is the Water Massage performed by holistic healer, Elisa Senese. A spiritual encounter, close your eyes, drift and dream as she guides you through warmed water in a pool overlooking the Indian Ocean. It will help you feel at one with the universe.

What to know: PJ's is the place for gourmet food eaten to the sound of the ocean.

Prices: Villas start at US\$700++; a one-hour massage is US\$85++

www.fourseasons.com/jimbaranbay

INTERCONTINENTAL BALI

A huge estate of a hotel, the InterContinental has an old-world comforting feel, with pools spanned by ancient Balinese style bridges, terraces made with old stone and numerous statues that look like they've lived many lives before. While outside all is traditional, inside rooms and restaurants are contemporary, with Club InterContinental rooms and privileges taking that comfort level even higher.

There are three different areas for spa experiences – go for a beachside massage in their bales, or sneak into the super modern Spa



Uluwatu and go for a treatments with steaming hot towels. Alternatively choose the stunning Spa Villas set away from the main resort.

What to know: As a treat to yourself, Earth Gift is a delightfully grounding combination of sandalwood powder body brushing, massage, mud wrap and mini facial.

Prices: A Resort Classic room is US\$305++; a one-hour massage costs US\$55++

www.bali.intercontinental.com

KARMA JIMBARAN

The contemporary and traditional combine in 38 private pool villas at Karma Jimbaran – think Balinese walls and SMEG kitchen appliances. If the man of the house can tear himself away from the high-techery, how about a quick wet shave plus complimentary Bloody Mary? Opening in February, Gentleman's Tonic comes to Karma Jimbaran (and Kandara in Uluwatu). Originally founded in the heart of Mayfair in 2004, the grooming sanctum – a traditional barbershop for the modern man – offers plenty of lifestyle services too. Top of the 'ahh' list is their Father and Son Haircut and Finish, while grooming includes specialities like 30-minute express facials and tooth whitening. Let's hope these make it to Bali too.

What to know: Gentleman's Tonic in the UK includes image consulting and help with nutrition to make sure the inner and outer man are completely balanced.

Prices: Luxury Pool Villas are US\$562++; a wet shave costs US\$30++

www.gentlemenstonic.com

www.karmaresorts.com



JIMBARAN

THE RITZ-CARLTON, BALI RESORT & SPA

At The Ritz-Carlton Bali it's got to be the Cliff Villas for the ultimate in hotel luxury, and where the throne-like bath elevates bathing to new heights. Take an early morning jog around the grounds, or sign up for sea view yoga, then eat at Dava, for serious gourmet heaven any time of the day.

In the busy spa, peopled with guests in purple robes, the new treatment is the Mellow Wine Therapy. A massage, wrap and facial brings together wonderful antioxidants from organic grapes, all part of the Enologist series of Wine Therapy from Hokkaido in Japan. The first of its kind on the island, it wraps up with a red wine bath while you nibble on cheese and indulgently sip wine.

What to know: Home to South East Asia's largest Aquatonic pool, the spa's water playground pummels every single part of your body with seawater for a wonderful passive workout.

Prices: Rooms start at US\$385++; a 75-minute massage is US\$85++

www.ritzcarlton.com

THIS PAGE: The InterContinental Bali Club pool provides a wonderfully traditional backdrop to a holiday; at the Thermes Marines Spa at The Ritz-Carlton Bali, the Spa on the Rocks brings guests close to the power of the ocean. OPPOSITE PAGE: The calming retro Theta Spa is renowned for its reflexology (left); the spa villas at Rei Wellness are evocative – the perfect place for some therapeutic Reiki.

ALILA VILLAS

To coincide with Alila's unveiling of their first villa resort, where three bedroom villas marry nature and stunning architecture, guests are being invited to co-create their own massage experience with the highly skilled therapists. Sore shoulders? Therapists receive ongoing training from the best. The result? They may work on your upper back 40 minutes out of the hour to ensure you depart truly healed. With five double treatment rooms, locally cultivated treatments and products, and a synthetic-free environment, this spa is being touted as representing the new generation of luxury living and hospitality.

What to know: Fell in love with the place during your stay? The villas are for sale – own your own little bit of paradise.

Prices: One-bedroom villas start at US\$1,040++; a one-hour signature massage is US\$65++

www.alilahotels.com

BANYAN TREE UNGASAN

Slated to open in the second quarter of 2009, this special Banyan Tree will have 73 spacious one, two and three-bedroom retreats, each with luxe marble bathrooms, open-air Balinese showers, private infinity pools, jet pools and a Balinese bale. At the Banyan Tree Spa, nine treatment rooms, including Deluxe and Royal suites, a menu of Asian inspired therapies and the top notch service that the Banyan Tree Group is so respected for, will make this place worth a visit.

What to know: Their spa will be perfectly positioned on the cliffs near the Uluwatu Temple harnessing some great energy.

Prices: A one bedroom villa starts at US\$900++; a 90-minute massage is US\$90++

www.banyantree.com

KARMA KANDARA

Situated on a cliff, with its bright white restaurant standing out against the blue, blue sky, and the coolest beach bar way down by mini tram on the shore below, this villa resort offers a laid back atmosphere for healing.

At Karma Spa think sublime spa shacks and healing huts, celebrity healers, fresh kelp rituals and spiritual encounters. Karma bodyworkers are Level 1 Reiki trained and



ULUWATU



many ingredients used are organically grown. Splurge on world-class Oxygen Facials (just like Madonna) or detox in an infrared glass-walled sauna, the ultimate hangover cure. By night, regenerate in a warmed saltwater pool underneath a star-filled sky.

What to know: New are the four-night Martinis & Manicures retreats – a mix of Pilates, pedicures and Pina Coladas.

Prices: Villas start at US\$592++; a one-hour massage is US\$60++

www.karmaresorts.com

THE BULGARI

The villas are so worth a stay here, even if only to take a soak in the stunning black stone bathtub, well stocked with Bulgari lotions and creams. Walk the cobbled paths leading from restaurant to bar to villa to keep fit, and revel in the outstanding gourmet menus.

This spa can't be recommended highly enough for its location, interiors and impeccable service. Enter through the traditional Joglo exterior and through to spa villas resting on the

cliff where the sounds of waves are the ultimate spa music. Treatments by ESPA are flawless.

What to know: Bulgari will donate US\$1 million to the International Children Campaign 'Rewrite the future'.

Prices: Villas from US\$1,300++; a 55-minute treatment costs R850,000++ (US\$71 approx)

www.bulgarihotels.com

THE EDGE, ULUWATU, BALI

A private villa estate offering bespoke luxury, The Edge has the taste of home and the choice of a boutique hotel. Clinging to the cliff rock face, the Edge Spa takes design to another planet. Dream of liquid floors, wall-less rooms, private steam coves and sensuous curves as the spa seemingly skims above the azure blue sea. Signature treatments include the Arak massage and a Rice Wine body scrub.

What to know: There are in-villa baths and treatments if you can't leave your villa.

Prices: unavailable at time of print

Website coming soon. Contact amanda@restyle-international.com for more details.

NUSA DUA

AMAN NUSA

A majestic resort, carved mostly from local stone, Aman Nusa is all pools and tropical plants, while villas are just as sumptuous, of course. At the Spa, choose your own scents and a foot or hand massage before your Aman Facial starts, then let the therapists take it from there. The highlight of the all-natural facial is the ten minutes of incredible neck and cranio massage that encourages blood flow and circulation. Aman packages all their products and drinking water in glass, giving them bonus eco-integrity points.

What to know: At The Beach Club, wake up to a sunrise breakfast in one of the nine bales, and finish the day with a candlelit barbeque.

Prices: Rooms start at US\$750++; a one-hour body massage is RP: 740,000++ (US\$60 approx)

www.amanusa.com

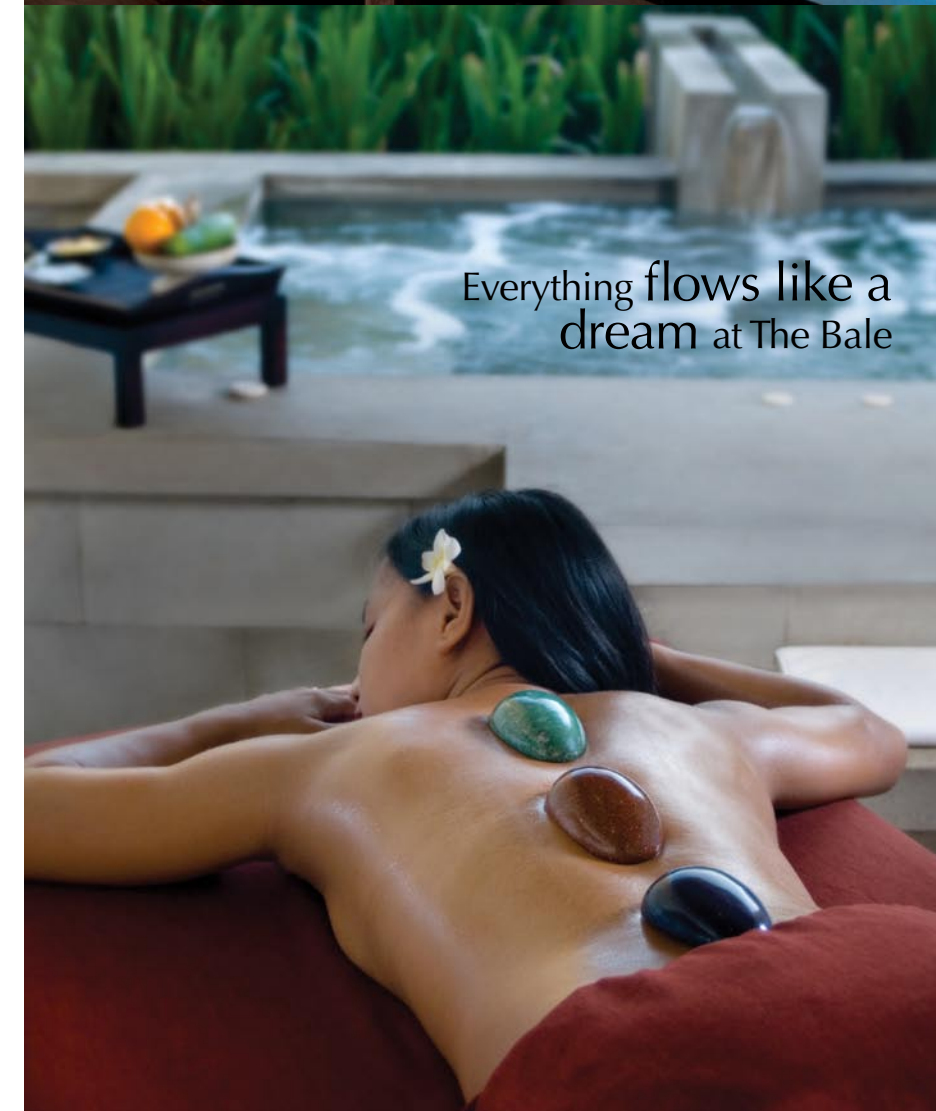
CONRAD BALI

There's nothing quite like being able to walk from your room directly into a pool, so to fully appreciate the Conrad, stay in one of their beautiful lagoon-access pools. Or even better, upgrade yourself to their new Conrad Suite Villas, where a private pool awaits you. With big renovations complete, the Conrad is going from strength to strength, and the spa is no different. Big plans are afoot for lifestyle retreats and alternative therapy consultations, so Jiwa Spa will soon be nurturing its guests like never before. One of the long-standing packages – The Royal – is still a phenomenally relaxing experience of Inner Radiance massage, scrub, masque and flower petal bath with coconut milk.

What to know: When staying at the Conrad Suites, note your preferences on myconradbali.com and the huge spaces will be stocked with your favourite comforts when you arrive.

Prices:

www.conradbali.com



Everything flows like a dream at The Bale

THIS PAGE TOP TO BOTTOM: The stylish spa rooms at Kriya Spa, Grand Hyatt Bali, soothe as soon as one enters; the crystal healing stone therapy at The Bale is renowned for its results. OPPOSITE PAGE CLOCKWISE FROM TOP LEFT: A sumptuous beachside massage brings nature and therapy together at the Banyan Tree Ungasan; the entrance to the Bulgari Bali's spa is an ancient Javanese house; the stunning cliffpool at Karma Kandara takes your breath away.



Stunning architecture, eclectic design and sympathetic landscaping provide wow-factors at every turn at the St Regis

GRAND HYATT BALI

The huge Grand Hyatt has no less than five pools, 648 contemporary rooms with balconies and four atmospheric restaurants including the cultural market, entertainment and eatery centre Pasar Senggol.

A modern take on a Balinese bathing palace, Kriya Spa celebrates the sacredness of spa in countless ways. There are 24 stunning all-white stone villas set around water features, while inside the treatment rooms are lush day-beds and private shower and bathing facilities. The menu's rituals reflect ceremonies – with a special menu devoted to Ayurveda as designed by Dr Sanjay the spiritual spa director.

What to know: Highly sought-after is the Ingan Jyot facial that blends homegrown avocado and honey with a non-invasive laser technology from Switzerland.

Prices: Rooms start at US\$120++; a 75-minute treatment is US\$75++
www.bali.grand.hyatt.com

NIKKO BALI RESORT & SPA

Nikko Bali is a classic, contemporary resort with lagoon pools in landscaped gardens leading down to the beach. At their Mandara Spa, fancy having your feet pummeled during

a 'fancy footwork' reflexology session in a beachfront tent as you watch waves crash upon the nearby shores? Alternatively choose one of the eight exquisite Balinese style villas fitted out with cream marble, outdoor baths and private steam rooms. Mandara Spas have been undergoing a face-life, transforming from their bright blues to harmonious creams and browns, each a sanctuary for taking Balinese rituals, Decl  r facials and Ayurvedic experiences.

What to know: Check out the new 1800sqm, design-tastic Ayodya Spa by Mandara at the Ayodya Resort, also located in Nusa Dua.

Prices: Rooms from US\$XXX++; a 50-minute Balinese massage is US\$55++
www.nikkobali.com

ST. REGIS BALI

This Bill Bensley creation is the talk of the island. Stunning architecture, eclectic design and sympathetic landscaping provide wow-factors at every turn, but witness the torch lighting ceremony every night, read a book in the in-pool sitting rooms, and eat in any of their restaurants and you're experiencing more.

Remede Spa joins them. In this moon and butterfly themed fantasy, magical at night, sig-

nature therapies include the Lulur Experience made from sandalwood, turmeric and ground nuts. But it's their Customized Massage that is phenomenal. Warm paraffin packs are applied for deep relief while the massage is tailored to your needs. Try the Aqua Vitale Pool with underwater massage jets first or book their state-of-the-art mani-pedi thrones.

What to know: Breakfast is not a meal, it's an event, waiters serving tasty amuse-bouches to wake up your taste buds.

Prices: Standard rooms start at US\$450++; a one-hour Balinese massage is US\$98++
www.stregis.com

THALSSO BALI

Fifteen years and this spa still offers one of the most rejuvenating French inspired spa experiences in Bali. Within sea-facing surroundings, bathe in a warmed seawater fed pool while massage jets pummel and pound as if a dozen therapists are massaging you back into shape. After this, you'll be caked in warmed green sea mud that works wonders on smoothing the skin to perfection.

What to know: Upcoming treatment launches include Lymphatic Drainage Massage, Golden Caviar Facials and Phytomer Seaweed Facial.

Prices: US\$35++ for a one-hour Aquamedic pool entry; US\$45++ for a 50-minute aromatherapy massage
www.thalassobali.com

THE BALE

Everything flows like a dream at The Bale, whose long-held reputation is helped along by the enigmatic GM, Jose Luis Calle. Zen architecture and facilities are luxurious, and yet the resort has recently been spruced-up. Treatment-wise, it's the Anma, a traditional Japanese bodywork that captured our attention. Terry Liew spent three years training the Bale's staff. Our opinion? It was well worth the wait! This deeply healing encounter will take you somewhere very profound.

What to know: No children below 16 can stay – it's one of the most peaceful resorts around.

Prices: Rooms start at US\$550++; a one-hour Indonesian massage is US\$60++
www.thebale.com

THIS PAGE: The stunning onyx decorated Remede Spa at the St Regis Bali provides a magical relaxation pavilion. OPPOSITE PAGE: Glo Day Spa is where everyone goes for quality, lasting pedicures; and Jari Menari is famous in Bali for affordable but fantastic massages.

AFFORDABLE-CHIC

BODYWORKS, Seminyak

Bodyworks is where expats go for affordable manicures, pedicures and hair services. Muted blue, dashing pink and turquoise-green treatment rooms set around a tranquil courtyard create an exotic Moroccan feel. Recommended is the Bio Lifting facial treatment, a 100% natural experience blended with skin techniques to firm and plump up the complexion.

What to know: Bodyworks has another branch at Jalan Kayu Jati, perfect for a mid-shopping escape.

Prices: A one-hour massages starts at RP140,000 (US\$11 approx)
bodyworks@hotmail.com

CHILL, Seminyak

Slip off your shoes, plug in your iPod and let the skilled therapists do their thing with your feet, ankles, neck and shoulders. Chill is a rectangular whitewashed communal space fitted out simply with rows of massage beds. There are only four treatments on the menu here; two feet, neck and shoulder treatments, two body massages – try the Chill Out, a full body pressure point massage.

What to know: CHILL is part of The Villas, home to Prana Spa, an Indian-inspired fantasy spa with beautiful Ayurvedic treatments.

Prices: One-hour sessions start at US\$13
www.thevillas.net

COZY, Kuta

More foot fetish therapies and good quality reflexology can be found at one of the Cozy reflexology outlets. Zone out during the Cozy DeLight where two therapists work on your feet and head at the same time. They offer excellent full body massages, shiatsu head massage, manicures and pedicures too – book ahead as it gets popular.

What to know: The juice bar will keep you refreshed.

Prices: from RP35,000 - 160,000 (US\$2.50-13 approx).
+62 (0361) 766 762

ESPACE SPA, Seminyak

Another establishment reputed for its posture-aligning therapies, inside this communal spa are rows of reflexology chairs, plus a couple of semi-private treatment rooms. Menu-wise, it's all about the art of the massage – dreamy therapeutic bodywork, crystal reflexology and chair rubdowns. On your way out, browse their retail space with home spa essentials like natural loofahs and body scrubs.

What to know: Espace Spa also offers in-villa experiences – where highly qualified therapists bring their portable massage tables to you.

Prices: A one-hour massage starts at US\$17
www.espacespabali.com

GLO, Seminyak

The truth is it can be tricky to find a good pedicure at many spas, which is why expats and locals head to Glo Day Spa for flawless pampering. Created by Georgia Sutherland, staff are superbly trained, the facilities 100% hygienic and the results long-lasting. Interiors are salon-style, fitted out with sumptuous red chairs and stocked with the latest mind-numbing celebrity magazines. The menu offers a spectrum of waxing, grooming and Decl  r facials, and prices are good.

What to know: Want to look sun kissed on vacation? Glo is also known for its excellent 15-minute spray tans.

Prices: A 45-minute manicure is RP105,000 (US\$8 approx)
www.glogarage.com

JARI MENARI, Seminyak

Ask anyone where they go for the best massages and they'll invariable reply Jari Menari. A modest spa fitted out with Japanese-inspired simple rooms, it offers a boutique menu to suit. What makes this place stand out is the on-going therapist training by founder Susan Stein. The moment the therapists pounce upon your shoulders you know you are in the hands of highly attuned folk.

What to know: Learn the secrets of Jari Menari's techniques via educational classes held every Tuesday.

Prices: A 75-minute massage is RP250,000 (US\$20 approx)
www.jarimenari.com

