water wonders

swim, raft, and scoot your way to fun
W RETREAT & SPA BALI
The swanky hotel is already everyone's favourite destination when in Bali, not to mention the 1,790-square-metre swimming pool. In case you haven't notice, the gorgeous pool is inspired by Indonesian rice fields and dubbed as WET. So the next time you're there, go to a higher spot and see if you can notice the rice field shape.

SOFITEL BALI NUSA DUA BEACH RESORT
The new hotel establishment has an impressive swimming pool that features a Jacuzzi inside the pool to keep you warm and relaxed, and even a manmade beach and slides at the kid's pool.
› BTDC Lot Ny Nusa Dua, T: +62 361 849 2888, www.sofitel.com

LE MÉRIDIEN BALI JIMBARAN
The 1,300-square-metre pool dubbed as saltwater lagoon pool, uses natural saltwater that is believed to be energising and refreshing at the same time. Additional fun feature is the waterfall from the Swim-Up Bar.

THE ST. REGIS BALI RESORT
Everything is big in St Regis, including the pools. You get to choose to swim in the three inviting pools from the swimmable lagoon that is 4,968 square metres with saline water, main pool of 3,668 square metres and equipped with bale bengong, and even a kiddie pool.

MAYA UBUD RESORT & SPA
The tranquil resort offers two swimming pools and both have stunning backdrop that will make your swimming experience even more enchanting. Our favourite is the Spa Pool overlooking the Petanu River.

ALILA VILLAS ULUWATU
Alila's pool has become such an international phenomenon for its amazing Indian Ocean view, as it is situated on a 100-metre high cliff. The dramatic Sunset Cabana is also just next-door if you want to lounge around with some nibbles and cocktails.

TRIP STRIVE
Almost 80 percent of our drink consists of water, so drink mineral water to help us focus and raise our energy.

Humans can live for a month without food. But what about water? We will only survive for a week.

Seventy percent of this earth is covered in water, so you'd be learned to swim better yet, right?
Spa at Maya

Place
The serene and peaceful Spa at Maya is located inside Maya Ubud Resort & Spa. Guests are specially treated at their own private villa with its Balinese design and semi-open-air concept. All the spa villas overlook Petarua River, creating a tranquil ambience of flowing water.

Treatments
I was recommended the River Escape (US$8), a soothing 90-minute treatment which includes a very sedating Balinese massage followed by an indulging flower bath. And it is the best massage I’ve ever tried in Bali. While so many other massage treatments use various complicated techniques, this just uses the simple but spot-on hand pressure. I arrived feeling a bit fatigued due to lack of sleep, had a mild cold and a sprained ankle — I was definitely in dire need of some rejuvenation. After the treatment I felt much more energised, with no more cold symptoms, and after a gentle massage on my sprained ankle, it hurt less and actually got better quickly. I ended my wonderful treatment with a healthy meal and juice at River Café.

Ingredients
Spa at Maya uses its own natural products such as body oil or body lotion, in addition to other commercial products such as Pevonia and Biokos. The spa also displays its various products at the spa lobby for purchase.

In a Nutshell
For a tranquil spa in the heart of natural Ubud that offers one of Bali’s best massages, all you need is here at Spa at Maya. Make your trip to Ubud worthwhile by getting your treatment here and allowing yourself to get completely rejuvenated and pampered all at the same time.

Debra Tamar