Bali Life on the Island

NOW

Bali for Kids

A Fun Day Out
Junior Sports Academy
Family Staycation Ideas

Kids Party Planning
Cooking Classes for Kids
A Spa to Remember

BY AYUSEKAR

After weeks of bumping around the backwoods of India’s far Northeast Province of Nagaland, photographing headhunters and enjoying interesting encounters, it was good to be back in Bali with a rather tired body. I needed a soothing massage and I needed it to be good. So why not go to the upmarket Ubud Maya Resort where the spa has already won awards for their great service and treatments.
Enjoying the walk through the beautifully landscaped gardens, I entered the luxurious confines of the Spa, and noticed a sign offering a very nice promotion. The Riverside oxygen therapy offered a footbath, soothing full body massage, and an Intraceuticals anti-ageing oxygen face treatment as well as a free day at the Riverside pool all in one difficult to resist package. This, I thought was just the ticket.

So after cold towels and general pleasantries, I was led down the big stone steps to one of the well fitted treatment rooms. Everything is in perfect order, and designed to please. While some visitors are content with a bargain priced massage in a tiny cubicle on one of Ubud’s back streets, sometimes it is nice to be pampered, knowing that everything is being taken care of for a hour or two, and it is quite acceptable to drift off into a haze of comfort and relaxation.

So that is exactly what I did. Ariani, the therapist did a great job administering the long strokes of the soothing massage, which is guaranteed to loosen the knots of the most pent up patron. After half an hour, I was floating so lightly in a sea of relaxation that I never wanted it to end. In the background, the only sounds to be heard were the soft gurgles of the holy Petanu River, which flows past ancient archeological sites upstream near Tampaksiring on its long route down to the sea near Gua Lawar.

This is one of Bali’s most important rivers and to have this as a companion to a treatment, can only be good for the soul as well as the body.

The oxygen facial that followed was another pleasantly relaxing experience as the face is cleansed and lightly massaged before being treated with the oxygen device. Areas with fine lines are sprayed with the special concoction and then the oxygen is used to help the skin absorb the soothing serum. The facial treatment takes about thirty minutes which is a nice way to finish after the massage. By this time relaxation has reached such a high point, that even moving to get up off the massage table seems to be just too much work.

After a light shower and feeling full of bliss, it was time to start back to the other, more hectic world, but not before a stop at the scenic Riverside Café for a light spa lunch. Overlooking the river and the inviting spa pool, the little Café offers an interesting menu with spa food as well as more substantial choices for serious eaters.

The Vietnamese spring rolls were just perfect while guests at the next table seemed to be very happy with their pizza and other assorted dishes. I left the pool stay for another day, but I am sure it is a gorgeous way to spend an hour or two. It is good to arrive in the morning when the soft and misty light, lend an ethereal quality to the river and the views.

This promotion is available until mid-April but you can check their website for other upcoming promotions designed to give guests a good value experience.

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