The award winning Da La Spa, with their two easily reached locations, one at Villa De Daun in Kuta, the other at the Alaya Ubud, invites guests to experience the magic of wellness and beauty through their comprehensive treatments that include, not just the most magnificently romantic spa suites but also tuition in the arts of jamu making and beauty preparations. Their use of herbs and essential oils to balance, energize and rejuvenate, enhance the Balinese massage techniques used, bringing relief to mind and body. Each therapist is highly knowledgeable and will guide you to the best choices of massage treatments to reclaim lost vitality and vigor.

Set atop a beautiful forested gorge with the rushing Petanu river below, the Spa at Maya Ubud is a perfect place for a natural renewal. The combination of stunning scenery and simplistic, elegant décor creates a space for the mind to unwind and the body to relinquish any stresses or strains – it is no surprise the Maya has won Green Globe Award. The gentle attention of the staff binds the elements to allow guests to simply go with the flow of the massage, bask in the beautiful natural light and breathe in the softly fragranced forest air. The Petanu Interlude and the Maya Escape Spa treatments feature Balinese style massages, with either a body scrub or reflexology treatment followed by herbal or floral bathing that deepens the overall sense of total relaxation.

Nusa Dua Beach Resort and Spa offer spa rituals and escapes that are full treatments, which include activities and refreshment. These treatments can really add value to any health or detox
TREKKING

One way to stay fit - and to explore Bali properly - is by going on a guided trek to the island’s remote areas. Bali Adventure Tours takes you on a tour through the hills of Boenjaka in Taro Village (near Ubud) on foot! Aside from giving you the opportunity to be active during your holiday, the tour also gives you a chance to wander through a bamboo forest and see the timeless routine of planting and harvesting rice from the endless stretches of emerald green rice fields that unfold before you. Your guides will introduce the flora and fauna you pass throughout the tour, including king and queen palm trees, ferns, wild orchids, hanging liana vines and a variety of birds such as the Java Kingfisher, and Black Bali Starling.

You will also be taken to a traditional Balinese family compound on the hill, and see firsthand how the locals go about their daily routines. En route agricultural plantations of coffee, coconut, and palm can be seen, and tropical fruits such as the snake skin fruit (salak), durian, jackfruit, papaya, oranges, mandarin, mangoes, and mangostene. What’s more, you can sample spices such as cinnamon, ginger, and turmeric direct from their natural sources.

The 2-hour trek includes an exclusive passage directly through the spectacular Elephant Safari Park where majestic and endangered Sumatran Elephants meander by within inches of your trail. Lunch is served in the safari inspired coconut and teak wood open-air restaurant overlooking the bathing lake of the Elephant Safari Park before a return drive south through the unspoiled Balinese countryside.

Bali Adventure Tours | Phone: 0361 721 480
www.baliadventuretours.com

SWING THROUGH THE BALI TREES

Bali Treetop Adventure Park allows you to swing like the king of the jungle, and sweat through all the adventure. With different circuits, you can find the most appropriate one for your ability and age, or even try the more challenging circuits. Suitable for those aged 4 to over 60 with a maximum weight of 120kg, the outdoor challenges offered at the park are set amongst towering trees in the cool breeze of Bedugul. But don’t worry, for throughout the entirety of the circuits you will remain attached to a lifeline support. Patrol Guides will also be situated along the circuit ready to advise and assist as needed - giving support from above and below.

Bali Treetop Adventure Park
Eka Karya Bali Botanical Garden, Baturiti, Tabanan
Phone: 832 0680 | www.balitreetop.com

CYCLING

This is the kind of adventure that takes you to some of the most inspiring places in Bali – and will certainly make you sweat! Whether you are a regular or infrequent cyclist, cycling is a great way to explore the island. Of course, we recommend that you go on a guided cycling tour to enjoy the experience to the fullest. Maya Ubud Resort & Spa provides a healthy getaway for those who enjoy cycling along the quiet country lanes of Ubud. They take care of everything, kitting you out with a good quality bike and providing detailed, well thought-out itineraries. We’re sure you’ll unwind as you turn the pedals. A qualified resort guide will lead you off to discover amazing historical sites, visit ancient temples or simply enjoy the natural beauty of the rice terraces, distant mountains, turbulent rivers and natural springs. You will also get to enjoy a short walk into the rice fields where you can experience firsthand what it is like to grow, harvest and process the rice.

Maya Ubud Resort & Spa
Jalan Gunung Sari, Peliatan, Ubud | Phone: 0361 977 888
www.mayaresorts.com