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Water attraction



BD/Anggara Mahendra

Visitors walk on the wooden platform at a part of Lake Beratan dedicated to water entertainment, with Ulun Danu temple in the background. The lake is one of the island's top tourism attractions.

Spa treatments pamper your body and mind

The island of Bali is home to more than 1,000 spa establishments offering a myriad of pampering treatments that nurture, rejuvenate and detoxify your body, mind and soul, all at once.

A treatment in a spa is in line with the centuries-old belief that the harmonious balance between the inner and outer self maintains health and restores equilibrium between human beings and nature.

Bali provides a large variety of backdrops for celebrated spa experiences to suit your taste.

You may have an extraordinary spa experience by the beach in Sanur, Nusa Dua or Jimbaran, or amid the lush green rice fields of Ubud, or even in the hustle and bustle of the island's happening tourist destinations of Kuta, Legian and Seminyak.

Many spa establishments in Bali provide a perfect combination of spa and healing therapies from East and West enriching the experience—from Balinese and Javanese traditional spa treatments, to Thai and Indian styles of treatments, as well as medical spa sessions.

One of the finest examples is The Spa at Bali Hyatt.

Nested in beautifully landscaped gardens and meandering water features, The Spa at Bali Hyatt presents a natural balance of energy for rejuvenation and revitalization. Featuring four double villas and four single treatment rooms, each with its own private outdoor shower and bathtub, it creates a single venue for all treatments.

Double villas are particularly suitable for couples with two massage beds, an outdoor whirlpool bath and a bale, a semi-covered outdoor seating area setting the scene for relaxation combining nature with comfort. The single treatment rooms provide an outdoor shower and bath, giving complete privacy. The sauna, steam room and outdoor Jacuzzi are nestled between the villas and treatment rooms and complete The Spa. They provide an alternative healing environment to detoxify and cleanse the body.

The Spa at Bali Hyatt has redefined the transition between reality and Nirvana as guests step into the mystical Balinese world and experience the unique and exclusive treatments that allow the body to heal and rejuvenate, and indulge in harmony with nature.

However, if you chose to be in the

middle of a stunning rice field landscape, visiting the award-winning DaLa Spa at the Alaya Ubud hotel may be the perfect spot to experience a nature-driven health and relaxation center. Decorated beautifully by the Moroccan-born interior designer Zohra Boukhari, the spa is designed for its guests to experience Balinese-style rejuvenation in a serene setting. The DaLa Spa offers a meticulously crafted menu inspired by age-old Indonesian healing and beauty rituals.

The spa facilities also include six spa treatment rooms overlooking a river, an elegant lobby and a dining terrace serving organic spa cuisine. There is also an open kitchen where interactive spa classes are conducted and body products are prepared prior to each treatment using fresh botanicals. During the treatments, guests can choose different massage therapies, exfoliating scrubs or body masks, beauty treatments and bath-time indulgences.

Manis Kelepon, named after a traditional Indonesian sticky rice flour cake, is the Spa Signature treatment which includes a foot wash, a palm sugar body scrub, fragrant body mask, flower bath, relaxing massage and a sweet cake to finish it.

If you don't have time to go to Ubud or Sanur and prefer to spend your leisure in the tourist hubs of Kuta and Legian, Cocoon Medical Spa is an excellent option.

Located on Sunset Road, Legian, opposite McDonalds, it is the first international cosmetic and wellness spa in Indonesia.

Cocoon Medical Spa aims to create the difference with an experienced medical team, high quality equipment and products, and superior customer service, offering the latest innovations in non-invasive treatments, including anti aging, cosmetic and wellness.

"Our whole focus is on creating the best visible results for the client" says Louise Cogan, the Australian creative visionary for the center.

All registered doctors and nurses have been trained by Australian and British doctors to bring the level of their skills and techniques and communication to international standards.

Unique, holistic treatments such as "Acne away", "Skin Glow" and "Skin Tight", combine both cosmetic — such as Botox, RF microneedling and lasers, together with wellness

treatments, such as colon hydrotherapy and vitamin IV. The reasoning behind this to cleanse and balance the inner body, making cosmetic results look better and last a lot longer.

The younger market, and even men, have their own packages, including fat reduction, pre-wedding,

hair regrowth, anti-aging, and even "Hair of the Dog" — a hangover package to hydrate and cleanse the body.

"We chose superior technology that is safe, has low to no downtime and proven scientific results," Cogan says. Treatments at Cocoon Medical Spa include: Botox and fillers,

chemical peels, skin rejuvenation, laser, permanent hair removal, slimming, fat and cellulite removal, non-needle mesotherapy, diamond microdermabrasion, PRP, PDT, colon hydrotherapy, infrared sauna and vitamin IV.

"We hope to be a training center

to other doctors and clinics to put Indonesia on the world map for excellence in medical tourism. Slowly, people are seeing that Indonesia is improving in healthcare quality, and Indonesia should be a serious competitor to Malaysia and Thailand in the near future."

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