

most spas per
meter in Bali and

the world. Almost all are found at the
all gangs off the main road, so part
is the journey to the unknown. At the
ery pot-holed pathway, **Modena Day**
a very pleasant surprise. This guest
ned spa comes with spacious rooms
ns. Some of their unique massages
ce healthy scrubs such as traditional
herbs, green tea, local honey and
fresh from the market. The yummy
concoctions feel and smell divine, and
nely affordable!

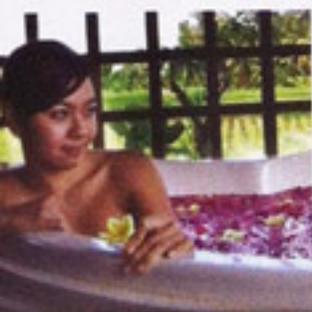
Spa

denadayspa.com | Jl. Monkey Forest
970724 | info@modenaspa.com

g to locally based spa connoisseurs,
hair stylists are based at **Milano Spa**
behind the football field in central
ey also do wonderful mani-pedis with
on to upgrade to OPI products for more
y and eco-friendliness.

Salon

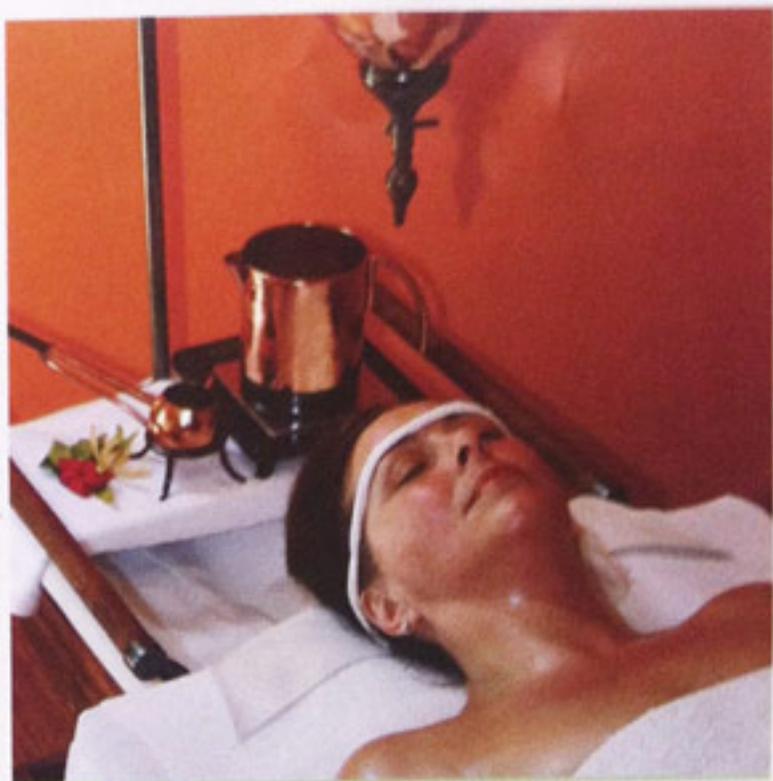
ey Forest | Tel: (0361) 973.488
ano@yahoo.com



Just a stone's
throw away along
a much better
maintained
walkway
is **Kayma**
Spa which
surprisingly, still

gorgeous padi field views. It possesses
earing traditional Bali style, seldom
ted in the rising number of flashy, five star

Tel: (0361) 9100017 | info@kaymaspa.com



Bali Botanica Day Spa is another treat. They
are one of few spas offering quality Ayurvedic
treatments as only certain spa specialists
possess the necessary deep spiritual sense
as those of Indian yogis where the practices
originated. The most well known therapy is
shirodara where the patient lies down with
their eyes covered to receive specially prepared
warm herbal oil that is poured in a thin steady
stream onto the forehead, just above the third
eye chakra. It is an important energetic point.
This blissful therapy purifies the mind, alleviates
anxiety, headaches and expands awareness.
Sometimes it sends us straight into a deep
slumber.

The also offer a twist on popular hair cream
baths with their Ayurvedic crown massage. In
their homey aesthetics room, you will appear
quite foolish wearing a towering banana leaf

hat as a fresh hibiscus leaf oil full of vitamins B and C is left in your hair while your upper body is massaged. Looks silly, but leaves you with a completely natural high which you can take to the nearby Bridge's Restaurant for a decadent, delicious lunch as part of their day spa packages. One of the nicest things about this little spa is the bathtubs that look out over a piece of tropical jungle – so soothing to lie in the bathtub, letting your thoughts wander as the eyes are soothed with the bright greenery beyond.

Their normal massages are great too, especially if you are lucky enough to get male masseur Yudi whose strong hands bring energy to stiff shoulders and you feel yourself unwind under his healing touch. Enjoy their complimentary transport.

Bali Botanica Day Spa

www.balibotanica.com | Jl. Sanggingan
Tel: (0361) 976739 | info@balibotanica.com

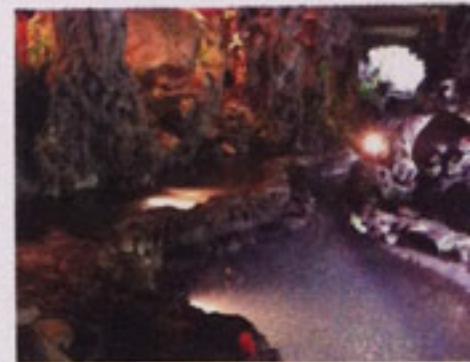


Creating the latest spa buzz is the opening of the award-winning **Dala Spa at the Alaya Resort**. Nestled in the rear corner

of the resort, with a soothing, tropical view from their comfy reception area, they have delved deeply into the tapestry of age-old Indonesian healing to present uniquely different paths to wellness. A traditional Balinese healing ritual

the black pangi sambal made with candlenuts is quite delicious. Guests are surprised that you use that they normally use for

Dala Spa at the Alaya Resort
www.alayaubud.com | Jl. Raya Ubud
Tel: (0361) 972 200 | dalaspa@alayaubud.com



Tjampuhan Spa and Hotel at the Alaya Resort, Ubud. Dating back to the 1930s, the spa has been amazing visitors with its phantasmagorical cave of rock figurines and monkeys that surround the rock Jacuzzi set right at the edge of the Tjampuhan River.

Between the relaxing sounds of the flowing movements of the river (she has been treating people for my mind calmed and my stress away just as the hustle and bustle of a day in Ubud dissolved into

All of the world's dramas were mere witness. I hovered over the go of every last bit of tension. A cup of ginger tea later,