

BALI'S TOP SPAS

Known as Asia's Island of the Gods, Bali has long been revered for its picturesque scenery, gentle hospitality and authentic spiritual charm. Home to hundreds of gorgeous wellness sanctuaries, it's a spa lover's haven and here we highlight the best of the best.

BY REBECCA WALKER



INDOOR/OUTDOOR OASIS / OJAS

OJAS, COMO SHAMBHALA ESTATE

Appealing to luxury lovers and wellness seekers alike, **COMO Shambhala Estate** is a sprawling health retreat set among the steep ravines and verdant rice paddies of Ubud's central foothills. Ensclosed by jungle and spread over nine sparse treatment rooms, **Ojas** (Sanskrit for "essence of life") is a sleek spa sanctuary bathed in natural light and hues of white. Embracing contemporary design, the spa's deluxe facilities include steam/sauna rooms, a yoga studio and a spring-fed vitality pool equipped with a unique bio-energy water treatment system (said to

alkalize the body and enhance detoxification). Custom-designed wellness programs and expert therapists are COMO trademarks, and the array of therapies on offer at Ojas will impress even the most seasoned spa connoisseur. Standout treatments include the **Taksu Massage**, **Warm Muscle Wrap** and signature **COMO Shambhala Ritual**, all of which incorporate COMO's exclusive organic oil blends and **PURIFY** skincare range.

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WATER WELLNESS / OAZIA SPA

OAZIA SPA, OAZIA SPA VILLAS

Born from the imagination of European interior designer and architect Veronika Blomgren, **Oazia Spa Villas** is one of Bali's most enchanting boutique hideaways. Emanating peaceful tranquility at every turn, the retreat's chic spa flaunts two spacious treatment rooms replete with billowing white drapes and boudoir-style furnishings and nestled among the lush rice fields of Canggu. Carried out by specialist healers, the spa's holistic treatments include a wide range of soul-soothing therapies such as **Shamanic Reiki**, alongside more traditional menu items such as the **Four-Hand Balinese Massage**. For an out-of-this-world experience, take a dip in Oazia's Watsu pool and enjoy an **Aqua Flow Therapy** session with water wellness practitioner Elisa Senese.

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ALL AGLOW / AWAY SPA

AWAY SPA, W RETREAT & SPA

Located in the heart of one of Bali's trendiest districts, **W Retreat & Spa** is one of the island's newest and quirkiest resorts. Comprised of a labyrinth of futuristic facilities—including a decompression lounge where guests can dose up on fresh oxygen pre-treatment—**AWAY Spa** is most memorable for its offbeat design features, blue-lit spa spaces and playful treatment menu. Pampering is taken to new heights thanks to cutting-edge offerings that encompass a hydro-jet cold plunge, hammam, chill bar, private meditation platforms, hair salon and mani-pedi lounge. Spread over five treatment rooms (including two deluxe AWAY spa suites) and open 24 hours, this rejuvenation playground offers tongue-in-cheek therapies such as the 150-minute **Over The Top** ritual, which includes a "scent alchemist" body massage followed by a diamond dust body polish and 24K gold wrap. Director of Spa and Recreation Juliana Salla will personally create the ultimate spa encounter for you.

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SUBLIME SURROUNDS / KARMA SPA

KARMA SPA, KARMA KANDARA

Perched on a cliff overlooking the Indian Ocean, **Karma Spa** has a spectacular vantage point on Bali's southern coast that is second to none. The spa's seaside location lends itself to a relaxing barefoot luxury vibe and along with three open-air treatment huts, Karma is home to a stone steam and scrub room, glass-walled infrared detox sauna and Himalayan crystal salt pool. With a focus on holistic wellness, treatments include **Intuitive Balinese Massage**, **Oxygen Infusion Facials** and purifying rituals such as the **Himalayan Crystal Healing Journey**—a sublime therapy that includes a Himalayan crystal salt body scrub, herbal steam, traditional Ubtan powder body wrap, healing massage and gem-infused, "aura-cleaning" facial. For a truly transformative experience, make an appointment with Balinese energy healer and Reiki master I Made Warmana.

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SERENE SOAK / SPA ALILA

SPA ALILA, ALILA VILLAS SOORI

Contemporary architecture, elegant design, refined interiors and a stunning location are the hallmarks of beachside resort **Alila Villas Soori**. Employing cool earth tones, terracotta-tiled walls and dim lighting, the calm-inducing spaces of **Spa Alila** enhance a tranquil atmosphere conducive to instant relaxation. Spanning five treatment rooms, this modern healing haven boasts wet treatment areas, heated beds, rain showers and an oversized indoor Jacuzzi. Beginning with a foot bath, the signature **Marine Wrap** includes a 60-minute therapeutic massage, aloe vera and cucumber body scrub and seaweed and lavender body wrap designed to soothe, cool, hydrate and rejuvenate skin. Ask for Susanti.

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THE SPA, BULGARI RESORT BALI

Marrying traditional Balinese architecture with sophisticated Italian interiors, **The Spa at Bulgari Resort** is everything one would expect from this stylish luxury brand. Located 492 feet above the ocean, four spa villas rest cliffside, along with two **Royal Pavilions** that come equipped with outdoor gardens, rain showers, whirlpool baths and private outdoor plunge pools. Enjoy supreme treatments such as the **Bulgari Royal Lulur For Two**—a three-hour indulgence for couples that includes a foot ritual and exfoliating Lulur scrub and body polish using rice powder and spices; also included is a full-body cooling marine algae wrap followed by a cleansing facial and synchronized "reflex zone" massage. Be sure to check in with Spa Manager Ani Gunawati for the VIP experience.

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SEA VIEW / THE SPA



SIDE BY SIDE / THE SPA