

EDITOR'S LIST

HOT 10

*The Best of Bali:
Spa*

A great spa, aside from its treatments, should be complemented with a wonderful natural ambience, and one of the best places is the island of the gods. We looked to produce a list with a good mix of spas, ranging from those in the lush greenery of Ubud, beachside spas in Jimbaran and Nusa Dua, and clifftop properties with stunning ocean views in Uluwatu. This list is the editor's choice after long deliberation and based on recent visits to all the spas. To be sure, there are other great spas outside of this list in Bali. The spas are listed alphabetically, and all have equal rankings on the list.

BY YESSAR ROSENDAR



Komaneka Spa at Bisma

UBUD

The Komaneka Spa at the Komaneka at Bisma is perfect for those who want a treatment at a secluded place but still be within walking distance to Ubud. The spa is nestled at a riverside for a natural ambience with the rippling water from the river. It has nine spa villas, each with its own private jacuzzi and changing room. The best space is the two double treatment villas, with a view of the river, illuminated by warm sunlight and the fresh cool breeze blowing in the open-air environment. The spa offers a variety of natural products and professional treatments including traditional massage, herbal body scrub, and a wrap. It has a choice of aromatherapy massage oils, such as the Komaneka Spice that blends clove, cassia, ylang-ylang and ginger. The signature treatment is the Komaneka Royal, a 2.5-hour treatment that combines a full body massage, beauty treatment and a herbal flower bath. Start with a lukewarm foot wash with natural soap and flower petals, and then the therapist will rub the body using aloe vera and mint oil, followed with one and a half hour massage using acupressure, Swedish and Balinese massage techniques. Next, your body will be rubbed and massaged with a rice and spices scrub. The last step of this treatment is a herbal bath, filled with spices and flower petals, lemongrass, citrus and pandan leaves.