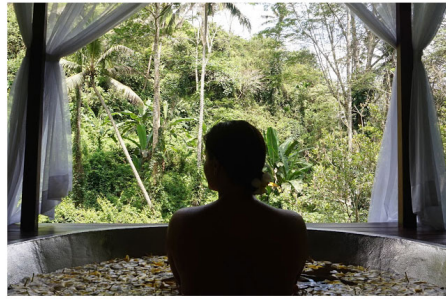


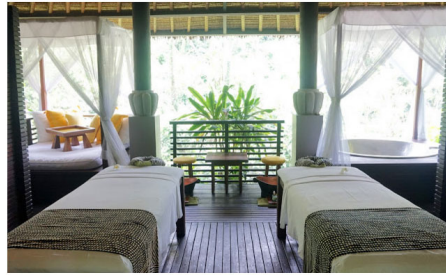
The Best Spa Treatments in Ubud

7 MINUTE READ



Ubud is without doubt Bali's spiritual hub, making it also one of the best spots on the island to indulge in self-care at numerous idyllic spas and wellness centers. In Ubud you're guaranteed to find the treatment you seek—whether you're craving a reflexology session, detoxifying body-mask, stress relieving Balinese massage, reiki healing, sound therapy, salt room soaks, and just about any other holistic therapy. We did the very difficult job of testing out a few spas to divulge this list of the best spa experiences in Ubud. You can thank us later, for now, go get than zen.

BEST AMBIANCE: SPA AT MAYA



Tucked away outside the hectic Ubud city center awaits a sustainable oasis complete with one of the most beautiful spas in the world at **Maya Ubud Resort**. The luxury property operates a variety of sustainable practices and has obtained the prestigious **Green Globe** certification. Green Globe was the premier certification program with a rigorous eco-friendly standard in the travel industry. The Spa at Maya hanging thatch pavilion is enclosed by lush rainforest. Each treatment villa is open air which allows for soft sunlight to bathe the room while the jungle breeze circulates with lingering natural scents as the soothing sound of the Petanu river in the valley below hangs in the air accompanied by sweet calls from exotic birds. Naturally, Spa at Maya wins our bid for the best ambiance at a spa in Ubud.



We were invited to experience the signature spa treatment. From the moment we arrived, we received extraordinary service. We were escorted to the spa where we were greeted with chilled towels infused with green tea. Immediately our stresses began to fade as we took in the incredible surroundings. After testing various natural massage oils and bath salts we both selected jasmine for the aromatherapy Balinese massage portion of our treatment. I adore the scent and Julio has childhood memories of wild Jasmine in Spain. Another scent that Julio loves is orange so the obvious choice for our bath salt was the citrus bergamot orange.



Once we arrived at the secluded treatment room we were greeted by our skilled therapists who'd be attending to our every need. Spa at Maya treated me to the most glorious Balinese massage I've ever experienced. I drifted into a deep trance as she renewed every aspect of my body with a strong precise touch. Feeling entirely revitalized we slipped into the most beautiful floral bath I'd ever seen. The silver tub oozed with the holistic bath salts as hundreds of Frangipani blooms floated in the soft jungle light. These sacred flowers are used in **Balinese prayer rituals** and smell absolutely heavenly. The tub overlooked the dense valley, a view that enchanted us with endless palm trees and the occasional vibrant Kingfisher passing by.

