

Amandari Ubud

UBUD, BALI

This is the original Bali Aman resort, built in 1989 and still the benchmark of inspirational design. Surrounded by tranquil, verdant gardens dotted with lily ponds (frog alert!) and lit by candle lanterns, it is intensely atmospheric and feels a million miles from vibey Ubud (it's actually only three). Private walled gardens, sunken outdoor baths and unforgettable views are standard in the thatched-roofed suites. It's the ultimate bolthole on a Bali odyssey.

But what makes the spa stand out are its signature treatments.

They're as local, authentic and esoteric as they come. Believe in them or not – karma cleansing or negative-energy nuking, anyone? – you can't deny the deep connection they offer to Bali's culture.

Your skin is purified with exfoliating black rice and cinnamon, then wrapped in banana leaves and detoxifying clay; your spirit, on the other hand, can be cleansed by local healers. Too deep? Book the Mandi Lulus, a treatment inspired by a ritual used by Javanese royalty as part of wedding-day prep: a massage, body mask and exfoliation with white turmeric, honey and rice grains, followed by a soak in a bath doused with herbs. Divine. **HEADS UP** Arrive early for the local dancers' evening performance – watching them do each other's make-up is enchanting. **BOOK IT** Cleveland Collection (clevelandcollection.co.uk/tatlerspa; 020 7843 3596) offers seven nights from £2,770, including breakfast, flights and transfers.

