

Bali Spa & Relaxation Week: Ubud Hot Springs & Coastal Retreat

Prepared by TourGrids



Destination
Bali



Duration
6 Nights 7 Days



Starting from
Rs. 68,400 / person

ITINERARY ROUTE

↗ **Ubud · 4N**

↗ **Seminyak · 2N**

Overview

A serene 6-night, 7-day Bali tour package designed for rest, rejuvenation and gentle exploration. Perfect as a longer weekend escape or a focused wellness break, this Bali Weekend tour package blends Ubud's lush inland calm with a peaceful coastal retreat in Seminyak. Ideal for travelers looking for a restorative Bali Weekend package or the popular 6 and 7 Bali Weekend tour package format.

Highlights:

- Ubud Hot Springs (Toya Devasya / Lake Batur area) soak and thermal relaxation
- Signature Balinese spa rituals including traditional massages & flower baths
- Tegallalang Rice Terraces scenic walks and relaxed photo stops
- Seminyak beach & beach clubs for sunset cocktails and seaside lounging
- Tanah Lot sunset visit – iconic coastal temple and photo opportunity

Note: This package emphasizes wellness and light sightseeing; all transfers are private and paced for comfort.

✓ What's Included

- ✓ 6 nights accommodation: 4 nights in Ubud + 2 nights in Seminyak (4-star boutique or wellness resorts)
- ✓ Daily breakfast (6) at the hotel
- ✓ Private airport arrival and departure transfers
- ✓ Private transfers and transport for all listed excursions
- ✓ 3 spa treatments included (welcome ritual, signature spa ritual in Ubud, coastal treatment in Seminyak)
- ✓ Entry fees for attractions mentioned in the itinerary
- ✓ English-speaking driver/guide for excursion days as per itinerary
- ✓ Flower bath or herbal bath experience once per guest
- ✓ Complimentary bottled water in vehicle
- ✓ Tip: Upgrade options available for luxury villas, additional spa sessions, or private guides.

✗ Not Included

- ✗ International flights to/from Bali
- ✗ Travel insurance (highly recommended)
- ✗ Personal expenses (shopping, extra meals, tips)
- ✗ Optional activities not specified as included (e.g., full-day private tours, extra yoga sessions, surf lessons if not pre-booked)
- ✗ Peak season/holiday surcharges (if applicable)
- ✗ Any government taxes or service fees introduced after booking
- ✗ Note: Gratuities for drivers, guides and spa therapists are not included but are appreciated.

Day-by-Day Itinerary

Day

1

Arrival & Gentle Welcome in Ubud

Arrival at Ngurah Rai International Airport (Denpasar). Private transfer to Ubud (approx. 1–1.5 hours), check in at your tranquil villa or wellness resort. Afternoon at leisure with a welcome Balinese foot ritual and a short guided stroll around Ubud Market and Ubud Palace. Light dinner at the hotel with locally sourced ingredients.

Day

2

Morning Yoga & Lake Batur Hot Springs

Begin the day with a gentle sunrise yoga or breathwork session at the resort. Mid-morning departure to the Toya Devasya/Lake Batur hot springs for natural thermal pools and relaxation with mountain views. Return to Ubud for an afternoon spa session – choose a traditional Balinese massage or herbal body scrub. Evening free to enjoy Ubud’s calm dining scene.

Day

3

Rice Terraces, Waterfall & Signature Spa Ritual

After breakfast visit the iconic Tegalalang Rice Terraces for easy walks and photos. Optional stop at Tegenungan Waterfall for a short nature break. Afternoon reserved for the package’s signature spa ritual (2–3 hours) – includes Balinese massage, flower bath, and herbal compress to deeply relax muscles and calm the mind.

Day

4

Cultural Stroll & Transfer to the Coast

Slow morning with optional visit to Goa Gajah (Elephant Cave) or local art galleries. Midday private transfer to Seminyak on Bali’s southwest coast. Check in to a beachfront or boutique coastal resort. Evening sunset at Petitenget / Seminyak Beach and relaxed dinner at a beachside restaurant.

Day

5

Beach Club & Coastal Spa Day

A leisure day focused on coastal relaxation. Morning at a seaside beach club or gentle surfing lesson (optional). Late morning/afternoon spa appointment at your resort – choose from deep tissue Balinese massage, aromatherapy, or hot stone therapy. Sunset drinks and shopping in Seminyak’s boutique streets.

Day

6

Coastal Leisure & Jimbaran Seafood Dinner

Morning at leisure – pool time, beach walk or optional wellness class. Afternoon pampering with a traditional Balinese flower bath and a final restorative treatment. Evening transfer to Jimbaran Bay for a seafood barbecue dinner on the beach (sunset dining).

Day

7

Departure — Final Relaxation & Airport Transfer

Breakfast and a last morning at leisure: short beach walk or quick market visit for souvenirs. Check-out and private transfer to Ngurah Rai International Airport for your flight home. If you have a late flight, we can arrange a day room or extra spa treatments (additional cost).

🔗 Frequently Asked Questions

🔗 When is the best time to visit Bali from India?

The best time depends on your priorities. April–October is the dry season with sunny skies, perfect for beaches, diving, and outdoor activities. July–September offers the coolest weather (24–28°C) but is peak season with higher prices. April–June provides excellent weather with moderate crowds. November–March is the wet season with short, intense showers, but it's the greenest time with the best hotel deals. Avoid traveling during Nyepi (Day of Silence) – March 29, 2025 – when the entire island, including the airport, shuts down for 24 hours. For Indian travelers, any time works as Bali maintains tropical temperatures year-round (25–31°C).

🔗 How can I reach Bali from India?

Fly to I Gusti Ngurah Rai International Airport (DPS) in Denpasar. Indians have excellent direct flight options: Vistara operates daily Delhi–Bali flights, while IndiGo flies daily from Bengaluru. From other Indian cities, connect via Singapore, Kuala Lumpur, Bangkok, or Jakarta with airlines like Singapore Airlines, AirAsia, or Garuda Indonesia. Flight time is approximately 5–6 hours direct, or 7–10 hours with one stop. Book early for better deals, especially during peak season (July–September). The airport is well-connected to all major Bali destinations, just 15 minutes from Kuta and 45 minutes from Ubud.

🔗 What are the visa requirements for Indians visiting Bali?

Indians can obtain a 30-day Visa on Arrival (VOA) at the airport for approximately IDR 500,000 (about ₹2,800). Alternatively, apply for an e-VOA online through the official MOLINA portal before travel to avoid airport queues. The visa is extendable once for another 30 days. Ensure your passport is valid for at least 6 months from arrival date. Additionally, from February 14, 2024, all foreign visitors must pay a Bali Tourist Levy of IDR 150,000 (about ₹850) once per trip. Pay this online via the official Love Bali portal/app before arrival and keep the QR receipt. Avoid unofficial websites to prevent scams.

❓ **What are the best local transportation options in Bali?**

Grab and Gojek are the most convenient ride-hailing apps for cars and motorbikes, offering good value and reliability. Blue Bird Group provides trustworthy metered taxis with app booking. For independence, rent a scooter (₹300–500/day) but ensure you have a valid International Driving Permit, wear helmets, and carry proper insurance – police checks are common with fines for violations. Kura-Kura Bus runs shuttles between main tourist areas. For longer distances, consider hiring a car with driver (₹2,500–4,000/day). The Bali Mandara Toll Road offers quick airport–Nusa Dua connections. Avoid public buses unless you're comfortable with basic, infrequent services.

❓ **Which areas should I stay in and what accommodation options are available?**

Choose based on your vibe: Seminyak for upscale beach clubs and dining, Canggu for surf culture and younger crowds, Ubud for culture and wellness, Sanur for families, Nusa Dua for luxury resorts, and Uluwatu for dramatic cliffs. Accommodation ranges from budget hostels (₹800–2,000/night) to luxury resorts (₹25,000+/night). Mid-range hotels and boutique properties cost ₹3,000–8,000/night. Consider villa rentals for groups or longer stays. Top luxury options include Alila Villas Uluwatu, Mandapa Ritz-Carlton (Ubud), and AYANA Resort (Jimbaran). Book early during peak season (July–September) and around holidays. Many properties offer airport transfers and local tour arrangements.

❓ **What are the must-visit attractions in Bali?**

Essential experiences include Uluwatu Temple with sunset kecak dance performances, iconic Tanah Lot sea temple, and Ubud's rice terraces at Tegallalang. Take a sunrise trek up Mount Batur volcano followed by hot springs. Visit Tirta Empul for water blessing ceremonies and explore UNESCO-listed Jatiluwih rice terraces. Day-trip to Nusa Penida for Kelingking Beach and manta ray snorkeling. Don't miss Ubud's art villages, monkey forest, and traditional markets. For beaches, enjoy Seminyak's beach clubs, Canggu's surf breaks, or Sanur's family-friendly shores. Each region offers unique temples – dress modestly and respect local customs. Plan 7–10 days to cover major highlights without rushing.

❓ **What local foods and cuisines should I try in Bali?**

Bali offers incredible culinary diversity. Must-try dishes include Babi Guling (suckling pig), Bebek Betutu (slow-cooked duck), and Sate Lilit (minced meat satay). Vegetarians will love Gado-Gado (vegetable salad with peanut sauce) and Nasi Campur (rice with various sides). Try Ayam Betutu (spiced chicken), Lawar (mixed vegetables with spices), and refreshing Es Campur dessert. Drink traditional Jamu (turmeric-ginger tonic) and local Kopi Bali. For fine dining, visit Locavore NXT or Mozaic in Ubud, or Ijen at Potato Head in Seminyak. Street food at local warungs offers authentic flavors at budget prices (₹100–300/meal). Most tourist areas cater to various dietary requirements including vegetarian, vegan, and gluten-free options.

★ Traveller Reviews



Swati Malhotra

★★★★★ 5/5

Amazing Bali Trip!

The tour was tailored perfectly for us. We enjoyed the adventure, relaxation, and everything Bali has to offer!



Kavya Suri

★★★★★ 5/5

Bali – A Beautiful Paradise

Our Bali trip felt like a dream! The beauty and serenity left us mesmerized. Thanks for the lovely tour!!



Rahul Narayan

★★★★★ 5/5

Bali's Vibrant Nightlife

We experienced the bustling nightlife as well! The local clubs and beach parties were a blast! If you love nightlife, this is the tour for you.



Rajesh Nair

★★★★★ 5/5

Adventurous Bali Tour

The adventure activities included in this package were exhilarating—white-water rafting, zip-lining, and more. Perfect for thrill-seekers like me!



Deepika Joshi

★★★★★ 5/5

Bali – A Perfect Family Voyage

This family package suited all ages! Fun, relaxation, and memorable times. Thanks for designing such a wonderful itinerary.

Why Choose TourGrids?

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