Things to DO

As a center of the arts, Ubud has either dance and shadow puppet performances every night and plenty of spas for resynchronizing your healing chakras.

Between Sanur and Ubud The road to Ubud from the south passes a series of small towns which specialize in the production of particular arts and crafts, including Batubulan (stone carving), Celuk (jewelry), Batuan (painting), and Mas (wood carving). The area has many large showrooms where arts and crafts in the Balinese style are offered for sale.

Nearly all organized day-tours of central Bali stop at one or more of these showrooms (and the tour operators usually have a financial tie-up with the places where they stop, collecting a commission on purchases.) Even individual taxi drivers have their preferred stops.

The area is sometimes referred to as the "craft villages" of Bali, though the area is a bit more built-up and congested than one might infer from the term "village." The whole scene has become rather commercialized. But still it's the best area to see a wide variety of the best Balinese craftwork in a short period of time.

Cultural performances

- Puri Saren and Puri Saraswati, Jl. Raya Ubud (just east of Jl Monkey Forest). Smack dab in the centre of town, dance performances (Rp. 50,000 up) are staged here almost nightly.
- Pura Dalem, Jl. Raya Ubud. For one of the best kecak performances in Ubud every Friday and Monday night(Rp. 50,000 up. Staged in beautiful surroundings outside under the banyan trees. Followed by fire dance.
- Batubulan. A national performance dance Barong takes place there every day at 9:30 a. m. It lasts 1 hour, entrance fee - 50 000 IDR. This is a performance for tourists about everlasting battle between the good and the evil, where there is not much dancing, but more "talking". While buying a ticket you'll also get a description (aka libretto) of what will be performed.

Spas

- Bali Healing, Jl Raya Hanoman 43, Padang Tegal, tel (+62/0) 361 791 104. This two-bed massage shop is incredible. Even for the experienced massage consumer, this is an experience. A one-hour massage is Rp 50,000. For an extra treat try the the Magic Warm Stone Massage for Rp 80,000. Several other deep tissue and reflexology treatments are available from Ni Made Suweti and her skilled team.
- Bodyworks Healing Centre, Jl. 25 Hanoman, tel. (+62/0) 361 975 720 / 971 393. Ubud Bodyworks Healing Centre was founded by Sri Guru. This centre was established 25 years ago and was the first bodyworks centre established in Ubud. Bodyworks is the home of Sri Guru; his family compound was already a place where many Balinese people would come for healing.
- Milano, Jl Monkey Forest (just past the football field), (+62/0) 361 973488. Best manicures and pedicures in Ubud for only Rp 50,000. Try the creambath too for a classic Balinese head massage experience.
- Pertenin Body Care, Jl. Jatayu, tel. (+62/0) 361 972 834. Facial treatments and massage in a relaxing modern environment. From Rp 85000/hour, free pickup for two or more from anywhere in Ubud. This spa is owned by Tegal Sari Hotel and uses allows the custmer to select the right oils and herbs for the treatment. For Rp 175,000 you can have a one hour massage, body scrub and flower bath over two hours. A very relaxing environment and competent staff.
- The Lembah Spa, Jln. Lanyahan, Br Nagi, tel. (+62/0) 361 971 777. The Lembah Spa offers the best of exotic Asian massages and treatments, combined with the expertise of masseurs in sophisticated European treatments.
- Ubud Sari Health Resort, Jl. Kajeng 35, Ubud, tel. +62 361 974 393. A resort with emphasis on Balinese-style healing therapy, offers an alternative health care, spa, beauty salon, health massage, vegetarian restaurant, yoga, wedding package.

Yoga and Meditation

- Taman Hati Yoga and Meditation Center, Banjar Nyuh Kuning, tel. (+62/0361) 974 739, tamanhati2000@yahoo.com.
- " The Yoga Barn", Padangtegal, Ubud, www.balispirit.com , Lovely yoga centre with a range of classes, and excellent set of teachers mostly in the ashtanga/vinnyasa school...upper studio has great views of surrounding terraces.