

## Zen Resort Bali

Trip Advisor Guest Reviews Dec 2019 – April 2020

Last update 12 April 2020

1) **A slice of paradise**

**Daisy W.**, Reviewed 10 April 2020

Zen resort was the last stop on my most recent trip to Bali, & one that was truly life changing. I cannot recommend this Aryurvedic spa retreat highly enough. Nestled in the jungle hills overlooking the ocean just beneath, magic happens here. Situated on a Shiva line, there is great healing to be found in the energy here, which is the reason the remarkable owner, dedicated to sustainability, & who I feel blessed to have met, built Zen here.

The incredible staff feel like family, & make it feel like coming home, (I miss them!), & the Aryurvedic treatments, most with 2 or more therapists, transform both body & mind. These are true healing treatments, with incredibly learned & skilled therapists that work in absolute, perfect harmony. Delicious Aryurvedic food & drink prepared specifically for your Dosha needs, assessed by the on site Aryurvedic Dr, & twice daily yoga classes, as well as meditation & breathing (pranayama) classes start & complete the day.

Wandering the lush, sprawling grounds filled with fountains, flowers & fruiting trees feels like a form of meditation, though there are many specific spots to sit & do so. Under one of the largest trees, whose roots envelop you like an embrace, is a meditation area that seems to read your soul, & gives you exactly what it is you need in that moment. Quite extraordinary. There are flowers everywhere you look, including the foot baths before every spa treatment, & arranged in beautiful designs or to spell out words of farewell, love & gratitude.

The pool is filled from a nearby spring, blessed as holy water, it's remarkably soft water with incredible qualities. I went through a rebirthing experience I initially had some trepidation about, & which was nothing short of transformative. It has taken some time since my trip to truly integrate my time there, & the subsequent powerful I internal shifting & change. I had already loosely planned my return when the world came to a grinding halt, but I will be back in the not too distant future. The name Zen certainly is a perfect descriptor for this piece of paradise.

2) **best massages in the world ; paradise for body and soul**

**Virginateja**, Reviewed 28 March 2020

It is a bit hard to verbalise the experience at Zen. It was everything I needed, and much much more. Its the first time in my life I enjoyed meditation and

yoga - with the kindest therapists (ive been to 5 star resorts and hotels all around the world and never had better therapies), a health / treatment curriculum based on ayurvedhic principles tailored just for you, the wisdom of the resorts owner, and the most delicious food. I couldnt wait for every meal and every treatment. The resorts doctor sits down with you for personal consultations, and you get encouragement at every session. We also had some really special occasions, like a hindu temple blessing, and meeting local healers, and dolphin trips. At night our personal vilas were a sanctuary, in a location which was natural paradise. Thank you for the stay of a lifetime. It was lifechanging, and I am so grateful

3) **Best Ayurvedic Massage I have ever had**  
**reregnu** wrote a review 10 March 2020

I booked a open chakra massage at and attended yoga classes with my husband, staff was always very welcoming and super friendly, even though we were not staying at the resort over night. The Yoga was great!! I was lucky and the yoga teacher was also my therapist for the massage. I must say, it was the perfect massage and a whole new experience of a way to get a massage.

The whole experience around it was just amazing. Beginning with welcome drink and talk with the doctor and also a afterwards discussion about my chakras with him and the therapist, which I found enlightening and very valuable; before and after the massage, a room is reserved in the resort for showering and meditation - all included in the package deal! The therapist was a highly and long- year experienced professional and therefore made it to the best massage from the beginning to the end that I ever had! And I got many and am Very critical about it. It also feels like the therapist love their work and therefore give you a great feeling to open a atmosphere that lets you free your mind and/or let all tensions and feelings out.

4) **AMAZING!!!**  
**xenadiver**, Milwaukee, Wisconsin, **Reviewed 4 March 2020**

Had an absolutely amazing time at Zen. The location was so peaceful, food was amazing and really enjoyed yoga, spa treatments and Ayurveda treatments. The diving was out of this world. So many great things. This place far surpassed all of my expectations from arrival to departure. The staff from check in to cleaning, gardeners, restaurant and spa were all so amazing, helpful and friendly. Everyone really went the extra mile to make this one of my best trips ever. I can't wait to return again.

5) The Amazing Zen Resort - Diving  
lazzza, Reviewed 9<sup>th</sup> February 2020

I had the most amazing time at Zen Resort, I completed my PADI Open Water Diving Certificate in a way I wouldn't think would be possible anywhere else... everything that came with the diving in those 5 days was spectacular... In the 5 busy days I stayed, I did many beautiful activities including Sunrise Meditation, Yoga on the rooftop, Pranayama, Ayurvedic Massage therapy's, Emotional Healing, Zentsu, and Diving in the beautiful reef. My diving teacher ArNau was very clear and taught us well. I am grateful for him as now I have been diving back in Australia ( with sharks this time ahhh 🐟)

All the staff at Zen Resort were AMAZING!! they are very very beautiful people with great knowledge and understanding. I am thankful to them as they taught me so much about myself on my stay 🙏

Thank You Zen Resort for all your teachings. I'll be sure to see you again on my next trip to Bali 🌺🌿

6) Zen Alumni (Back Again)  
Glenn Rogers, Reviewed 8<sup>th</sup> February 2020

My wife and I returned back to paradise again. We have been there four times and each visit is perfect. The moment you enter the resort you feel peace and calmness. All the staff are wonderful and the Ayurveda treatments are divine. If you find yourself fed up with the rat race and need to escape.....I encourage you to head to Zen Resort. You will not regret it:)  
xxxx

7) Magical place  
Astrid, Reviewed 4 Feb 2020

This was my first experience at ZEN resort and it was phenomenal. Mr Mehendra his staff and therapists are amazing and so heart-centered. I have never felt so rested, connected and rejuvenated from a vacation!This place is truly magical!

8) Stupendous Experience  
Ejfin,18 January 2020

Just completed my second two-week stay at the Zen Resort Bali - and while my first stay (last year) was by all accounts excellent, this year was even better.

Along with the serene environment, daily yoga, meditation, healing massages, and tasty dining menu at the Zen Resort, I experienced a sense of balance that brings a sense of delicious serenity to the senses. Stupendous experience. Looking forward to returning once again next year. Imua

9) Stunningly beautiful place

Sophecloud, 16<sup>th</sup> January 2020

I don't think I have ever been more relaxed in my life. 5 blissful days. Everyone is really friendly and there are sweet scents in the air. The complex is very pretty and the food is delicious. It's a bit far from the airport so I would recommend a 5 night minimum stay

10) Zen Resort Bali

Ольга Р, Moscow, 15<sup>th</sup> January 2020

Третий раз отдыхала в этом отеле. Первый раз нашли его случайно благодаря Трип Эдвайзеру. Ничего не знала об этом отеле. Когда приехала туда, сразу влюбилась. Не хотелось уезжать. Отель небольшой, хотя с момента моего предыдущего посещения количество вилл увеличилось в два раза, появились новые, современные виллы. Но размещение в этом отеле не главное. Главное-дух отеля.

Там созданы все условия для того, чтобы вы за время пребывания там полностью расслабились, успокоились, восстановились духовно и физически. День расписан так, что скучать не приходится. Утром медитация с созерцанием восхода солнца и занятия йогой. Йога не сложная, доступна даже новичкам. Потом вкусный завтрак с соками, фруктами и тд. А затем, с моей точки зрения главное - спа процедуры. Какие там массажи! Я даже не знаю, с чем это можно сравнить. Просто надо приехать и попробовать.

Две массажистки колдуют надо тобой, разминая каждую мышцу в твоём теле. Массажи и процедуры разнообразные. В отеле есть врач, специалист в области Аюрведы. После собеседования он пропишет вам все необходимые процедуры. Еда очень вкусная и полезная. На столе нет сахара и хлеба, зато есть специальные приправы, которые нужно добавлять в еду по предписанию врача. Во второй половине дня есть ещё одно занятие йогой с инструктором. В свободное время в вашем распоряжении прекрасный бассейн.

еще предлагаются экскурсии , которые включены в стоимость пакета, можно поехать на дайвинг или снорклинг, т.е. понырять с аквалангом или со специальной маской и полюбоваться экзотическими рыбками и ярким подводным миром. А чего стоит встреча с дельфинами ранним утром. Плынешь на лодочке, а вокруг резвятся дельфины! Персонал в отеле безупречный, готов выполнить любое ваше желание.

Отдельной благодарности заслуживает владелец отеля Г-н Махендра Шах, который постоянно находится в отеле и за всем присматривает. Он охотно участвует в жизни отдыхающих, буквально становится их другом. Махендра Шах- это Личность, очень неординарный человек, с которым безумно интересно общаться Короче, я не встречала еще человека, которому бы не понравился отель Zen Resort Bali. Все говорят, что приедут еще раз. Отель совсем не пафосный, но отношение абсолютно «штучное». А СПА процедуры просто волшебные. Очень рекомендую, этот отель- просто жемчужина, которую не так легко найти, но которая безусловно будет долго радовать вас

Google Translation

"Zen Resort Bali"

Ольга Р, Moscow, 15<sup>th</sup> January 2020

The third time I was relaxing at this hotel. The first time they found him by chance thanks to Trip Advisor. Knew nothing about this hotel. When I arrived there, I immediately fell in love. I didn't want to leave. The hotel is small, although from the moment of my previous visit the number of villas doubled, new, modern villas appeared. But accommodation in this hotel is not the main thing.

The main thing is the spirit of the hotel. All conditions have been created there so that during your stay there you will completely relax, calm down, and recover spiritually and physically. The day is scheduled so that you do not have to be bored. In the morning, meditation with contemplation of the sunrise and yoga. Yoga is not complicated, accessible even to beginners. Then a delicious breakfast with juices, fruits, etc.

And then, from my point of view, the main thing is spa treatments. What massages are there! I don't even know what it can be compared with. Just have to come and try. Two masseuses conjure you, flexing every muscle in your body. Massages and treatments are varied. The hotel has a doctor,

specialist in Ayurveda. After the interview, he will prescribe you all the necessary procedures. The food is very tasty and healthy. There is no sugar and bread on the table, but there are special seasonings that need to be added to food as prescribed by the doctor.

In the afternoon there is another yoga class with an instructor. In your free time, you have a wonderful pool. And also offers tours that are included in the package price, you can go diving or snorkeling, i.e. Scuba dive or with a special mask and enjoy the exotic fish and vibrant underwater world. And what is a meeting with dolphins in the early morning. You are sailing in a boat, and dolphins frolic around! The hotel staff is impeccable, ready to fulfill your every desire.

Special thanks to the owner of the hotel, Mr. Mahendra Shah, who is constantly in the hotel and oversees everything. He willingly participates in the life of vacationers, literally becomes their friend. Mahendra Shah is a Person, a very extraordinary person, who is extremely interested in talking with. In short, I have not yet met a person who would not like the Zen Resort Bali hotel. Everyone says they will come again. The hotel is not at all pathos, but the attitude is absolutely "piece-wise". And spa treatments are just magical. I highly recommend this hotel is just a gem that is not so easy to find, but which will certainly please you for a long time

11) **My magical retreat**

**Sandra Asner** 13 Jan 2020

My experience at zen has been the most powerful and insightful retreat ever done in my life. At zen you will find a place with a heart and a soul, blessed by wonderful staff in a gorgeous location. I cannot thank the staff enough for its professionalism dedication and care. At zen Ayurvedic treatments are tailored to your needs. The therapists will provide treatments for your body, mind a soul like no where else. Dr Shah's staff is unique in its dedication to clients, love and care. It has been a lifetime experience where I rejuvenated my mind , body and soul with tips for a sustainable lifestyle. I cannot thank De Shah's team including all therapists, Dr Raj, mes Budiani Luh and all the kitchen and resort staff. I will be back very soon. I strongly recommend to watch the website and all the incredible pictures and videos attached

12) **Disconnect and Reconnect**

**Truedrezzer**, Surabaya, Indonesia, 11<sup>th</sup> January 2020

Dear weary traveller,

Much like yourself, I have led a long and stressful year. I was searching for a place where I could disconnect from my busy modern lifestyle and reconnect with myself. I heard about this resort from a friend and decided to book a 14-day Ayurvedic wellness package over the holiday season and arrived on Christmas Day with an open mind and no expectations.

Upon arrival at the airport, I was greeted by a cheerful driver that took me on the 3+ hour trip to the resort through the mountains and rice fields. I arrived after sunset, and was greeted by the resort manager Ibu Budiani and then was immediately plunged into a Balinese flower bath (Mandi Lulur). Following this I met the owner, staff, and other guests at the restaurant for a delightful Christmas dinner. The whole village came as well and joined us for celebration and dancing! I felt right away that this was more than just a resort, rather an inclusive and holistic community.

The following morning I woke up at 5:30 am (voluntarily for the first time this year!) for the sunrise meditation and yoga classes. The yoga is gentle and not strenuous. The warmth of the rain shower in the villa rejuvenated my tired body and the well-designed breathing programme progressively sent healing oxygen to my fatigued body.

Following breakfast, I had my first Ayurvedic consultation with the resident and caring Dr. Raj, who tailored my plan to my unique makeup. Dr. Raj would always greet me throughout the day in various languages and proactively help me on my healing journey.

The resort's chefs and staff prepared a variety of meals that I could choose from during each mealtime using natural ingredients sourced locally or from within the resort's ample gardens itself. Within a short time, I realised that I was eating smaller portions, savouring each nutrient, and never having any hunger cravings.

My days were filled with Ayurvedic massage therapies, all different, and all done with a level of care and attention that I had never experienced before in my life. They are designed to allow you to fully let go to the therapists for a truly healing experience. It was always such joy to waltz through the delightful flowers of the garden on the short walk to the spa and greet the cheerful staff for each treatment. Following each treatment, I would then meander back to my villa for a short dip in my pool and let the healing energy course through my body and mind. The staff at the resort are truly blessed, for they possess and freely

share everything that money cannot buy: peace, love, and happiness.

Dinner was always a highlight, as we had a large communal table where the guests would also share their experiences of the day and partake in the art of great conversation. The resort owner, the venerable Dr. Mahendra Shah, drew from his wealth of worldly experience to inspire great discussions on sustainability and other grand topics. Mahendra would also take an active mentor role in each guest's experience throughout their stay and his watchful eye for perfection would improve the resort continuously.

Over time, sleep came easily to me and I got into the routine of sleeping earlier, resting my soul for the coming day. I had always wished for a sleep that left me totally rested and this happened more and more often during my stay.

As the days went on, I progressively stripped away many of the toxic distractions of my lifestyle and time slowed as I dove more into the beautiful world of the moment. I experienced a lightness of spirit and calm of mind that made me love the joy of life more fully. After a week (or so), I even had no knowledge of what day of the week it was anymore.

In between the treatment schedule, the resort also offered tours to nearby natural waterfalls, villages, markets, as well as snorkelling and diving tours. All excursions were hand-picked and led by local guides. You can partake in various Balinese rituals (e.g. half-moon celebration) that are an integral part of the local culture.

There are various programmes to choose from and you can be as strict as you desire so feel free to tailor your experience. Socialising is optional if you want to keep to yourself and go ahead and have beer and wine if you like. Just don't expect a 24-hour butler service, blazing-fast WiFi connection, or wild DJ pool parties until the wee mornings. Actually, just let go of any expectations you might have and you can perhaps experience some magic!

I would summarise the experience as a balanced combination of the wise owner, the beautiful gardens, the love and care of the staff, the healthy food, the rejuvenating treatments, and the energy of the other guests coming together into a holistic healing package.

Health is the ultimate luxury, and the question I leave you is, can you afford not to invest in yourself?

13) **Reborn in Paradise**  
**curatorforartists**, 11<sup>th</sup> January 2020

This place is unique in the world. A paradise on earth. A nature that could not be painted more beautifully. Air and water that could not be fresher and

clearer. Sun, moon, and stars farther and wider as you can imagine. And people with a humaneness one would wish for the whole world. Faces shining, souls radiating. It is a place of spirituality and healing. To simply talk about an exceptional hotel, a lush spa and a delicious restaurant here is not enough. Knowledgeable massages, soothing baths, meditation and yoga, as well as very good healthy food are lovingly wrapped around the guest. But the most outstanding of all praises is to the people who make this place so incomparably beautiful and pleasant: The team around the director Dr. Mahendra Shah, the therapists of the spa and the many employees who keep everything so beautifully in order and in harmony, always pronouncing the guest's first name with a friendly smile on their lips. It is a place where people, hosts and guests alike, come together in the nature of their souls. A place that makes the world a little better.

14) A very special place

barbarao02017, Graz, Austria, 4 January 2020

Zen Resort Bali is a great place to relax and to do something for your inner and outer self. The Ayurvedic treatments are very professional and effective, the food healthy and delicious and the garden of the intimate resort very special with most beautiful Frangipani trees around the swimming pool. Zen Resort Bali is the perfect place for everyone looking for peace, harmony and very good body treatments.

15) Heaven on Earth

Tara, Jan 3, 2020

If you want to experience unconditional love, support, healing, positive and nurturing energy, please please go to Zen Resort.

This is my second visit in 2 years and I cant imagine my life without it. Everyone at the resort gives 200% to make you welcome throughout your stay. From the gardeners to the therapists, to the restaurant servers and chefs to the owner, Mr Mahenda Shah. You will find nowhere in the world like Zen. It had a magic and energy that cant be manufactured. It's real and tangible. It draws you into its family and once there, even when you are thousands of miles away, you can never leave. I am richer for my visits and come away full of gratitude. I would like to keep this place a secret but that would be selfish because as many people as possible need to experience it for themselves.

I have read the negative reports here, and totally disagree with the comments.

If you cannot open your eyes, mind and heart to the warmth, you will always be cold.

The treatments are the best I have ever had (and I am a spa addict). The food is great. The gardens and pool area beautiful and serene. The healing tree is indescribable. The rooms are wonderful.

On my first visit I also did my PADI Open Water qualification. The facilities, equipment and teachers were amazing. As was the diving.

Much love and a huge thanks and hug to everyone at Zen

#### 16) Simply Magical

monlug, Ottawa, Canada, 3<sup>rd</sup> January 2020

It has taken me a couple of weeks to fully absorb the experience I had at Zen resort. In addition to the outstanding accommodations, meals, and service, Zen's people and focus on wellness and compassion touched me on a deeply spiritual level

#### 17) Amazing retreat for mind/body/soul

Marg10010, 22<sup>nd</sup> December 2019

Great retreat to restore yourself physically, mentally and emotionally. While the 2x/day yoga is gentle, my yoga practice and flexibility improved dramatically. The food is so delicious, you don't feel like you're eating healthily (but you are-- everyone said that I had lost weight after my stay). The staff, led by the amazing Ms. Budhiani, is insanely attentive, so kind and positive, they really make the place. Dr. Shah, while managing many projects and endeavors, is so committed to Zen and remembers everyone who stays at the resort. He'll also push you to slow down, and focus on mindfulness and personal growth. Unexpected bonus -- I met amazing people and made some amazing friends. Regarding accommodations they are all very nice but traditional Balinese style (nice, clean, comfortable, cleaned daily but not super luxe). And finally, you're far removed from the bustle of Ubud or the party scene of Canggu and Uluwatu; the beautiful coast of North Bali is the perfect place for a retreat