

Zen Resort Bali

93 Trip Advisor Reviews, February 2023 to August 2024

Total 831 Reviews (2005 to 2024)

At Zen our goal is to create a holistic wellness resort where guests can experience and learn the means to achieving personal harmony with their body, mind and spirit through healthy nutrition and diet as well as exercises including yoga, meditation and recreational activities and to experience environmental harmony at Zen Resort where human landscaping and architecture have been integrated with the surrounding by natural forest, agriculture landscape and all overlooking the Sea of Bali.

The lifestyles changes and pressures of work in the office and at home are resulting in much stress and ill health for many people worldwide. The tourists today demand not only a beautiful and natural environments and holiday activities but more importantly they seek places to relax and rejuvenate their mind, body and spirit during a relatively short holiday break. And around the world, people are rediscovering the potentials of holistic health and this is the niche market that has great potential in Bali

Zen is a holistic and wellness sanctuary to relax and rejuvenate your physical, mental, emotional and spiritual wellness. Experience the joy and pleasure of sustainable living in harmony with yourself, your family and friends and with the world of nature. From the design of the 14 luxurious villas, which will inspire you with their binding commitment to Balinese traditions, to the delicious cuisine, authentic Ayurvedic spa treatments to revitalize, daily yoga, meditation and pranayama for your spiritual wellbeing, a beautiful infinity pool, and a range of nature and cultural activities, all experienced through exceptional service.

Zen Harmony Diving: We hold in the highest regard our Earth's Oceanic Water World. It is home to millions of species, flora and fauna, most of which remain unknown. The undiscovered wealth of the Oceans may hold the means for our sustainable future and the welfare of generations to come. The oceans have the potential to deliver human health and fitness benefits through, for example physical, mental, emotional and spiritual therapy, that is critical to confronting the globally emerging ailments and diseases of modern lifestyles Scuba diving has shown the health and fitness benefits of underwater controlled breathing, meditative relaxation and physical exercise gliding through the high density oceanic waters.

- 1) [Explorer453106](#) wrote a Trip Advisor review 4th August 2024, 7 contributions

Zen Resort Bali = healing body AND soul with love and the power and beauty of nature

Absolutely, if I could, I would give Zen 12 points out of 10!

Actually, I was just about to go to an Ayurveda retreat to Kerala in India when Zen Resort was recommended to me. As I happened to be close by, I thought I just have a look and then decide... It was the best decision of my life! What I found at Zen resort I haven't found in such a way in any other retreat, Ayurvedic resort or wellness hotel, I ever went to - and in my 63 years I saw many.

A very special place, unique in its beauty of nature, but it is the friendliness of the Zen family with their genuine, tireless effort to make you feel most comfortable and at home. I am not exaggerating when I say that waking up in this perfectly clean, beautiful villa, furnished and decorated in a tasteful Balinese style made me already smile.

If you like, early morning starts with practicing therapeutic yoga. You are welcomed by the sun rising over the ocean, a breathtaking view over palm trees, blossoming bougainvillea, the green rice fields, chirping birds... Deep in meditation you can feel the strong energy of this place. It is just the start of an exceptional daily program designed according to your needs by an Ayurvedic doctor in close cooperation with the owner, the chef and the treatment staff involved.

The quality of the treatments is outstanding, the beautiful smiling Balinese women know what they are doing. You are always prepared for the massages and treatments by a flower foot bath, and before their magic hands touch your body, your soul is touched by the singing of their prayers. Wonderfully relaxed after such a treatment, I could wander through the garden, take a swim in the infinity pool with velvety spring water, or meditate at one of the energy places, like the huge banyan tree, the holy tree that became paramount for my personal healing experience.

You can practice Yoga twice a day at various quiet, spacious, beautiful places, Ilu, the yoga teacher, is very professional, and with her humorous, committed way of teaching she reaches all levels of practitioners.

To me, the most inspiring people at Zen were Mr Mahendra, the owner, and remarkable warm-hearted Mieky, his partner, the major designer of this magic place. Mr Mahendra is the heart and soul, and the founder of Zen, a man with an extraordinary life story, a philanthropist who is responsible for this unique successful approach of holistic healing that makes Zen so very special.

On my second day of my stay, Mr Mahendra surprised me by a personal meeting via Zoom from London, and there were two more meetings! Even being far away from Bali, he cares for his visitors in his friendly and warm way. In their commitment, in their tireless effort to help, I call these two wonderful people most responsible for my healing - they get the 2 extra points ;-) !

For so many years in my life I had been carrying a heavy burden and sadness in my heart affecting my health and happiness, gradually leading to a deep depression. Here, I found profound support in my healing process, I can say that I found my own peace with the help of meditation, with the energy of the beautiful nature, with healthy, delicious food (that comes from their own forest and garden, the staff planted and fostered during Covid times), with professional treatments, with the many conversations, laughter, dancing and joyful togetherness with all of the people staying AND working there.

The magic happening at Zen is hard to describe and hard to believe, you must come and experience this place with its wonderful people yourself! I even came back again for a few days after visiting the islands. And next time I will be at Zen, I will try out the free diving course.

Dear Mr Mahendra, dear Mieky, Budiani, Ilu, Mr Sudaya, Gita, Tini, Mr Koman, all the wonderful therapists, the friendly cleaning team, the gardeners, the drivers, ...

thank you all whole-heartedly for your wonderful hospitality, support and friendliness.

Let's all dance and laugh together soon again.

Wishing all the best for your future 🧘❤️

Date of stay: July 2024 Trip type: Travelled solo

- 2) [Sue](#) wrote a Trip Advisor Review 28th July 2024

[Stunning and wonderful resort with excellent service](#)

Coming to ZEN resort feels like coming home and to paradise at the same time. I have spent a couple of nights at this wonderful place and I was thrilled to have found this beautiful spot on earth. The resort grants the highest possible level of service, and deserves every single star. Outstanding SPA experiences, professional Ayurveda consultation, excellent food. Starting the day with meditation and yoga inspired me so much, that it impacted my life back home in a very positive way. The owner of the resort, Mr. Mahendra is the most inspiring person I have ever met. I have no choice but to come back to ZEN resort.

Date of stay: July 2024 Trip type: Travelled so

- 3) [Nadja N](#) wrote a Trip Advisor Review of Zen Resort Bali, 26th July 2024

[Best Experience I ever made](#)

Lifecchanging experience. I have seen many places on this earth inclusive Resorts, Retreats, Yoga, Ayurveda...Zen Resort has such a special Energy, which I have never experienced before. You have to come and feel it, it cannot be described. This place is pure magic and self-healing. Zen Team always know what their guests need. Everyone at the Resort is always smiling, work with pure love and help the guests with their heart. They mean what they do, say and their smile, pure honesty. They love seeing their guests relaxing, enjoying, growing. This place cannot be described as it is more than beautiful, which you can only feel here. I will never forget the experience at Zen Resort and for me the only place to be on Bali is the Zen Resort. Looking forward so much to coming back. Big hug to the lovely Zen Team.

Date of stay: May 2024Trip type: Travelled solo

- 4) [Cathy T](#) wrote a Trip Advisor Review of Zen Resort Bali on 24 Jul 2024, Melbourne, Australia,

[HEAVEN](#)

This place is heaven!! The rooms are so comfortable and beautifully clean! Beds are dreamy, private pool dreamy. Staff are soooo lovely! The white sand tropical beach is a 2 min walk away where you can get food and drinks under beach huts. Highly recommend!

Date of stay: July 2024Trip type: Travelled with friends

- 5) [Esther P](#) wrote a review 20th July 2024
Kriens, Switzerland1 contribution

[Traumhafte Ferien in einem kleinen Paradies](#)

Erwarteten zwei schöne Ferienwochen. Doch es wurde alles viel besser: das Personal hat uns sehr persönlich und achtsam bewirtet und war immer da. Unser Tisch war immer liebevoll dekoriert mit Blumen und Herzen – sehr romantisch. Sie haben uns jeden Wunsch von den Augen abgelesen. Auch der Yoga Unterricht war über unseren Erwartungen. Das Programm war sehr gut vorbereitet und alle haben mit Freude mitgemacht.

Auch der Garten und Pool waren sehr gepflegt und wunderschön angelegt. Für uns war es ein kleines Paradies. Wenn Bali nicht so weit entfernt wäre dann würden wir sofort wiederkommen. Eric und Esther

Google Translate

"Dreamy holidays in a little paradise"

We were expecting two lovely weeks of vacation. But everything got much better: the staff looked after us very personally and attentively and were always there. Our table was always lovingly decorated with flowers and hearts - very romantic. They anticipated our every wish. The yoga class was also beyond our expectations. The program was very well prepared and everyone took part with joy. The garden and pool were also very well maintained and beautifully laid out. For us it was a little paradise. If Bali wasn't so far away we would come back immediately. Eric and Esther

Date of stay: June 2024

- 6) [Lori S](#) wrote a review Jul 17 2024

BEST HEALING VACATION I'VE EVER EXPERIENCED

I am still flying high after my life-changing experience at the Zen Bali resort this April 2024! I booked a last-minute trip on a whim to Bali and was searching for the perfect hotel to spend my nine days in. I went onto Expedia and miraculously was divinely guided to this amazing resort. For \$2700 I received a nine day yoga retreat package that was all inclusive for excursions, thirteen Ayurvedic treatments, twice daily meditation, and yoga practices and made to order food breakfast lunch and dinner. I was picked up by a private driver at the airport and was whisked away to the most transformational nine days of healing that I've ever experienced in my life!

This resort helps all guests to connect with one another. I travelled alone and had five other guests with me who also came alone. I always felt safe and cared for by both Doctors and all spa, security, the front desk, the snorkel/dive team, all the tour guides, the yoga and meditation staff! Everyone was so kind, caring, compassionate and made me feel cared for and accepted.

Lastly, I can't say enough about the Zen Bali Resort owner Dr. Mahendra Shah. At 78 years old, he presents like a modern day super hero who works tirelessly to cultivate healing from trauma and emotional wounds. The Dr was present every single day of my stay and took a daily interest in the healings I was experiencing. It's people like Dr. Mahendra Shah that give me faith in humanity and our sustainability.

Things I highly recommend:

*Snorkeling MENJANGAN island

*Buying extra Ayurvedic treatments on the day of your departure

- *spending extra time at the “healing tree”
- *extra time at the energy center point
- *daily morning and evening meditation and yoga
- *shopping where the locals shop (Best prices)
- *spending time in the eco forest
- *spending time in the mineral infinity pool.
- *spend more than a week if you can.
- (9 days was not enough!)
- *go for the more expensive rooms. They are more modern and updated.

- * THE FLOWER BATH at the spa
- * The Marma treatment at the spa

*Zentsu treatment: an emotionally and spiritually healing therapy comprises floating on the surface of the swimming pool, being rocked side to side at a frequency as experienced in the womb. The feelings of buoyancy in water is intimately connected to our first experience of being alive in the womb and this, re-enacting of life formation for many guests is deeply relaxing and for some even results in a revelatory rebirth experience that enhances empathy and contributes to parental bonding.

Date of stay: April 2024, Trip type: Travelled solo

- 7) [David M](#) from Caulfield North, Australia wrote a Trip Advisor Review 9 Jul 2024

[Great place to relax and warm up from a Melbourne winter. Great dive school too.](#)

2nd stay at Zen Resort after a year away. Still a wonderful place to be pampered, fed well, do yoga and take in a dive course.

I really enjoyed the wreck dive and the deep water dive for the spectacle and wonderful corals. The night dive on the wreck was exciting and fun.

Great staff, great facilities and so very relaxing. I left feeling much warmer and happier than I have felt for a while. Shame to get home to a frozen Melbourne again.

My wife is still blissed out having enjoyed the spa treatments and snorkelling.

Date of stay: July 2024

- 8) [Rachel](#) wrote a review Yesterday
Melbourne, Australia19 contributions4 helpful votes

[Zen Resort Bali is one of the worlds special and rare places. There is a reason people coming back.](#)

Zen Resort Bali is one of the worlds special and rare places. The setting is paradise of course, but its the combination of beautiful authentically smiling

service, extraordinary food, world class wellness treatments plus the great company and conversations with other guests seeking to be the best version of themselves in a supportive environment that makes this place exceptional. Being able to throw in options of diving, snorkelling, hiking and other cultural touring as you like adds to the wow factor.

Date of stay: June 2024

- 9) [Jammi V](#) wrote a review 3rd July 2024

Destination spot, amazing staff, accommodations, treatment, food, and complete healing. 10/10 beautiful experience.

Zen is a magical healing place. This was my first time visiting Bali but will not be my last. If you have the opportunity Zen is the place to go. I experienced an abundance of healing, kindness, gratitude, and just an overall amazing experience. The treatments, the staff, the accommodations, the dolphin experience, the grounds, snorkeling, and the food everything was 10/10.

Date of stay: June 2024

- 10) [Meander812324](#) from USA wrote a Trip Advisor Review on 1st July 2024, 9 contributions, Zen Ayur5 Signature Rejuvenation Program, 22nd to 27th June 2024

Amazing Zen ❤️

Zen is the most amazing place! This was my second time visiting, returning with friends. We all had an amazing time. The staff are what truly makes this place so special - the love and care that they show each guest is impeccable. I feel like family every time I go and am so sad to leave. Thank you for all the beautiful treatments and our healing program. You continue to amaze me with your kindness and big hearts! I will miss you all... until we meet again!

Date of stay: July 2024, **Trip type:** Travelled with friends

Zen Resort Rejuvenation Program

- 11) [CYG W](#) wrote a review Today
[Mehr Wellness geht nicht](#)

Es war wie Ankommen, als warteten alle auf mich. Die erstklassige Küche schließt eigentlich um 21 Uhr, ich habe um 23 Uhr nach meiner Ankunft trotzdem noch das Abendessen bekommen. 15 Anwendungen in einer Woche... da war alles von Bali-Sauna, Blumen- und Kräuterbad, Ölguss, 4-Hände-Massagen etc. dabei. Das Personal ist unfassbar nett und stets zu Diensten, angefangen an der Rezeption, dem jungen Ayurveda-Arzt, der Yogalehrerin, der Security, den

Servicekräften im Restaurant oder an der Poolbar bis hin zu Mahendra Shah, dem Besitzer des Resorts, der früher für die United Nations gearbeitet hat und ein Schatz an Wissen und Weisheit ist.

Hier verweilen zu dürfen, ist so viel mehr als nur Körper, Geist und Seele Gutes zu tun.

Date of stay: January 2024, Trip type: Travelled solo

Room Tip: Die Nebensaison könnte entspannter sein, auch die Regenzeit ist zu empfehlen. Ein kleiner Schauer...

Google Translate

More wellness is not possible

It was like arriving, as if everyone was waiting for me. The first-class kitchen actually closes at 9 p.m., but I still got dinner at 11 p.m. after my arrival. 15 treatments in one week... everything from Bali sauna, flower and herbal bath, oil pouring, 4-hand massages etc. were included. The staff is incredibly nice and always at your service, starting with the reception, the young Ayurveda doctor, the yoga teacher, the security, the service staff in the restaurant or at the pool bar right up to Mahendra Shah, the owner of the resort, who used to work for the United Nations and is a treasure trove of knowledge and wisdom.

Being able to stay here is so much more than just doing good for your body, mind and soul.

Date of stay: January 2024, Trip type: Travelled solo

Room Type: The low season could be more relaxed, the rainy season is also recommended. A little shower...

- 12) [Esra A](#) wrote a Trip Advisor Review 23 Jun 2024
Groningen, The Netherlands6 contributions

[Hier draait alles om balans tussen lichaam en geest.](#)

Als je op zoek bent naar een plek om helemaal tot rust te komen, dan is Zen Resort precies wat je nodig hebt. Zen Resort ligt midden in het groen met een fantastisch uitzicht. De omgeving is super rustgevend. Het ayurvedische programma is echt de kern van Zen Resort. De behandelingen zijn geweldig: denk aan massages, kruidenbaden, ademhalingsoefeningen en detoxtherapieën. Hier draait alles om (herstellende) balans tussen lichaam en geest!

Het restaurant biedt heerlijke, gezonde ayurvedisch geïnspireerde gerechten. Alles is vers en bereid met lokale ingrediënten. Ze houden rekening met je dieetwensen en zorgen ervoor dat je geniet van elke maaltijd!

Het team van Zen Resort is hartverwarmend, vriendelijk, zeer behulpzaam en meedenkend. Vanuit de grond van mijn hart dank ik hen allen! Mijn ervaring van zowel het team als de momenten van innerlijke rust neem ik als sieraad mee en wens terug te komen op deze magische plek.

Date of stay: March 2024 Trip type: Travelled solo

Google Translate

Here everything revolves around balance between body and mind.

If you are looking for a place to completely relax, Zen Resort is exactly what you need. Zen Resort is located in the middle of greenery with a fantastic view. The environment is super relaxing. The Ayurvedic program is truly the core of Zen Resort. The treatments are great: think massages, herbal baths, breathing exercises and detox therapies. Here everything revolves around (restorative) balance between body and mind!

The restaurant offers delicious, healthy Ayurvedic-inspired dishes. Everything is fresh and prepared with local ingredients. They take your dietary needs into account and make sure you enjoy every meal!

The Zen Resort team is heart-warming, friendly, very helpful and cooperative. From the bottom of my heart .I thank them all! I take my experience of both the team and the moments of inner peace with me as a jewel and wish to return to this magical place.

- 13) [ann Marie K](#) wrote a review 6 June 2024
Seattle, contributions3 helpful votes

Wonderful respite, delightful Balinese experience...

This is a not to be missed experience. The resort is a healing wonder. We spent a blissful 5 days enjoying the ayurvedic therapies, wonderful food and great company. The staff is particularly magnificent, During the pandemic the owner, Mahendra, kept the staff on and the resort opened despite no guests, The staff came together and created new structure for the forest walk and other improvements, They are sincerely authentically engaged in assuring the guest every comfort, We did three days of diving, The Menjangan diving was superb, and the dive master excellent. The other sites, including the wreck and Tulamben we found less enjoyable. That said, the resort itself is well worth visiting in its own right, We hope to return!

Date of stay: May 2024, **Trip type:** Travelled as a couple

Room Tip: Break up the long ride from the airport with at least one stop...it is a beautiful but very long...

- 14) [Anna P](#) wrote a review 5 Jun 2024

Anna

I was on vacation in Zen Resort in May. I really enjoyed the mild, moderately hot weather at this time. Those who like to swim and lounge by the pool can enjoy the beautiful, clean, inviting pool with a bar where you can order refreshing drinks. Beautiful, well-kept territory with a breathtaking view, comfortable rooms, delicious food prepared by high-level professionals. I especially want to emphasize the professionalism and care of the people who provide Ayurvedic massages and care. Yoga lovers won't be disappointed either. You definitely won't get bored, there will be activities planned for you throughout the day, including interesting excursions. And most importantly, far from your home you will be in the hands of caring people who will be bathing you in love and care, fulfilling your every desire. And lastly, the soul of this amazing place is Mr. Mahendra, an incredible person the acquaintance with whom will not leave you indifferent.

Date of stay: May 2024 **Trip type:** Travelled with friends

- 15) [Monika E](#) wrote a TRIP ADVISOR review 2ND June 2024

Ganzheitliche Erholung und Regeneration in sinnlicher balinesischer Natur mit Kraftplatzcharakter

Wer sich erholen und ganzheitlich regenerieren möchte, ist im Zen-Resort Bali an einem exzellenten Ort dafür. Die Anlage ist auf einem Hügel liegend, eingebettet in einen üppig eingewachsenen, sehr gepflegten, botanischen Garten mit vielen kraftvollen Plätzen. Täglich angebotene Morgenmeditationen mit Zen-Chi-Übungen auf der Dachterrasse mit Blick auf das balinesische Meer bei Sonnenaufgang, zweimal täglich angebotene Yogastunde, diverse qualitativ herausragenden Ayurveda-Massage-Möglichkeiten, Swimming-Pool mit Meeresblick im Garten, köstlich zubereitetes ayurvedisch und balinesisch ausgerichtetes Essen im zugehörigen Restaurant, wunderbare, mit vielen Naturmaterialien ausgestattete kleine villenartige Zimmer (inklusive individuell zugehörige Außendusche und überdachte Veranda mit Liegesofa, Garten- und Teilmeeresblick in der Ferne; auch über dem Bett vorhandene Moskitonetze), alles was das Herz begehrt. Die angenehm überschaubare Anlage ist sehr persönlich und familiär geführt. Das Personal pflegt einen offenen und herzlichen Umgang mit den Gästen. Die tägliche Blüten-Zeremonie-Gestaltung an diversen Plätzen im Resort, auch in den Gästezimmern, ist außergewöhnlich liebevoll gestaltet. Ein rundum angenehm stiller Platz, an dem man sehr gut in die eigene Natur eintauchen kann, sich neu zentrieren und auch neue Räume in sich entdecken und öffnen kann. Unterstützend dabei wirken auch Baummeditationen und Kraftplatzrituale etc., worin man bei Bedarf von dem darin sehr erfahrenen Eigentümer, Mr. Mahendra, und seinem dafür geschulten Personal angeleitet und geführt wird. Es gibt ebenfalls diverse ayurvedische Kur-Pakete; auch eine ayurvedische Ernährungs- und Konstitutionstyp-Beratung ist dort buchbar. Alles in allem, aufbauend auf einem guten Basisangebot, eine qualitativ sehr hochwertige und flexible individuelle Gestaltungsmöglichkeit, um Körper, Seele

und Geist zu erholen, heilen und regenerieren zu lassen, und sich neu auszurichten. Individuell kann man sich auch für Ausflüge in die Umgebung einen Guide buchen oder auch an frühmorgendlichen Delfin-Entdeckungs-Bootstouren teilnehmen. Jederzeit wieder!

Date of stay: May 2024 Trip type: Travelled solo

Google Translation

"Holistic relaxation and regeneration in sensual Balinese nature with power place character"

If you want to relax and regenerate holistically, the Zen Resort Bali is an excellent place to do so. The complex is located on a hill, embedded in a lush, well-kept botanical garden with many powerful spots. Daily morning meditations with Zen Chi exercises on the roof terrace with a view of the Balinese sea at sunrise, yoga classes offered twice a day, various high-quality Ayurvedic massage options, a swimming pool with a sea view in the garden, delicious Ayurvedic and Balinese-style food in the associated restaurant, wonderful small villa-like rooms furnished with many natural materials (including an individually assigned outdoor shower and covered veranda with a sofa bed, garden and partial sea view in the distance; mosquito nets above the bed), everything your heart desires. The pleasantly manageable complex is very personal and family-run. The staff maintains an open and warm relationship with the guests. The daily flower ceremony at various places in the resort, including in the guest rooms, is exceptionally lovingly designed. An all-round pleasantly quiet place where you can immerse yourself in your own nature, re-center yourself and discover and open up new spaces within yourself. Tree meditations and power place rituals etc. also help with this, in which you can be instructed and guided by the very experienced owner, Mr. Mahendra, and his trained staff if required. There are also various Ayurvedic treatment packages; Ayurvedic nutrition and constitutional type advice can also be booked there. All in all, based on a good basic offer, a very high-quality and flexible individual design option to relax, heal and regenerate body, soul and spirit, and to reorient yourself. You can also book a guide for excursions in the surrounding area or take part in early morning dolphin discovery boat tours. I would go back anytime!

- 16) [Culture49778780946](#) wrote a review May 25
Worth a repeat visit

The experience was extremely peaceful and spiritual with extremely warm and hospitable staff catering to every need.

The resort was green with beautiful and natural landscaping bringing one closer to nature. The yoga classes were also very soothing.

Apt for a break away from the hustle and bustle of a city, to pause and connect with oneself.

Date of stay: May 2024, **Trip type:** Travelled solo

- 17) [Katrin H](#) wrote a Trip Advisor Review, 5th May 2024, Zen Signature AYUR16 Health
17/04/2024 to 03/05/2024

Paradiesisch - Kur & Urlaub in einem

Ich kam über ein Reisebüro aus Dtl in das Zen Resort Bali und bin immer noch überwältigt von diesem Ort. Es ist paradiesisch und einfach nur perfekt. Die Natur, die Menschen und das Essen sind fantastisch. Ich habe eine 2 wöchige Ayurveda Kur gebucht in der Premium Villa. Das Programm umfasste täglich Meditation und Yoga zum Sunrise, leckeres Frühstück, bei dem man bestellen konnte, was man wollte. Dann gab es speziell abgestimmte Treatment 2x am Tag und 3 Gang Lunch und auch Dinner. Das Resort ist super ruhig gelegen, alles idt mit viel Liebe gepflegt. Das Personal ist herzlich und geht auf jeden Wunsch ein. Ich bin allein gereist und war doch wie in einer Familie. Dazu habe ich wunderbare Menschen aus der ganzen Welt kennen gelernt. Es wurden tolle Ausflüge organisiert und man hat auch selbst welche organisieren können. Auch habe ich hier das erste Mal kostenlos tauchen ausprobieren können und werde dies jetzt begeistert wieder tun. Für mich war es wirklich eine grossartige Erfahrung und ich konnte einige Blockaden lösen, denn dieser Ort mit speziellen Treatments heilt. Ich werde sehr bald wieder kommen ♥ und kann es nur jedem empfehlen, der eine Auszeit braucht und etwas für sich und seine Gesundheit tun, aber gleichzeitig auch Urlaub geniessen möchte. Es ist die perfekte Kombination.

Date of stay: April 2024, **Trip type:** Travelled solo

Room Tip: April -Juni perfekte Reisezeit

"Paradise - spa & holiday in one", May 5, 2024

I came to the Zen Resort Bali through a travel agency from Germany and am still overwhelmed by this place. It is a paradise and just perfect. The nature, the people and the food are fantastic. I booked a 2-week Ayurveda treatment in the Premium Villa. The program included daily meditation and yoga at sunrise, a delicious breakfast where you could order whatever you wanted. Then there were specially coordinated treatments twice a day and a 3-course lunch and dinner. The resort is in a very quiet location, everything is looked after with lots of love. The staff is friendly and caters to every request. I traveled alone and yet it was like being part of a family. I also met wonderful people from all over the world. Great excursions were organized and you could also organize your own. I was also able to try diving for free for the first time here and will now enthusiastically do it again. For me it was a really great experience and I was able to release some blockages because this place heals with special treatments. I will be back very soon ♥ and can only recommend it to anyone who needs a break and wants to do something for themselves and their health, but at the same time enjoy a holiday. It's the perfect combination.

- 18) Annette R wrote a Trip Advisor review 26th April 2024
Paradies gefunden

Außer Ruhe und schöner Natur habe ich nichts erwartet, was ich gefunden habe war so viel mehr. Ein wunderbarer Garten ,liebevoll gestaltet, bis in die kleinste Ecke. Ein großzügiges Zimmer mit eigenem Pool in dieser herrlichen Natur, bequemes Bett, Sauberkeit, und liebevoll arrangiert, jeden Tag neu mit den Blumen aus dem Garten. Treatments von Kompetenten wunderschönen Damen die sich über nichts mehr freuen als dass man Entspannung oder Vitalität mitnimmt. Jede Anwendung beginnt mit einem Gebet und vermittelt darüber hinaus eine wunderbar spirituelle Atmosphäre.

Die Meditation auf dem Dach incl. Sonnenaufgang ist nicht nur deshalb ein Highlight. Mit großer Leidenschaft wird in den Yoga und Meditationsstunden darauf geachtet, dass es dir gut geht. Jede Mahlzeit ist die reinste Freude. Auch hier sind alle bemüht, ein Lachen in dein Gesicht zu bringen und so zu sehen, dass sie es wieder geschafft haben dich glücklich zu machen. Du kannst aus der Karte bestellen oder selber ein Menü erfinden.

Gibt es irgend ein Problem, oder du möchtest irgendetwas an deinem Tagesablauf ändern freut man sich darauf, deinen Wünschen zu entsprechen.

Wie in Bali üblich, sind die kleineren Zimmer die man buchen kann dunkel. Teile des Spa Bereiches leiden unter der ständigen Feuchtigkeit.

Für mich alles nichts gegen das, was ich gutes Erfahren durfte.

Danke, dass ich Teil der Zen Familie sein durfte.

Date of stay: April 2024 Trip type: Travelled solo

Google Translate

I didn't expect anything other than peace and beautiful nature, what I found was so much more. A wonderful garden, lovingly designed down to the smallest corner. A spacious room with its own pool in this wonderful nature, comfortable bed, cleanliness, and lovingly arranged every day with new flowers from the garden.

Treatments by competent, beautiful ladies who are happy about nothing more than to bring you relaxation or vitality. Each treatment begins with a prayer and also conveys a wonderfully spiritual atmosphere. The meditation on the roof including sunrise is a highlight for more than just that reason.

During the yoga and meditation classes, great passion is put into ensuring that you are well. Every meal is pure joy. Here, too, everyone tries to put a smile on your face and to see that they have managed to make you happy again. You can order from the menu or create your own menu. If you have any problems or you want to change something about your daily routine, they are happy to accommodate your wishes.

As is usual in Bali, the smaller rooms that you can book are dark. Parts of the spa area suffer from constant humidity. For me, this is nothing compared to the good experiences I had. Thank you for allowing me to be part of the Zen family.

19) [Torrin E](#) wrote a Review 9th Apr 2024

Beautiful and tranquil scenery. Definitely going back again and would recommend.

An ideal place to heal your body, mind and spirit. The treatments themselves were amazing and carefully chosen for my needs. Very grateful for the advice and exercises.

Food was incredible!!!! Staff were super helpful and kind. 100% will be going back.

I didn't have much of a connection to my spiritual self, but now I do.

Recommendations for future guests:

Work with the team and consultants. Personally, I found the schedule was a bit too busy for me but after I spoke up and discussed this, we made adjustments. Between meals, treatments and activities you have about 1 or 2 hours free time. In this time, I should have practiced the breathing exercises and suggestions they gave me (I didn't and I regret that). I prioritised relaxing in these times but I find 2 hours is not enough time for me to fully relax. Instead I just went on my phone or laptop. Obviously this isn't an issue for everyone, but make sure your needs in order to relax. And if something isn't working, say something and they'll work with you to help you make the absolute most of their amazing facilities.

I'll be there again next year
April 2024 Trip type: Travelled solo

- 20) [Do B](#) wrote a review Mar 2024
[Again, we had a wonderful time in the Zen Resort](#)

This was our second time at the Zen Resort. From the moment we arrived we felt warmly welcomed and well looked after. As we did not want to repeat the excursions we had done last year as part of the detox program, we were offered additional treatments as an alternative. This allowed us to get to know and appreciate other massages. We had a wonderful rest with all these treatments, yoga and meditation sessions, the delicious food and the human warmth and atmosphere that prevails in the resort. It's a long way away, but we will be back!

Date of stay: March 2024 Trip type: Travelled as a couple

- 21) [Clara A](#) wrote a Trip Advisor Review 27th March 2024
Almeria, Spain 5 contributions

[Life-changing experience](#)

Zen Resort was a unique experience for me!! It was the first place I stayed when I arrived in Bali for the first time last year.

The energy of this place is so healing and all the staff are gorgeous. The time

there was so impactful that I decided to go back and stay a few more days before I left Indonesia. I couldn't feel better looked after and nurtured in so many different ways.

From all the Ayurveda treatments to the delicious food, the Shinrin Yoku Forest and being able to see cacao trees for the first time (I am a Forest Therapy guide and cacao facilitator).

This is a place that is very close to my heart now and that I plan to visit again.

Thanks Mr. Mahendra, Ms Budiani and ALL the team for Zen Resort.

Date of stay: September 2023 Trip type: Travelled solo

- 22) [Christian](#) from Jena, Germany, wrote a Trip Advisor Review 23 March 2024, Zen Signature AYUR22 Ayurveda Wellness Retreat, 3rd March to 24th March 2024

[besondere Erfahrung für Körper und Geist](#)

Ich war für drei Wochen im Zenresort. Mir hat alles sehr gut gefallen, hervorzuheben sind sämtliche Mitarbeiter die alles was Sie tun mit viel Herz tun. Wenn man ankommt und entsprechend gebucht hat bekommt man ein Programm von der Morgenmeditation über das Morgenyoga mit den verschiedenen Behandlungen und dem Abendyoga. Das hat mir sehr geholfen verschiedene Rückenprobleme loszuwerden, mit yoga anzufangen 😊 und sogar 3kg abzunehmen. Die Massagen sind konzeptionell sehr besonders und gut und sicher einmalig auf der Welt. Nicht beabsichtigt aber wie sich herausgestellt hat auch wundervoll sind die verschiedenen Werkzeuge die man an die Hand bekommt um zu meditieren und ggf. unbewusst ignorierte seelische Probleme zu bearbeiten. Die Anlage an sich ist etwas in die Jahre gekommen. Das Essen könnte insbesondere bei 3 Wochen etwas abwechslungsreicher sein, Frühstück, Mittag und Abendessen sind aber dennoch sehr lecker. Besonders toll ist der gemeinsame Abendbrotstisch an dem alle (internationalen) Gäste gemeinsam essen, so entstehen interessante Gespräche und sogar Freundschaften. Ich gehe sehr erholt und als neuer Mensch und Fan nach Hause. 😊

Date of stay: March 2024, Trip type: Travelled solo

"special experience for body and mind", Mar 23, 2024
cgroetsch, Jena, Germany

I stayed at the zen resort for three weeks. I liked everything very much, and all the employees deserve to be highlighted because they do everything they do with a lot of heart. When you arrive and have booked accordingly, you will receive a program from morning meditation to morning yoga with the various treatments and evening yoga. This helped a lot to get rid of various back problems, start yoga 😊 and even lose 3kg. The massages are conceptually very special and good and certainly unique in the world. Not intended, but as it turns out, the various tools you get to meditate and, if necessary, work on mental problems that have been unconsciously ignored are also wonderful. The facility itself is a bit old. The food

could be a little more varied, especially at 3 weeks, but breakfast, lunch and dinner are still very tasty. What's particularly great is the shared dinner table where all (international) guests eat together, which creates interesting conversations and even friendships. I'm going home very refreshed and a new person and fan.

- 23) [BulaGallery-Bali](#) wrote a Trip Advisor review 18TH March 2024
Bali, Indonesia

[One of a kind!](#)

One of a kind!

Sitting on the veranda in front of the orchard I feel the serene atmosphere we hoped for after a long flight to this paradise called Zen Resort. I was here before and want to feel again the things this magical place offers. The feeling of balance with myself and nature.

My name is Marion and with my husband Vincent I visited this resort for the second time. Both of us were amazed at the development that had took place. More than before, now nature plays a leading role with trees, flowers, lots of greenery, birds and bees.

The giant, mystical banyantree spread its branches as in an embrace. This sacred tree can give you a lot of comfort and answers. He gives you the opportunity to meditate quietly and to connect with your late loved ones. Something tangible if you are open to it.

The same harmonious moments we noticed during the prayers from the spa therapists before the spa treatment started. Their voices, singing in perfect balance, levelled me into a calm state of mind. The gentle massage took care that the overflowing natural oils got absorbed by my body. About the massages at Zen Resort I like to tell you this remarkable story: Before I made my first visit at Zen Resort I had an injured painful shoulder. All the treatments in the Netherlands, my home country, didn't help. But... the spa therapists at Zen Resort healed my injury within four massages. For this I am still very, very grateful to them!

Everything at the resort is unbelievably; the spot overlooking the Bali Sea where a delicious breakfast, lunch and dinner wait, the pool filled with pure spring water originates from the adjacent Zen jungle forest, the healing spot where energy flows to awaken your unconscious mind, the creative and colourful flower mandalas and a lot more. But above all the beauty of the lovely Bali-smile from the staff is never to forget!

Thank you Mahendra for your generous and genuine hospitality. You made it happen that we felt at ease and home in Zen Resort. It was an impressive stay.

♥ With gratitude, Marion and Vincent. 🙏🙏

Date of stay: February 2024, Trip type: Travelled with friends

- 24) LiliManser , from Islikon, Switzerland with 8 contributions 4 helpful votes wrote a Trip Advisor review, 16th March 2024, Zen Signature AYUR7 Purification Program

An amazing and awesome stay at ZEN - we really recommend it dearly
It was an amazing experience to stay at ZEN Resort! Our intension was to receive an AYURVEDA treatment and these therapies and massages were just wonderful - for body and soul. We also received information about Ayurveda and it's types and our health. We enjoyed as well wonderful and delicious food, had a great and comfi room in our little villa (shower outside, a marvellous experience), the whole resort is located in a gorgeous garden with pool and the staff is just so super friendly. We had an unforgettable time and can recommend a stay dearly. A big thank you to the staff at ZEN, it was just so awesome!

Date of stay: March 2024 Trip type: Travelled as a couple.

Room Tip: Be aware that the drive from Airport Denpasar to ZEN Resort will take about 3,5 hrs. But it's...

- 25) [Catrinesser](#) wrote a Trip Advisor Review Mar 14, 2024

Oasis of well-being

Wonderful place, lovely people, delicious food, great yoga lessons, absolutely beneficial Ayurvedic treatments and great excursions to different places.
I felt comfortable my whole stay and got to know amazing people.
A wonderful experience I will remember fondly.

Date of stay: March 2024, Travelled solo.

- 26) [Ayda A](#) wrote a review 9 March 2024, Zen Signature AYUr7 Purification Retreat – The Cancerian Group by Princess Eze

Life-Changing Healing

Staying at Zen Resort was life changing. I loved every moment of being here & I will definitely be back.

The staff is deeply kind. The massages, movement, & food offered here have been so healing to my body & soul. It was such a decadent experience.

Date of stay: January 2024 **Trip type,** Travelled with friends.

- 27) [Zehra G](#) wrote a Trip Advisor review 3rd March 2024
Highly recommended!

Excellent place - the staff, the food and Ayurvedic treatments exceeded all my expectations. We left the resort feeling like a part of the zen family and made new friends. I appreciated how flexible the staff is - we were able to change up our schedules many times over. I especially recommend this spot to folks travelling solo - the dining is communal and the environment allows you to connect with all other guests and staff.

Date of stay: February 2024 Trip type: Travelled with friends

- 28) [Melanie](#) wrote a Trip Advisor review 2nd March 2024
Worms, Germany 3 contributions 3 helpful votes

We still benefit from our stay at Zen

The staff is very friendly, Mr. Mahendra is great and we still benefit from his wisdom, the food is very tasty and very delicious and the massages are great and very relaxing. We enjoyed our time so much and we still benefit from our stay and experience at Zen! One day we will come back!

Date of stay: October 2023

Trip type: Travelled as a couple

- 29) [Anja M](#) wrote a Trip Advisor Review 24th Feb 2024

[Spiritual Retreat in Paradise](#)

I spend 13 wonderful days in Zen Resort with the Ayurvedic package. Everything was just perfect. Massages were the best ones I have ever had, the food was excellent as well as Yoga and meditation. The most wonderful thing were the people at Zen Resort that welcomed me like family. What was unexpected but turned out to be the most valuable part was the spiritual experience. I did healing meditations, holy rituals and even planted a tree. It was not only wonderful for the body but as well for mind and soul.

I will definitely come back. Thank you Zen Family

Date of stay: February 2024 Trip type: Travelled solo

- 30) [Marjolein v](#) wrote a review Feb 14

[Best gift to myself](#)

My stay at Zenresort exceeded all my expectations.

Firstly, the resort itself was fantastic - in the tranquil north of Bali - beautiful gardens, a delightful pool, and during the pandemic, they've even created their own eco- food forest so inspiring. This environment alone is healing. But the treatments I received during my Panchakarma were sublime, the masseuses were all exceptional in their work, but also so loving; I felt truly seen and deeply healed. It was a very emotional week for me, and everyone responded with such kindness.

I also greatly enjoyed the daily meditations and yoga led by Elu; she had a way of seeing each individual and encouraging them to step out of their

comfort zones.

Thank you to all the wonderful people at Zen Resort for this incredible experience.

Date of stay: January 2024**Trip type:** Travelled solo

31) [eternity99-2017](#) wrote a review Feb 3
Moscow, Russia11 contributions4 helpful votes

Отдых как сказка, Zen Resort Bali

Замечательный курорт, понравилось всё!

Прежде всего, процедуры массажа на основе масел, с добавлением эфирных (эвкалипт), лечебных трав. Массаж всего тела и отдельных зон (спина, шея и плечи, голова, рефлексотерапия ступней). Массаж в 4 руки (2 массажистки) особенно хороши. Ароматические ванны с цветами, травами, пряностями.

Хорошее питание, все продукты свежайшие: овощи, фрукты (очень много экзотических, таких как рамбутан, мангостин, папайя, джекфрут и другие), курица, а рыба и морепродукты – из свежего улова, ведь море рядом.

Занятия медитацией утром на рассвете, йогой утром и вечером (громдное спасибо чудесной и внимательной женщине-инструктору Илу ILU). Рекомендации доктора Муту по разумному питанию и процедурам...

Беседы, часто философского характера, с владельцем курорта, господином Махендра Шахом (Mahendra Shah – человек с интереснейшей биографией), его рекомендации по оздоровлению, стилю жизни, питанию.

Плавание в красивом открытом бассейне с чистой водой из природных источников, в обрамлении дивных магнолий с ароматными цветами. Тенистый сад и прогулки по окружающему тропическому лесу.

Исключительное радушие, внимание и предупредительность всего персонала курорта.

Прекрасные, очень просторные виллы с открытыми террасами, душем, мини-бассейнами на открытом воздухе, с видами в сад и на море. Ежедневная уборка, свежие фрукты и цветочные композиции (Mandala) в номере каждое утро.

Экскурсии по окрестным достопримечательностям, возможность занятий дайвингом.

Доставка гостей из аэропорта и обратно на собственных автомобилях курорта.

Делается всё для удобства, оздоровления и хорошего настроения гостей,

которые прибывают на курорт из разных стран и континентов (США, Австралия, Германия, Великобритания, Швейцария, Россия, Голландия и другие). За столом в ресторане на завтраках, обедах, ужинах между гостями завязываются интересные беседы обо всём на свете, некоторые знакомства продолжаются и после отдыха на курорте.

Целебный эффект от этого отдыха и ровное, хорошее настроение сохраняются надолго!

Date of stay: January 2024

"Holidays like a fairy tale, Zen Resort Bali"

eternity99-2017, Moscow, Russia, Feb 3, 2024

Wonderful resort, loved everything! First of all, massage procedures based on oils, with the addition of essential (eucalyptus) and medicinal herbs. Massages of the whole body and individual areas (back, neck and shoulders, head, foot reflexology). 4-hand massages (2 masseuses) are especially good. Aromatic baths with flowers, herbs, spices. Good food, all the products are fresh: vegetables, fruits (a lot of exotic ones, such as rambutan, mangosteen, papaya, jackfruit and others), chicken, and fish and seafood - from the fresh catch, because the sea is nearby. Meditation classes in the morning at dawn, yoga in the morning and evening (many thanks to the wonderful and attentive female instructor Ilu ILU). Dr. Mutu's recommendations on reasonable nutrition and procedures... Conversations, often of a philosophical nature, with the owner of the resort, Mr. Mahendra Shah (Mahendra Shah is a man with an interesting biography), his recommendations on health, lifestyle, nutrition. Swimming in a beautiful outdoor pool with the purest water from natural springs, framed by marvelous magnolia trees with fragrant flowers. Shady garden and walks through the surrounding rainforest. Exceptional hospitality, attention and courtesy of all resort staff. Beautiful, very spacious villas with outdoor terraces, showers, outdoor mini-pools, with views of the garden and sea. Daily cleaning, fresh fruits and flower arrangements (Mandala) in the room every morning. Excursions to nearby attractions, diving opportunities. Transfer of guests from the airport and back using the resort's own vehicles. Everything is done for the convenience, health and good mood of guests who arrive at the resort from different countries and continents (USA, Australia, Germany, UK, Switzerland, Russia, Holland and others). At the restaurant table during breakfast, lunch, and dinner, interesting conversations begin between the guests about everything in the world, and some acquaintances continue even after a vacation at the resort. The healing effect of this relaxation and a smooth, good mood last for a long time!

32) [Nadine M](#) wrote a review Feb 3

Un séjour magnifique

Un séjour au delà de mes espérances ,un cadre naturel splendide où la nature est omniprésente.Un enseignement professionnel avec une ouverture sur le monde spirituel .Un enseignement du yoga et de la méditation en accord avec les lieux,beaucoup de bienveillance.Une approche complète en peu de temps. Se laisser choyer par des mains professionnelles ,avec une qualité de traitement élevé et des locaux très propre.

Les repas sont un vrai régal , tout est fait pour se sentir bien , les yeux,l'ouïe ,le

goût tout est mis en œuvre pour apaiser nos sens .
Je recommande vivement cet endroit très peacefull

Date of stay: February 2024**Trip type:** Traveled solo

Room Tip: Prendre quelques vêtements couvrants pour le soir

"A magnificent stay"

NadineM1530, Feb 3, 2024

A stay beyond my expectations, a splendid natural setting where nature is omnipresent. A professional teaching with an opening to the spiritual world. A teaching of yoga and meditation in accordance with the places, a lot of kindness. A complete approach in a short time. Let yourself be pampered by professional hands, with high quality treatment and very clean premises. The meals are a real treat, everything is done to feel good, the eyes, the hearing, the taste everything is done to soothe our senses. I highly recommend this very peacefull place

33) [Chris b](#) wrote a review Jan 2024

Simply Amazing

I recently went to Zen for a 7 night 8 day stress relief resort.

My overall experience was amazing.

Tucked away in northern Bali, surrounded by forest and jungle, overlooking the Bali Sea, the atmosphere was pure peace.

The accommodations were beautiful and well maintained.

The morning stretch, breath work, meditation followed by yoga left me totally de-stressed. This morning session was followed by one or two amazing massage treatments. These treatments were the best I've had in the world and I've travel everywhere.. There are also daily trecks into the forest or jungle which were vigorous but relaxing. I spent one morning scuba diving which was beautiful.

Let's not forget the afternoon session of yoga and meditation. It's a complete de-stressing, forget the world resort.

The food was based on healthy living and was excellent. There is absolutely no junk food on the resort, only healthy meals. Snacks are fruit which is supplied to your room on a daily basis. I lost 6 pounds in 9 days.

I can't say enough about the staff. They were all friendly and accommodating, especially Elu, my pal. She guided me and spent a great deal of time encouraging me and teaching me, about stretching, breath work, meditation and yoga. I was a total beginner.

The medical and spiritual programs were sound and tailor made for your individual needs.

I highly recommend zen and will definitely Return.

Date of stay: January 2024**Trip type:** Traveled solo

34) [heike k](#) wrote a review, 17 January 2024

Zen Resort - like Paradise

I had a fantastic stay at the resort. Beyond what I ever imagined. Wellness, yoga and treatments tailored to your personal needs. The resort is magical and

resembles a fairytale garden with beautiful flowers, trees and plants. The villas are beautifully decorated and large. I was in the best hands of passionate masseurs. The best experience of being taken care of. I revitalize my health through wonderful Ayurvedic and spiritual treatments. The food was fantastic. A unique place, like paradise.

Date of stay: January 2024

- 35) [Trude G](#) wrote a review 16th January 2024

A beautiful experience

The treatments were the best I've ever had and the environment and staff so beautiful. The food was very tasty and plenty of choice. I particularly liked the sunrise yoga practice too. The rooms were roomy and very comfortable although it would have been a nice touch to be provided with some luxury soaps and toiletries

Date of stay: January 2024, **Trip type:** Traveled with friends

Response from Mahendra Shah, Owner at Zen Resort Bali

Thank you Traude G. for being our guest at Zen Resort Bali, AYUR5 Rejuvenation Ayurveda-Yoga Program.

We apologise for not having "luxury soaps and toiletries but please note that in line with our sustainable development and eco-friendly practices vision and mission we decided, unlike most hotels and resorts worldwide supplying their rooms and guests with branded single-use plastics in the bathroom and the restaurant, we at Zen Resort made a conscious decision at the outset in 2005 not to use single-use plastics. In the bathrooms we use Balinese artistically crafted reuse ceramic bathroom toiletries containers for shampoo, conditioner, liquid soap and in the restaurant, we use for example bamboo straws harvested from our onsite agro-forestry farm and also in the interest of water-use efficiency, we also recycle bathroom greywater through wetland plants cleansing ponds for use in our landscape irrigation.

- 36) [Edith P](#) wrote a Trip Advisor review Jan 9, 2023

reborn

I booked a detox treatment and received a great life experience! healthy, fresh food, extremely friendly staff with the best massages ever and all in a place of power in the middle of nature! thank you very much!

Date of stay: December 2023, **Trip type:** Travelled solo

- 37) [Katharina B](#) wrote a Trip Advisor Review, 7th January 2024

Relaxation and recovery at Zen Resort

We spent two and a half weeks at Zen Resort and during this time we truly recovered from everyday life & stress. It was nice to experience a holistic view on health which makes Zen Resort something special. The Zen staff was incredibly nice and service-oriented, the food was both healthy and delicious and the quality of the massages (some of which were four-handed) was amazing. Also, we received very competent support from the staff for excursions on the island of Bali. Although the price was really high by European standards, we enjoyed every moment and share fond memories of our vacation.

38) [HotelCordelia](#) wrote a Trip Advisor review Jan 2, 2024, Paris, France

Une oasis de sérénité dans un endroit à couper le souffle

Nous avons séjourné au Zen resort en décembre 23 avec mon frère. J'avais entendu parlé de ce resort depuis quelques années et avais vraiment envie d'y aller.

Nous avons opté pour la retraite introduction à l'apnée.

Nos journées ont été rythmées par:

- la méditation et le yoga sur une esplanade surplombant les rizières au lever du soleil, (avec une prof indonésienne très très bien)
- l'apprentissage de l'apnée avec un super prof (Arnaud),
- les délicieux repas issus des produits cultivés sur place,
- les massages ayurvédiques divins (je vis en Indo donc je suis assez exigeante sur la qualité des massages et là rien à dire:)

Tout ça dans un décor sublime entouré d'arbres fruitiers, de rizières de frangipaniers et avec un service impeccable et d'une bienveillance comme j'ai rarement vu, même en Indonésie:)

L'endroit n'est pas snob comme cela peut être le cas dans les endroits wellness et yoga.

Les quelques jours passés au Zen Resort ont été des jours à s'occuper de soi et se faire du bien.

Nous reviendrons très vite

Un grand merci à Mahendra Shah et son équipe de s'être si bien occupé de nous

Google Translation

An oasis of serenity in a breathtaking location"

We stayed at Zen resort on December 23 with my brother. I had heard about this resort for a few years and really wanted to go there. We opted for the introduction to freediving retreat. Our days were punctuated by: - meditation and yoga on an esplanade overlooking the rice fields at sunrise, (with a very good Indonesian teacher) - learning freediving with a great teacher (Arnaud), - the delicious meals made from products grown on site, -the divine Ayurvedic massages (I live in Indo so I am quite demanding about the quality of massages and there is nothing to say there:) All this in a sublime setting surrounded by fruit trees, frangipani rice fields and with impeccable service and kindness like I have rarely seen, even in Indonesia:) The place is not snobbish as can be the case in wellness and yoga places. The few days spent at the Zen Resort were days to take care of yourself and do yourself some good. We will be back very soon. A big thank you to Mahendra Shah and his team for taking such good care of us :)

- 39) [Daydream38940014979](#) wrote a review 1st January 2024, Bali, Indonesia

The hidden gem of North Bali.

My son and I decided to adventure over the mountains to North Bali and never could have imagined what we found. It was a word captured in time. It felt like a different island.

We arrived at the Zen Resort Bali and discovered this this place and people are more than just a holiday destination; it's a personal slice of paradise. It's a place where you can disconnect from the world and connect deeply with yourself.

Whether you're seeking relaxation, spiritual enrichment, or simply a break from the hustle and bustle of life, Zen Resort Bali offers a sacred meeting ground for body, mind, heart, and soul. I cannot recommend it highly enough and am already planning my return visit.

I highly recommend meeting the owner of the resort, Mahendra, hen you are there to experience the conscious design of how wellness integrates with wellbeing.

Date of stay: December 2023

- 40) [Barbara H](#) wrote a review Dec 26, 2023

Absolut empfehlenswert!

Die Zeit im Resort war absolut traumhaft:

Die Massagen - zumeist vierhändig-sehr professionell und wohltuend, das ganze Team unendlich freundlich , hilfsbereit und empathisch , der Resortchef als mentaler Coach sehr weise, hochprofessionell und wohltuend, das Essen lecker , abwechslungsreich , das Resort im Ganzen nachhaltig ausgerichtet, eine Wohlfühloase! Vielen Dank für die schöne Zeit und unsere zauberhafte , nicht geplante Engament- Zeremonie!

Google Translation

The time at the resort was absolutely fantastic: the massages - mostly four-handed - very professional and soothing, the whole team was endlessly friendly, helpful and empathetic, the resort manager as a mental coach was very wise, highly professional and soothing, the food was delicious, varied, the resort was... Sustainably oriented throughout, an oasis of well-being! Thank you for the wonderful time and our magical, unplanned Engagement ceremony!

- 41) [julenzia](#) wrote a review 1 December. 2023, London, United Kingdom, 39 contributions7 helpful votes

Zen makes World a better place.

This is my second time at Zen and I pray not the last one. It's heaven on Earth that has been created not just by nature, but by its people working there as a family for many years together. I enjoyed seeing a beautiful transformation of the resort, and to see a new eco forest and eco farm has been created with a hands of people working there during pandemic.

But there is something very special about this place you cannot find anywhere else- it's the love and energy you surrounded by. You feel sincerely loved, you

leave the place filled with this generous beautiful feeling. I feel reborn, transformed and feel to share this feeling with people.

The Spa. It's more than a massage, people are healers. After zen I cannot accept any massage in any other places and people anymore. It's different! This place truly helps you to be a sustainable beautiful human being and helps to make healthy choices, thoughts and actions.

I feel very aligned and connected with myself and nature. And I noticed many magical things has started to happens with me already. I love you my Zen family and it's so emotional always to leave you and I will be back again as You are my home and each of you is very special to me.

Thank you to each of you for giving, you are creators of this new World as you transform every person coming to Zen. I love you!

Date of stay: November 2023 **Trip type:** Travelled solo

- 42) [Shereh K](#) wrote a TripAdvisor review 26th November 2023
[A Gem amongst gems. I lack words!](#)

My stay at Zen Resort exceeded my expectations by far!
I feel like I had stepped into paradise.

I have been to ashrams in India and on other places and followed a spiritual path for decades.

I wanted to learn about Zen so when i decided to go to Bali i googled the word. Luckily!!

This is not only a very luxurious resort - it is a sacred place with a very high energy.

Everyone working there is gentle, kind, lovely and professional.

The premises are the most wonderful you can possibly find. The accommodations are exclusive and genuine.

You can seek your retreat from the world here and you feel taken care of and amongst friends at the same time. Perfect if you travel alone!

I extended my stay because of this and had the most cleaning experiense thanks to Dr Mahendra who offered me a healing session under the Holy Tree.

This experience is beyond any words. I can only say - do it! I will free you!

Some things are unexplainable.... Thank you!

I will return to Zen again soon. My friend who I travelled with was lucky enought

to return one more week when I had to leave for work. I envy her very much.

Next time I will stay longer. 9 days was not enough. But we had other bookings ahead for our month-long visit to Bali.

Date of stay: November 2023. Trip type: Travelled with friends.

- 43) [Laura E](#) wrote a review 16 November 2023, Medellin,
Colombia10 contributions1 helpful vot

[Pedazo del cielo en la tierra](#)

No creo que pueda haber un mejor lugar en el planeta para resetear la vida, y volver a soñar. El personal, la comida, la clase de yoga, la meditación, los masajes y rituales, todo con mucho, mucho amor, hacen que la estadía sea mágica. Gracias Zen Resort.
Date of stay: November 2023

"Piece of heaven on earth"

I don't think there could be a better place on the planet to reset life, and dream again. The staff, the food, the yoga class, the meditation, the massages and rituals, all with lots and lots of love, make the stay magical. Thank you Zen Resort.

- 44) [Eleonora Z](#) wrote a review Nov 12

[Paradise for spirit, Body and mind](#)

Felt like paradise and Family, Heart-warming people, lush and luxurious Environment, pampering mind and body, the staff was so friendly and helpful in any way. We left rejuvenated and high-spirited . sorry that We had to leave

Date of stay: October 2023**Trip type:** Travelled as a couple

- 45) [Sunshine62046481394](#) wrote a review 3. November 2023

[2 traumhafte Wochen in einem einzigartigen Ambiente](#)

Wir durften 2 wundervolle Wochen im Zen Resort verbringen. Das gesamte Team ist überaus freundlich und hilfsbereit. Die Massagen sind ausgezeichnet und die Masseurinnen gehen auf spezifische Probleme ein. Wir haben die Ruhe und das angenehme Ambiente sehr genossen. Die Yoga-Einheiten sind so gestaltet, dass es immer Optionen für verschiedene Level gibt. Das Essen ist ausgezeichnet, man bestellt zu allen Mahlzeiten a la Carte und bekommt stets frisch zubereitete hochwertige Speisen serviert. Wir haben uns im Zen Resort durch die familiäre und herzliche Art der Mitarbeiter sehr gut aufgehoben gefühlt. Gerne kommen wir wieder.

"2 wonderful weeks in a unique atmosphere"

Nov 3, 2023 Sunshine62046481394

We were able to spend 2 wonderful weeks at the Zen Resort. The entire team is extremely friendly and helpful. The massages are excellent and the masseuses address specific problems. We really

enjoyed the peace and quiet and the pleasant atmosphere. The yoga sessions are designed so that there are always options for different levels. The food is excellent, you can order a la carte for all meals and are always served freshly prepared, high-quality dishes. We felt very well looked after at the Zen Resort thanks to the friendly and friendly nature of the staff. We would be happy to come back.

Date of stay: October 2023**Trip type:** Travelled as a couple

- 46) [Allen L](#) wrote a review, 24 October 2023
Minneapolis, United States, 7 contributions, 12 helpful votes

Nuance. Intention. Magic. DEEP HEALING.

Zen does everything correctly. They are masters of nuance. The integrity and intention of the Owner are felt through every corner of the place. Nothing goes unmissed. You will be called by your name the entire time, which is refreshing. There is so much more to say... but for anyone who needs self-healing, this place is a secret portal...

Date of stay: October 2023**Trip type:** Travelled on business.

Room Tip: Plan to completely unravel... All it all to come undone to find the magic here...

- 47) [Juliette](#) wrote a review 24 October 2023, Zurich, Switzerland3 contributions

Wonderful resort in the North of Bali

I stayed at the Zen resort for four nights to do my PADI advanced course. These five days were absolutely amazing. The staff at the Zen resort is extraordinary and does everything to make your stay unforgettable. I felt really great after these five days and would highly recommend this resort if you are looking for a beautiful resort away from the touristic parts of Bali.

Date of stay: October 2023**Trip type:** Travelled solo

- 48) [Chris K](#) wrote a review 14th October 2023

Ein Ort des Friedens

Ein kraftvoller Ort zur Erneuerung der eigenen Seele...

Wundervolle Menschen mit warmem und liebevollem Geist.. Fantastisches Essen, fantasievoll arrangiert.. Traumhafte Villen und Bungalows mit Blick zum Horizont.. Garten zum Träumen.. Infinitypool mit Bar in dem du garantiert im Sternenlicht glücklich schwimmst.. SPA mit kompetenten und einfühlsamen Spezialisten.. Anspruchsvolle Yogastunden für jedes Level.. Meditationen im Sonnenaufgang.. Ich könnte weiter schwärmen, aber geht lieber selbst und erlebt diesen unglaublichen Ort.

Wer nach Bali kommt um sich zu erholen, Neues zu lernen und Altes loszulassen, Energie und Liebe zu erfahren und wieder Freude zu empfinden, sollte unbedingt ins ZEN gehen. Es ist viel mehr als ein Ayurveda und Yoga Resort.

NAMASTÉ

Date of stay: October 2023**Trip type:** Traveled solo

Google Translatio

"A place of peace" Oct 14, 2023 C K

A powerful place to renew your own soul... Wonderful people with warm and loving minds. Fantastic food, imaginatively arranged. Fantastic villas and bungalows with a view of the horizon. Garden to dream about.. Infinity pool with bar where you are guaranteed to... Swimming happily in starlight.. SPA with competent and sensitive specialists.. Challenging yoga classes for every level.. Sunrise meditation.. I could go on raving, but I'd rather go and experience this incredible place yourself. Anyone who comes to Bali to relax, learn new things and let go of old things, experience energy and love and feel joy again, should definitely go to ZEN. It is much more than an Ayurveda and yoga resort.
NAMASTE

- 49) R9636FMbarts, Review from Oct 10, 2023
Fanstasic experience on all fronts!

Beautiful and well thought out accomodation and magical gardens and pool. The staff and all their services were truly wonderful. Highly recommend Zen Resort, the diving was also some of the best i'd ever done.
Hope to be back again!

- 50) [Jwatts](#) wrote a review 10 Oct 2023, Houston, Texas10 contributions 3 helpful votes
[Best resort vacation EVER!](#)

By far the best resort experience I have ever had! I'm planning to return next year for two weeks. Everything was perfect. The resort is beautiful and peaceful, the staff was amazing, the food delicious, the spa treatments, yoga, meditation heavenly, and the excursions so much fun. It was so much more than I imagined!

Date of stay: September 2023**Trip type:** Travelled solo

- 51) [Bart S](#) wrote a review 9 Oct 2023
[Fantastic experience on all fronts!](#)

Beautiful and well thought out accommodation and magical gardens and pool. The staff and all their services were truly wonderful. Highly recommend Zen Resort, the diving was also some of the best I'd ever done.
Hope to be back again!

Date of stay: September 2023 Trip type: Travelled solo.

52) [Felix](#) wrote a review 9 Oct 2023

[Finding answers on questions I didn't know existed](#)

The time I've spent at the Zen Resort has just been amazing. The staff was so friendly, the food was unbelievably delicious and the resort itself just so beautiful. Even though the ayurvedic massages/treatments really have been great and super relaxing, for me looking back the stay hasn't really been about the wellness treatments, but more about the Zen Resort as a super energetic and positive space itself. Whilst I stayed at Zen, I've found answers on questions I didn't even know would exist.

The things I learned about and for myself during my stay have been really uplifting and I'm so thankful for the time I've spent there.

From the bottom of my heart,
Thank you so much Zen!

Date of stay: August 2023 Trip type: Travelled solo.

Room Tip: Try to stay at least 10-14 days at Zen for the full experience.

53) [Katie C](#) wrote a review Sep 2023

[A beautiful and transformational experience!](#)

It's hard to sum up my experience at the Zen Resort in just a few words! My stay was transformational, and the Zen Resort Bali family provided me a safe and supportive environment to dive deep within myself and create a space of self-love. The staff is amazing! The owner/founder, Mahendra, provided me with wisdom and insight. I received ayurvedic counselling, healing treatments and the best massages ever!! The staff creates a very personal experience for each individual and they are the nicest, most accommodating group of people I have ever met.

The property is breath-taking. The food is delicious, healthy and most of it locally grown on the property. Everything is clean, comfortable and very spacious. I travelled alone and felt so safe and met some amazing people. Some of them dear friends for life! The resort is not only beautiful but very intentional with every last detail. The meditations and yoga were a wonderful way to begin and end the day and the locations where we practiced were divine.

There are no words to fully describe the experience, but I cannot wait to go back and experience this space all over again! I would highly recommend this resort to anyone looking for a true getaway to the authentic Bali!

Date of stay: July 2023 Trip type: Travelled solo

- 54) [TEP](#) wrote a review Sep 2023, United States
[A wonderful retreat in an amazing location](#)

Zen Resort is an amazing place. It is located in a beautiful spot. Everyone at the resort is wonderful: people are warm and caring, and the atmosphere feels like family. The campus is designed with great taste, every building, plant, and stone create natural elegance. The spa treatments are excellent. The food is also wonderful. Highly recommended!

- 55) Date of stay: August 2023 Trip type: travelled with friends

- 56) [Dream769247](#) wrote a review Sep 2023
[Do yourself a favour and go to Zen Retreat Bali](#)

I absolutely loved Zen Resort Bali, it was peaceful and beautiful. The staff were exceptional and the food was delicious.
Being a solo female traveller I felt safe and secure the whole time. The excursions were fun and the drivers were so helpful. Nothing was too much trouble.
It was a great balance between relaxation, healing and treatments.
The quality of treatments were second to none.
I would highly recommend Zen Bali and I will definitely be returning as soon as possible

Date of stay: September 2023 Trip type: travelled solo

- 57) [Zentravels14](#) wrote a review Aug 2023, Canada
[Magical place - will come back again and again](#)

Return visit and this place is even more magical than I remembered it 9 years ago! There are many places to go in Bali but if you can choose just one make this your destination. Stunning setting in Northern Bali, the kindest warmest staff, incredible treatments, and a most genuine Bali experience. I've visited many resorts but this is a place unlike anything other. This is a place for a mind, spirit, body recharge, and you'll walk away with that and so much more - be it adventure, laughter, calm, connection, whatever you're hearts looking for. Any length of stay is worthwhile, but if you're coming from very far suggest at least 7 days to optimize the experience, longer if you can. I will absolutely be coming back.

Date of stay: August 2023 Trip type: travelled with friends
Room Tip: Try to book at least 7 days - if not longer

- 58) [Sally M](#) wrote a review Aug 14
[I could breathe again and my memory returned](#)

Zen is a special place. Made so by the staff who care for you and the beauty that surrounds you. I came to reset and celebrate turning 40. As a busy professional with 2 young kids, I sought to reconnect with myself and find health. There were many wonderful experiences at Zen, however for me there were 2 things that felt tangibly different from my stay. My memory returned (having been compromised from COVID, kids or stress) and I was able to breathe deeply and fully for the first time in a long time (thanks to meditation, breath training and massage). These gifts alone I am so thankful for. The spa and massage treatments were the best and most caring I've ever experienced. I highly recommend a trip to Zen to find peace and health.

Date of stay: July 2023 **Trip type:** Travelled solo

59) [Sunny R](#) wrote a review 9 August, Hamburg, Germany

The most beautiful place in the world

It is a magical place and in fact this place has changed my life for the better! I am finally listening to my heart again and taking time for myself every day! Thank you for these wonderful moments. Bali is the most beautiful place in the world for me.

Date of stay: July 2023

60) [simonerC8573FA](#) wrote a review 9 August, Munich, Germany, 6 contributions, 8 helpful vote

Eine ganz tolle Erfahrung mit wundervollen Menschen. Das Zen Resort ist wirklich ein besonderer Ort.

Die Freundlichkeit und Fürsorge der Zen Gemeinschaft ist einzigartig. Es ist nicht nur ein Resort zum Entspannen sondern auch ein Ort der besonderen Begegnungen. Auch das Essen ist fantastisch, wunderbar bekömmlich und sehr sehr lecker. DANKE!

The kindness and caring of the Zen community is second to none. It is not only a resort for relaxation but also a place for special encounters. The food is also fantastic, wonderfully digestible and very, very tasty. THANKS!

Date of stay: July 2023

61) [Laurence B](#) wrote a review 9 August

A resourcing and peaceful stay in a wonderful place

The best hotel I experienced in Bali. Beautiful garden and swimming pool with a wonderful view to the sea. Very relaxing atmosphere, flowers everywhere. The spa is top with a wide range of ayurvedic massages. The personnel is very friendly and welcoming. And the hotel propose to visite its bio garden in the forest, including a ceremony of water blessing, an experience in itself ! I strongly recommend it for a peaceful and resourcing stay

62) [Maria A](#), Tripadvisor review Jul 13 2023, Melbourne

The most peaceful, healing and relaxing experience I've had

I went because I wanted to disconnect from busyness of life and connect with nature, with myself and do spiritual practices. This retreat was exactly what I was looking for and more

The place and environment are full of nature for a natural cleaning and feelings of well-being, the people at Zen treat you like family, they're also very organised with the programs, and keep track of every person's itinerary. Everyone is very friendly, kind and go above and beyond to make you feel at home and adapt to any personal requirements you may have

The meditation and yoga classes are amazing, very intentional and well lead by wonderful teachers, looking at your postures and helping you improve with compassion

The massages were really top world class. The best massages I've had. I love that each massage has an intention and a prayer. Some done by two massage therapists and most of them between 90 and 120 minutes. It was truly relaxing

They have their own forest, where they offer a forest therapy session that was one of the most amazing parts of the trip with Budiani (The Zen Manager). She's a wonderful and beautiful human, I enjoyed my time with her at the forest and we had meaningful and deep chats about life

Overall this has been one of the best experiences I've had on a trip and a resort, and I travel quite a lot. Min twice a year. I truly felt at home and it was such an amazing time to reconnect with myself, my purpose and life

Ahh and the food is top class too, so delicious with entree main and desserts. One of the best places for food. I will definitely be coming back to stay again with the Zen resort family

THANK YOU! for everything you do, your love, dedication and energy you put into the beautiful place, the well thought programs, classes, therapies and everything leaves people feeling the same love and energy you give out

63) [Ulrike B](#) wrote a review Jul 8 2023

A perfect dream - without comparison

If you want to experience a peaceful, relaxing harmonic spiritual experience you should spend at least one better two weeks at Zen Resort in the north of Bali. If you want to see and live non-touristic original Bali you find it there in the north. Albeit it is a 3,5 h ride from Denpasar airport it is worthwhile, you are picked up in a AC car by a very kind driver and you experience your first sight seeing tour of Bali!

The Zen resort is a small luxury resort with villas designed with love to the detail, daily changing wonderful flower decorations, very tasteful dishes, combined with daily meditation and yoga sessions as well as arjuveda treatments performed

with diligence and dedication. We had the 2 week health retreat package all inclusive with a rich breakfast, 3 course very tasteful menu at lunch and dinner and daily arjuveda treatments. Interspersed we did different excursions including a snorkeling tour and dolphin watching. Swimming in the pool in velvet like spring water every evening completed the day. The owner Mr Mahendra and Mrs Micky are ideal hosts and always willing to individually answer any needs.

For somebody like me coming from a very stressful business life I really do feel completely refreshed physical and mental wise after this vacation. A big 'Thank you' to the whole team of Zen Resort!

- 64) [Pilot Dave](#) wrote a review July 7, 2023
Melbourne, Australia **3** contributions

**8 days in Paradise at Zen Resort. Great service, food and people.
Feeling more relaxed than we have for years.**

We arrived at Denpasar airport to crowds of hustling drivers and our stress levels popped up. However, once we found our driver from Zen Resort we were whisked away to a clean and comfortable car and driven to the resort with a quick stop for dinner along the way.

We awoke the following morning for breath meditation and yoga at sunrise. Followed by breakfast with good coffee and wonderful tropical fruits.

Then it was 8 days of paradise. Comfortable rooms wonderful food. Hours of excellent massages and two sessions of yoga everyday. I am a 55 year old not very flexible male but enjoyed the yoga and the food. I also did the open water PADI dive course and enjoyed diving on an amazing reef at 18 meters depth. So many fish and better coral than the outer reef of the barrier reef off Cairns.

The staff were amazing. The service excellent. Everything there is done to an international standard of excellence.

The guests were also a great bunch of interesting people. So my wife and I had a great holiday. Despite the wonderful food we managed to lose weight on this holiday. That almost never happens. We have not felt so relaxed in years.

We will quite possibly make this an annual retreat.

Date of stay: June 2023 **Trip type:** Travelled as a couple

Room Tip: Plan to do lots of yoga and have lots of massages. It's just so good to do. Recommend the dive too.

- 65) [Ulrike H](#) wrote a review July 6, 2023

Holidays in paradise- best ever 🙏

Zen is paradise for body mind and soul.

The incredible staff under the leadership of Mahendra Shah is always highly motivated to create a fabulous time for all of their guests.

Thanks again for all you did for me and my friend.

We will be ambassadors for Zen as you all create a marvellous holiday for us which we will never forget.

We will definitely come again

All the best

Ulrike Hiller from Aalen/ Germany

Date of stay: July 2023**Trip type:** Travelled with friends

- 66) [CMo](#) wrote a review Jun 2023
Adelaide, Australia 4 contributions

A beautiful retreat that nourishes and supports

I chose the rejuvenation 8 day package. It was wonderful. I felt so supported and nourished. The food was delicious and the kitchen staff were so accomodating. The treatments (massages) were luxurious, tapping in to all the senses, opening energy lines and really helping to drop into the spiritual self. I learnt so much about myself, and didn't realise I needed to. I felt guided and held. The experience of the retreat meets the guest where they are so you can get involved as little or as much as you like. The grounds and rooms are beautiful, and all the staff and management felt like family. I really enjoyed the shared mealtimes. The excursions were fun and very well organised. My friend and I will be back 🙏👁

- 67) [Nicole T](#) wrote a review Jun 2023

ABSOLUTELY OUTSTANDING - HEAVEN

I booked Zen because of the TripAdvisor reviews to travel by myself and destress. Zen is outstanding. The spa therapists are the best in the world (and I've gone to A LOT of day spas!); ALL of the people are sooooo kind, generous with their time and a pleasure to be around; the other guests are authentic, smart, interesting, kind which adds to the experience; the rooms (I had a sunrise room with plunge pool) are wonderful; the food is fantastic; the other experiences are incredible (do the Forrest tour at the resort, dolphin cruise and snorkelling). This is literally one step away from heaven. You will definitely leave happier and more relaxed then when you arrive. Lots of returned guests which reinforce that this is a spa like no they. Thank you everyone at Zen.

- 68) [Sayhao L](#) wrote a review Jun 2023

Beyond simply relaxing and recharging. Makes you feel connected to yourself, others and nature. Life changing.

I took so long to come up with a review because thinking about Zen Resort Bali is like thinking about a time and a place that feels so far away from my daily life of writing code, watching movies and hanging out with friends. Yet it feels so close to my heart. It feels like something, or rather, much of my heart has been changed by my time there. Thinking about my time in Zen Resort Bali always leaves me with affirmations for my daily city life that I can do better, I can shine brighter, and that nothing can really stop us from achieving our dreams, and I can do all that while being conscious and being kind to myself and even the people around me. That is what Zen Resort has made me feel in a matter of practically 3 days, and months later it still makes me feel that way today.

For those interested in a summary, Zen Resort Bali looks like a normal resort on the surface, but go there with an open mind and over a few days there you may discover that Zen offers a kind of relaxation, rejuvenation, and self discovery that can't really be conveyed to you, the person reading this now, with words. I believe it is to be experienced.

If you found out about it the way I did, Zen Resort Bali... is placed in our capitalist, pleasure-seeking tourism industry beside your standard resorts, with normal amenities like a swimming pool, some spa treatments, and spa and diving packages. You may think the word "Zen" would just make them slightly more... meditation and relaxation focused than other resorts, aligned towards a... relaxing atmosphere of sorts, maybe. Well that's what I thought.

I decided to take a trip to Zen as a birthday treat to myself. The past 3 pandemic years as a Software Engineer in stressful hustling bustling Singapore has left me bored, restless and really out-of-sync with myself. I could feel it. Many things here and there just felt wrong in my body, and I knew that a "wellness" getaway would be the best gift to myself this time. I booked a 4D3N package and an AirAsia flight to-fro Singapore, just 2 weeks before. Pro-tip, book perhaps a month before or earlier for better flight prices.

I landed at Denpasar Airport on a Friday afternoon, I found a man with a very cheerful smile holding a sign with my name on it. It was crowded, so he brought me to a less crowded place to wait for him as he drove over. When he asked if I was hungry and I said yes, he brought me to a restaurant with an amazing ambience, great local food and probably the cleanest public toilet I've seen in Indonesia.

It was pitch black at night when I arrived at Zen. The receptionist walked up to my vehicle and waited outside my door patiently with a flower garland in her hand. And the flowers were so fresh, I could smell the sweetness and feel relaxed at the end of that long journey even after putting it down in my room. I later learnt they were frangipani. And that they were grown on site. I was also given a welcome drink. It was green, transparent with a beautiful assortment of flora. I never thought a drink could be green and yet so tasty and refreshing.

The compound felt like a quaint and quiet neighbourhood at night. Nature was strewn up over the place; some walkways were made of detached stone tiles and the whole place gave off a rustic vibe. Growing up all my life in the city and

suburbs, I eventually felt the absence of modern technology, yet at the same time in hindsight I started to feel an immense amount of inner peace, a deceleration and floating away of my work stress and anxious concerns just by walking around and being there (with my phone battery dead, haha). At 10pm, walking back to my room, it was quiet, I saw the stars in the sky and in that moment, and I felt they were beautiful.

My accommodation was the Zen Sunset Deluxe Villa (room 20x). It has a front and back gate though I just use one and lock the other. It has an open air rain shower area, toilet, wardrobe, fridge, supplied towels, and an indoor bedroom. The indoor area can be fully sealed from mosquitoes and if they manage to come in somehow (none did for me), the bed also has a mosquito net. The indoor area was huge, had an air-con and ceiling fan. There were some really nice touches to my room that made me feel warm inside the moment I stepped in. The fruit basket had some interesting choices and I managed to order papayas to my room, provided they had the supply. There were no cleanliness issues; water was provided to me in a huge vat (the kind you see in office water coolers) with automatic dispenser (you just need to press a button, not carry the vat, to get your water), and a stainless steel water bottle that I still use at home today. You'd dispense water into your steel bottle (or a bottle of your choice) and carry your bottle around. A nice eco-friendly setup.

Meals-wise, Zen Resort Bali's meals are simply amazing. The developed world is cluttered with fast food conglomerates, with fine dining at a luxury, "instant" processed food, diners and takeaways on the side. In this world, "nutritious" and "tasty" very seldom go together. In fact, if you're hard-pressed for time like me and just looking for a fix, "nutritious" itself can feel hard to find. But at Zen, every meal is delicious, yet at the same time so healthy. Within the first 24 hours I'd already eaten more fruits than I did in the past month, and yet at the same time had major cuisine delights in every meal. And there's desert for lunch and dinner. And they were pretty much different each time (at least in my 4-day stay). And yet they were all amazing, and all made with fruits. In a single meal, I'd have eaten 2~6 different types of fruits and it's top quality tastiness. Coming from me who's a little picky with food and isn't fond of common things like truffle, earl grey, mangosteen and more. It was truly defining and it'd be an understatement to say it's changed the way I look at food.

I signed up for the spa (Ayur3) package, and because of my late arrival and slightly early departure, my schedule was rather packed compared to the other guests. I can't say a lot because it's just my second time undergoing balinese spa treatment, but I'd say Zen's spa experience has an... atmospheric effect that I don't think I've really experienced in any other spa (balinese or otherwise) I've been to. The massage therapists were impeccably skilled as far as I could know, taking the initiative to check if I had any stiff body parts that could receive more focus.

On my second day (pretty much 12h after arriving at night) I was even fixed an appointment with their resident Ayurvedic therapist and meditation trainer, and together they provided so much insight into my body and allowed to see my health and wellness and soul in a constructive, positive manner. I was also

subsequently arranged consultations with Dr. Mahendra, and combined, they have provided what I feel is unmeasurable value contributing to ways I can see myself, my life, my past and future, my body and its processes and what it seeks to be healthy, and my daily wellness. This part would definitely be more personal and subjective, and I could go on for hours on how much change this has inspired in my day-to-day life after coming back home. I even received feedback from those around me that I have become less irritable, less impulsive, more zen. Personally I feel so relaxed in my day-to-day even though many things are going on at once in hustling bustling Singapore, in my schedule and seemingly in the thoughts of people around me. Somehow, they affect me less now. Upsets and upsetting events hurt me still but I feel I can really process them and dance with the emotional flows and let them go. I feel I lost the need to actively or reactively exert control over others, to some extent. But this is personal and subjective, I think everyone benefits differently spiritually from being there, but what I observe is that many have in one way or another. And I think this is part of what makes some feel like this place is a gem.

Zen also changed the way I saw nature, and thus by extension how I saw my relationship with it. I grew up in clean and "green" Singapore with an indifference, and sometimes even repulsion from nature. I saw going out to the park as a chore, plants and mud as the elements that dirty your shoes, and nature as the place that makes you sweat. And insects are nothing but pests that have to be dealt with so that our living areas and daily lives can remain "clean". But Zen is a place that remains not just close to nature but also intertwined with it. And because of that, I have to say I felt uncomfortable with it at first, being more close and personal with insects. But in the absence of stresses of daily life, and being in an environment intertwined with nature, some time later on my stay I started to feel a sense of connection to the natural surroundings. Weird, I know, I've never been a nature guy, really. But after spending time there, on digital detox and walking around stone paths and eating enriching food and just relaxing, I started to question the way I saw the trees, the leaves and the insects around me. I started to think of how we all are living beings, all part of this grand scheme of things designed and built by mother nature that continually moves forward with time. It brings life to the planet, with so much complexity, so much sophistication, so much beauty in diversity, supporting itself in a huge ecosystem that we are all also a part of. It is hard to describe this epiphany in words, but it made me feel grateful to be alive, it made my problems feel small; impactful and painful at times, but definitely surmountable and to be surmounted in the grand scheme of things. And the insects? They're also on this ride, part of this amazing planet's journey.

There are several other epiphanies and life changing experiences and stories I experienced in my short stay at Zen Resort. Words cannot describe how blessed I feel to have discovered it, to have chosen it, and to have experienced so much in 72 hours.

Oh and how can I not mention! I honestly thought this would be a "solo trip", like all the other solo trip experiences I've had. Maybe I'd get to talk to someone here and all, but outside of that I'd be on my own most of the time (which has its perks). Well... that didn't happen. Right from day two onwards, without revealing

too much, I felt so grateful for the company for the other guests who were there when I was. The guest list changes a little every day, but I am still blown away by the beautiful memories, connection and deep conversations that I had with all of the guests I met while I was there. And for some I didn't even get to know them for 24 hours! If any of you are reading this, you know who you are, I'm guessing you're back to your daily life, in a place that's either somewhat different from Zen Resort or very different. I've never forgotten about each of you and Mr. Mahendra and I'm perhaps curious what lives you all live now. And I wish, to the momentary shooting star that flies across the night sky, that we all live happy fulfilling lives and hopefully our paths cross under beautiful circumstances again!

Finally, the staff who made this all possible, are impeccable from my point of view, and I've come to love so many of them, from the yoga instructor who taught me breathing techniques that I still use today, to the ayurvedic therapist/doctor who has provided so much wellness advice that helped to make my once restless, indecisive, stressed workdays (seemingly completely unrelated, I know right) increasingly seamless and increasingly filled with ease and peace. To the "room service" people, the chef(s) who cook up such amazing food, to the massage therapists, to the receptionist, to the people I don't know who decorated my room and made it filled with beautiful soothing natural scent that emanated from the flowers, to whomever folded the towels to resemble an animal posing, to Dr. Mahendra; to the priest, to the people who tried to find dolphins while out at sea, and one must not forget the gardener and forest planters(?). my heart flows with gratitude on the day I leave and I'm at a loss for words. I originally felt I wanted to explore Canggu and Ubud and the like, but that can wait. That all can wait.

- 69) [BK coolworld](#), 8th June 2023
Adelaide, Australia7 contributions 2 helpful votes

Bliss at Bali Zen

A truly wonderful experience, way above my expectations. Beautiful gardens, amazing views, talented therapists, gorgeous accommodation and delicious meals. Everything is so well thought out. As a novice to Ayurveda it was the perfect introduction. I highly recommend Bali Zen as a way to re charge, re evaluate and re connect with yourself and the world around you.

- 70) [JPoll](#) 6 Jun 2023
Broadbeach, Australia1 contribution

A truly stunning retreat and transformative experience

Zen is truly a slice of paradise. Everything at the resort has been created with purpose, from the stunning gardens, the amazing treatments, the delicious food, the grounding experiences, and lovely accommodation, the intention is clear: to enhance wellbeing and promote relaxation. Zen's Ayurvedic approach focuses on holistic wellness with the goal of restoring balance through emotional, physical, and spiritual channels, although does so in a suggestive rather than directive way. With days starting with sunrise meditation and yoga, continuing with incredible massages and treatments, and ending with a nourishing meal and great conversation at the communal dining table, I went to bed with a sense of

calm and clarity each day. All of the staff genuinely cared about my experience and were extremely attentive and very kind. Overall, my time at Zen was truly transformative and will always remain in my heart.

- 71) [gleitner1](#) , 6th Jun 2023
Sharm El Sheikh, Egypt2 contributions

Aamazing 5 days of rejuvenation

It was an amazing 5 days of rejuvenation - the location is like paradise , the staff not only friendly but extremely competent and prpfessional .The day is filled with different expereinces , treatments as well as time to just relax.

And the food is of finest quality with a great variety - how the ymanage to give you a choice of 3 different meals at a time is beyond me.. I can only recommend Zen Retreat !

- 72) [Heidi E](#) wrote a review Jun 4
1 Contribution

The place of harmony, happiness, humanity, empathy, relaxation, peace and well - being

A wonderful, spiritual Place full of Love, Peace and Healing
Its magic Place with a wonderful Garden, living how in Paradies.
All employees are like one big family, it was very easy to get in touch with the extremely attentive, caring und kind stuff and other guests.

Mr Mahendra, the leader off the Resort, created this peaceful healing place and takes care of all the people who stay there on a daily basis. Mrs Budiani, who is kind and willing to help in any situation and Dr. Muthu, who takes care of his guests in a sensitive an attentive Manner.

The wonderful positive women in the massage department, a great harmonious team!

A unique combination of Zen spirituality, perfect Ayurveda treatments and consultations, overwhelming nature, wonderful warm people, a place of inner contemplation and inspiring encounters with the people of the resort and guests.

Although this was not my first Ayurveda stay, I have never experienced anything comparable!

I was able to take some things with me for my everyday life and am happy about my increased quality of life!

Thanks to all, hope to see you soon!
Adelheid und Friedrich

- 73) [Lindsey G](#) wrote a review 26 May 2023

A very unique and special place

On my first trip I promised myself that I would come back each year - totally broke that promise; I've been 3 times in 7 months 🙌🙌

The last trip was a gift to my parents to share with them this very special place. If you don't have the latest gym gear, it really doesn't matter. If you have never tried yoga or meditation, this is a beautifully supportive environment to help you get started. If you are advanced in both you will also have a deeply enriching experience. And importantly, you'll have a good laugh along the way 🤪

Don't be surprised if you fall asleep during a spa treatment (or two!!), you'll be so blissfully relaxed 😊

Zen is a place where your authentic and beautiful self is supported and celebrated.

A heartfelt thank you, Zen Family, for another beautiful stay. Yours Aye, Lindsey

74) [Nicole L](#) wrote a review 25 May 2023

Best treatments in Bali

I have been to Zen a dozen times or more over the past decade and it is a consistently amazing experience for mind and body. The treatments and massages are the best in Bali and the staff are amazing. It's a place to go to truly relax and recharge. Take one of the tailored packages, whichever one fits into the time you have.

75) [Anais T](#) wrote a review 24 May 2023

Great experience to reset and recharge

It was an amazing experience. This place is just very magical and special. I loved the location and the pool and rooms are very high standard and the food was just amazing. Mr. Mahendra and his team are really one in a million and you just feel how warm-hearted and caring they are to each and every guest.

76) [Samantha O](#) wrote a review 11 May 2023, 6 contributions, 9 helpful votes

The most wonderful experience of a lifetime

Where to start...? Zen is family, Zen is love, Zen is not just a vibe, it's truly a way of life. Spent 7 magical nights at the beautiful and thoughtful retreat with new friends from afar and a fearless spiritual leader who brought us together at Zen. From the moment you arrive everything is taken care of; The food is Divine, the treatments and healings are beyond words and the grounds and feeling of being there is out of this world. It changes you for the better because you remember what the point of it all is. To love each other and ourselves and to take care of this beautiful earth and remember we are all one. I will be back to see you soon Zen, a magical place where it will always be home. Thank you. 🙏

77) [Gayle E](#) wrote a review 4 May 2023, Massachusetts 9 contributions, 3 helpful votes

Magical 7 Days

Magical is the one word I keep using to describe this place and my experience. I had no idea what I was getting into when I booked it. I just knew I needed a get away that provided an opportunity for rejuvenation including yoga and spa treatments. Ayurvedic wasn't something with which I was familiar, but I loved the holistic, whole foods approach of the resort. The location is in northern Bali where the crowds are not. The experience is unlike anything that I have had previously and I left feeling as though I had spent a week with family. All meals are served community style - eating with the other guests - and are delicious with enough choices for all diets - and yet they are also willing to cater to specific needs. The owners, Mahendra and Mickie are one of kind. Their presence at the resort and daily interactions are genuine and loving. The daily spa treatments are amazing! Most are provided by four hands. Every staff member knows each guest by name and is extremely friendly and welcoming. The grounds are beautiful - including the spring fed infinity pool, the forest whereby the resort farms most of its own food and the endless places to sit and meditate or just soak in the all natural environment. The rooms are large and comfortable. This place is one-of-a-kind and highly recommended if you are looking for rest, rejuvenation, healing, ayurvedic practices, yoga or spa treatments.

78) [Marti](#) wrote a review Apr 23, 8 contributions1 helpful vote

It's all about energy

I stayed at Zen Resort for 5 days during my Easter Break: I arrived here by chance, when I found this resort online something told me to simply book it and go! Best decision ever!

The resort itself is calm and quiet, the perfect place where to switch off everything and just relax. I personally booked the package including diving activities: my days where well organised between yoga, meditation, diving and some Ayurveda treatments. Days passed by even too quickly, but thanks to the guidance and attention of the whole staff, any tiny bit of them worth deeply and thought me something. The diving sites (Tulamben and Menjangan Island) were wonderful: I appreciate the resort scheduling the dives very early in the morning when sites are not too busy.

The bedrooms are amazing and super clean, with a porch where to relax in the front and signature outdoor shower on the back. Everyday the efficient staff cleans the room, add fresh flowers all around it and replenish the incense. The restaurant cooks delicious food following the Ayurveda principles using fresh fruits from the forest.

To me, what makes this place truly special is the spirituality and the huge energy that it emanates: whichever is the reason that brought you there, in some way you will leave the place healed.

I'll be definitely back as there's more to explore within myself and that's what they help you with in Zen Resort.

79) [kim z](#) wrote a review Apr 23, Los Angeles, California2 contributions1 helpful vote

Never expected such a great experience!

Amazing experience. My first time doing a yoga/meditation retreat and also first time diving. I decided to go to book a stay here because I needed to de-stress from life and I didn't expect to feel so refreshed and relaxed afterwards! The place has a super quiet and relaxed atmosphere. I understand now why all the reviews say they will be back/go back to Zen Resort multiple times! The staff are amazing and you really feel like you're among family. They do such a good job maintaining the grounds and are very detailed oriented in taking care of your needs! I forgot her name, but the lady who leads the meditations and yoga was awesome. She tailors it to people who are present so it is a great work out for everybody. It was great meeting other guests during mealtimes too. The treatments or massages are sooo nice. Menjangan made one word come to mind--paradise! The diving instructor was also super patient and definitely very knowledgeable and it was great diving with him! It's a 20+ hour flight for us but I hope to go back one day!

The only con is that you may start making friends with the critters there. :)

80) [DenizSt](#) wrote a review Apr 23, Berlin, Germany **47** contributions **22** helpful votes

Magic place for transformational healing!

This resort is magic and full of love and care. The venue is wonderful and the people are gems.

I never felt so safe with all my emotions than there. Everyone is supporting you whatever you want to achieve. Especially the food was excellent and the treatments are worldclass. I have been to many places in the world but this one has made a difference in my heart. With all the staff the General Manager Ms Budiani and the owner Mr. Mehendra with his wife Micky personally took care of every individual guest. The scuba diving centre in the hotel is fantastic! Everyone creates a family atmosphere what makes it ideal especially for solo guests. A big thank you to the entire staff for the most transformational experience in my life!

81) [Lea I](#) wrote a review Apr 23

The most magical and healing retreat ever

I had so many retreat in previous 15 years and also organise many, but Zen retreat is something special.

I will mention just a few things that are amazing:

1. the best Ayurvedic massages and healing treatment I experience
2. before treatments I got very professional Ayurvedic consultation and attention during my whole stay
3. healing treatments for please there that are like the deepest psychological and spiritual one
4. all property is magical with healing three, forest therapy, healing water in first, so many magical places to meditate in nature
5. owner of the place is amazing person i am so grateful to had opportunity to meet, real visional for sustainable living and soul of this please

6. stuff is so kind, professional and level of genuine attention I receive I didn't experience anywhere on this level (even in the most luxurois resorts) and miss Budiani the manager was welcoming me for my booking until leaving having attention on all my needs
7. food is organic, healthy and i decided to have a few days on detox so they just all my foods , and i also got so many knowledge regarding my dosas that I can use at home
8. Last but so important thing that is unique for this resort is that I met there so many new friends as all retreat is so welcoming for everyone

I am grateful for all and just words can not describe all love, healing, care and knowledge I received

82) [meffio15](#) wrote a review Apr 23, Dubai, United Arab Emirates9 contributions

Healthy retreat

Zen resort is really zen. Lovely place to relax and disconnect from the mundane world and staying healthy. The staff was very helpful and nice and Budiani is an excellent manager who put a lot of efforts in meeting our needs.

My warm hugs to all of them and to Gede for wonderful dives.

Monica

83) [emmacatford](#) wrote a review 2023 Apr 16, Melbourne, Australia16 contributions4 helpful votes

What a treat!

The setting, staff, treatments - basically the whole package - were amazing!! I've never done anything like this before so admittedly don't have anything to compare the experience to, however I suspect this is one of the best throngs you can do for your mind and body. The gardens are beautiful, pool devine, yoga and meditation great, however the treatments were stand out. Some of the best massages ever.

I was there for 7 nights, many other for longer but that was enough for me. I followed the stress release program and if I did it again would probably swap some of the massages in/out which is totally possible. I only left the resort a couple of times but others did snorkelling, diving etc and all raved about it. So if you are looking for a a place to escape the world - Zen is it!

84) [Suzanne W](#) wrote a review 2023 Apr 7, 5 contributions4 helpful votes

Wonderful pre wedding celebration dinner

We were celebrating our wedding in Bali and chose Zen for a pre wedding dinner with our family. Budiani and her team are simply a joy. The service and meal was superb. They could not have done more to ensure that we had the most memorable experience. We enjoyed canapés in the beautiful gardens and then moved to the restaurant, which had been beautifully decorated for the event. We were also treated to various traditional performances from staff and children from the village. Just incredible. I have no hesitation in recommending Zen for any occasion.

85) [Sand F](#) wrote a review Mar 2023

Perfect reboot

Great food, nice rooms, wonderful people, truly amazing treatments. Every guest is free to take as little or as much as they like, everything is offered, nothing is compulsory. The best circuit breaker/reboot possible.

86) [Manuela B](#) wrote a review Mar 2023

Der schönste Aufenthalt auf meiner Reise

Google Translation

Das Zen Resort Bali ist ein ganz besonderer Platz! Ich wollte ursprünglich nur 7 Nächte bleiben, habe aber verlängert, da ich die Zen Familie nicht verlassen wollte. Ich konnte für eine kurze Zeit dem Alltag und Stress entfliehen und richtig entspannen und das lag nicht nur an den extrem lieben Menschen, die das Resort zu etwas ganz besonderen machen, dieses sehr leckere, frische und abwechslungsreiche Essen, die heilenden Hände der lieben Damen im Spa und die individuelle Fürsorge... ich habe mich noch nie so schnell zuhause gefühlt und kann es kaum erwarten wieder zu kommen. Ich verlasse das Zen Resort als neuer Mensch und bin für diese Erfahrung unendlich dankbar. Vielen Dank liebe Zen Familie für die wunderbare Bereicherung 🙏

87) [Wardheuvell](#) wrote a review 27 Feb 2023

Out of my comfort zone but into an amazing world/Resort

As a first experience with Ayurveda, Yoga and meditation, this was the best place to experience it to the fullest. Amazing environment, great staff, the best service and a great experience overall. Highly recommended!

88) *"Pure bliss"*, Feb 26, 2023 Sarah, HuLi

I was allowed to spend a week at the Zen Resort over Christmas. I was looking for a combination of yoga and scuba diving. I found just that and so much more. The morning meditations and yoga classes are a great way to start the day. The diving trips with Gede are among the best I have experienced so far. They were planned very varied and I was able to experience a beautiful underwater world at the USAT Liberty wreck as well as at Menjangan. A highlight that surprised me was the macro diving at House Reef. In addition, you will be spoiled with very good food and excellent massages. The entire staff works 24/7 to ensure the well-being of the guests in a very friendly and loving manner. Those who want to embark on a spiritual path are also in the right place at the Zen Resort. I would heartily recommend a stay at Zen Resort and really hope to return one day.

- 89) [jenntlegirl](#) wrote a review 2023 Feb 22, Karben, Germany **79** contributions **39** helpful votes

Best Spa Treatments ever!

I booked a Yoga retreat and chose Zen Resort Bali because of its holistic approach of taking care of body, mind & soul and because they have a sustainable approach e.g. own organic garden. Food was plenty and tasty. The people at the resort are the most caring, attentive and loving people I have ever met and they provide 5star service. I truly fell in love with them and it feels like family! Its a wonderful atmosphere they created there. Whole resort is surrounded by nature and its very calm. Morning meditation & Yoga sessions were very good. But the Massages twice a day where the best I've ever experienced. So good!!! So I can definitely highly recommend this resort for some quiet & peaceful time.

Be aware of two things:

- a) Its in the northern part of Bali, where you get an authentic Balinese flair, fiew to no tourists and not much to do in direct walking distance of the resort.
- b) It's nature: Be aware of various animals that you could come across :-D

- 90) [Christiane C](#) wrote a review 2023 Feb 21

Holiday in paradise

The Zen Resort is a wonderfull place to recover, to find inner peace and balance. I love the treatments with praying, best Yoga and meditation. Thanks to everyone. Thank you Dr. Mahendra. I will come back.

- 91) [David D](#) wrote a review 2023 Feb 20, Greater Melbourne, Australia **5** contributions

Wonderful break

My wife goes to Zen about once a year. This was my first experience and I understand why she keeps coming back. The resort staff are fantastic and totally welcoming, nothing is too much trouble. I didn't take advantage of the plentiful yoga on tap but I certainly enjoyed the daily and sometime twice daily massages. I went diving virtually every day. The diving was not expensive, and the dive staff were brilliant with an in-depth knowledge that ensured I got to see the best of what the area had to offer. It was a tremendously relaxing holiday and I'd recommend Zen Resort to anyone.

- 92) [GrandTour438281](#) wrote a review 2023 Feb 20

Profound nourishment for mind, body and spirit.

Wow, what an incredibly special place. Coming to Zen Resort was like being welcomed into a supportive family, not only by the staff and managers but the other guests too. We booked a dive and yoga package and it could not have been more perfectly planned for us. The yoga and diving were interspersed with amazing massages and treatments. If you want to experience profound nourishment for your mind, body and spirit then Zen Resort is the place to visit.

93) **Fred H** wrote a review 2023 Feb 19

Life Changing!!

This wellness experience is truly unique . When you immerse yourself in all Zen offers, you will feel the changes in your mind mentally, to your body physically, within your heart emotionally and in your soul spiritual. Set on lush, tropical sacred land with views to the Bali sea, sunrise meditation and yoga is the perfect start to the day. You will receive private consultations to customise your Ayurvedic treatments and massages to replenish and rejuvenate your body. The day excursions were breathtaking from diving and snorkelling in pristine waters full of tropical fish to trekking to magical waterfalls and hiking up Mt Batur to watch the sun rise. So much nutrition and wellness with organically grown produce straight from the Zen farm to your plate, the food and service is exceptional. The most important recipe are the people. Dr Mahendra has built a family at Zen that love what they do and are passionate about making your experience life changing. There is an energy at Zen that is transformational. I will be back again and again.. thank you Zen !