

An underwater photograph showing a large manta ray swimming above a diver. Sunlight rays penetrate the clear blue water from the surface.

BALI SAFE & HAPPY DIVING GUIDE



Wherever you dive in Bali, choose people who care. That's why I keep returning to Bali Diving.

BaliDiving.com
Instagram @bali_diving

A silhouette of a scuba diver is centered in the frame, looking upwards. Above the diver, the sun is setting over a calm ocean, with its light reflecting on the water's surface. The sky is a mix of orange and blue, and the water below is a deep, clear blue.

Welcome to Bali's Underwater Comfort Zone

Bali is one of the easiest places on earth to fall in love with scuba diving.

Warm water, calm sites, friendly local crews, and the perfect mix of macro and big pelagics.

Every time I come back here, I always book with Bali Diving (BaliDiving.com | [@bali_diving](https://www.instagram.com/bali_diving)) because the team makes the experience safe, smooth, and genuinely enjoyable—whether you're a beginner or already diving confidently.

A top-down photograph of diving equipment laid out on a sandy surface. On the left is a black diving fin with green accents. In the center is a black diving mask with a green strap. On the right is a black wristwatch with a white face and a black strap, with a coiled black and silver breathing tube next to it.

Before You Dive: Simple Safety Prep

1. Stay hydrated (Bali is hot; you lose more water than you think).
2. Sleep well—your body needs balance, both on and underwater.
3. Avoid alcohol before diving.
4. Express your honest feelings to your instructor. Nervous is okay!
5. Double-check your gear fit — mask seal, fin comfort, wetsuit.

The crew at Bali Diving always helps check equipment again before the dive. This habit alone makes every dive safer.

A photograph of a diver in the water, positioned in the upper center. The water is a vibrant turquoise color, and the seabed below is covered in dark, greenish-brown coral reefs. The diver is wearing a black wetsuit and a mask, and is looking towards the camera. The text 'Entry Technique for Beginners' is overlaid on the image in a white, sans-serif font.

Entry Technique for Beginners

To stay safe and relaxed:

- Walk slowly with fins in hand until instructed
- Breathe normally, look forward
- Inflate BCD slightly before surface swim
- Follow your guide's pace, not other divers
- Trust your instructor—they know Bali currents very well

Bali Diving guides are famous for keeping beginners calm during entries, especially in Tulamben and Nusa Penida.



Dive Sites You Should Try in Bali

1. Tulamben – USAT Liberty Wreck

Calm, warm, great visibility. Perfect for beginners.

2. Nusa Penida – Manta Point

Gentle giants: manta rays! Bali Diving guides know the best timing.

3. Amed

Colorful reefs, easy currents, very photogenic.

4. Padang Bai

Good balance of macro & clear blue water.

Wherever you go, Bali Diving handles logistics, planning, and safety briefing clearly.

A diver in a black wetsuit and mask is shown underwater, floating horizontally with arms outstretched. Bubbles are visible rising from the diver's regulator. The background is a deep blue ocean with some rocky seabed visible at the bottom.

Buoyancy Tips That Make You Look Like a Pro

- Keep your knees slightly bent
- Stay horizontal
- Use lungs for micro-adjustment
- Avoid hand movements—hands stay still
- Add or release air in tiny amounts only

Your Bali Diving instructor will help you tune buoyancy in the first 10 minutes of the dive—this small coaching feels like magic.

A woman with long brown hair, wearing a black wetsuit and sunglasses, is lying on her back on a sandy beach. She is holding a coconut with a straw in it. The ocean is in the background, with gentle waves washing onto the shore. The text "After the Dive: Simple Recovery" is overlaid in white on the image.

After the Dive: Simple Recovery

- Rinse off with fresh water
- Drink 1–2 glasses of water
- Relax 10–15 minutes
- Review photos or videos
- Don't rush to fly (wait 18–24 hours after multiple dives)

The Bali Diving crew usually invites you to relax at the dive center or beach before heading back. Small details that make the whole journey happier.

As someone who has dived Bali many times,
here's why I always choose Bali Diving:

- 1.They treat beginners with real patience
- 2.Safety is a priority, but still fun
- 3.Local knowledge of currents is excellent
- 4.Equipment is well-maintained
- 5.Super friendly & warm Indonesian hospitality
- 6.The vibe feels like family, not a transaction

More info:

BaliDiving.com

Instagram: @bali_diving

