

hello**bali**

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a peaceful within

northern star:
a trip to **singaraja**

bali **spirit festival**

behind **jimbaran's**
seafood heaven

the art of profit



spa deals



destination: the patra bali

Destination spa is a thorough treatment that offers three specific programmes: rejuvenation, stress management and detoxification. These new programmes include a range of beach activities, cycling, horse-riding, fitness and golf – all designed to integrate wellness of being through body and mind exercises along with the consumption of good healthy natural food. All spa programmes have been carefully designed by Gaya Spa specialists.

Rejuvenation is a program designed for refreshment through natural therapy; stress management utilises relaxation therapy; and detoxification is designed to improve health by getting rid of toxins from the body or even losing weight through diet management, colonic reduction and lowering cholesterol with herbal treatments.

The Patra Bali Resort & Villas, Jl. Ir H Juanda, Kuta, T: 0361 751 161, www.patrabali.com



sweet like chocolate

Treat the little ones to a scrumptious dose of relaxation. Anantara Spa's Chocolate Massage for kids ages two to 12 years old starts off with a footbath ritual and helps to release tiredness and tension for the active kiddies. With sumptuous and gentle chocolate massage oil, this 30-min treatment package will help to mellow out the young'ins.

Anantara Spa, Jl. Dhyana Pura, T: 0361 737 773



opulent oriental indulgence

The Mandara Spa at Nikko Bali Resort Spa offers a wide range of Bali mas and body treatments that can be enjoyed in one of eight well-appointed Bali villas or at the beach-side bali. Their Ultimate Indulgence spa pack is to die for – an exotic, luxurious and unforgettable celebration of indulgence consisting of aromatherapy footbath, lavender body wash, traditional bali scrub, a choice of aromatherapy footbath or herbal steam, a signature Bali massage, foot Massage, and the icing on the cake, a refresher facial.

Nikko Bali Resort & Spa, Jl. Raya N Dua Selatan, Nusa Dua, T: 0361 773 333

cruise to relaxation

Spa Bali Cruise is a unique concept that combines two of life's most indulgent pleasures: cruising Bali's coastal waters and partaking in a nurturing spa session. Their Fresh Lemon Ritual is a treatment using hot stone massage as the main highlight. Hot stone massage is an ancient treatment that is powerfully therapeutic. It employs a technique utilizing smooth heated basalt stones which are placed on specific acupressure points on the body to melt away knots, tension and stress. Hot stone massage is based on the oldest of East Asian massage known as anmo, that involves long and flowing strokes using stones instead of hand pressure.

Spa Bali Cruise, Bali Marina, Jl. Wijaya Palabuhan Benoa, www.spabalicruise.com