



Bali Experience

As the sea breeze caresses your skin and the sound of gently lapping waves creates a soothing rhythm, experience a selection of decadent rituals in an open-air, thatched-roof hut at the edge of Jimbaran Bay in Bali. Our oceanfront treatments are perfect for individuals and couples.

OCEAN OPULENCE

As your feet are soaked in mineral-rich seawater, feel grounded and relaxed. Next, drift away as your therapist performs a head massage using pandanus-infused coconut hair oil blended with essential oils of sandalwood, star anise and vetiver, all designed to stimulate blood circulation and enhance clarity of positive thought. Next, enjoy a body scrub with blue sea salt to exfoliate and soften the skin, and surrender to a soothing warm-seashell body massage. Finally, feast your eyes on the magnificent view of the Indian Ocean while you conclude this elemental ritual with a drink of fresh young coconut water.

WATER VALLEY

Retreat to a secret spot on the rocky shoreline, nestled near our private waterfall, where the sound of waves provides a natural soundtrack. This outdoor treatment begins with a gentle dry brushing of the body, followed by a simple but uniquely pleasurable flower rub to soften the skin. Enjoy a Balinese massage during which your therapist uses steamed herbal compresses to ease muscle tension. A hydrating facial follows, incorporating rose quartz crystal to calm and reduce sensitivity, and using luxurious anti-ageing and soothing products.

FIRE AND SKY

Enter a welcoming oceanfront bale, where earthenware pots are filled with fire and fragrances to create positive energy. Your experience begins with interactive Indonesian martial arts, white crane stretching and breathing exercises, followed by an invigorating traditional Balinese *silat* – a massage featuring rolling, stretching and deep-pressure techniques using heated bamboo rods. The massage concludes with a point-of-light meditation to anchor your sense of calm.

WIND AND WATER

This ritual begins with a traditional Balinese coconut water purification ritual to cleanse your mind, heart and speech. You will then engage in an interactive 14-wind meditation designed to open your body to the curative power of the universe. Cleansed and purified, you'll enjoy a coconut and pearl cream scrub and a Balinese massage that smooths the skin and eases muscle tension. Next, a hydrating and detoxifying coconut and seaweed-aloe gel wrap includes a cleansing *mandi tirta* (a blessed floral water ritual), and the treatment concludes with a replenishing and cleansing tamarillo juice.

SUN AND SOUND

Enjoy a 15-minute “sound bath” as you are immersed in the deep, soothing sound waves and tones created by Balinese gongs, tuning and synchronizing the physical body and soul to their greatest possible resonance. The sounds move through the nervous system, opening, clearing,



and recharging the mind, body and spirit. Energized and wholly realigned, you are then treated to a sensual sun lover's ritual, including a 60-minute glass stone massage with aloe and cocoa blossoms, and a hydrating facial with a boost of wild basil and neroli serum.