



  
**balance**  
WELLNESS BY ANANTARA



## BALANCE WELLNESS BY ANANTARA

Wellness is an active process of making choices towards a healthier existence. It is the constant, conscious pursuit of living life to its fullest potential. The focus of our wellbeing programme is on balancing the mind, body and spirit - empowering you to live a fully expressed and healthy life.

# BALANCE WELLBEING PROGRAMME

CHOOSE FROM 1, 3 OR 5 DAYS

A sedentary lifestyle, work stress and unhealthy eating habits can deplete energy, leading to fatigue and adverse effects on the immune system. Take time out to rejuvenate with this series of unique, holistic wellbeing programmes.

## 1-DAY PROGRAMME

IDR 1,900,000 per person / IDR 3,600,000 per couple

7.00	am	Morning Yoga Flow or Morning Meditation (60 mins)
8.30	am	Breakfast
12.00	pm	Intensely Lime & Ginger Salt Scrub (30 mins)
1.00	pm	Wellness Cuisine Lunch
3.30	pm	Chakra Balancing Massage (60 mins)







## 3-DAY PROGRAMME

IDR. 3,400,000 per person / IDR 6,600,000 per couple

### Day 1

- 7.00 am Morning Yoga Flow or Meditation (60 mins)
- 8.30 am Breakfast
- 12.00 pm Intensely Lime & Ginger Salt Scrub (30 mins)
- 1.00 pm Wellness Cuisine Lunch
- 3.30 pm Chakra Balancing Massage (60 mins)

### Day 2

- 8.30 am Breakfast
- 11.00 am Indian Head Massage (90 mins)
- 1.00 pm Wellness Cuisine Lunch
- 5.30 pm Sunset Yoga or Tai Chi (60 mins)

### Day 3

- 7.00 am Morning Tai Chi or Pranayama (60 mins)
- 8.30 am Breakfast
- 11.00 am Mauwut Massage (90 mins)
- 1.00 pm Wellness Cuisine Lunch

## 5-DAY PROGRAMME

IDR 4,900,000 per person / IDR. 9,600,000 per couple

### Day 1

7.00 am Morning Yoga Flow or Morning Meditation (60 mins)  
8.30 am Breakfast  
12.00 pm Intensely Lime & Ginger Salt Scrub (30 mins)  
1.00 pm Wellness Cuisine Lunch  
3.30 pm Chakra Balancing Massage (60 mins)

### Day 2

8.30 am Breakfast  
11.00 am Indian Head Massage (90 mins)  
1.00 pm Wellness Cuisine Lunch  
5.30 pm Sunset Yoga or Tai Chi (60 mins)

### Day 3

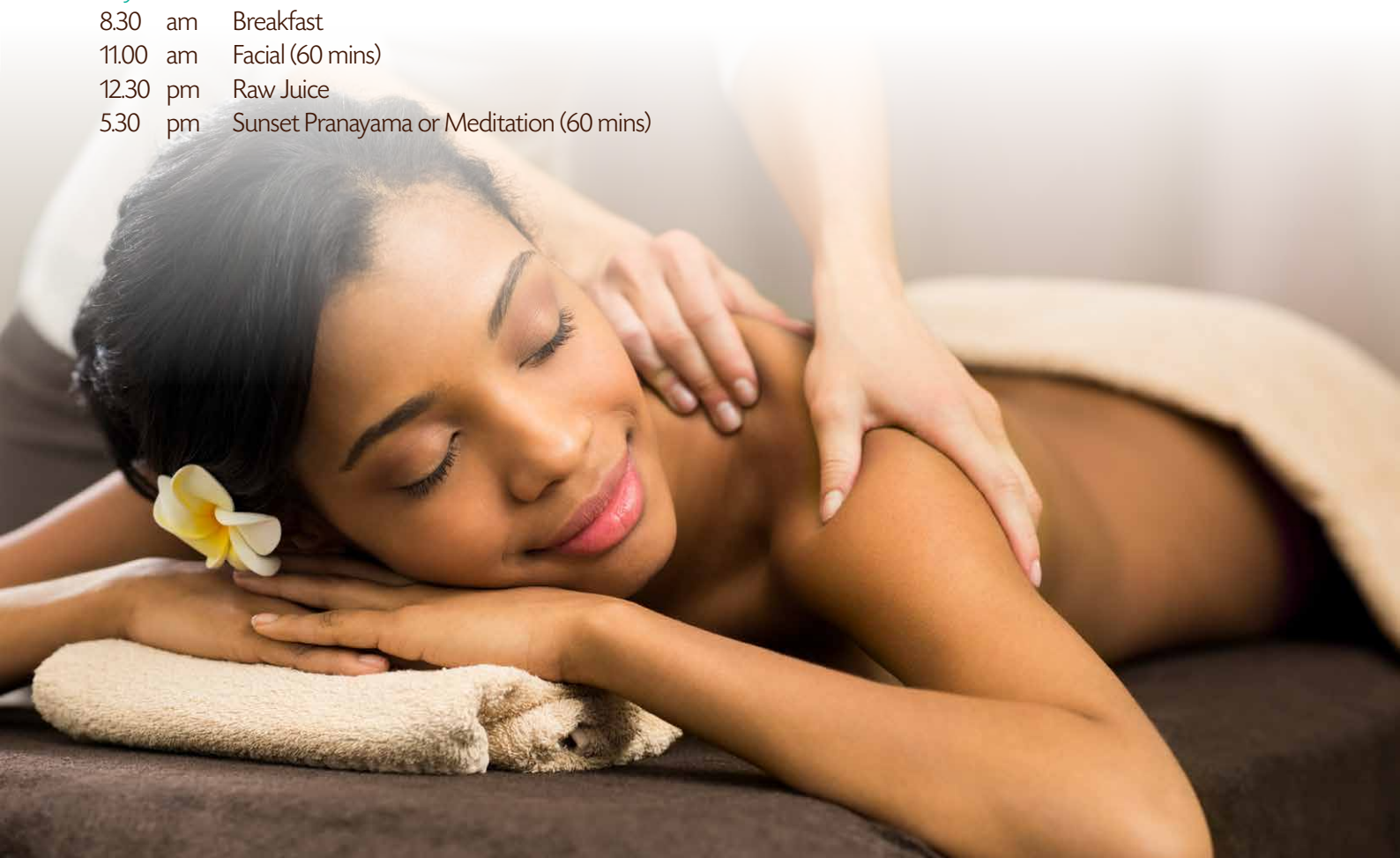
7.00 am Morning Tai Chi or Pranayama (60 mins)  
8.30 am Breakfast  
11.00 am Mauwut Massage (90 mins)  
1.00 pm Wellness Cuisine Lunch

### Day 4

7.00 am Morning Tai Chi or Meditation (60 mins)  
8.30 am Breakfast  
11.30 am Foot, Neck & Shoulder Massage (60 mins)  
12.30 pm Raw juice

### Day 5

8.30 am Breakfast  
11.00 am Facial (60 mins)  
12.30 pm Raw Juice  
5.30 pm Sunset Pranayama or Meditation (60 mins)





## ETIQUETTE

- Please arrive 15 minutes prior to your wellness therapy in order to relax in our tranquil surroundings. Arriving late will decrease the time of your therapy.
- Mobile phones and smoking are not permitted at any time.
- We recommend you leave all valuables in your room or suite, as we accept no responsibility for lost items.
- Please prepare your own comfortable clothes for personal training and yoga sessions.

## TERMS & CONDITIONS

- To ensure you book the time you prefer, we recommend booking 48 hours in advance.
- Please give a cancellation notice of 24 hours on all wellness programmes, otherwise 50% of the price may be charged to your account.
- Additional charge for breakfast is applicable if not included in your room package.
- Wellness programmes are not valid in conjunction with other promotions and discounts.
- Wellness programmes are valid for the period booked and cannot be carried forward or transferred.
- Wellness treatments must be booked at least 24 hours in advance.
- Additional wellness treatments can be booked for a special price.
- Unless stated as an inclusion, treatment selections do not include ELEMIS treatments.
- Bookings are subject to availability.
- Prices are in Indonesian Rupiah. Subject to 21% Service Charge and applicable Government Tax.



Anantara Spa at Anantara Uluwatu Bali Resort

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