



## ITINERARY

# Joy

Tantalising cuisine, indulgent massages, iconic temples and sundowners over the Indian Ocean. There is no better way to re-discover your joy in the Land of the Gods than with this luxurious, rejuvenating seven day itinerary to Seminyak and beyond.

Why not make your next getaway with girlfriends a special one that you will always remember with this perfect mix of sunshine, cultural traditions and indulgent spa experiences.

**DESTINATION:**  
Seminyak

**DURATION:**  
7 Days

**PRICE:**  
from \$1,950

### DAY 1: Arrival & transfer

Arrive in Bali and transfer to your hotel

### DAY 2 Karma Spa Massage & High Tea (Half Day Experience)

Indulge in a luxurious 75 minute intuitive Balinese massage at the Karma Spa Kandara followed by a unique high tea at Di Mare Restaurant. Karma Spa offers sublime experiences to nourish, heal and nurture. The spa consists of rustic-luxe huts set seductively into ragged limestone cliffs. Karma treatments are curated from GMO-free ingredients sourced from ethical and sustainable farmers and growers. (B)

### DAY 3 Seminyak Food Safari (Evening Experience)

This evening, experience a mystery journey of high end culinary delights where you can just sit back and enjoy the ride as everything is taken care of in every detail. We have included your restaurant bookings, menu selections, all transport from pickup to dropping you home and the adventure of sampling local restaurants you may not have otherwise had the opportunity to enjoy. From beachside hideaways to fine dining establishments, your meals will vary with hand selected dishes designed with imagination, artistry and style. Ideal for food lovers, adventurous eaters, modest diners, and those simply seeking out the rich variety of cuisine that Bali restaurants have to offer. Special dietary needs and special occasions can be catered for. (B,D)

### DAY 4 Tanah Lot (Half Day Excursion)

Dine in style on a sumptuous shared lunch at Merah Putih Restaurant in Seminyak. Offering a delicious modern take on Indonesian cuisine, this is one of Bali's leading restaurants. Afterwards, immerse yourself in Balinese tradition with a visit to the iconic Tanah Lot Temple. To complete the experience, we also stop at the royal temple Taman Ayun and Alas Kedaton, Bali's protected Monkey Sanctuary. (B, L)

### DAY 5 At Leisure

Your day is free to make your own discoveries. We suggest a visit to one of Seminyak's most recommended day spas, Prana Spa. (B)

### DAY 6 Aquatonic Pool Experience & Rock Bar (Half Day Experience)

Relax and rejuvenate at the Aquatonic Sea Water Jet Pool at Thermes Marins Ayana Spa. Thanks to the floating effects of the heated water supplied directly from the Indian Ocean, you can effortlessly exercise your way through 12 hydro massage stations containing over 60 individual therapeutic jet streams, micro-bubbles and geysers to rehabilitate injured muscles, to relax and soak away stress.

Avoid the queue as you enjoy VIP access to the famous Rock Bar which is perched atop distinctive rock formations along Jimbaran's pristine sunset coast. Rock Bar Bali is widely respected as one of the most popular sunset, cocktail and entertainment venues and tonight you get to enjoy your sundowner overlooking the ocean. (B)

### DAY 7: Departure transfer

Depart your hotel for the airport (B)



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## WHAT'S INCLUDED

- Private arrival and departure transfers in air conditioned vehicle with chilled bottle water
- 1 x 60 minute massage at Prana Spa (please book your session time directly with the spa)
- 3 x Yoga sessions at Prana Spa (please book your session time directly with the spa)
- Welcome drink and fruits on arrival
- Tanah Lot half day tour in private air conditioned vehicle
- Seminyak food safari with return transfers in air conditioned vehicle
- 1 x 75 minute intuitive Balinese massage and high tea at Karma Spa Kandara
- 2 hour Aquatonic treatment at Thermes Marins Ayana
- VIP access to Rock Bar with sunset cocktail
- Qualified English speaking guide assistance
- 24 hour emergency assistance
- All applicable entrance fees and donations
- 21% government tax and service charge

## WHAT'S NOT INCLUDED

- International airfares and taxes
- Applicable visas
- Optional tours
- Extra meals or beverages
- Personal expenses such as laundry, telephone calls, mini bar, room service
- Personal travel insurance

## ACCOMMODATION & MEALS

Invigorate You Travel personally selects peaceful and tranquil villa style accommodation for your rejuvenating wellness holiday. We personally meet with owners and management, as well as inspect and experience all properties in detail to ensure they meet the highest expectations for our clients. All rooms feature in room Wi-Fi, private pool, aircon, daily turn down service and bathrobes.

Seminyak - The Villas Hotel and Spa

The Villas is ideally located in central Seminyak. Privacy is assured within this hidden oasis with beautiful tropical gardens which surround and has all the convenience of a fully serviced hotel.

Included in your package are the following meals:

- 6 breakfasts
- 1 lunch (beverages not included)
- 1 dinner (beverages not included)

Please contact us for a recommendation of other restaurants and activities.

## IMPORTANT INFORMATION

Your stay at The Villas includes 3 x Yoga sessions and 1 x Massage at Prana Spa. Please ensure you book your preferred session times directly with the Spa after check-in.

## CONTACT US

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