



ITINERARY

Peace

"A quiet mind is all you need. All else will happen rightly, once your mind is quiet." (Nisargadatta Maharaj). Take time to find your inner peace in Bali's spiritual heartland, Ubud. Nurture your soul by the Indian Ocean with some signature experiences in Seminyak and beyond. Visit one of Bali's finest wellness retreats and join a cooking class with a difference.

A beautifully indulgent itinerary for those wishing to nurture and spoil themselves by trying new experiences in Bali's spiritual hub of Ubud and feeling the warmth of the sun in Seminyak. The perfect blend of pampering, hands-on activities and indulgent experiences by the sea.

DESTINATION:
Ubud & Seminyak

DURATION:
7 Days

PRICE:
from \$2,200

DAY 1: Arrival & transfer

Arrive in Bali and transfer to your hotel

DAY 2 Fivelements (Half Day Experience)

Fivelements is an award winning eco-wellness retreat bridging the wisdom of traditional healing cultures with innovative wellness concepts. Nestled alongside the Ayung River, you will be immersed in a traditional healing ritual of deep bodywork or energy balancing performed by Balinese healers whose gifted talents have been handed down through generations. This is followed by a three course gourmet lunch at the Sakti Dining Room and access to swimming pool facilities at the retreat. (B, L)

DAY 3 Balinese traditional cooking and spiritual healing class (Half Day Experience)

Discover the unique culinary heritage of the "Island of the Gods" with a Balinese cooking class using exotic ingredients, including a morning visit to the traditional Gianyar Market followed by a special healing session set against the beautiful Balinese countryside. The healing session begins with Made, who is skilled in spiritual healing such as emotional healing, character readings, and aura cleansing. You emerge from this session feeling relaxed and with a great sense of serenity. (B, L)

DAY 4 Seminyak food safari (Evening Experience)

Transfer to Seminyak, and in the 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 5 At Leisure

Your day is free to make your own discoveries in Seminyak. (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

Enjoy a final spa experience at one of Seminyak's most recommended day spas, Prana Spa, before your transfer from the hotel to the airport. (B)



WHAT'S INCLUDED

- Private arrival and departure transfers in air conditioned vehicle with chilled bottled water
- 1 x 60 minute massage at The Purist Spa (please book your session time directly with the spa)
- 1 x Yoga session at The Purist Spa (please book your session time directly with the spa)
- 1 x 60 minute massage at Prana Spa (please book your session time directly with the spa)
- 2 x Yoga sessions at Prana Spa (please book your session time directly with the spa)
- Welcome drink and fruits on arrival
- Traditional healing immersion at Fivelements including 1 x 90 minute choice of healing massage or healing energy, 3 course gourmet lunch featuring epicurean plant-based, raw vegan living foods, and access to riverfront pool lounge
- Cooking and spiritual healing class including return transfers in air conditioned vehicle
- Seminyak food safari with return transfers in air conditioned vehicle

WHAT'S INCLUDED (continued)

- 2 hour Aquatonic treatments 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
- Tips/porterage
- Personal travel insurance

ACCOMMODATION & MEALS

Invigorate You Travel 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.

An Indonesian resort of relaxation near the heart of Ubud. The Purist Villas offers a perfectly designed luxury hotel atmosphere and a deep sense of tranquillity. The tropical villas resort is designed with the concept of privacy, comfort, and modern architecture combined with traditional features.

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 x a la carte breakfasts
3 x afternoon teas with Balinese sweets at The Purist
2 lunches (beverages not included)
1 dinner (beverages not included)

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

PLEASE NOTE

Your stay at The Purist Villas and Spa from Day 1 to 4 includes 1 x Yoga session and 1 x 60 minute massage. Please ensure you book your preferred session times directly with the Spa after check-in. If you would like either of these booked for Day 1 please let us know and we can pre-book this for you.

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.

For your Fivelements experience on Day 2, please choose from one of the following: 1 x 90 minute healing massage: - Aroma Massage - Prema Massage - Holistic Massage - Invigorating Bodywork - Metaphysical Massage - Acupressure - Sandi Prana - Deep Reflexology; OR 1 x 90 minute healing energy: Panca Mahabhuta - Chakra Balancing - Om Prana Healing

CONTACT US

Contact Invigorate You Travel at:

e: hello@invigorateyoutravel.com

ph: 0423 054 222 (Julie)

ph: 0403 564 317 (Kellie)