

istyle

your style guide in bali

free!
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2007

PRANA SPA
The Value
of Bodywork

**BALI LUXURY
VILLA COLLECTION**
Anything Else is A
Compromise...

STYLING SECRETS
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FORWARD**
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in November



The Value of Bodywork

There is a substantial emphasis on beauty in the tropics. Because our natural surroundings are so gorgeous, we are inspired to look our best.

For locals and holiday-makers alike, looking beautiful and feeling fantastic is a priority. Fortunately, the island of Bali is rich in all sorts of natural health and beauty care treatments.

Humidity results in lovely glowing skin. A diet of tropical fruits, vegetables, and fresh fish keeps the body nourished and refreshed. Warm weather encourages outdoor living and 'fresh air' activities.

Bali may very well have more spas per capita than any other place in the world. From the no-frills massage storefronts to luxurious five star spas. You are never more than minutes away from a spa treatment that can include a deep tissue massage, water therapy, or scalp rejuvenation.

A staggering variety of holistic mind and body treatments is available on the island; Swedish, Thai, and Indonesian massages, just to mention a few. Balinese healers practice their unique 'skills, and reflexology and crystal healing sessions are easy to find. Yoga, Pilates, Chi Kong, and Capoeira classes are plentiful and silent meditation seminars are held regularly.

The value of bodywork can be underestimated but it is taken very seriously here. Massage therapy can be integral to spiritual health as well as physical comfort. A few high-tech dermatology clinics have branches here, offering electrolysis, botox, face peels, and other 'tune-ups'; all reasonably priced.

An Unrivalled Life Force



Photo courtesy of: Prana Spa

When driving through Jalan Kunti, there is no doubt that the gorgeousness of The Villas' India-inspired Prana Spa will catch travellers' eyes. Warm, exotic colours entice them closer, into a tranquil world overflowing with ambience, royal indulgences, and healing experiences. Prana – meaning 'life force' – transports guests to another dimension of precious spices, essential oils, and 100% botanical products.



Photo courtesy of Prana Spa



reshape, rebalance, reform at
SUNSET PILATES STUDIO

Pilates can benefit individuals wishing to :

- Lengthen and strengthen muscles
- Improve posture and mobility
- Tone and slim the body
- Align and center the body through core stability
- Help prevent Osteoporosis and Tendonitis
- Aid injury Rehabilitation
- Improve focus and breath control

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