

hotels • restaurants • shops • spas

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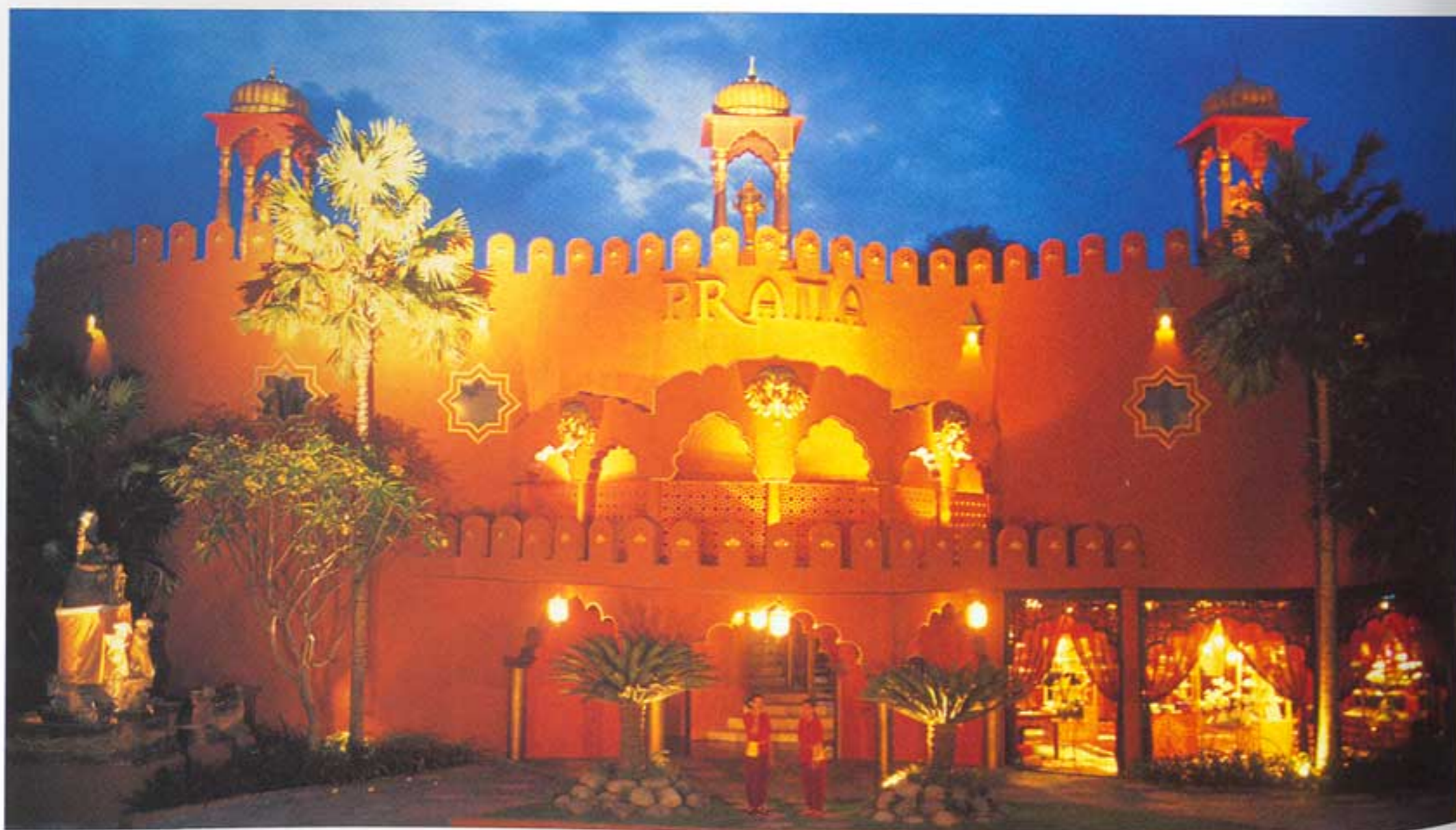


The Villas Bali Hotel + Spa

If your spa sessions of late have left you feeling physically relaxed and rejuvenated but spiritually uninspired, a stay at The Villas Bali Hotel and Spa is just what you need. The distinctive décor at the spa creates a holistic and invigorating environment that works on your mind and spirit, while a team of professional therapists work to heal your body. In fact, a stint at The Villas Bali will effectively arouse your senses and leave you with a greater awareness of, and new appreciation for the innovation of the ever-growing spa and well-being industry.

This uniquely designed hotel and spa delves into the ancient cultures of Rajasthan, reproducing the vibrant, striking and surreal visual impact of 16th-century classical Mogul architecture. Inside you'll find plush furnishings, textiles, mosaics, paintings and carvings which took over 120 local artists and craftsmen to bring designer Stephen Hall's vision to fruition. The evocative silhouettes of the Islamic archways, the tastefully inlaid designs and the riot of colours used, such as gold, deep red and orange, contribute to the Mogul-like luxury.

*THIS PAGE AND OPPOSITE:
Prana Spa is an imposing
tribute to 16th-century
Mogul architecture.*



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The jewel in this crown is Prana Spa, a sprawling 1,300 sq m (1,555 sq yd) complex offering an extensive range of spa treatments. Built in the breathtaking style of a luxurious Rajasthani palace, the spa has a vibrant facade that matches the ethnic furnishings inside. In fact, the interior is such a visual treat that Australian artist and entrepreneur Jim Elliot, who conceived this idea, calls an experience here 'part theatre and part therapy'. To enhance the authentic look and feel of the spa, the design team travelled to Rajasthan to hand-pick many of the spa's furnishings, including carpets, brass lanterns and silk paintings.

The magnificent stable of treatment rooms includes 24 massage rooms, one hot and two cold plunge pools, four rain shower massage rooms, two saunas and three steam rooms. Separates areas exist for reflexology and beauty treatments.

Prana Spa has over 70 spa therapists who hold international qualifications in their areas of specialisation, and they usually meditate before each treatment session. Besides helping them focus their talents and healing energies better, this practice underscores the vital significance of their vocation, which is sharing the gift of health. The meditative sounds and healing scents all around also contribute to helping guests achieve a very deep level of relaxation, so



that both your body and mind leave each session with a sensation of utter bliss.

The menu of available services includes Ayurvedic treatments which use oils and powders imported from India, Indonesian beauty treatments such as the Boreh or Lulur body scrub, Russian therapeutic massage, barefoot Shiatsu massage and hydrotherapy sessions. A speciality here, however, is Prana Shirodara, a 60-minute Ayurvedic treatment that begins with a soothing Indian head, scalp, neck and shoulder massage, followed by a more precise massage of the vital marma points to stimulate and energise the body. Warm, medicated oils will also be drizzled over the centre of your forehead

