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# Spa Bazaar

The must-have guide for mind, body and spirit  
+25 of the most blissful Spas on the planet

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# Relax

*in your own private paradise*

The Villas Bali Hotel and Spa is the first choice for discerning travellers to the paradise island of Bali. Situated in the heart of exciting Seminyak, 50 (1, 2 and 3 Bedroom) private villas all featuring:

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- Prana Restaurant at The Villas
- Chi., reflexology at The Villas



# Escape

*into fantasy*

With a luxurious decor inspired by the Palaces of Rajasthan, Prana Spa provides authentic Ayur-Vedic, traditional Balinese Jamu, and contemporary beauty treatments using the finest quality natural products, and offered with the highest standards of professionalism, comfort and hygiene.

Enjoy the romance of good health while sharing a treatment in one of our double treatment rooms, designed especially for couples. After your treatment, relax with a cup of herbal tea in the lush central courtyard garden, or dine at the Prana Restaurant which offers healthy, organic food. Afterwards, browse Prana's exclusive boutique with its collection of fine artworks from around Asia.

**THE VILLAS BALI**  
HOTEL & SPA

**PRANA**  
SPA AT THE VILLAS

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To obtain a copy of "Bali on ANY budget" brochure see any good travel agent or contact Garuda Indonesia direct on 1300 365 331 Refer brochure page 15 for more information.



# Spa Bazaar

For anyone with a passion for pampering, a whim for well-being or a love of lush locations, we present to you the ultimate guide to spas ...

*Feature Editor: Tanya Joslin. Contributors: Rhonda Bannister, John Borthwick, Ginny Cumming, Celia Feil, Walter Glasser, Tanya Joslin, Lisa Minus, Renata Provenza, Leisa Tyler. Photography: courtesy featured resorts.*



## Prana Spa at The Villas

You step into an amber-walled seraglio where onion domes and "Om" signs embellish the pseudo-Moorish architecture. The folk at Prana Spa at The Villas at Seminyak, Bali admit that their décor "borders on kitsch." Fascinated, you plunge into this Orientalist fantasy, half expecting to meet Omar Khayyam, if not Omar Sharif.

A Shirodara Ayurvedic treatment is recommended for me which, I'm told, should "induce a feeling of absolute calmness" and is also an "anti-ageing." From this I presume that I have arrived looking grumpier and older than usual. A lovely Balinese masseuse, Santi, 23, is assigned the Herculean task of transforming me. I relax as she works gently on a few cranial and jaw tensions. Next ... well, imagine the opposite of the Chinese Water Torture – in which a relentless drip-dripping on the skull eventually sends the victim mad. I am subjected to the opposite, to what I'll call the Indian Oil Bliss, during which Santi pours warm oil gently onto my "third eye" while another woman gently massages me.

Santi then leads me, spaced-out, to another treatment room, past Ganesh images, faux minarets and hot and cold plunge pools. During my next treatment, a 40-minute Prana Eye Ritual, her delicate fingers dance around my eyes and sinuses. It is skilful, brilliant. And then, too soon, my transcendent time is up. I am gently banished from the Xanadu-goes-Hindu world of the inner spa to its open-air restaurant.

Prana Spa is part of the Australian-owned Villas Bali Hotel complex, a few minutes' drive from Legian Beach in southern Bali. Where better to build a stately post-mod pleasure dome? [www.pranaspaandvillas.com](http://www.pranaspaandvillas.com) JB



## Bali



## The Four Seasons Resort at Jimbaran Bay

The beautiful Jimbaran Bay forms the background for this multi-award-winning resort that leaves nothing to be desired. A favourite of the world's rich and famous, it's the perfect place for that special occasion holiday. Here you can enjoy massages using traditional Balinese *jamu* potions – herbal tonics, flower-strewn water and oils fragrant with flower essences. Coconut oil is blended with selected herbs and then applied with palm pressure and a mixture of reflexology, skin-rolling and long kneading strokes. The ultimate treatment here was once reserved for Balinese royalty before their wedding day. This combination of Balinese ceremonial and Javanese beauty ritual is a two-hour, totally indulgent and sensual experience. This is one massage treatment you will long remember. After an expert, hour-long massage, the body is gently scrubbed with turmeric, sandalwood, spices and ginger-root, followed by an application of cooling yoghurt to restore the pH balance, before all ingredients are removed under a splashing shower. Then it's time for a bath. But this is no ordinary bath – submerged up to the neck, you'll relax in warm water strewn with fragrant flowers like tuberose, jasmine and rose petals. After this ultimate relaxation, you'll be offered three herbal drinks to choose from – one to improve circulation, another for digestion and the third for muscle tone and to overcome tiredness. It's a unique massage experience that will add a whole new dimension to your Bali holiday. [www.fourseasons.com/jimbaranbay](http://www.fourseasons.com/jimbaranbay) WQ