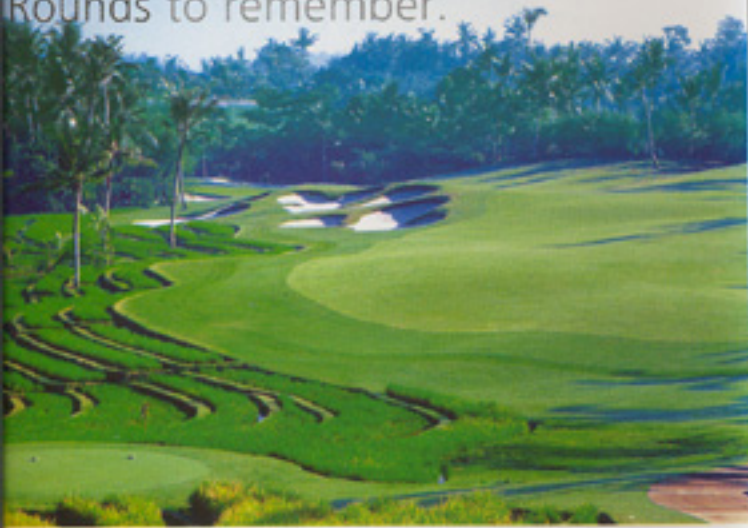


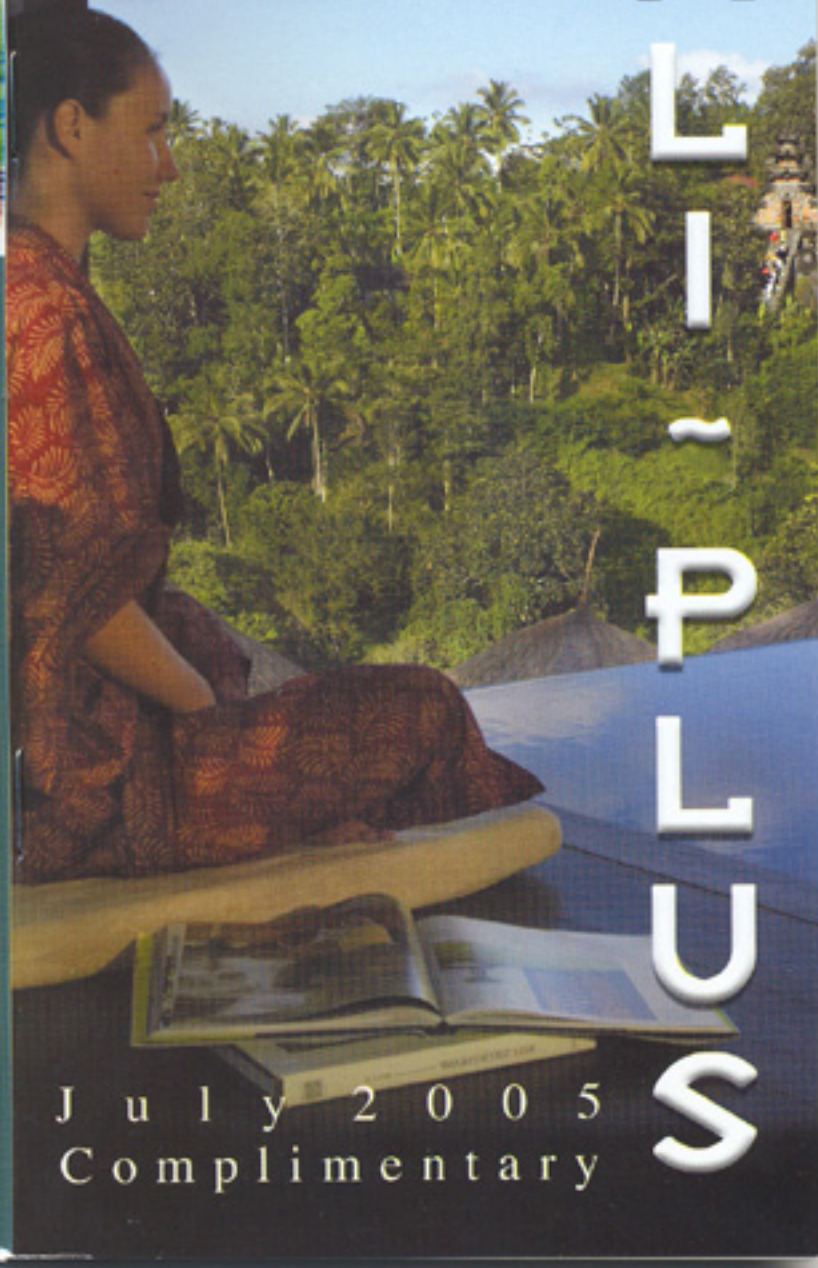
Rounds to remember.



Ubud Hanging Gardens
Bali, Indonesia
Pansea Orient-Express Hotels



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July 2005
Complimentary

Nirwana Bali Golf Club, located on the dramatic southwest coast of Bali, overlooks the Indian Ocean with spectacular views of Tanah Lot Temple. For a truly memorable experience, feel your shoulders loosen as you play your way around the stunning course designed by Greg Norman.

Asia Golf Monthly named Le Méridien Nirwana and Nirwana Bali Golf Course as Asias Best for 2004.

Why not come and enjoy the beauty of Bali, the magic of the resort and the challenge of the course.

For reservations or further information, contact **815 960**, Fax **815 962**, visit our web at www.nirwanabaligolf.com or e-mail reservation@nirwanabaligolf.com



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NIRWANA GOLF & SPA RESORT
BALI

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In Partnership with IRIKO Hotels International
Jl. Raya Tanah Lot, Tabanan, Bali - Indonesia





Since its inception, The Villas has maintained an ethereal but cosy cutting edge originality that leaves you feeling that you are part of a tropical dream, which perhaps, only the truly privileged usually get to experience. Combine The Villas experience with its Prana Spa and Restaurant as well as the addition of Chill, The Villas Reflexology Centre, you will never want to go anywhere else. Read on to understand why this is so...

Prana Spa is unlike any spa that you would have previously experienced. It is set on different levels through exotic corridors laden with exquisite silk rugs and a style fit for Rajas and Princesses of times past. This haven of relaxation and therapies includes specially designated areas for both ladies and gentlemen. This impressive spa includes three steam rooms, two saunas, hot and cold plunge pools, rain showers, private and double bathtubs as well as single and double massage rooms. Combined with a choice of treatments that are mesmerizing, you will feel no time and be at one with the surroundings. You may wish to choose from a bare foot Shiatsu, deep tissue and Balinese oil massages, Ayurvedic rebalancing and Shirodara, hydrotherapy, anti-aging facials, wraps and scrubs, reflexology, manicures, pedicures, hair and scalp treatments which may be taken individually or in packages of up to six hours - pure bliss. This is definitely a sensual experience and one that is best recommended when shared with a loved one.

Dining at Prana Restaurant, set within the spa gardens, is the perfect way to wrap up your indulgence at the spa with a menu boasting an array of fresh foods, befitting the healthy style expected. Apart from the divine menu, the all day set menu is superb value at Rp. 69,000 nett, for a three-course meal including a soft drink or fresh juice of choice. The Villas - Prana Gift Shop has a fabulous collection of bikinis, as well as other various knick-

knacks, such as Asian jewelry and charming gifts to please all tastes and ages.

Chill Foot Reflexology is found just a couple of doors away in the main street and offers the perfect Zen style interior to make the guest feel really fresh and comfortable. The treatments vary but are all priced in rupiah at extremely reasonable rates. The foot wash commencing the treatment is hugely original, and the set up of the main reflexology room a work of art. So, do visit Chill Reflexology or Prana Spa and get yourself happy from head to toe!

PRANA SPA & Chill Reflexology at The Villas
Jl. Kunti 118x, Seminyak, Bali.

Kuta Map Ref: D2

Tel:62-361-730840 www.thevillas.net

STEP INSIDE



PRANA
 SPA AT THE VILLAS

Bali Plus readers will receive 15% discount on all treatments at Prana

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