

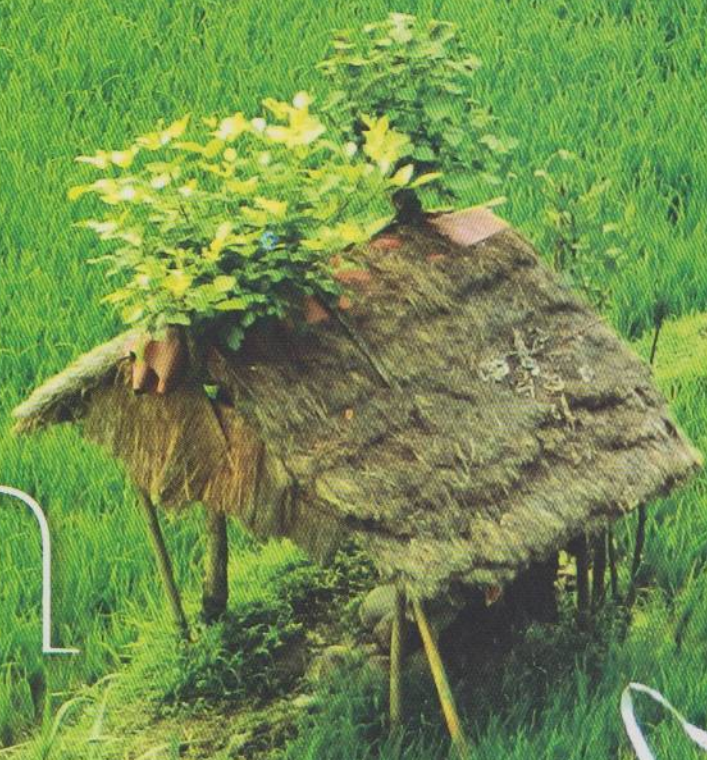
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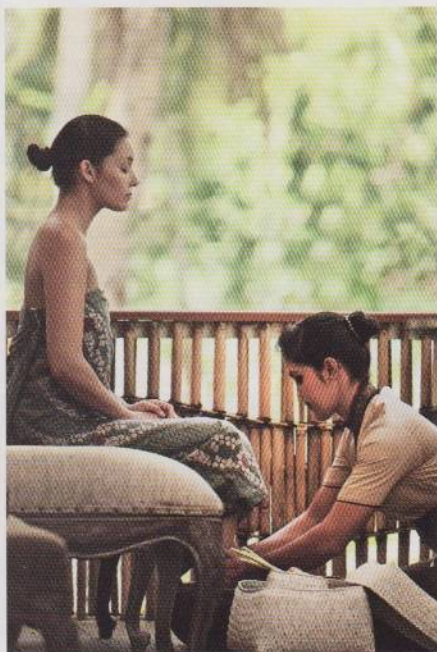
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# WHAT'S ON SPA

## DaLa Spa Comes to Ubud



Ubud, Gianyar is now home to the second venue of the award winning DaLa Spa. Located at the newly opened Alaya Ubud, which is designed by acclaimed Moroccan-born interior decorator Zohra Boukhari, the new spa provides a calm and refreshing ambiance that complements its luscious natural surroundings.

At DaLa spa guests can indulge in the most respectful and sensitive care from a team of well-trained therapists who will accommodate individual health and wellness needs at all times. Treatments are based on a meticulously crafted menu that combines traditional Indonesian healing and beauty rituals, and the purest natural ingredients in bespoke products that nourish the body, mind and spirit.

Try the signature treatment, *Manis Kelepon*, which features a foot wash, a palm sugar body scrub, fragrant body mask, flower bath and relaxing massage. Or join an interactive spa class in the spacious lobby area that includes preparing body products for treatments from fresh herbal ingredients. To provide a comprehensive wellness experience, DaLa Spa also serves a slew of organic dishes that are available in the lobby. **NOW!**

### Alaya Resort Ubud

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## A Lavish Tribute to Wellness

Bali is fast becoming a top health and wellness destination with so many health and wellness centres offering a wide range of care and treatment based on time tested traditions of the continent. At the forefront of the pack is the award winning Prana Spa at The Villas, which has recently gained the title of 'leading spa resort' on the island for 2012/13. Naturally your Bali trip will be even more memorable with a relaxing visit to Prana Spa.

The spa is located in Seminyak, a famous tourist district in Kuta with lively upscale shopping, dining, and entertainment venues. In such dynamic surroundings, Prana Spa stands as a provider of lavish pampering and offers extensive care and treatment in an opulent setting.

The spa boasts an interior set up that draws inspiration from the legendary moguls of 16th century Rajistan. The experience is further enhanced with arches and corridors, turrets, carved elephant heads and walls within the establishment that are a reminder of royal parapets, complete with lavish

carpets, hand-painted ceilings, mosaics and carvings, elaborate treatment rooms and plunge pools. It's an escape into a fantasy land of yore that will help to refresh a weary mind.

Prana Spa provides fifteen single massage rooms, five spacious double treatment rooms and four Thai massage rooms. Individuals and couples who want to immerse themselves in rejuvenating solitude can take advantage of the Spa's Private Suite. Experience a tranquil moment where time slips away while life's balance is restored in a romantic ambiance in a mystic aesthetic from the long lost era.

Perhaps the best term that represents the whole experience at the Spa is 'luxury,' as explained by Andrew Keating, who is in charge of the full Spa facilities at Prana, Chill Reflexology and The Villas Hotel.

"Luxury is all about time, it's being able to put yourself into someone's capable, caring hands and just have it all happen, and that is exactly what our guests enjoy when they book the Private Suite at Prana," he says. **NOW!**

