



Spa  
village resort  
tembok bali

SPA VILLAGE SCHOOL OF LIFE  
YOUR JOURNEY TO WELLNESS BEGINS HERE

YOUR ITINERARY



## Meet and greet at Ngurah Rai International Airport

*Look out for your name on a wooden sign held by our airport representative who will escort you to our car for transfer to Spa Village Resort Tembok, Bali. Settle back comfortably by changing into our guest sandals and enjoy a tasting of rujak, a specially prepared local vegetable salad, accompanied by a refreshing flask of warm lime scented water. Keep your flask for unlimited herbal tea refills during your stay.*

## Journey through the mountains

This route takes you through the mountains across the middle of this magical island. From the airport you will pass **Sanur**, a popular beachside town, towards **Batubulan** village. This charming village of artisans is well-known for its sculptures and carvings produced with skills handed down through the generations and also for the Barong dance, a classic story of good versus evil when the Barong saves the world from the witch Rangda.

The drive continues towards Singapadu village, headed to **Kintamani**. En route you will pass by **Ubud**, regarded as the cultural centre of Bali. While art galleries and museums abound here, other sites to visit include the Elephant Cave (Goa Gajah), an ornately carved cave recognised as a UNESCO World Heritage Site; Poet Mountain (Gunung Kawi), a burial complex located at the bottom of a steep valley with stunning views of paddy fields; and Tirta Empul, a highly revered temple built around hot springs where Balinese go to bathe and purify themselves.

Your northbound journey will provide dramatic views of the active volcano **Mount Batur** as it passes through Kintamani. This area is made up of four villages, with Kintamani, Batur and Penelokan villages sitting on the rim of Mount Batur caldera and Toyo Bungkah village by the edge of Lake Batur. With the climate here being 15°C cooler than the coast, the scenic Kintamani is worth a stop.

Your drive will further take you through the quaint villages of Dause and Bondalem, passing through winding roads towards **Karangasem** that provides majestic views of Mount Agung, before arriving at the Resort. You will be greeted with a welcome foot ritual consisting of a purifying foot wash with black volcanic sand, followed by a warm shoulder massage to prepare you for your programme of rejuvenation and renewal.

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Upon arrival	Welcome Ritual Going over the Itinerary with the facilitator
5.30pm - 6.30pm	Optional Hatha Yoga <i>A guided yoga class on meditative physical postures and breathing.</i>
7pm	Dinner at Wantilan
9pm	Starlight Gazing <i>Lay weightless on a floating platform accompanied by meditative music under a sea of stars.</i>

7am - 8am	<p>Movement Practice - Your choice of walking or swimming  <i>Reconnect with the earth through an early morning barefoot walking along the beach or refreshing dips in the ocean or our infinity pool at your leisure.</i></p>
8.30am - 10am	<p>Breakfast at Wantilan, includes a rejuvenating green shot and unlimited herbal teas (refill your thermos flask)  <i>Teas: Chamomile, peppermint, lemongrass, ginger or Oolong.</i></p>
11am	<p>Creativity Class at Taman Gili  <i>Various traditional Balinese creative activities, such as: Boreh making, Canang making, Candle making, Jamu making, and Weaving.</i></p>
11.30am	<p>Fresh organic coconut water served</p>
11.45am	<p>Spa Pre-Treatment - Segara Giri  <i>In Balinese, Segara means Ocean and Giri means Mountain. At Spa Village Resort Tembok, Bali, we rest between the mountain and the ocean. The black volcanic sand from our beach is created via interaction of these two powerful forces of nature and every treatment begins with the cleansing of your feet in the sand. The Balinese believe that the feet act as a conduit between energy of the earth and the self, therefore washing the feet is considered a way of purifying the self of any negativity that may rise from the earth. Capturing the essence of Balinese culture through its gentle spirituality that infuses the land, this pre--treatment ritual is a perfect prelude to any spa treatment.</i></p> <p>A 50 - minute Balinese Massage  <i>This massage combines historical reference from many cultures, especially Indian, Chinese and European influences, which form the foundation of Balinese traditions. The ritual offers techniques which vary in tempo of acupressure, rolling motions, long strokes and percussion, providing and invigorating and energizing experience for the body. Choose to enjoy this massage with or without using oil.</i></p>
1.30pm - 2.30pm	<p>Lunch at Wantilan, includes unlimited herbal teas (refill your thermos flask)</p>
4pm - 5pm	<p>Wellness workshop with the facilitator, or a choice of various wellness activities: <i>Creativity walk, pencak silat, Balinese dancing, Fitness circuit, cultural talk.</i></p>
5pm - 7pm	<p>Fresh organic coconut water served at Taman Gili, opposite Wantilan Personal leisure time to do as much or as little as you wish.</p>
5.30pm - 6.30pm	<p>Optional Hatha Yoga  <i>A guided yoga class on meditative physical postures and breathing.</i></p>
7:30pm	<p>Dinner at Wantilan, includes unlimited herbal teas (refill your thermos flask)</p>
8.30pm	<p>Tirta Harum Herbal Bath  <i>Good for releasing toxins from the body and nourishing the skin. Ingredients: Volcanic clay, moringa, tulsi, daun piduh and neem leaves. Essential oils: Neem, piper betle, turmeric, tea tree, cintronella and patchouli.</i></p>

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7am - 8am	Movement Practice - Your choice of a Yoga class, walking or swimming <i>Reconnect with the earth through an early morning barefoot walking along the beach or refreshing dips in the ocean or our infinity pool at your leisure.</i>
8am - 10am	Breakfast at Wantilan, includes a rejuvenating green shot and unlimited herbal teas (refill your thermos flask) <i>Teas: Chamomile, peppermint, lemongrass, ginger or Oolong, ginger spice.</i>
11am	Creativity Class at Taman Gili <i>Various traditional Balinese creative activities, such as: Boreh making, Canang making, Candle making, Jamu making, and Weaving.</i>
11.30am	Fresh organic coconut water served
11.45pm	Gelesin (Organic Clay Facial) <i>A traditional gelecin or express facial starts with a Balinese rice scrub, face massage with coconut oil before concluding with a choice of volcanic clay, seaweed clay, or red clay masque. The soothing clay leaves, firms and exfoliates, resulting in a revitalized and youthful looking complexion. It also helps to draw out toxins and impurities embedded deep within the pores.</i>  Detoxifying Body Scrub <i>Gentle exfoliation of the skin with natural grains such as rice removes old layers of the skin that contribute to clogged pores and a lackluster appearance.</i>
1.30pm - 2.30pm	Lunch at Wantilan, includes unlimited herbal teas (refill your thermos flask)
3pm - 4.15pm	Healthy Cooking Class/Tips at Wantilan with the chef <i>Learn quick and easy recipes that will set you on the path to healthier, live food based meals no matter where you are.</i>
4.15pm	Fresh organic coconut water served <i>Personal leisure time to do as much or as little as you wish.</i>
5pm	Wellness workshop with facilitator - Secret to Health and Wellbeing <i>Discover the meditative practice using tools to nurture you into the present moment, connecting you with your inner child and intuition.</i>
7.30pm	Dinner at Wantilan, includes unlimited herbal teas (refill your thermos flask)
8.30pm	Napak Pertiwi Bath <i>Invigorating bath good for releasing toxins and reenergizing the body. Ingredients: Volcanic clay, milk, neem leaves, and rose essence.</i>

7am - 8am	Movement Practice at your leisure - Your choice of Yoga, walking or swimming <i>Reconnect with the earth through an early morning barefoot walking along the beach or refreshing dips in the ocean or our infinity pool at your leisure, or by practising Yoga.</i>
8am - 10am	Breakfast at Wantilan, includes a rejuvenating green shot and unlimited herbal teas (refill your thermos flask) <i>Teas: Chamomile, peppermint, lemongrass, ginger or Oolong, ginger spice.</i>
11am	Creativity Class at Taman Gili <i>Various traditional Balinese creative activities, such as: Boreh making, Canang making, Candle making, Jamu making, and Weaving.</i>
11.30am	Fresh organic coconut water served
11.45pm	Mesipat (Natural Facial) <i>This traditional Balinese facial uses local herbs, kayu cendana (sandalwood) and tamarind leaves. This facial incorporates a Balinese facial massage using mini floral pouches and will leave your skin feeling naturally soft and smooth.</i>  Mepijit (Three Point Massage) <i>This deeply cleansing massage is a synergistic ritual on three areas of the body integral to detoxification process. Inspired by the movements of Indian head massage, the head is massaged to release tension and reignite neural pathways. Traditional Balinese strokes assist the natural cleansing process of the intestines whilst stimulation of reflex zones on the feet unifies the total body experience. The varying tempos of acupressure used provide an invigorating and energizing experience for the whole body.</i>
1.30pm – 2.30pm	Lunch at Wantilan, includes unlimited herbal teas (refill your thermos flask)
3pm - 4pm	Nature's gift guided meditation on the beach <i>Bond with nature and connect the dots between yourself and nature by picking up symbols of your healing journey.</i>
4pm	Fresh organic coconut water is served
5.30pm – 6.30pm	Hatha Yoga <i>A guided yoga class on meditative physical postures and breathing.</i>
6.30pm	Fresh organic coconut water served at Taman Gili, opposite Wantilan
7.30pm	Dinner at Wantilan, includes unlimited herbal teas (refill your thermos flask)
8.30pm	Mandi Susu (Nurturing Milk) Bath, accompanied by detox tea <i>Good for releasing toxins from the body and moisturizing the skin.</i> <i>Ingredients: Milk, volcanic clay and pandan leaves</i>

7am - 8am	Movement Practice at your leisure - Your choice of Yoga, walking or swimming <i>Reconnect with the earth through an early morning barefoot walking along the beach or refreshing dips in the ocean or our infinity pool at your leisure, or by practising Yoga.</i>
8am - 10am	Breakfast at Wantilan, includes a rejuvenating green shot and unlimited herbal teas (refill your thermos flask) <i>Teas: Chamomile, peppermint, lemongrass, ginger or Oolong, ginger spice.</i>
10.30am	Spa Village School of Life Extension & Aneercare with the facilitator <i>Summary of individual Spa Village School of Life experiences, review of pre-arrival and current physical and psychological state, how to move forward upon departure.</i>
TBA	Fresh organic coconut water served
TBA	Fond farewell on departure from the Resort

### Journey down the coast

Your southbound journey will provide stunning views of both the sea and mountains. You will pass through the lush agricultural village of **Brina** before reaching the small fishing village of **Tulamben**, one of the most popular dive sites in Bali. Next, stop at the magnificent **Tirtagangga**, the water palace built in ancient times by the king of Karangasem.

The journey continues through the regency of **Karangasem** around the base of the majestic Mount Agung - the highest mountain on the island and one of great spiritual significance to the Balinese. Slightly off-route is **Pura Besakih**, the most important Mother Temple to the Hindu Balinese. Continue towards **Candidasa** the seaside town on the edge of the freshwater lagoon, then head onwards to **Tenganan**, where the Balinese Aga, an original Balinese community retaining ancient Balinese culture said to be from the pre-12<sup>th</sup> century, reside.

From there, you will travel through the popular resort town of **Sanur**, the final leg of the journey that will take you through to Ngurah Rai International Airport for your flight.

*We recommend you treat this trip as a half day tour of the East Coast of Bali and stop for some refreshments as well as to take in the sights that pique your interest. Your driver will be more than happy to accommodate but please do time your departure accordingly.*

*Safe travels!*