



The LUXE, personalised programme of Ayurvedic TREATMENTS will leave you REFRESHED

take me there

BEBENGAN »

Sukhavati Ayurvedic Retreat and Spa, Badung, +62 (361) 900 6128, sukhavatibali.com



BEBENGAN, BADUNG SUKHAVATI AYURVEDIC RETREAT AND SPA

BEST FOR: *Overachievers who need a complete and rejuvenating break*
Set away from the Kuta crush amid lush gardens, Sukhavati is a retreat for mind and body. With just six luxury villas – two with private pools – peace and privacy is guaranteed. The luxe, personalised programme of Ayurvedic treatments – especially its Panchakarma specialities designed to cleanse and rejuvenate the system – alongside delicious and healthy meals, guided yoga and meditation, will leave you refreshed. There are also opportunities to cycle through local villages, stroll past rice paddies or simply relax and catch up on those books that have been piling up. Put up your feet – or have them rubbed – and feel your spirits lift.

PRICE: From US\$495 (AU\$514) a night, including meals, airport transfers and daily treatments and activities. A minimum of seven nights is suggested to get the best results from the Panchakarma programme.

while you're there

BALI HAI
CRUISES



Enjoy a day at Lembongan Beach Club on one of Bali Hai Cruises' popular day trips (adults US\$100/AU\$103, children US\$50/AU\$52; balihaicruises.com).

WATERBOM
BALI



There's splash action aplenty at Waterbom Bali (adults US\$31/AU\$32, children US\$19/AU\$20; waterbom-bali.com), with its 20 waterslides, pools and activity areas.

BALI SAFARI
& MARINE
PARK



See white tigers, komodo dragons and many other wild animals (adults US\$49/AU\$51, children US\$39/AU\$41; includes hotel pick-up; balisafari.marinepark.com).