

Sukhavati Ayurvedic Retreat & Spa

MENGWI, BALI

Visualise your perfect self inside and out — optimum health, energetic mind and body. This is the goal at Sukhavati Ayurvedic Retreat & Spa.

To that end, the luxury, five-star resort has developed a unique all-inclusive Ayurvedic Rejuvenation Programme, combining revitalising ayurvedic therapies, diet, yoga and meditation to help invoke balance, energy and peace.

At the beginning of each programme, guests will receive a detailed consultation with one of our ayurvedic physicians, who'll create a personal treatment programme to rejuvenate the whole system, purify the body and relax the mind.

Experience daily activities, including yoga or meditation, or attend talks on diet and lifestyle to make positive changes in your life.

Your health is your most valuable asset, so make a plan to create the new healthy you, with our help.

From the moment you enter Sukhavati, you know it will be a special and precious time.

AT A GLANCE

THE SPA: Set on the highest tier of the estate amid tropical vegetation, our open-air spa treatment rooms are complemented by our eight ayurvedic spa therapists and specialists.

KEY TREATMENTS: Holistic ayurvedic health consultations · Shirodhara · Abhyanga · Pizzichilli · Panchakarma Therapy · Massage therapies · Nourishing facials · Pampering beauty treatments · Relaxing foot massages.

FACILITIES: 4 Luxury Villas · 2 Private Pool Villas · Yoga pavilion · Meditation bale · Spa Jacuzzi · Swimming pool

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