



SUKHAVATI AYURVEDIC RETREAT & SPA

Sukhavati Ayurvedic Retreat & Spa is located in a local Bali village in Mengwi, about 30 minutes inland from Seminyak and 40 minutes from Denpasar international Airport.

THE EXPERIENCE

Sukhavati is a four-tier estate situated on the Penit River and surrounded by lush tropical jungle.

There are eight villas at Sukhavati: four one-bedroom luxury villas, three one-bedroom private-pool villas, and one two-bedroom villa. When staying at Sukhavati, you have full access to all facilities including swimming pools, the yoga pavilion, meditation bates, the river viewing deck and Ayurvedic river spa.

INDULGE AND HEAL

Ayurveda is the ancient system of healing, originating in India thousands of years ago. In Sanskrit, *Ayur* means "life" and *Veda* "knowledge", hence Ayurveda is the "science of life". At Sukhavati, the goal is to provide a comprehensive program of wellness using this ancient healing philosophy.

At the start of your rejuvenation program at Sukhavati, you will receive a

detailed consultation with an Ayurvedic doctor who will confirm the influences of the doshas (Vata, Pitta, Kapha) on your physical, mental and emotional health to help determine the Ayurvedic treatments that are best suited to you.

The Sukhavati team will create a personally designed treatment program (Panchakarma program) to rejuvenate your whole system, detoxify your body and relax your mind. Recommendations are unique to each individual and are validated by observation and deep knowledge derived from the ancient Vedic texts to ensure a long and healthy life.

Your program will incorporate comprehensive spa treatments, yoga, specialised healing diets, medication, daily health consultations and lifestyle seminars.

Research shows that physiological purification treatments such as those offered at Sukhavati can produce benefits including normalisation of weight, improved sleep, stabilisation of blood sugar

levels, normalisation of blood pressure, strengthening of the immune system and rejuvenation of the body and mind.

The daily schedule includes a variety of activities for you to take part in including morning guided village walks, bike rides, yoga classes, medication courses (not available at all times), consultations with the Ayurvedic doctor, seminars on health, lifestyle and Ayurveda, cooking classes and tours to Tanah Lot Temple.

There several spots at the retreat designed to nourish and heal your mind, body and soul, these include:

Swimming pools

The main swimming pool is located in the centre of the estate. There are also three private-pool villas.

Yoga and meditation pavilion

Start and end the day with healing yoga sessions in the yoga pavilion. Looking out over the estate, the view truly sets the

scene for rejuvenation. If yoga isn't what you are after, then you may wish to join the staff for a group meditation session before lunch.

River deck

Sink into a daybed with a fresh juice and enjoy the panoramic views of the tropical jungle from the river deck.

The lawn

The lawn is the setting for the traditional Balinese performance and gala dinner that is provided for guests once a month. Dine under the stars and interact with the dancers while enjoying a beautiful banquet cooked by wonderful chefs.

All meals and spa treatments included in your package are tailored to your individual needs for either a short three-day program or a comprehensive 21-day program.

FOOD

All food at Sukhavati is prepared fresh daily by gourmet chefs using as much locally grown, organic produce as possible. Depending on your health goals and body type, meals may vary from person to person. No meat is served at Sukhavati.

GETTING THERE

Sukhavati is about 30 minutes inland from Seminyak and 40 minutes from Denpasar International Airport. Sukhavati has a driver on staff. All guests staying for more than one day are provided with transport to and from Sukhavati, which is included in their program price.

THINGS TO REMEMBER

Sukhavati is one of the few retreats that offers check in/check out any day of the week. This allows you to stay at a time that best suits your needs. Travel costs, meals, accommodation and Ayurvedic treatments and programs are included in the one price. However, if you would like to purchase different herbs and medicines from the retreat, which have been prescribed, that will come as an additional cost, due to the fact that it can't be assumed what you will require until your consultation.

CONNECT WITH SUKHAVATI RETREAT

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