



## HONOURING THE HEALING TRADITIONS OF BALI

Step back into time and discover the rich heritage of Bali at Spa Village Resort Tembok, Bali. Situated on Bali's North East coast, this charming resort spa draws from age-old Balinese traditions that is wrapped in spirituality and gentleness making this beautiful and secluded resort the perfect place for relaxation, recovery and self-discovery.

With the promise of an experience that honours the healing cultures of the region, each Spa Village provides an individual and authentic encounter combining the therapeutic properties of natural local ingredients and the healing practices of the area. Here, at Spa Village Resort Tembok, Bali the experience extends far beyond its spa treatments. Every aspect from architecture to cuisine and lifestyle, resonates within its Discovery Paths. Cradling the soul, this spa resort heals both body and psyche.

*Spa Village is more than a place....it's a philosophy*

[www.spavillageresort.com/tembokbali](http://www.spavillageresort.com/tembokbali)

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— HOW TO GET THERE —

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International airlines operate flights from major destinations around the world into Ngurah Rai International Airport. Car transfer from the airport to the Resort would take approximately 2 hours and 30 minutes.

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— ACCOMMODATION —

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- 27 Kamar Rooms
- 1 Surya Suite
- 1 Purnama Suite
- 1 Baruna Villa
- 1 Samudra Villa

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— FACILITIES & SERVICES —

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- TV room
- The boutique
- Swimming pool
- Lumba Lumba - the recreation and exercise room
- Spa treatment rooms
- Taman Gili - the gathering place
- Airport service
- Communication service
- Wireless internet connection at the lobby
- Laundry and pressing
- Medical assistance

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— DINING —

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The Wantilan Restaurant

• The unique setting of the resort's restaurant provides beautiful views of the ocean. Traditional artwork combines with rattan furniture and teakwood tables to provide an airy and comfortable dining environment, where the dress code is casual. Breakfast, lunch and dinner are served daily as an à la carte menu with selections such as Indonesian fusion and light western cuisine. The restaurant's special menu changes daily and is a highpoint of the dining experience. Seats a maximum of 45 persons.

Taman Gili

• Pre-dinner drinks are available at Taman Gili during our 6:30pm chill out session. Seats a maximum of 10 persons.

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— ACTIVITIES —

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#### HEALING & SPIRITUAL

- Starlight Gazing
- Healthy Cooking Class
- Jamu Making
- Boreh Making
- Canang Making
- Balance Walk
- Creativity Walk
- Fitness Circuit
- Pencak Silat - Balinese Martial Arts
- Nyuwun Yoga
- Hatha Yoga
- Yoga Swing
- Les Organic Salt Farming
- Coconut Oil Making
- Visit to Sacred Places
- Tirtagangga Water Palace

#### NATURE & ADVENTURE

- Les Waterfall Excursion
- Mount Batur Sunrise Hike
- Sunrise at Mount Batur
- Sunrise or Sunset Jukung Cruise
- Diving & Snorkelling
- Amed
- Liberty Shipwreck
- Menjangan Island
- White Water Rafting
- Golf
- Bali Safari & Marine Park
- Lovina Dolphin Tour

#### ARTS & CRAFTS

- Art Museums in Ubud
- Art Village Tour: Ubud & Pura Gunung Kawi
- Balinese Dance
- Garuda Wisnu Kencana
- Cultural Ambassador Talk
- Candle Making
- Lontar Drawing
- Lontar Weaving
- Traditional Weaving
- Tegalalang & Kintamani