



# SUKHAVATI

AYURVEDIC RETREAT AND SPA

[www.sukhavatibali.com](http://www.sukhavatibali.com)

Bali's most exclusive, luxurious and relaxing  
Health and Wellness retreat.

# Ayurveda

Ayurveda is a system of healing that originated in India thousands of years ago. In Sanskrit, "Ayurveda" means the "Science of Life" which is based on the profound and complete understanding of the laws of nature.

Ayurveda's focus is on the prevention of disease and encourages rejuvenation of the body, mind and consciousness.

The Ayurvedic approach to health is systematic and based on special Ayurvedic rejuvenation therapies including massage, meditation and yoga practices, herbal nutrition and diet.



# Ayurvedic Spa Treatment

At the start of our Ayurvedic Health Retreat program, each guest will receive a detailed consultation with one of our Ayurvedic physicians who will confirm the influences of the doshas on your physical, mental and emotional health to help determine the Ayurvedic treatments that will be scheduled for you. They will create a personally designed treatment program to rejuvenate the whole system, detoxify the body and relax the 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.

The sequence of rejuvenating therapies and recommendations will include diet and exercise according to your individual body type that will help bring balance, energy and peace to your entire being.

Daily, guests will receive the gentle and nourishing synchronised massage by two trained Ayurvedic technicians followed by other more specific treatments based on the recommendations for individual constitutions and health needs.

- Abhyanga
- Pizzichilli
- Shirodhara
- Swedana

## Ayurvedic Rejuvenation Therapies

### Panchakarma

Panchakarma refers to one of the most primary and essential detoxification and purification treatments of Ayurveda. Panchakarma helps remove deep rooted stress that accumulates over time that can be co-related to the hidden contributing factors of disease or imbalance in the body.

Sukhavati Ayurvedic Health Retreat and Spa offers an individually prescribed and specialised rejuvenation program as part of our five star luxury experience. Our authentic Ayurvedic program provides a team of highly experienced and trained practitioners of Ayurveda to build peak performance, restore vitality and maintain good health. We have developed a unique program combining daily Ayurvedic treatments, yoga and meditation to balance the mind and body.

### Abhyanga

A traditional synchronised full body massage which helps to liquefy toxins and induces relaxation, whilst normalising blood pressure and eliminating impurities.

### Pizzichilli

An indulgent, luxurious experience in which two technicians slowly massage the body using warm herbalised oils. Pizzichilli relieves joint and muscular pain, strengthens the immunity, liquefies toxins and is a rejuvenating experience of deep relaxation.

### Shirodhara

Herbalised oils are warmed and poured in a gentle, continuous stream across the forehead to alleviate mental strain, insomnia, stress and anxiety.

### Swedana

Swedana which is also known as steaming is performed in our specially designed steam cabin. This treatment is designed to detoxify, release muscle tension and promote weight loss.

# The Benefits at Sukhavati Ayurvedic Spa

Research shows that physiological purification treatments like those offered at Sukhavati Ayurvedic Retreat and Spa produce the following benefits:

- Cleanse the accumulated toxins of the body and mind
- Restore constitutional balances
- Strengthen the immune system
- Reverse the negative effects of stress
- Enhance strength and energy
- Promote longevity
- Enhance vitality and mental clarity
- Leave the body and mind relaxed and rejuvenated
- Promote the natural healing process
- Normalise blood pressure
- Stabilise blood sugar levels
- Regulate sleep patterns
- Reduce weight



# The Program offered at Sukhavati Ayurvedic Retreat & Spa

- Private Luxury Villa Accommodation
- Consultation with Ayurvedic doctor
- Follow up sessions with Ayurvedic Doctor
- Seminars on Ayurveda provided by Ayurvedic Doctor
- 90 minutes of comprehensive daily personally prescribed Ayurvedic treatments
- Freshly prepared Ayurvedic dishes for breakfast, lunch and dinner
- Daily foot massages
- Daily Ayurvedic Facials
- Fresh Juices and Herbal Teas
- Yoga and meditation sessions in the morning and afternoon
- Balinese Performance
- Local village bike rides and walk
- Fruit basket upon your arrival
- In room kettle and tea
- Transfers to and from the airport
- Wi-Fi internet connection

## Yoga

Sukhavati Ayurvedic Health Retreat & Spa incorporates daily yoga sessions to enhance the experience of our program. The practice of yoga is an important part of achieving perfect balance through Ayurveda by using a simple sequence of postures that enlivens the intelligence of each major muscle group of the body. Yoga and Ayurveda work together: the yoga refines the mind and the body so that Ayurvedic medicines and treatments can offer their full potential.

## Meditation

Meditation allows the time to ease the stress of daily life whilst developing wisdom, intuition and self awareness. At Sukhavati Ayurvedic Health Retreat & Spa meditation is a key component of our program to incorporate all levels of relaxation, balance and cleansing. Based on time tested and scientifically validated processes we use a combination of Ayurvedic treatments, yoga and meditation to create a profound experience allowing you to develop a greater sense of inner peace and good health.

"The experience of Ayurvedic treatments and Panchakarma exceeded all my expectations of complete mind- body rejuvenation. I left feeling happier and lighter."

**Luke Darcy**  
Media Personality

## Health & Lifestyle Seminars

Enjoy the opportunity to attend talks on Ayurveda, well being, life style, daily routine, diet, and understanding your body type. Presentations by our Ayurvedic doctor and other guest speakers will assist in developing your understanding of how to create and maintain perfect health.

## The Estate

Sukhavati Ayurvedic Health Retreat & Spa is set in a nourishing, pristine and natural environment within a small Balinese Hindu village of Bebengan. Nestled amongst the rice paddies and amid the lush tropical jungle, Sukhavati captures the essence of Bali. To the North of Sukhavati Mt. Batukaru can be seen, one of the islands most revered and holy landforms.

The estate is located equidistantly between the popular tourist areas of Kuta, Ubud and Bali's famous Tanah Lot temple. Experience the natural beauty of Bali in a place of tranquil silence and beauty nourishing you in this magnificent part of the world to reflect, relax, and revitalise with ease.



## The Villas

Sukhavati's luxurious bedrooms are built to the highest standards. Choose from our Pool or Garden view villas or our two private luxury Pool Villas. Enjoy the modern Balinese style surrounding; marble floors, traditional thatched roofs and elegant outdoor bathroom. Our villas have been beautifully furnished and each contain one king sized bed, flat screen TV, DVD and CD player. In addition, all of the rooms are complimented by private 'breakfast balcony' areas which offer tranquil views of the surrounding estate.

- Luxury Pool View Villa
- Luxury Private Pool Villa

## The Facilities

If you're looking for Bali Luxury Villas, you've come to the right place. Sukhavati Estate is specially designed to incorporate our Ayurvedic Health Retreat & Spa program as well as accommodate large families or intimate groups of friends. It is one of Bali's most exclusive and luxurious Private Villa Estate. Sukhavati's stylishly furnished villas are complimented by a host of additional features including three salt-water swimming pools, an open-air dining and entertainment pavilion, yoga pavillions well as our Ayurvedic Treatment & Spa clinic.

## Staff and Dining

At Sukhavati Ayurvedic Health Retreat & Spa our 28 wonderful Balinese staff provide impeccable service to help make your stay at Sukhavati as enjoyable as possible. They are in turn supervised by our talented General Manager 'Denny' and our lovely Guest Relations Manager 'Kadek'.

Good food is an essential part of Sukhavati Ayurvedic Spa and Retreat. Our gourmet chefs offer a unique experience of beautiful fresh food dining and a range of specialised Ayurvedic dishes.

"The perfect location & atmosphere to focus on total mind and body rejuvenation. Spending time in this beautiful & peaceful environment has left me feeling rested & relaxed. I leave Sukhavati with a renewed commitment to maintaining balance and with a stronger focus on my health and wellbeing. Thank you to all the wonderful staff, your generous, kind & friendly nature has made this experience a truly special one for me & something I will never forget - what a fantastic team you are! "

**Kris Abbott, Australia**

"Once you've experienced the standards of treatments in the Sukhavati Spa you would be forgiven for never visiting anywhere else. Stress release is a science and art at Sukhavati. The Sukhavati team feels like family. I never felt more care and attention anywhere in the world"

**Jessica McOmish, Australia**

"One of the 50 most romantic private villas in the world."

**Travel and Leisure Magazine**



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