



balance

WELLNESS BY ANANTARA

## EXPLORE HOLISTIC ESCAPES

Experience profound levels of relaxation by joining our one- and three-day wellness programme. Practice mindfulness through meditative yoga, relaxing spa therapies and nutritional goodness. Your path to self-discovery starts here.

# BALANCE WELLBEING PROGRAMME

## CHOOSE FROM 1 OR 3 DAYS

A sedentary lifestyle, work stress and unhealthy eating habits can deplete energy, leading to fatigue and adverse effects on the immune system. Take time out to rejuvenate with this series of unique, holistic wellbeing programmes.

### 1-DAY PROGRAMME

USD 345 ++ per person | USD 655 ++ per couple

- Morning Yoga (60 mins)
- Wellness Juice
- Bali Detox (150 mins)
- Wellness Lunch
- Balinese Reiki (60 mins)
- Young Coconut water and Fresh Fruit
- Wellness Dinner





## 3-DAY PROGRAMME

USD 824 ++ per person | USD 1326 ++ per couple

### Day 1

- Morning Yoga (60 mins)
- Wellness Juice
- Wellness Lunch
- Bali Detox (150 mins)
- Young Coconut water and fresh fruit
- Wellness Dinner

### Day 2

- Medical Qi Gong (60 mins)
- Wellness Juice
- Wellness Lunch
- Cupping Therapy
- Young Coconut water and fresh fruit
- Wellness Dinner

### Day 3

- Healing Meditation (60 mins)
- Balinese Massage
- Wellness Juice
- Wellness Lunch
- Rejuvenate Oxygen Facial Treatment
- Young Coconut water and fresh fruit
- Wellness Dinner





## WHOLESOME WELLNESS CUISINE

Indulge in a flavourful fusion of nutritional cuisines, from tropical salads to succulent tenderloin chargrilled to perfection. Combining organic produce and local ingredients, our brand-new wellness menu feeds both the body and spirit.





# WELLNESS MENU

## 3 Course Set Lunch

### APPETIZER

#### Rice Paper Roll (V)

Crunchy summer green with coriander garlic dressing

#### St. Lucia Mozzarella Di Bufala (V)

Fresh tomato, aceto balsamico and basil

#### Asian Coleslaw Salad

Organic chicken breast with cabbage, shallot, parsley, carrot, mint, avocado, local nut

#### Organic Garden Salad (V)

Handpicked Bedugul Highland organic salad

### MAIN

#### Tartine Tomato and Cheese (V)

Open sandwich with buffalo, ripe beef tomato, mint parsley pesto and Seaweed toast

#### Steamed Ginger Goldband Snapper and Scallion

Ginger soya sauce with vegetables Nage

#### Baby Barramundi with Bean Sauce

Organic green salad and steamed potatoes

#### Organic Chicken Breast

Roasted baby potatoes and steamed baby vegetables and lime vinaigrette

### DESSERT

#### Bubur Ketam Hitam

Black sticky rice, seasonal fruit compote, coconut milk sauce

#### Seasonal Tropical Fruits

Assorted slice fresh fruits with honey yoghurt sauce

#### Pisang Rae

Boiled banana with aromatic pandan leaf dough

#### Cantik Manis

Rice cake pudding with pear mutiara and seasonal tropical fruits





# WELLNESS MENU

## 3 Course Set Dinner

### APPETIZER

#### Chicken and Mango Salad

Shredded chicken, fragrant herbs, pink pameló, shredded daikon, house dressing

#### Ahi Tuna and Organic Garden Salad

Handpicked Bedugul Highland organic salad

#### Uluwatu Greek Salad (V)

Tomatoes, cucumber, zucchini, pineapple, capsicum with feta cheese and olives

#### Spanish Gazpacho

Infused cumin with avocado puree and grilled prawn

### MAIN

#### 5 Herbs Salad with Jimbaran Ocean Seabass Ala Planca

Tomato carpaccio, Bedugul organic green

#### Grilled Kilcoy Tenderloin

Herbs potatoes, olive oil glazed baby root

#### Uluwatu Prawn Duo

Grilled and Poached King Prawn, Boiled Potatoes, Bedugul Highland Organic Green  
With Lemongrass and Shallot Dressing

#### Oven Baked Spring Chicken

Asparagus and Green Salad

### DESSERT

#### Chilled Tropical Fruits Soup

Seasonal tropical fresh fruits with coconut soup and rice caviar

#### Markissa Panna Cotta

Bedugul markisa with passionfruit sorbet

#### Walnut Spiced Pumpkin Cake

Mango and berry sauce

#### Tropical Sliced Fruits

Assorted sliced fresh fruits with honey yoghurt sauce





## RAW JUICES AND SMOOTHIES

Enjoy a range of fresh blended juices and smoothies that are packed with raw natural goodness. Rich in vitamins, minerals and essential nutrients, each delicious recipe offers a revitalising boost with far reaching health benefits, for body and mind vitality that radiates from the inside out.

### RAW JUICE | USD 6 ++

#### Red Booster

##### **Beetroot, carrot and lime**

Improves stamina, lowers blood pressure, promotes lung health.

#### Ginger Squeeze

##### **Orange, lime juice, banana, honey and extract ginger**

Promotes eye health, protects against free radicals causing early aging, enhances healthy production of collagen.

#### Fruity Fit

##### **Strawberry, banana and orange**

Rich in Vitamin C and Omega 3 fatty acids, lowers bad cholesterol levels, hydrating, refreshing.

#### Spiced Anti Oxidant

##### **Carrot, lime juice, lemon wedges, elder flower syrup, basil and ginger**

Perfectly blended for healthy skin and eyes, uplifts the mood and enhances concentration.

### SMOOTHIES | USD 6 ++

#### Strawberry Banana

##### **Strawberry, banana and yoghurt**

Protects the heart and cardiovascular system, reduces the risk of stroke, regulates digestive system.

#### Red Smoothie

##### **Watermelon, strawberry and yoghurt**

Excellent source of Vitamin C, supports heart and circulatory health, keeps digestion regular.

#### Violet Smoothie

##### **Dragon fruit, eggplant and yoghurt**

Relieves nervous tension, supports brain health, slows down fat accumulation in blood vessels, assists with digestion and constipation.

#### Green and Healthy

##### **Spinach, kiwi, honeydew melon and yoghurt**

Revitalises skin complexion and hair health, builds healthy bones and teeth, boosts immunity, supports weight loss.

#### Orange Fit

##### **Orange, papaya and yoghurt**

Great source of fiber, encourages digestion, supports skin health, balances blood pressure.



## ETIQUETTE

- Please arrive 15 minutes prior to your wellness therapy in order to relax in our tranquil surroundings. Arriving late will decrease the time of your therapy.
- Mobile phones and smoking are not permitted at any time.
- We recommend you leave all valuables in your room or suite, as we accept no responsibility for lost items.
- Please prepare your own comfortable clothes for personal training and yoga sessions.

## TERMS & CONDITIONS

- To ensure you book the time you prefer, we recommend booking 48 hours in advance.
- Please give a cancellation notice of 24 hours on all wellness programmes, otherwise 50% of the price may be charged to your account.
- Additional charge for breakfast is applicable if not included in your room package.
- Wellness programmes are not valid in conjunction with other promotions and discounts.
- Wellness programmes are valid for the period booked and cannot be carried forward or transferred.
- Wellness treatments must be booked at least 24 hours in advance.
- Additional wellness treatments can be booked for a special price.
- Unless stated as an inclusion, treatment selections do not include ELEMIS treatments.
- Bookings are subject to availability.
- Prices are in Indonesian Rupiah. Subject to 21% Service Charge and applicable Government Tax.