



SUKHAVATI

AYURVEDIC RETREAT AND SPA

www.sukhavatibali.com

Sukhavati Luxury Villas and Ayurvedic Health Retreat and Spa Bali creates a unique experience of rejuvenation for your mind and body. Sukhavati provides an atmosphere for complete bliss, simplicity and peace. We invite you to allow yourself to enjoy this soothing and refreshing experience of precious time to refocus your energy, vitality and creativity.

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 & Spa program, each guest receives an individually prescribed combination of treatments from our Ayurvedic Doctor to cleanse and rejuvenate the mind and body. Guests receive daily synchronized massages by two of our trained Ayurvedic technicians. These are the most comprehensive daily treatments of Ayurveda to remove toxins and revitalize the body and restore balance.

Treatments will vary daily and consist of the following Panchakarma treatments:

- 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 specialized 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 synchronized full body massage which helps to liquefy toxins and induces relaxation, whilst normalizing 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

Herbalized 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:

- Cleanses the accumulated toxins of the body and mind
- Restores constitutional balances
- Strengthens the immune system
- Reverses the negative effects of stress
- Enhances strength and energy
- Promotes longevity
- Enhances vitality and mental clarity
- Leaves the body and mind relaxed and rejuvenated
- Promotes the natural healing process



The Program offered by Sukhavati Ayurvedic Retreat & Spa

- Consultation with our resident Ayurvedic Doctor
- Up to 120 minutes daily prescribed treatments provided by our trained technicians
- Freshly prepared Ayurvedic dishes for breakfast, lunch and dinner
- Daily seminar workshops with our resident Ayurvedic specialist and tour leader
- Special yoga and meditation sessions in the morning and afternoon
- Private luxury villa accommodation
- Transfers to and from the airport
- Balinese performance
- Local village bike rides and walks
- Optional daily tours to explore Bali such as the Ubud markets and the Tanah Lot Temple
- Fruit basket upon your arrival

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 revitalize 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.

- Pool view villa
- Garden view villa
- Private Luxury 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 17 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 Office 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 specialized ayurvedic dishes.

SUKHAVATI

AYURVEDIC RETREAT AND SPA

“Words cannot sufficiently express the time we have had at Sukhavati. Here, we have found paradise and everything that goes with it. Thank you to all of the wonderful and professional staff.”

Peter Rowe & Family
Melbourne, Australia

“What a special place – a real haven that nourishes the senses. The days have just slipped by in a peaceful haze. We feel restored, relaxed and rejuvenated. We leave happily, already contemplating our return. Love and best wishes.”

Jenny Dyer & Family
Australia

The Sukhavati Estate
Br Bebengan Tangeb Abianbase
Mengwi Badung 80351
Bali Indonesia



“One of the 50 most
romantic private villas
in the world.”

Travel and Leisure Magazine

For Bookings & Enquiries please contact:
Australia (03) 9499 8099
Fax +62 361 744 5813
Email steve@griffithconsulting.com
Website www.sukhavatibali.com