



## THE SACRED RIVER SPA FACT SHEET



|                       |   |
|-----------------------|---|
| <b>NAME:</b>          | The Sacred River Spa at Sayan   |
| <b>ADDRESS:</b>       | Four Seasons Resort Bali at Sayan<br>Ubud, Bali, Indonesia  |
| <b>TELEPHONE:</b>     | (62 361) 977577   |
| <b>OPENING DATES:</b> | Original Launch: March 1998<br>New Concept Launch: March 2012   |
| <b>ARCHITECT:</b>     | Spa: Heah and Co, London, England<br>Dharma Shanti Bale: Elora Hardy, Ibuku, Bali   |
| <b>SPA DIRECTOR:</b>  | Luisa Anderson  |
| <b>SPA MANAGER:</b>   | Faraaz Tanveer  |
| <b>SIZE:</b>          | 39,331 square feet (3,654 square meters)  |
| <b>SPA CONCEPT:</b>   | The Sacred River Spa is a serene, nurturing environment with a deep inner focus. Inspired by Balinese philosophy, the emphasis is on the flow from Niskala to Sekala (the unseen to the seen), complementing sister spa at Jimbaran. Sacred River Spa focuses on restoring balance and harmony through 7 Chakra Ceremonies: full body treatments that each target one of the key energy centres along the spine and go beyond physical healing with crystal singing bowl sound therapy. |

Offering a truly Eastern healing experience, the Spa's menu features a powerful selection of authentic Balinese healing traditions to help reconnect you to your whole, complete self.

#### Chakra Ceremonies

These seven signature treatments are each designed to restore one of the seven chakras, or energy centres, that run along the spinal column. When our chakras are cleansed and balanced, our physical and emotional energy functions at optimum levels. The signature heart chakra ritual, Anahata, is ideal for couples as well as anyone seeking emotional balance or renewed positivity and equilibrium. This rose-based ritual begins with a blissfully nurturing scrub and rose and turberose flower bath. A loving, rose oil body massage precedes the focused heart work, which comprises a rose quartz crystal chest massage followed by heart-shaped basti filled with healing damascena rose otto placed over the heart.

#### Batu Kali River-Stone Bathing Ritual

This treatment is inspired by the Balinese tradition of river bathing; after a long and backbreaking day in the rice fields, villagers would unite in the fast-flowing water to swap gossip and stories, laughter and song, while using river stones to scrub and massage away the stresses of the day. Our remedy includes a nourishing herbal application for the hair and scalp, an invigorating river stone scrub to revive tired skin, and a soothing Balinese massage – with coconut oil and freshly grated ginger paste applied to the lower back – to ease and warm the body.

#### Local Healers: Djik Dewa, Energy Healer

Reflecting the age-old cleansing and beautifying traditions of the Balinese people, we have carefully selected revered healers to offer guests a deeper connection to the local culture. Djik Dewa is a gifted healer specialising in Kundalini energy. Working with sensitivity, energy work and occasional touch, each individual session sees him scanning the body, facilitating the re-activation and balancing of each of the main seven chakras in succession. His humble and sincere presence in every session allows great healing.

### **SPA DESIGN AND FACILITIES:**

Nestled within lush greenery, the Spa is in close proximity to the fast-flowing Ayung River, providing a soothing background of moving water. The Spa Villa complex is cradled in the rice fields and herb gardens, a short walk away from the Resort Lobby. As you descend down the series of palimanan steps, you find three luxuriously-appointed villas floating in a large lotus pond nestled in a forest of tropical vegetation.

- Total of 7 treatment rooms, including:
  - 3 double-size treatment rooms, each with shower and bath, located within the main spa building
  - 1 salon room

- 2 double-size spa villas with outdoor shower and bath, steam/shower room, water closet, secluded in a private location within a lotus pond
- 1 double royal spa villa in private location with Vichy shower, outdoor pool and sundeck, indoor bathroom with bath, indoor steam/shower and outdoor shower, secluded in a private location within a lotus pond
- Separate men's and women's saunas and steam rooms located in changing rooms

- Dharma Shanti Yoga Bale is nestled in a quiet corner of the resort surrounded by lush forest at the bottom of the Sayan Valley, with views over ricefields to the fast-flowing Ayung River. The 100% bamboo structure – whose name means 'path to peace' in Sanskrit – is the centre of our uplifting programme of daily yoga, meditation and wellness talks.

- The Fitness Centre perches dramatically over the Resort offering lush views while you workout and equipped with open-air hot and cold plunge pools.

- The Spa Boutique features organic face, body and bath products – all free from synthetic chemicals – such as Ila Spa products which are used for Chakra rituals, along with aromatic essential oils, bath salts, soaps, incense, illustrated journals, singing bowls and teas. Fashion options include lifestyle clothing and accessories, leisure and yoga wear, spa robes and crystal jewellery.

## **YOGA & MEDITATION:**

A team of resident Balinese yoga masters lead innovative classes including:

- Bali's only certified AntiGravity® Yoga;
- Bali's only Full Moon Yoga;
- Laughter Yoga;
- Yin Yoga;
- Restorative Hot Stone Yoga.

Resident Wellness Mentor – Ibu Fera.

The former Buddhist nun shares her wisdom through:

- Sacred Nap, an afternoon 'air nap' suspended from the ceiling of the bamboo Dharma Shanti Bale in a 100% pure silk hammock. Allow yourself to nod off while listening to the sounds of nature and the life story of Buddha;
- Life Talk Series;
- Meditation classes including Mala Meditation using rudraksha beads, Loving Kindness Meditation and Relaxation Meditation.