



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 300 ++ per person | USD 567 ++ per couple

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



3-DAY PROGRAMME

USD 700 ++ per person | USD 1384 ++ per couple

Day 1

- Balinese Healing
- Balinese Massage
- Wellness Lunch or Dinner
- Young Coconut water and fresh fruit

Day 3

- Yoga (60 mins)
- Detox IV
- Rejuvenate oxygen facial treatment
- Young coconut water and fresh fruit
- Wellness lunch or dinner

Day 2

- Taichi (60 mins)
- Bali detox (150 mins)
- Cupping therapy
- Young coconut water and fresh fruit
- Wellness lunch or dinner





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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

APPETIZER

Quinoa Salad with Avocado, Onion, Parsley, and Greek Yoghurt (Gf)

Asian Coleslaw Salad Organic Chicken Breast, Cabbage, Shallot, Mint, Parsley, Carrot, and Cashew Nut (Gf)

Organic Garden Salad Handpicked Bedugul Highland Organic Salad with Herbs and Lemon Dressing (V)(Gf)

Ahi Tuna Salad with Mustard and Honey Dressing, Fresh Organic Lettuce (Gf)

Uluwatu Greek Salad Capsicum, Tomato, Cucumber, Olive, Capers, Feta Cheese and Arugula Salad (V)

Pumpkin and Arugula Salad Tomato, Onion, Feta Cheese with Balsamic Dressing and Pumpkin Seeds

SOUP

Miso Soup Japanese Tofu, Seaweed, and Sesame Seed (V) (Gf)

Tomato Gazpacho Capsicum, Cucumber, Extra Virgin Olive Oil with Crispy Garlic Crouton

MAIN

Steam Snapper Scallion, Ginger, Soya Sauce with Vegetable Nage (Gf)

Organic Chicken Roasted Baby Potato and Steamed Baby Vegetable and Lemon Vinaigrette (Gf)

Seared Barramundi Ala Planca with Five Herbs Salad Tomato Carpaccio and Lemon Wedges (Gf)

Grilled Australian Tenderloin Potato Puree and Organic Baby Vegetable

Uluwatu Prawn Duo Poached and Grilled Prawn Boiled Potato and Organic Green Salad with Lemon Dressing(Gf)

Oven Baked Spring Chicken with Asparagus and Green Salad (Gf)

DESSERT

Chilled Marinated Tropical Fruits Compote with Coconut Water and Rice Caviar (V)(Gf)

Walnut Spiced Pumpkin Cake with Mango and Berries Sauce

Mango Sticky Rice with Coconut Gel (V) (GF)

Pisang Rai Poached Banana in Aromatic Pandan Leaf Dough and Grated Coconut (V)





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.
- Bookings are subject to availability.
- Prices are in Indonesian Rupiah. Subject to 21% Service Charge and applicable Government Tax.