



Balance Wellness By Anantara

Balance Wellness is a uniquely flexible approach to looking and feeling good on holiday. Embark on a journey of spa treatments, holistic movement and healthy cuisine, matched by the freedom to explore and indulge in between.

One-Day Retreat

- Morning yoga (60 mins)
- Wellness juice
- Bali detox (165 mins)
- Wellness lunch / dinner
- Balinese reiki (60 mins)
- Young coconut water and fresh fruit

Three-Days Retreat

Day 1

- Balinese healing
- Balinese massage
- Young coconut water and fresh fruit
- Wellness lunch/dinner

Day 2

- Tibetan Singing Bowl Therapy
- Bali detox (165 mins)
- Cupping therapy
- Young coconut water and fresh fruit
- Wellness lunch/dinner

Day 3

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