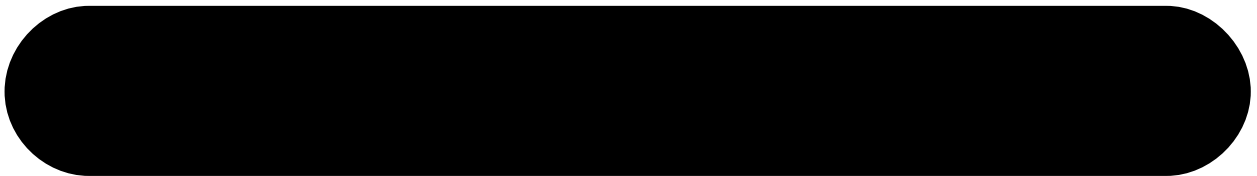
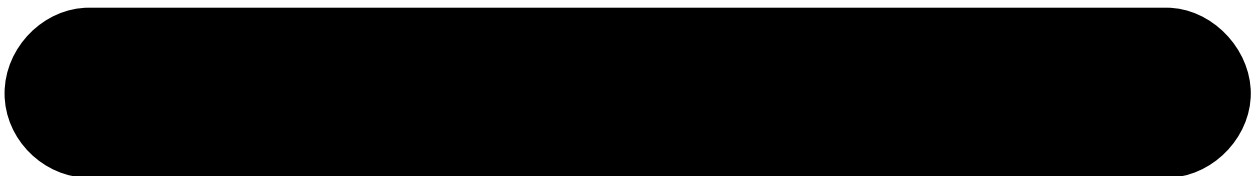


# Four Seasons Sayan, Bali

## **Four Seasons Sayan, Bali**

Bali, magical island of the gods, tempts with two acclaimed Four Seasons resort experiences at Jimbaran Bay and Sayan. In these two exquisite resorts - frequently listed among the world's finest - Four Seasons combines the very best of Bali. Combine an incredible beach experience delivered through the original Balinese village concept at Jimbaran Bay, with a cultural journey into the mystical spiritual heart of Bali at our riverside resort at Sayan, Ubud.



Bordered by endless sand beaches and tall cliffs, crowned by sacred volcanic mountains, blanketed in lush animal-filled forests and blessed by a ceremony-rich culture, Bali is a spiritual haven that offers a glimpse of what is possible when we consciously align ourselves with the Earth. Our seven blissful Chakra Ceremonies (chakra meaning wheels of energy) combine authentic Balinese

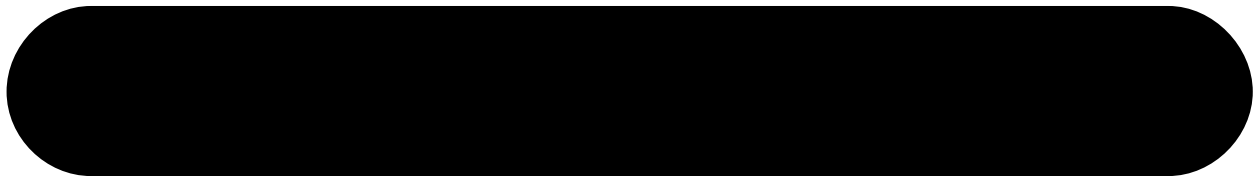
traditions, physical therapies and energy healing to restore balance and harmony to the body's key energy centers.

In Balinese philosophy, our Panca Maya Kosa (Five Layers of Being) keep us in constant contact - consciously and subconsciously - with the surrounding world. It is not only physical imbalances that cause ill health, but also a physical-spiritual disconnection to the wider environment of which we are intrinsically a part. Targeting our 'feeling' layer of being, these six treatments represent authentic Balinese healing traditions that reconnect you to your whole, complete self.



Many guests at Four Seasons Resort Bali at Sayan are interested in visiting a Balinese spiritual healer. These traditional healers are known locally as Balian and they play an important role in Bali's culture by treating various ailments. They act as instruments of the divine in delivering spiritual messages and they can serve as a catalyst to enhance your mental, emotional and physical well-being. Four Seasons can arrange a visit to the home of a reputable Balian, provide a translator and advise on the appropriate offering. A Four Seasons staff member would be happy to accompany you as well. Spiritual healers recommended by the Resort practice "healing" experiences by

assessing one's current emotional, mental, physical and spiritual state. Depending on the healer's assessment and personal connection with you, an energy-healing session can have a spiritual focus and can impact many levels of well-being.



On top of this, a former Buddhist monk who studied the Dharma in monasteries across Asia, Fera leads complimentary twice daily meditation classes and hosts a series of Life Talks at the Resort each week.

For an unforgettable personalized experience, spa guests can enjoy exclusive late-night access to Four Seasons Hotel Baltimore's 10,000-square-foot (930-square-metre) Zen playground from 9:30 pm to 12:30 am. Prices start from USD 1,800.

This centre also includes different yoga packages as well as range of body scrubs, facial treatments and massages with local and traditional ingredients such as homemade paste of ground organic white rice flour and freshly crushed wild ginger (known as kencur), red rice, temu lawak roots, gayung rice, Himalayan Salt Crystals and pure essential oils of rose damascena otto mixed together

with therapeutic rainforest plant extracts. Prices vary according to the type of package chosen but usually lie between 100-200 USD for the period of 50 minutes.

[www.fourseasons.com](http://www.fourseasons.com)