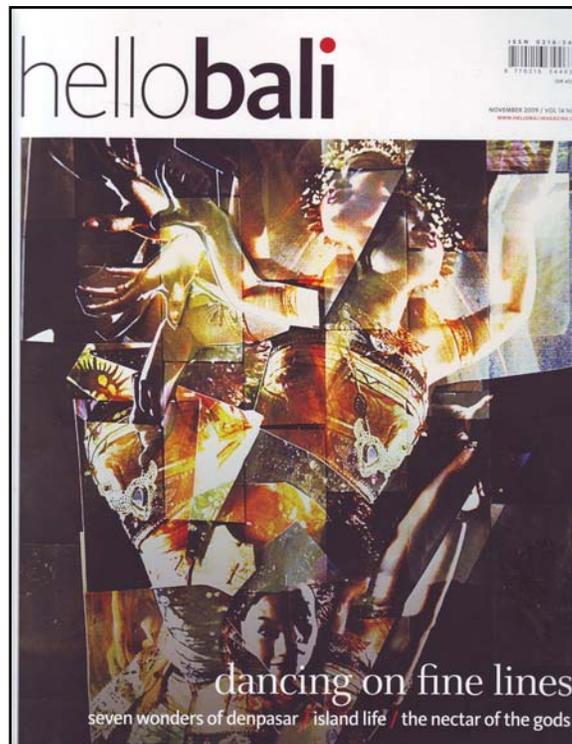


# HELLO BALI – VILLA KUBU

November 2009, Volume 14 no. 11



## mind, body & soul

text: amelia dharmas images courtesy of spa venus

As their motto states, Spa Venus, a holistic spa in the heart of Villa Kubu, Seminyak goes 'beyond beauty' to give you a glow that emanates from within.

### the look

Villa Kubu is a wellness retreat, accommodating 14 private villas each complete with its own pool and private lounging area and designed to honour the Balinese Tri Hita Karana, which provides holistic care for the mind, body and most importantly, soul.

At the pulsing centre of the complex is Spa Venus, a calming edifice situated in lavender and purplish hues. The ambience of the place is very traditional, spiritual, natural yet minimalist at the same time.

### the touch

I had scheduled myself for a Shankara Facial, one of their most popular beauty treatments. This treatment focuses more on well being of the skin and general relaxation rather than the treatment of skin problems, so more massaging and aura-boosting was involved rather than buffing and scrubbing (although those two main rituals are very much present in the treatment).

The therapist was obviously very well trained because she kneaded each muscle knot with gentle precision and balanced manoeuvring to give my facial tension a karmic kick in the butt. Perhaps she was too well trained, because between the organic, soothing, aroma therapeutic oil face massage and the detox mask, I kept drifting in and out of consciousness.

After this divine experience, my stress levels hit an all time low and I was high on Zen. Not to mention, I was now sporting a glowing face wrapped in soft and supple skin.

### the ingredients

As Spa Venus pillars itself on health, all their products are natural and organic. For my facial, they used products by Shankara Bio Regensis Skin Care System, which contains Adenosine Tri Phosphate (nature's cell energiser) and monatomic elements such as gold, rhodium and selenium, merged with all natural selected algae,

plants and Ayurvedic herb extracts, peptide complexes, electrolytes and amino acids for a lethal combination resulting in skin radiating and regeneration effects.

### the exceptional

When you visit Spa Venus, make sure to check out their 3 unique treatment packages: Pampering (anywhere from Hot Stone Massages to an Infrared Sauna), Therapies (ranging from acupuncture to an unbelievable Allergy Elimination Programme), and la crème de la crème, Deep Healing, which is custom-tailored to mend individual beauty and health issues, physically and emotionally, by a specially trained Canadian spiritualist and therapist. Within this programme, terms like Chakra-balancing, Cranio Sacral Therapy and Energy-cleansing are just a walk in the park, and if you want to go the whole nine yards, check yourself in Villa Kubu and ask for the Bali Princess Retreat, which lets specialists design the best environment and programme to successfully rejuvenate your health and soul.

To complete their goal for a healthy mind and body, Spa Venus also offers a nutritious menu that still tastes delicious, believe it or not. We love the Marinated Tofu Salad with Sesame-Coriander Dressing, Organic Lentil Soup with Yogurt and Lime and their special Cucumber Martini and Venus Shots (turmeric juice).

My inner being is far from tranquil and as I only had time for a facial, I told the very helpful spa consultant, Nadja Katharina Nuffer, that I would definitely be back for a tune-up. Perhaps the next time I walk out of Spa Venus, the glow won't only radiate from my face, but also my mind, body and soul. ✦

Prices start from IDR 300,000 to 2,000,000.

Spa Venus, Villa Kubu  
Jalan Flouw 137, Seminyak,  
T: 0361 731 129, www.spavenusbali.com



The logo for 'hello bali' is displayed in a white, lowercase, sans-serif font against a dark, textured rectangular background. The word 'hello' is in a lighter weight than 'bali', which has a small red dot above the 'i'.

## Mind, body, & soul

*Text annisa dharma images courtesy of spa venus*

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