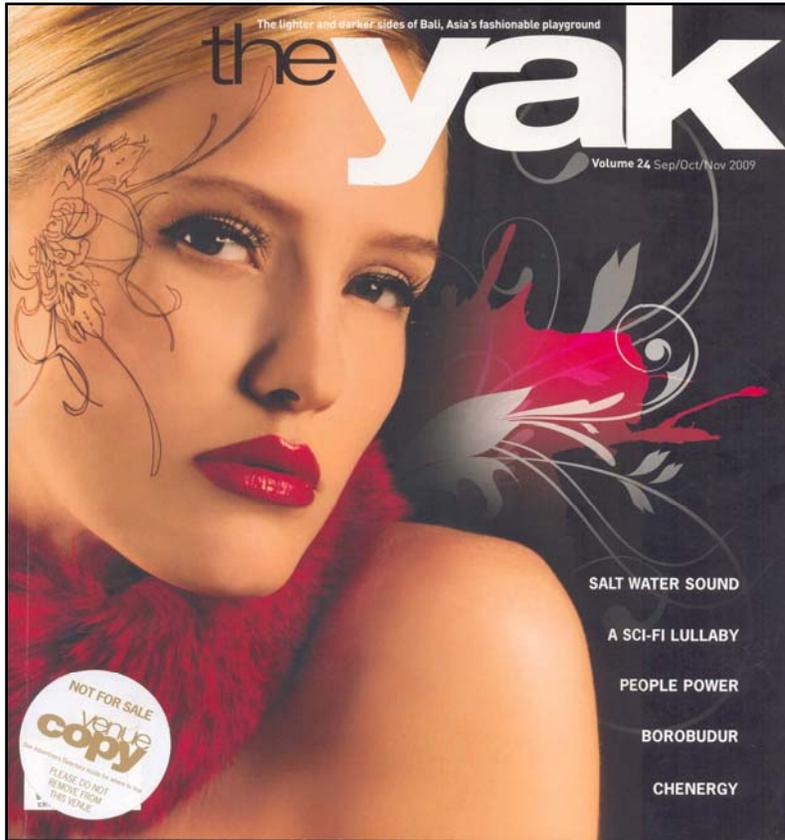


THE YAK – DEE CAULFIELD AT VILLA KUBU

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DEE MYTTON

In the beginning there was Villa Kubu, one of the first of the leafy pool party pads that appeared in a place called Seminyak...when it was still more trendy to call it Legian. Salvador Ball talks to the girl behind it all on her past and present, and her plans for metaphysical healing. Photo: Yeako Masuda.

YOU'RE on, what brought you to Bali?
Actually it was by default, I couldn't think of anywhere else to go and I really didn't make how fantastic my choice was until much later on. At the beginning I couldn't afford to live anywhere else.

That's interesting because I remember your first little villa party, what year was that?
The year 1999, maybe 2000.

I was at your party but I never met you...how long after that did you decide to build another villa, and how did that come about, if you couldn't afford it?
When I say I couldn't afford it, I meant I knew I needed some kind of an income, so I knew I had to create that because I didn't have any qualifications!

So you're a spoiled brat?
I was a photographer, stockbroker and the rest I'm not going to tell you! But really I didn't think I would be good value for anybody else. So I had X amount of money and I had to make that work, considering what I'm like. I could have run out of that money very quickly, had I not figured out some kind of a cash flow, and basically what could I do without really being busy doing it [laughter].

How to succeed in business without really trying. I saw that show...what year was this when you started building?
Ninety-nine, it was quick, but the right time, right person.

You went from one to two and how many do you have now?
I built 16, but only 14 of the compound. You just mentioned some of your

background, would you elaborate on that?
It's really boring.

Not to the readers, they want to know how to succeed [laughter]...
I think you have to learn the art of delegation, maybe that is one of my fortes. You understand that wasn't the case. So it wasn't, it developed.

So how did you gain your wisdom points? Advice please...
Just be completely open and give the power to somebody and give him or her the power and tell them how great they are at doing it.

I believe you were married before you came here, what were you doing during that period?
I was doing photography for magazines and doing editorials for models and things like that.

So you are just being a humble sponge here, that's quite a responsible job, it doesn't come easy...plus the credentials.
Yeah, but there was no competition in those days and you invented one yourself, that was in Singapore.

How long in Singapore?
Two years. Those were the dark room days, when you had to do your own developing.

When you came to Bali why did you pick this area, here a chick there a chick and the cow jumped over the moon...I mean we're talking funky, no roads and the like?
I was really sick of the city life in Hong Kong, and, well, you don't see the silver lining and then one day you wake up and

say my God, I'm so lucky.
That wasn't really my question, but I like the answer.

That's another angle stepping in, I don't know how I got so lucky in that perspective, I don't want to go into the details, it's boring business stuff that worked out only through luck.
I was thinking that you had some vision?

No, no absolutely not. I wanted to call this Legian. Seminyak wasn't the place in those days, but they wouldn't let me.
Balls said the Queen if I had two I'd be King [laughter]. What were some of the ups and downs?

Because we're not citizens of Indonesia we're always on somebody else's plate.
Growing up in the Western world it's your God given law to have land and the law is on your side, so if you cheat someone, they have to give you the money back, but here you've got to work more from the heart.

From the heart? I didn't expect to hear that, this is a first for me, most people would say who you know and who you...
That's the big learning curve, if you can get it right, you can get it right anywhere, they talk you well here.

Guess so, if you don't have patience, then you become one, right? Was it your designs that were put to paper?
I had an idea of what I wanted to do, but I have to give the credit to Hoag Franklin, he's done a great job and he has this amazing ability with space. When you walk into one of his houses it always feels good.

That is the bottom line.
Yeah, he took this weird piece of land and made it feel good. He got the space right.

Did you take any part in the building standards, such as quality, space and so on?
Yes, yes I did. I would only hire experts on quality, plumbing and electrical at the beginning, the fundamentals, I didn't want anything crashing down. I didn't have a clue as to how to build a house. I really didn't, but I had say in materials.

And now?
I'm still amazed, completely blown out by the beautiful designs and work that keeps popping up all over the place, it's limitless. And even though I think I know what I'm doing, I still think that people are going five steps beyond the norm here and it works really well. A lot of magical stuff here, I don't put myself on that level.

You've just completed building a spa, what's the deal on that?
Lots of treatment with seaweed and hot rocks and oil dripping on foreheads – a lot of feminine touches, infrared saunas and three massages.

And the name?
It's called Spa Envy.

Right. And how are the bookings?
We're doing real well at the moment. There are three levels of treatment, facial hot stone massage, beauty treatments, then deep healing, infrared sauna, colonic cleansing, metaphysical healing.

Let's start with the hot stone work...how does that go?
The stones are heated up in hot water while you are being massaged with

temperated oil, then the hot stones are used in the massage process and as each area is massaged the stones are placed on your body, when the stone heats up your body, which raises your temperature so it's actually very healing. It's just like the infrared sauna, something like an artificial fever. Everyone knows that a fever is good for you, it means you're healing, releasing the toxins. What it does is burn out all the pathogens that are running around your blood. When you have one of these massages it's really quite hot, and as you're sweating a lot, it's a different type of massage from the norm. It is really deep, right down to the bone.

That leads to the next level, deep healing?
Deep healing is in the above category. I would say next would be colonic cleansing and fasting – the colonic cleansing is only available to the villa guests by the way. I don't think I have to elaborate on the reason for that! The theory by Bill Lipton is that the membrane of the cells is the brain of the cell, because when they take the DNA out of the cell, the cell is still attracted to food and repels toxins. When you stop eating for seven days, that membrane is getting washed with water and not needing to eat the nutrients that are coming by, so it gives it a rest, enabling it to sort the toxins from the membrane, like a big washing session. I'm a big believer. If you do it every six months for three-and-a-half to seven days, then you can eat and do whatever you want and you don't carry around the toxins that you ingest.

That leads onto the third level, metaphysical?
Right. Sometimes you have a health issue and you don't know why you can't get better...
Intellectually you know but emotionally there's a blockage, is that what you mean?
Exactly. Your emotions keep getting treated and you're reacting instead of going through it. Sometimes there's somebody from the outside that can help with that, definitely with patterns. Let's say your legs are hurting and you don't know why they're hurting. You try to remedy the situation by studying and going to all the therapists, and still it doesn't get it out. Usually a metaphysical healer can come in and find that maybe it's attached to an emotion...and if you don't visit that emotion, which is buried, it's going to stay there and that's where they come in. They are very clever at finding whether it's this or that time or past lifetime, which is rare. I'm sure there's a lot of karmic energy that comes across, but usually you deal with this lifetime.

Do you have people associated with your spa who do this?
Yes, they are amazing healers.

I presume you have to make an appointment with them? It sounds pretty heavy.
I never really believed in it until I decided to do it myself. I had been on a path for 10 years and I've done everything from self development courses to chiropractic and osteopathic treatments, vibrating plates and Pilates...everything. Some health issues just never budged, and through these metaphysical healers things started to move again. I was absolutely astounded by how amazing it was. It really worked. We as a human race are bold enough now to embrace and accept this now. They've been saying this for centuries, scientists are just trying to find a logical reason.

What products do you use in your spa by the way?
Shankara, which is an international brand, organic and natural. A non-profit organisation used by Madonna No less, and that money goes to help children in South America in the areas where the products are being harvested. It's nice to have these lovely products and to know that you are helping someone. The other product is local, organic, harvested and made in Bali, essential oils by this lovely lady called Mary Moon, yeah, so one local and one international.

Parting words!
Datta to relax. We also sell lovely Cucumber Martinis and Co. Get, just in case you're feeling a bit too healthy!

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