

# MAXIMILLIAN – VILLA KUBU

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for smart travellers

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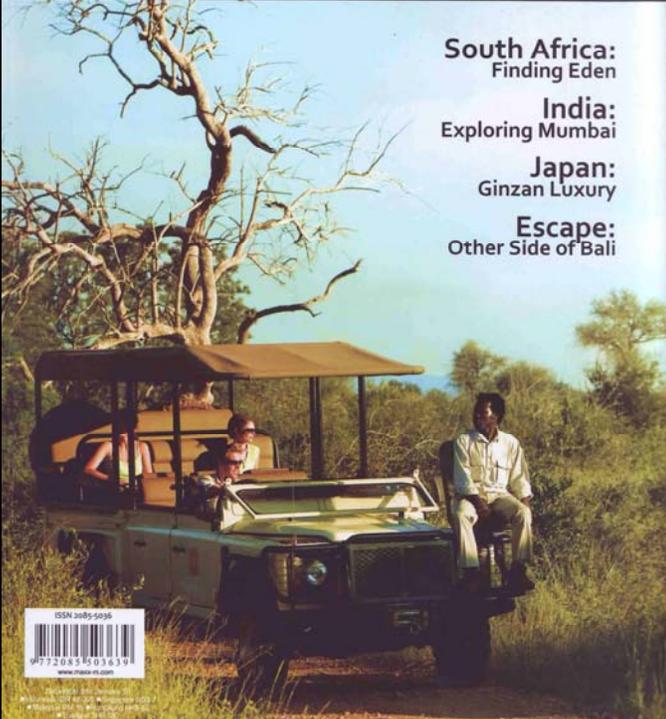
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## Fabulous Detox at Villa Kubu and Spa Venus

**Ve Handojo** didn't have to venture from the heart of Bali to lose some weight at a health boot camp. But he did have to pay another price twice a day.

Photos: Ve Handojo

Karl Lagerfeld is my fashion god, and when he lost some weight just so the Dior Homme collection would fit him better, I had no reason not to follow his example. "What would Karl do?" is my constant meditative pondering. And I knew for sure what Karl would do if he found a place in the heart of Seminyak, Bali, where not only could he have a fabulous escape from his daily routine (as a god), but also submit himself to a health-gaining, weight-losing detox programme. Immediately, in the name of slim-fit trousers, I booked one of the fourteen villas at Villa Kubu.

As I am quite far from being a plus-sized model, I went for the "half-portion" detox programme; a mere three and a half days of diet. No carbs, no alcohol, no smoking. To replace all those guilty pleasures are pills and weird elixirs.

Madame Frédérique Nault, ND, is a naturopath an expert in alternative medical systems that focus on natural remedies and the body's vital abilities to heal and maintain itself. She met me before my personal health boot camp began and conducted a mini investigation into my lifestyle. Caffeine intake: overdose. Sleep patterns: random. Eating habits: carnivorous. Sex life: hyperactive. She then looked into my eyes - I mean, she literally took a long look into my eyeballs. They say the eyes are the window to your soul, but in this case they were the window to my life-challenging problems.

"You have potential problems with your kidney and bladder, and your digestive system is full of toxins," she said, delivering the good news. "This detox programme will be good for you."



Left:  
Lobby area

Above:  
Rejuvenate body and soul at the Villa Kubu spa

So, I began my fast. What was compulsory was not praying five times a day, but taking all kinds of pills and powered drinks every 90 minutes. A teaspoon of Psyllium Powder Intestinal Cleanser was mixed with two tablespoons of Colloidal Liquid Bentonite: both stirred in a tall jug of water.

The Psyllium is a 100 per cent natural vegetable fibre consisting of a finely ground powder of psyllium husk and seed. Combined with water it forms a gelatinous bulk in the stomach, then sweeps like a broom through the small intestine and lower bowel, dissolving hardened mucus and pushing clogged debris down and out for excretion through the rectum. Meanwhile, the Bentonite is a natural and powerful detoxifier derived from mineral-rich volcanic clay. This power drink didn't taste bad, because it almost had no taste at all.

Every 90 minutes, the Psyllium-Bentonite drink would alternate with six GreenLife Nutrients tablets, three Wheat Germ Oil capsules, two natural sources of Vitamin C and two whole beet plant tablets. Twice a day I took these "diet pills" with cold coconut water or warm vegetable broth.

Before going to bed, I was told to soak for as long as 30 minutes in a bathtub sprinkled with Magnesium Bath Flakes and conditioned with Prill Beads. The combination was supposed to cleanse and refresh the body, leaving it more relaxed, open and easily detoxified. On top of that, a deeper slumber was guaranteed.

Then the enemas started. A gallon of warm water was delivered into my digestive system, not through my mouth, but through "that other end". I believe, if I asked Karl what he would do, the answer would be: "It's my true pleasure!" Enemas cleanse the system and help remove all the "toxic dirt" inside us. Imagine doing this twice a day on a daily basis! Okay, maybe not everyone's cup of tea, but the result was worth it. I felt lighter, fresher, younger, healthier and as clean as a virgin.

The butlers at Villa Kubu delivered all of the detox essentials to my. I also spent 30 minutes every day inside a compact sauna that uses infrared technology, which is supposedly eight times more effective at releasing toxins than a conventional sauna. A metaphysical consultant led me through some deep, meditative treatments to explore the corners of my-no kidding!- soul. She forgot one thing, though: As a fashion-addict, I'm much too vain to have a soul.

Finally, the health boot camp was over, and it only took me five minutes to find myself shopping in the lively Seminyak area. (Surely, I deserved some rewards after all that probing and prodding!) Though restored and made happier, I found a big problem upon returning home. Thanks to the detox programme, now all my pants were too loose. What would Karl do? Grab those Dior Homme trousers! (11)

**Villa Kubu and Spa Venus**  
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# Fabulous Detox

at Villa Kubu and Spa Venus

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*Photos : Ve Handojo*

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