



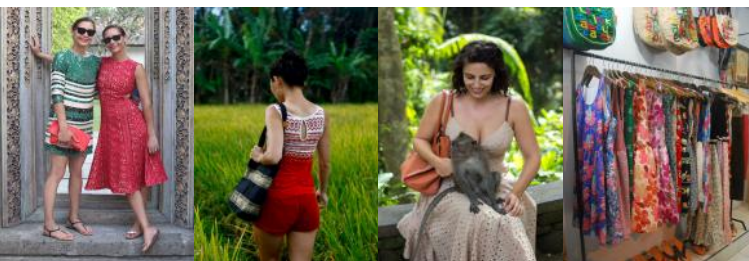
BALI RETREAT

8 DAY WOMENS INDULGENCE

Spas • Shopping • Yoga • Art • Food



Join us and our friends in the mountains of
Ubud, Bali.



HEKA HARMONY HEALTH

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MIND | BODY | SPIRIT | PLACE

Shop, Eat and Feel Beautiful

\$1,895.00 AUD Per Person

This mountain village is host to world renowned yoga classes and international instructors.

The retail shops provide beautiful colourful and vibrant fashion, shoes and jewellery.

Artwork is available direct from the region's artisans.

One of the great delights of the Ubud area is the plethora of high quality and low cost beauty spas. All offering a diverse range of massages, facials, manicures and pedicures.

In this trip, we have organised activities, tours, local dining and chauffeured air-conditioned transport.

Your trip includes:

- **Accommodation for 7 nights in Ubud**
- **Daily breakfast**
- **Volcano and terraced rice patti tour**
- **Tour of Elephant cave and temple**
- **Rock carving walk**
- **30 minute massage**
- **Day trip to Seminyak**
- **Afternoon tea daily at the resort**
- **1hr Reiki or Bowen therapy session**
- **1hr Life Coaching session**
- **Art Gallery / Museum entry**
- **Local rice patti adventure**
- **Shopping recommendations**

Limited places so please book early!

Please refer to our Web site for full terms and conditions