

THE BEST SPA'S IN BALI

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There are so many outstanding Spa's in Bali and we enjoyed experiencing many of them we wanted to ensure we had sufficient background to this piece so we had Judy Chapman help us out! Judy is the former Editor-in-Chief of Spa Asia magazine and columnist for Wellbeing Australia magazine. She is author of 4 best selling books on spas, aromatherapy & bathing including "Aromatherapy recipes for your oil burner"TM (Harper Collins) and "Ultimate Spa"TM (Periplus).

Her debut novel 'My Singapore Lover' (Monsoon Books) was published in October 2013 and launched at the Ubud Writers Festival in Bali and is available throughout bookstores in South East Asia and in Australia.

A big thank-you to Judy for your help, I'm sure our fans are thankful for your expert opinion.... Enjoy!



THE HEALING VILLAGE SPA AT FOUR SEASONS, JIMBARAN BAY - OUR FAVOURITES

With night fire yoga, Balinese cleansing ceremonies and kundalini crystal healing, there's nothing cliché about this beachside garden spa set in one of Bali's most established resorts. However, proving that natural and anti-aging is no longer an oxymoron, they have also launched the 'Pure TDA Facial', a machine-based facial that combines supercharged bio-active ingredients - with lasting results.

www.fourseasons.com/jimbaranbay