

Taksu Wana Pr

Nowhere else is the art and artistry of bodywork so much a part of life as it is in Bali. Massage, and the healing power of touch, is practiced daily in every village. It is an inseparable part of life from the first breath of a child to the last breath of an honored elder.

Bodywork is a tradition that is as old as Bali itself. From kings to commoners massage and the healing arts are an integral part of the Balinese authentic lifestyle.

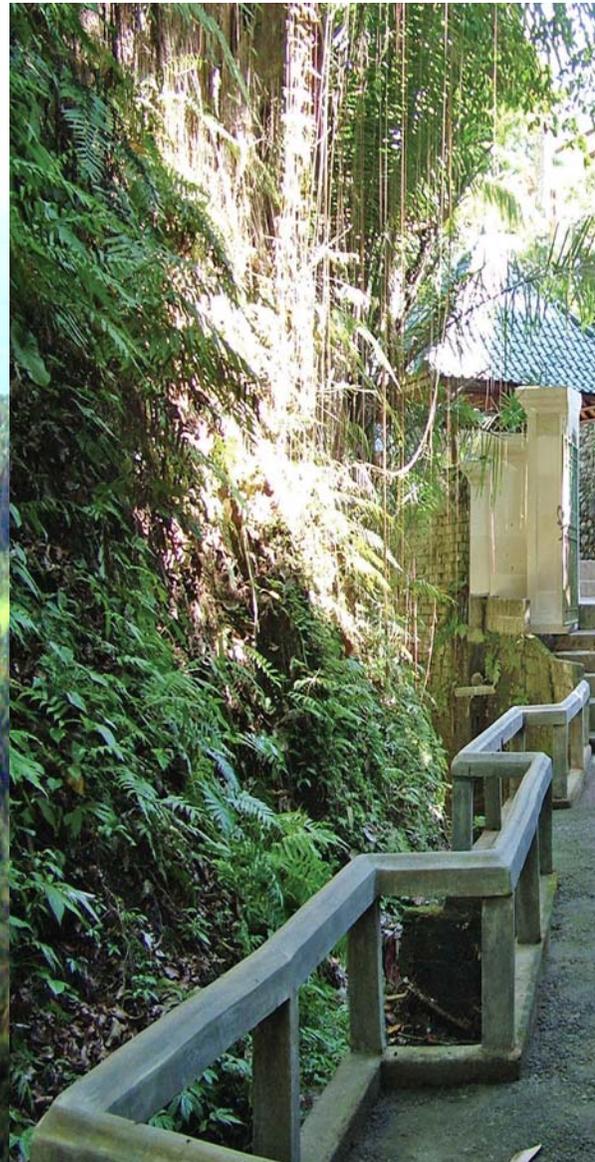
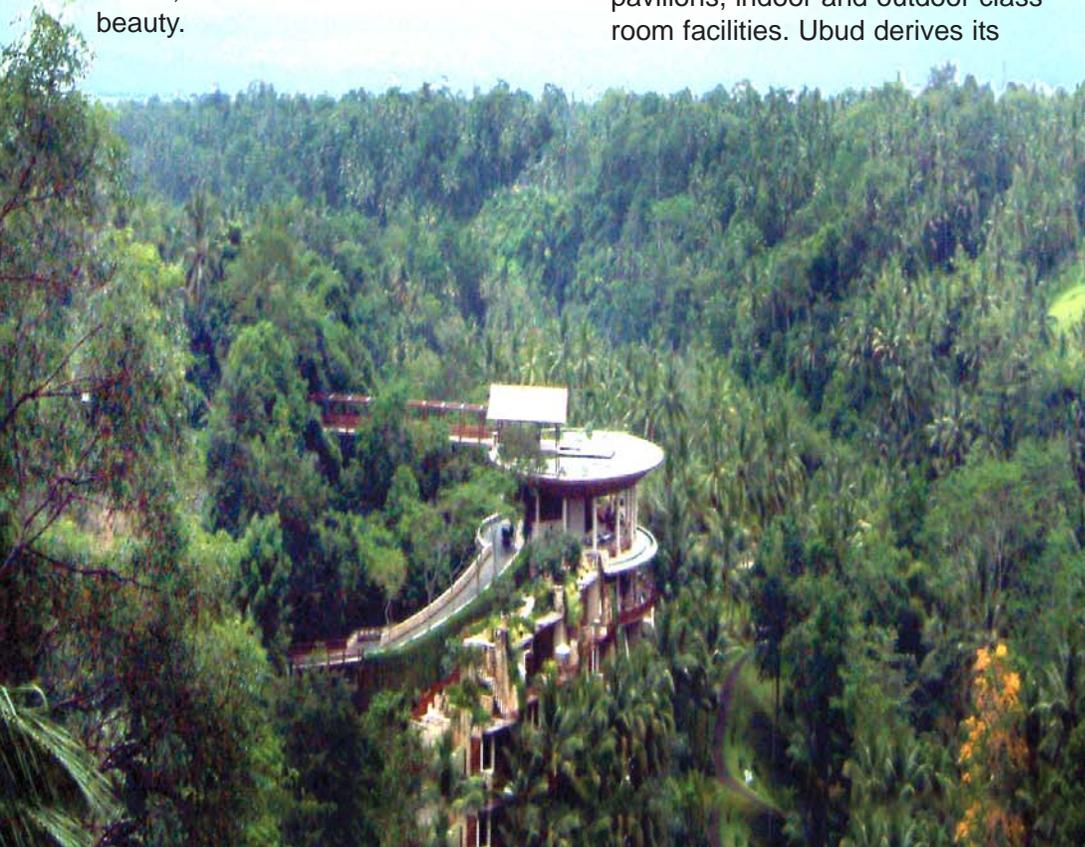
The lavish abundance of flowers, herbs, spices, and medicinal plants and trees, form the basis of Jamu, Indonesian traditional medicine. These gifts from nature are carefully blended to create exceptional, time tested, treatments for health and beauty.

The vision of Taksu Wana Prastha Spa has been carefully cultivated into a World Class Spa and Training facility. Drawing on the best of eastern and western traditions it offers programs that emphasize the traditional healing arts of Indonesia as well as alternative therapies practiced by indigenous cultures around the world combined with the best scientific and technological research and tools.

Located in an idyllic setting on the banks of a tributary of the Champuan River in the heart of the royal village of Ubud, the facility includes two organic restaurants, two swimming pools, sauna, steam room, hydrotherapy, multiple private treatment rooms with indoor and outdoor baths, meditation and yoga pavilions, indoor and outdoor classroom facilities. Ubud derives its

name from the ancient Balinese word "Ubad" which means healing and medicine. Traditionally this area was the center of Balinese/Javanese healing, and is now the center of Bali's artistic community.

Skilled therapists gently lead you and your body to a greater sense of wholeness and partnership. Deep relaxation, aromatherapy, herbal wraps, and loving, rhythmic massage help you to recover and redis-



SPA IN PARADISE

Ubud, Bali, Indonesia

Prastha Spa

cover that natural state of vitality and resilience we all had as children.

Aromatic steam baths, organic spa cuisine, soothing pools, and most of all, honoring loving care will help you to enjoy your journey into a relaxed and revitalized state of healthy mind and healthy body. An extensive collection of crystal singing bowls, ancient Tibetan bells, Balinese Gongs weave sound into the tapestry of the bodywork sessions.

The spirit of Bali is a dynamic interplay of the existence of the visible (Sekala) and the invisible (niskala) worlds. The Balinese sum up their view of life in three fundamental relationships (also known as Tri Hita Karana): the spiritual world, the world of human beings and the natural world around them.

They believe deeply that these worlds interpenetrate each other, and that it is the responsibility of human beings to make sure that this interaction is balanced and harmonious. The Balinese accomplish this through ritual, expressed in the form of religious offerings, music, dance, and the arts.

Balance is the Balinese ideal. Heaven and Earth, inwards and outwards, silence and sound, male and female, light and darkness.

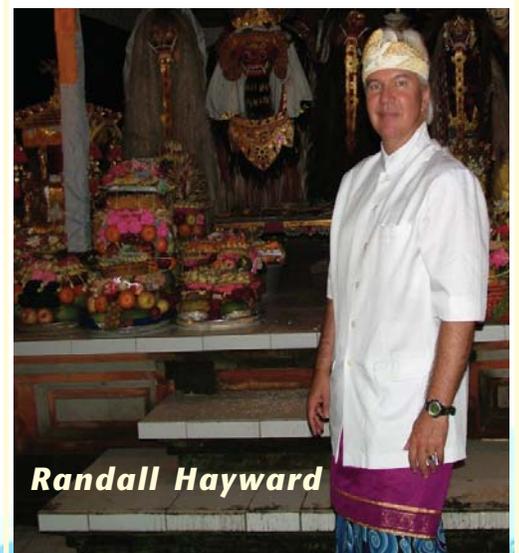
The focus of Spa operations is three fold with dynamic balance as the goal.

First, to provide unsurpassed personal service.

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A picturesque Spa entrance crosses over the Agung river.



Randall Hayward

Travels took him to Bali in 1990, where he fell passionately in love with the culture, people and traditions - not to mention the amazing and unbelievably inexpensive bodywork available here.

Ibu Nur, the founder of Nur Salon in Ubud, became my oldest and closest friend. She created the very first bodywork salon in Bali twenty-seven years ago and has expanded from two small rooms with two therapists to the current staff of thirty, with twenty treatment rooms.

In 1997, she built another salon on the

Randall Hayward - Continued on page 26