

SPA focus

Sanctuaries
of healing from
around the world.

Begawan Giri



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CSE at Begawan Giri, Ubud, Bali
www.cse.comoshambhala.bz

Rates:

Daily rates for individual suites start from US\$495 (excluding taxes) including breakfast. Introductory package rates start from US\$1800 (excluding taxes) for a standard suite, including three-nights accommodation, all meals and most activities.

Reservations:

Email info@cse.comoshambhala.bz
or phone +62 361 978 888

Getting There:

Garuda Indonesia fly from Darwin, Perth, Brisbane, Sydney, Melbourne and Adelaide direct to Denpasar.
www.garuda-indonesia.com
Ph: 1300 365 330

The Balinese believe that the holiest spirits exist in the mountains and waters of Ubud, and a visit to the new COMO Shambhala Estate at Begawan Giri reveals why. Famed hotelier, Christina Ong has placed her trademark attention to detail on Bali's most decadent property.

The five lush residences of Begawan Giri represent the elements - Windsong, Clear Water, Sound of Fire, Forest in the Mist and House of the Earth. Each residence provides four unique accommodation options centred around a pavilion, pool and garden. Water gardens, baths carved out of individual rocks, private balés, tiered infinity pools and open stone fires define each residence. It's truly heavenly.

Guests can embark on an individual journey of wellness from the moment they check in. A holistic clinic provides the services of a herbalist, acupuncturist, chiropractor and ayurvedic doctor to assess each client and recommend a wellness program during their three, five or seven-night stay.

Zen-style decor in the spa complex clears the mind with nine treatment rooms in neutral natural tones. A hydrotherapy pool, hot tubs, pilates and yoga studios, sauna and steam room and fully equipped gym support the CSE quest for good health.

And just when you thought it couldn't get any better, along comes Glow restaurant to guarantee tastebuds don't feel deprived while detoxing. Organic and locally sourced meat, fish and vegetables in Asian, European and Balinese style are served, smelling and tasting deceptively full fat.

Words Rachael Oakes-Ash