



A Starlit Spa Treatment

With today's jam-packed schedules, never-ending to-do lists and daily stresses, few of us find time to indulge in the hypnotic pleasure of relaxing underneath a starlit sky. But at Spa Village Resort in Tembok, Bali, stargazing is the cornerstone of healing.

As you float in the resort's infinity pool, carefully selected music lulls your brain into a hypnotic state between awake and asleep. Through deep relaxation, your brain waves transition from beta, which predominate when you're alert (and stressed) to theta, a daydream-like state linked with increased memory and learning potential. The sense of total weightlessness coupled with the hum of gentle music drowns out distractions leaving your mind free to focus inward. The goal: to ease your way into your own private universe where you can connect with yourself and the cosmos at the same time.

Nestled on Bali's exotic coast of black sand, the thirty-one-room resort is the ideal environment to calm the

harried. Every aspect of the spa's healing and treatment programs reflect the spirit of the island. And the locals who live in a cluster of traditional homes on the northern part of the island exemplify the Balinese way of life.

Set against a magnificent landscape of soaring peaks, grassy lowlands, and crystal blue sea, the Spa Village Resort in Tembok, Bali reflects the spirituality of the ages—soft, serene, and peaceful. Whether you need intense massage therapy and spa treatments, intellectual reflection, creative stimulation, or an invigorating range of exercises, the Spa Village Resort's mystical setting will help you nourish your mind, invigorate your body, and replenish your spirit. ♦

—Amy Paturel