

THE PATH TO HAPPINESS

Far from the madding crowds of Seminyak and the mega-resorts of Nusa Dua, REVĪVŌ Wellness Resort has opened its doors to those seeking a little peace and paradise, writes Lisa Perkovic.

The new REVĪVŌ Wellness Resort in the hills above Nusa Dua is committed to helping guests reconnect with their sense of self, without sacrificing any creature comforts. Indeed, a series of three-day programs involves a fair amount of pampering in the state-of-the-art spa, nutritionally balanced meals that look so great you'd think they weren't good for you and classes that bring play back into your routine.

Surrounded by blooming bougainvillea, lush gardens and luxe four-poster beds, guests are led onto the path of happiness through self-reflection and nourishment. There are six different programs to choose from, the most popular being Emotional Balance & Mind Training – a program designed to train guests to harness the power of positivity – as well as Detox & Organic Weight Loss, for natural removal of toxins and achieving a 'lightness of being'. Detox program participants are not subjected to juice cleanses or soup diets; instead their meals are balanced to be easy to digest, but still delicious. Like all other retreat participants, they'll have three meals a day, with an afternoon snack: fresh fruit and vegetable juices and broths partnered with the likes of poached duck eggs and guacamole, amaranth balls and zucchini, and even steamed fish.

NUTRIO is the food arm of REVĪVŌ, serving a "flexitarian" menu of mainly plant-based dishes with a few fish, chicken and beef options for those who need it. The resort spent months refining its menu, with 90 per cent of

the ingredients sourced locally from organic farmers. We're not just talking about free-range eggs and organic fruit; gluten-free bread comes from the world's first banana flour bakery in Canggu and mangoes are from a Balinese farmer who only harvests fruit that have fallen naturally from the tree.

Dishes are a delight for the eyes and the senses, with the resort aiming to change the perception that healthy food looks and tastes bad. Try 'La Vie en Rose', a bright purple beetroot and sweet potato soup, or the 'Coco Pesto Pasta', swirls of zucchini and squash noodles drizzled in avocado pesto. Vast hydroponic and soil gardens have also been planted just outside the villa entrance.

From workouts to Shirodhara
Alongside full board, a stay at REVĪVŌ includes the MOVEŌ program, with three different classes per day. That might include aerial yoga where you'll hang in the air before breakfast; H.E.A.T workouts where you'll really work up a sweat before lunch; and Qigong, the ancient Chinese practice of breathing and body movement. Aqua yoga takes place aboard floating fit mats fastened into the 25-metre villa pool, while meditation and more traditional yoga takes place in quiet rooms looking out onto the teak trees and gardens.

What might already sound like a busy day also includes a session at REMISSIŌ, the resort's holistic spa. Not one guest will complain about squeezing aromatherapy massages or facials into their schedule. The

spa has its own saltwater float pool, Jacuzzis, hot and chill plunge pools and double treatment rooms with more than 70 treatments on offer, ranging from body wraps and scrubs to Shirodhara, the Ayurveda oil drip therapy massaging the face and scalp.

Despite the sprawling spa complex and multiple movement and meditation studios, REVĪVŌ is a boutique baby compared to some of Bali's big beachfront resorts. Originally the private home for the luxury hotel group Aman's founder, Adrian Zecha, the main villa is enormous for the number of people it accommodates. With just 16 suites spread out across three different villas, you won't ever need to fight over a deck chair or a spot for lunch. The three-to-one staff-to-guest ratio at REVĪVŌ takes service to a new level.

It takes a few days to settle into the routine, and also understand the flexibility on offer. If you want to skip early-morning yoga and swim laps instead, or eat lunch on your day bed, no problem. If you want to skip all the classes and stay at the spa, they'll make you right at home.

At REVĪVŌ, all guests need to do is decide how happy they'll be. And in this setting, it's hard not to find that happiness in spades. ♦

Spa file

Spa and accommodation
revivoresorts.com

Getting there

Garuda Indonesia flies direct from Melbourne, Perth and Sydney to Bali's Denpasar International Airport.
garuda-indonesia.com



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01 REVĪVŌ's NUTRIO cuisine is as delightful to look at as it tastes 02 Shirodhara treatments are on offer at the REMISSIŌ holistic spa 03 There are just 16 suites spread over three villas. All images © What The Fox Studio/IB Photography Limited



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