



Bawah  
RESERVE

# JOURNEYS TO WELLBEING

BY AURA SPA & WELLBEING





# JOURNEYS TO WELLBEING

100 HECTARES OF  
PRISTINE ESCAPISM

Elevate your Bawah Reserve experience with a transformative Journey to Wellbeing. Tailored to your holistic wellness, our six distinct 5-day programmes embrace physical, emotional, intellectual, spiritual, social and environmental aspects.

Bawah Earth-first philosophy perfectly aligns you with the natural world. Here, life has a rhythm determined not by meetings and deadlines, but by the movement of the sun across the sky and the moon around the Earth.



Each Journey is crafted around natural healing elements: air, sun, water, rest, nutrition and sleep.

## CHOOSE FROM

- *Bawah Active*
- *Bawah Balance*
- *Bawah Cleanse*
- *Bawah Yoga and Meditation*
- *Bawah Elysium*
- *Bawah Way of Water*

Journeys are available to add-on to your stay at Bawah Reserve and are a minimum of 5 days.





## JOURNEY INCLUSIONS

Journeys are flexible. Dip your toe into or fully immerse yourself in a retreat-style programme. Each one is carefully designed to light the way to self-discovery and a renewed connection to your balanced, harmonious and joyful nature.

### Every Wellbeing Journey includes:

#### HEALTH & NUTRITION

- A pre-arrival Zoom consultation with our Wellbeing Director
- A personalised daily Wellbeing Journey and meal plan
- Executive Chef-crafted menus that prioritise local ingredients, emphasising sustainability and wellbeing, with options catering to various dietary preferences (vegan/vegetarian/keto available)
- Daily garden-to-glass raw juice, health tonics, Indonesian djamus and herbal teas
- Mid-programme progress review

#### SPA & WELLBEING

- Weekly Aura Wellbeing class programme offering multiple classes, daily
- Exclusive spa treatments

#### EXPERIENCES

- Sleep Journeys: scented turndowns for enhanced sleep
- Digital detox options available, please enquire





ENERGY



ADVENTURE



FITNESS



VITALITY

EXPLORERS WANTED

## BAWAH ACTIVE

An exciting adventure that includes invigorating action to strengthen the body and boost innate vitality. Stretch yourself both literally and figuratively as you explore your limits.



### AURA SPA & WELLBEING

- Private tailored movement class at special location (yoga/Pilates/meditation)
- Spa Explorer Experience at special location by boat (180 mins)
- Voyager’s Vitality Sport Massage with cajaput oil on 3rd eye (90 mins)
- Indo Spice Ritual Wrap + Herbal Heritage Bath Soak (90 mins)
- Sensatia Express Facial with Acupressure points + Sole to Soul Foot Reflexology (90 mins)
- Spa treatment of your choice on other days (60 mins)

### EXPERIENCES

- Access to weekly talks/screenings at The Learning Pavillion
- Aura Scent Bar Experience – Maison 21G 30ml fragrance creation
- Kayak/hike/boat to remote beach with Castaway Picnic lunch (single)
- Private Jungle Energy Boot Camp including trail running, hiking, fitness exercises, swimming
- Nightly scented turndown service with Bawah’s *Revitalising* fragrance

## COMPLETE YOUR ACTIVE EXPERIENCE

**Choose from many other activities included in your stay at Bawah Reserve.**

**For a *Bawah Active Journey*, we suggest:**

- Indonesian djamu health tonic workshop
- Guided SUP or kayak excursion
- Guided snorkel safari by boat
- Hike or trail run to Jetty Lookout
- Wild ocean swimming challenge to Sanggah island (1km or 2km)
- Tennis (partners available on request)

### JOURNEY FEES

US\$ 2,010<sup>++</sup>

*Programme price per person supplement to your stay, inclusive of tax and service.*

*10% discount for multiple participants in the same programme.*

*US\$ 250 per additional day extension.*



PURIFY



DETOX



TRANSFORM



RESET

VITAL BODY

## BAWAH CLEANSE

A time for destressing and releasing stored toxins for purification, healing, self-renewal and body transformation – a true reset for body, mind and spirit.



### HEALTH & NUTRITION

- Tropical cleanse kit – loofa, coconut oil for oil pulling, tongue scraper
- 10-day supplement & superfood kit

### AURA SPA & WELLBEING

- Private tailored movement class at special location (yoga/Pilates/meditation)
- Spa Explorer Experience at special location by boat (180 mins)
- Pure Aura Detox Massage (90 mins)
- Essential Seaweed Scrub and Body Wrap + Herbal Heritage Bath Soak (120 mins)
- Definitive Detox Facial + Neck and shoulder massage (75 mins)
- Spa treatment of your choice on other days (60 mins)
- Heart Talk reflective journalling with prompts

### EXPERIENCES

- Access to weekly talks/screenings at The Learning Pavillion
- Aura Scent Bar Experience – Maison 21G 30ml fragrance creation
- Kayak/hike/boat to remote beach with Castaway Picnic lunch (single)
- Private Beach Stretch & Mindful Snorkelling session with yoga instructor
- Nightly scented turndown service with Bawah's *Purifying* fragrance

## COMPLETE YOUR CLEANSE EXPERIENCE

**Choose from many other activities included in your stay at Bawah Reserve.**

**For a *Bawah Cleanse Journey*, we suggest:**

- Indonesian djamu health tonic workshop
- Guided SUP or kayak excursion
- Guided snorkel safari by boat
- Forest bathing hike to Jetty Lookout
- Tennis (partners available on request)
- Permaculture & sustainability tour

**JOURNEY FEES**  
US\$ 2,190<sup>++</sup>

*Programme price per person supplement to your stay, inclusive of tax and service.*

*10% discount for multiple participants in the same programme.*

*US\$ 250 per additional day extension.*



RELAX



UNWIND



DESTRESS



RESTORE

TOTAL EQUILIBRIUM

## BAWAH BALANCE

Find blissful equanimity in a profoundly destressing journey exploring multiple paths to deeply restorative relaxation.



### AURA SPA & WELLBEING

- Private tailored movement class at special location (yoga/Pilates/meditation)
- Spa Explorer Experience at special location by boat (180 mins)
- Sensatia Citrus Blast Facial + Mind Calm Head Massage (90 mins)
- Botanical Scrub with Basil & Lime, Pandanus Leaf Wrap + Green Garden Bath Soak (120 mins)
- Balancing Aromatherapy Massage (90 mins)
- Spa treatment of your choice on other days (60 mins)
- Heart Talk reflective journalling with prompts

### EXPERIENCES

- Access to weekly talks/screenings at The Learning Pavillion
- Aura Scent Bar Experience – Maison 21G 30ml fragrance creation
- Private Island Bale & Beach Special Dining Experience with private chef (single)
- Private Forest Bathing Hike & Meditation at viewpoint with yoga instructor
- Nightly scented turndown service with Bawah's **Relaxing** fragrance

## COMPLETE YOUR BALANCE EXPERIENCE

Choose from many other activities included in your stay at Bawah Reserve.

For *Bawah Balance Journey*, we suggest:

- Indonesian djamu health tonic workshop
- Guided SUP or kayak excursion
- Guided snorkel safari by boat
- Music meditation
- Traditional cooking class
- Permaculture & sustainability tour
- Private batik-inspired art class

JOURNEY FEES  
US\$ 2,340<sup>++</sup>

*Programme price per person supplement to your stay, inclusive of tax and service.*

*10% discount for multiple participants in the same programme.*

*US\$ 250 per additional day extension.*



HEALING



IMMERSION



CLARITY



ALIGNMENT

HOLISTIC BALANCE

# BAWAH YOGA & MEDITATION RETREAT

Embark on a journey of self-discovery through ancient yoga and meditation practices, finding clarity, balance, and inner peace amidst serene surroundings.



- AURA SPA & WELLBEING
- 3 x private, personalised yoga/pranayama/meditation sessions at special location (90 mins)
- 1 x private Somatic Therapy Session (60 mins)
- Spa Explorer Experience at special location by boat (180 mins)
- Thai Harmony Massage (90 mins)
- Aura Hand & Sole to Soul Foot Reflexology with Top Master + Green Garden Bath Soak (120 mins)
- Yin Yang Facial + Mind Calm Head Massage (90 mins)
- Spa treatment of your choice on other days (60 mins)
- Heart Talk reflective journaling with prompts

## EXPERIENCES

- Indonesian djamu health tonic workshop
- Private Beach Stretch & Mindful Snorkelling session with yoga instructor
- Private Forest Bathing Hike & Meditation at viewpoint with yoga instructor
- Access to weekly talks/screenings at The Learning Pavillion
- Aura Scent Bar Experience – Maison 21G 30ml fragrance creation
- Nightly scented turndown service with Bawah's *Incense* fragrance

## COMPLETE YOUR RETREAT

**Choose from many other activities included in your stay at Bawah Reserve. For our *Bawah Yoga & Meditation Retreat*, we suggest:**

- Guided snorkel safari by boat
- Permaculture tour
- Private batik painting class

JOURNEY FEES  
US\$ 2,370<sup>++</sup>

*Programme price per person supplement to your stay, inclusive of tax and service.*

*10% discount for multiple participants in the same programme.*

*US\$ 250 per additional day extension.*



ULTIMATE WELLBEING JOURNEY

## BAWAH ELYSIUM

Our signature Wellbeing Journey incorporating the best of Bawah's holistic practices and awesome activities to reset body, mind and spirit.

Be as active or relaxed as the mood takes you.



### AURA SPA & WELLBEING

- Private tailored movement class at special location (yoga/Pilates/meditation)
- Spa Explorer Experience at special location by boat (180 mins)
- Indonesian Fusion Full Body Massage (90 mins)
- Coconut Dream Package including Scrub, Wrap & Bath Soak (120 mins)
- Sensatia Rose Radiance Facial + Mind Calm Head Massage (90 mins)
- Spa treatment of your choice on other days (60 mins)

### EXPERIENCES

- Access to weekly talks/screenings at The Learning Pavillion
- Aura Scent Bar Experience – Maison 21G 30ml fragrance creation
- Kayak/hike/boat to remote beach with Castaway Picnic lunch (single)
- Private Island Bale & Beach Special Dining Experience with private chef (single)
- Nightly scented turndown service with Bawah's **Sunset** fragrance

### COMPLETE YOUR ELYSIUM EXPERIENCE

**Choose from many other activities included in your stay at Bawah Reserve. For a *Bawah Elysium Journey*, we suggest:**

- Indonesian djamu health tonic workshop
- Guided SUP or kayak excursion
- Guided snorkel safari by boat
- Wild Swim Challenge to Sanggah island (1km or 2km)
- Hike or trail run to Jetty Lookout
- Tennis (partners available on request)

**JOURNEY FEES**  
US\$ 2,490<sup>++</sup>

*Programme price per person supplement to your stay, inclusive of tax and service.*

*10% discount for multiple participants in the same programme.*

*US\$ 250 per additional day extension.*





HARMONIOUS FLOW

## BAWAH WAY OF WATER

Inspired by the ocean that surrounds the islands, this is a joyful celebration of water in its manifold roles as energiser, healer and profound source of inspiration.



### AURA SPA & WELLBEING

- Private Aqua Yoga session in the infinity pool
- Spa Explorer Experience at special location by boat (180 mins)
- 4 Hands Indulgence Massage (90 mins)
- Marine Body Odyssey including green tea and black sand scrub, ocean mud mask + Green Garden Bath Soak (120 mins)
- Choice of Facial + Mind Calm Head Massage (90 mins)
- Spa treatment of your choice on other days (60 mins)

### EXPERIENCES

- 3 x Fun Scuba Dives with our PADI dive centre (if you are uncertified, this can be converted into a DSD experience)
- 1 x Marine Conservation Scuba Dive experience (open water certification required)
- 2 x DPV Underwater Scooter rental (diving certification required; if you are uncertified, snorkelling can be substituted)
- 1 x private guided night snorkel excursion
- Access to weekly talks/screenings at The Learning Pavillion
- Marine Conservation presentation (Wallace Library)
- Aura Scent Bar Experience – Maison 21G 30ml fragrance creation
- Nightly scented turndown service with Bawah's **Ocean** fragrance

## COMPLETE YOUR WAY OF WATER EXPERIENCE

Choose from many other activities included in your stay at Bawah Reserve.

For *Bawah Way of Water Journey*, we suggest:

- Indonesian djamu health tonic workshop
- Guided SUP or kayak excursion
- Guided snorkel safari by boat
- 6 islands sunset boat trip
- Permaculture & sustainability tour
- Private batik-inspired art class

JOURNEY FEES  
US\$ 2,990<sup>++</sup>

*Programme price per person supplement to your stay, inclusive of tax and service.*

*10% discount for multiple participants in the same programme.*

*US\$ 250 per additional day extension.*



## WELLBEING CLASSES

Revitalise mind and body with our Aura wellbeing classes. We offer an array of expert-led yoga, holistic therapies and fitness activities. Enjoy as many classes as you like.

Booking is essential for all classes.

### **Air Conditioned Gym**

Fully equipped with treadmill, rowing and elliptical machines, spinning bike, weight machine, kettle bells, free weights, boxing station, TRX, Air Bike and Pilates ball

### **Bawah Wild Swim Challenge**

This famous long-distance ocean swim from Bawah to Sanggah island beach will invigorate your entire being! Support team and refreshments will be available. (1km or 2km)

### **Kayak Adventures**

Great for upper body strengthening

### **Beach Stretch & Mindful Snorkel**

Combine outdoor stretching with meditative snorkelling in our naturally psychedelic lagoon aquarium

### **Forest Bathing Hike**

Break a sweat and immerse yourself in our ancient oxygen-bearing jungle during a rejuvenating forest hike to a magical viewpoint with optional journalling or meditation on arrival

### **Bawah Warrior Flow**

Find focus and empowerment in this invigorating yoga class

### **Hot Yoga**

Be energised with dynamic poses in our naturally hot environment

### **Movement Class**

Explore varied movements for flexibility and strength

### **Deep & Slow Flow**

A serene yoga practice for inner calm

### **Yoga Nidra**

Attain deep relaxation through guided meditation

### **Pilates Yoga Combo Flow**

Integrate Pilates and yoga for a holistic workout

### **Grounding Hatha Flow**

Unwind with deliberate movements in this slow flow

### **Strengthening Hatha Flow**

Harmonise breath and movement in this strong flow

### **Music Meditation**

Be immersed in a musical journey to raise vibrational frequency

### **Twilight Meditation**

Embrace evening calm with guided meditation and breathwork

### **Jungle Energy Bootcamp**

Unleash your inner adventurer and energise your body and mind, combining natural landscapes with brisk hiking, trail running and a series of dynamic workouts that cater to all fitness levels.



# GOOD MOOD FOOD

SAMPLE DISHES FROM  
OUR SPECIAL MENU  
EXCLUSIVE TO WELLBEING  
JOURNEYS

Embark on a journey of holistic nourishment with our curated Wellbeing menus, tailored to align with your unique goals. Indulge in a variety of nutritious offerings of garden fresh vegetables and wild-caught seafood, meticulously crafted to elevate your five-day journey.

All meals and snacks are included.

## SAMPLE MENU

### BREAKFAST

#### **The Fab 4 Smoothie**

Protein powder, chia seeds, flax seeds, spinach, cucumber, housemade almond butter, rice milk and coconut water

#### **Superfood Porridge**

Quinoa with rolled oats, fresh coconut flakes, apple slices, pear juice, housemade almond butter and local honey

#### **Breakfast Salad**

Roasted cauliflower with avocado oil, baby greens, poached egg, avocado slices and toasted gluten-free granola

### LUNCH

#### **Traveller Bowl**

Cucumber, root vegetables, red bell pepper, shaved red cabbage, hydroponic greens, wild red rice, lentils, kimchi and cashew satay sauce

#### **Boxed Lunch Set**

Lunch set of daikon bonito tuna rolls with watermelon sashimi and chuka wakame salad

#### **Moroccan Spiced Bowl**

Za'atar spiced prawns with chickpeas, coriander, lemon couscous, cumin-spiced sweet potato, avocado, pomegranate seeds and cumin-lemon dressing

### DINNER

#### **Capon**

Bawah honey-poached chicken breast with garden aubergine, green bean-radish salad and sesame dressing

#### **Bone Broth**

Beef bone broth with shimeji mushroom, shaved striploin, bok choy, soy sauce, sweet potato and red radish

#### **Cauliflower Steak**

Roasted tomato stew, chickpeas, turmeric, toasted pumpkin seeds and salsa verde

### DESSERT

#### **Chia Pudding**

Caramelised mango and coconut chia pudding with coconut chips

#### **Strawberry Panna Cotta**

Low fat milk panna cotta served with yoghurt and honey

#### **Detox Matcha Balls**

Rolled oats with sunflower seeds, raw cacao powder, housemade almond butter, coconut oil, dates and matcha powder

# SAMPLE ELYSIUM JOURNEY SCHEDULE

BASED ON A 5 NIGHT STAY.  
US\$ 250 PER EXTRA NIGHT.

Pre  
Arrival

## WELLBEING CONSULT ZOOM

## DAY 1 / ARRIVAL DAY

- 13:00 Wellbeing lunch
- 14:00 Meal planning with Bawah's Executive Chef
- 16:00 Spa treatment (90 mins) *includes a pre-treatment djamu health tonic drink and post-treatment ginger tea & healthy snack*
- 18:00 Sunset 6 Islands Boat Trip
- 19:00 Wellbeing dinner

## DAY 2

- 08:00 Biofeedback body composition analysis, report and reading
- 09:00 Wellbeing breakfast with daily raw juice
- 10:30 Private movement class
- 12:00 Mindful lagoon snorkel
- 13:00 Wellbeing lunch
- 14:00 Permaculture tour
- 15:00 Guided Snorkel Safari by boat
- 17:00 Spa treatment of your choice (60 mins) *includes a pre-treatment djamu health tonic drink and post-treatment ginger tea & healthy snack*
- 19:00 Private island bale & beach dining experience with private chef

## DAY 3

- 06:30 Guided jungle hike to sunrise lookout
- 08:00 Yoga/Pilates/movement class
- 09:00 Wellbeing breakfast with young coconut drink

- 10:00 Aura Spa Explorer Experience (90 mins) *includes a pre-treatment raw juice and post-treatment young coconut & fruit platter*
- 13:00 Wellbeing lunch
- 15:30 Journey progress review
- 16:00 Djamu health tonic making workshop
- 18:00 Wallace Library talk/screening
- 19:00 Wellbeing dinner

## DAY 4

- 08:00 Guided SUP or kayak excursion
- 09:00 Wellbeing breakfast with daily raw juice
- 10:30 Kayak/hike/boat to remote beach for castaway picnic
- 16:00 Aura Scent Bar Experience – Maison 21G 30ml fragrance creation
- 17:00 Spa treatment (90 mins) *includes a pre-treatment djamu health tonic drink and post-treatment ginger tea & healthy snack*
- 18:30 Twilight meditation
- 19:30 Wellbeing dinner

## DAY 5

- 08:00 Yoga/Pilates/movement class
- 09:00 Wellbeing breakfast with daily raw juice
- 11:00 Forest bathing hike with optional meditation and journaling
- 13:00 Wellbeing lunch
- 15:00 Private batik-inspired painting class
- 17:00 Spa treatment (90 mins) *includes a pre-treatment djamu health tonic drink and post-treatment ginger tea & healthy snack*
- 19:30 Wellbeing dinner
- 21:00 Stargazing

## DAY 6 - DEPARTURE DAY

- 08:00 Yoga/Pilates/movement class
- 09:00 Wellbeing breakfast with daily raw juice
- 10:00 Spa treatment of your choice (60 mins) *includes a pre-treatment djamu health tonic drink and post-treatment ginger tea & healthy snack*
- 13:00 Depart

#### Disclaimer

The spa treatments, services and/or facilities received or utilised at Aura Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise. Guests will fully indemnify and hold harmless Aura Spa, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities

## BOOK YOUR JOURNEY TO WELLBEING

Please contact our Reservations Team

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**BAWAHRESERVE.COM**



SPA & WELLBEING