

There's more to an Indonesian holiday than Bintang beer and bargain shopping. **Go beyond the tourist strip to find zen**

Find your happy place in BALI



Get in touch with your health or sink into a luxury spa setting – either way, you'll be on a Bali high with these top holiday ideas.

Spotlight on... Pan Pacific Nirwana



It's hard not to be tempted by this!

WHEN TO GO
The best time to visit Bali is April to September. Wet season runs from October to March, when it can be humid and rains almost daily.

Around an hour's drive from the hustle and bustle of Kuta and Seminyak, where most Australians stay, the Pan Pacific Nirwana Bali Resort is built on a 100-hectare property dotted with ancient temples. An 18-hole golf course designed by Greg Norman is sculpted around the resort's cliffs and rice paddies, which actually produce rice served at its restaurants. The pool cascades over four levels, separated by a waterfall and mossy stone bridges.

The Spa offers a host of luxe treatments. We love the herbal bundle massage using ginger, tamarind and lemongrass. Foodies will be in heaven taking traditional Balinese cooking classes on a lawn overlooking the 15th-century Tanah Lot temple built on a nearby rocky island.

A cliff-top yoga session will have you smiling, but for a true "aww" moment, you can't beat the eco experience where you release 10 baby turtles into the ocean as part of a conservation program.

GETTING THERE
Garuda Indonesia flies to Denpasar in Bali. garuda-indonesia.com
STAYING THERE
Luxury Escapes has great package deals for resorts in the South-East Asia region. luxuryescapes.com

Courtesy of Greg Norman and Mother Nature.

Bali for... botox?

Don't be shocked. Bali is becoming a haven for travellers who want to get more than just a tan – and with good reason. Establishments like the award-winning Cocoon Medical Spa in Legian are popping up and treatments like injectables are less than half the price they are in Australia.



But don't worry, it's not a case of "backyard Bali" – in fact, all treatments are done under a doctor's supervision with the latest equipment (and in a stunning setting, too). There's intravenous vitamin therapy and colon hydrotherapy treatment for detoxing and weight loss. The list goes on, with a range of men-specific treatments so hubby can get pampered, too. The prices are really competitive, so why not? cocoonmedicalspa.com and pop-up-spas.karmakandara.com and sentosaseminyak.com

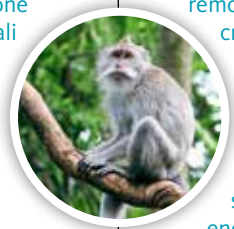
FOR FRESH AIR



Rice paddies on a mountain bike? World Expeditions takes you there.

BUDGET
♦ Walking is free! So go hiking at Taman Nasional Bali Barat (West Bali National Park), which stretches over 19,000 hectares on Bali's westernmost tip. More than 200 plant species grow in the park and if you're lucky you'll spot gregarious macaques, squirrels and iguanas. There's free camping at the park headquarters in Cekik, so stay a while and drink in the calm, gratis. tnbalibarat.com

MID-RANGE
♦ Get a dose of wildlife and soul food then stock up on handicrafts in one day trip with Sorga Bali Tours. Their \$50 tour takes in the Sacred Monkey Forest Sanctuary, located on a nature reserve and temple complex in Ubud, which is home to hundreds of cheeky macaques. Villages en route will satisfy the souvenir obsessives. sorgabalitours.com



FOR ENLIGHTENMENT



Centre yourself and get back in touch with your dreams at Como Shambhala.

BUDGET
♦ Enrich a neglected spirit and calm a frazzled mind with a visit to Uluwatu Temple, perched on a sheer cliff on the Bukit Peninsula on Bali's south coast. Dewa Bali offers day tours for around \$50, including a traditional rousing Kecak Fire Dance and a delicious seafood dinner on the white sands of Jimbaran Bay. A cold drink and live music caps off a top day. dewabalitours.com/uluwatu-temple-bali-tour

MID-RANGE
♦ Busy women, take note! There is a Bali Women's Retreat in the hills near Ubud where all you have to do is enjoy yoga, massages, flower facials and a visit to a Balinese healer. You'll also dine overlooking a lotus pond and swim in a natural springwater pool. Haven't you booked yet? The next retreat is in September for \$2245 per person twin-share. aroma-tours.com



HIGH-END
♦ We found our happy place. And so can you. Relax in luxury as you improve mind, body and spirit with a wellness retreat at Como Shambhala near Ubud. Meditate and do yoga, practice the ancient healing art of qi gong and take classes on intuitive eating, health and healing. Seven-night Ayurvedic programs staying in a single garden room from \$3370. comoshambhala.com

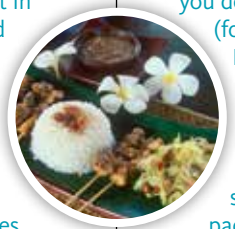
FOR WELLNESS



A Sharing Bali holiday will have you in shape before you can say "bootcamp".

BUDGET
♦ No trip to Bali is complete without a visit to traditional healer Yanto Irjanto for a therapeutic body treatment – even supermodel Cindy Crawford is a fan. Nicknamed "Dr Feelgood" and practicing acupressure since the age of 10, Yanto works what his clients call "magic" from a studio in Legian's Double Six area. Shoulder tension is giving you grief? A 45-minute session is well worth the \$80 price tag. yantoirjanto.webs.com

MID-RANGE
♦ Want a holiday that makes you glow? Enjoy bootcamp Bali style at a six-day retreat in the lush hills near Ubud at Sharing Bali. Wake up to hot springs and daily exercise sessions, jungle treks, volcano climbs, bike rides, spa treatments or yoga or cooking classes. Afterwards you'll wonder where your angry face and pot belly got to! Packages \$1550 per person. sharingbali.com



HIGH-END
♦ When the daily grind of Superwoman duties is getting you down, Escape Haven (formerly Surf Haven Bali) truly spirits you away from the everyday – and it's just for the ladies. It has week-long surf, yoga and fitness packages taking in cycling, dance, guided beach runs and more. Your family will be glad you did it. From \$2395 triple-share. escapehaven.com

Do your research: The Australian Society of Plastic Surgeons talks about cosmetic tourism at plasticsurgeons.org.au. Words: Angela Saunne, Claire Isaac, Emma Vidgen. Pictures: Getty Images.