

# q news: TRAVELLING DIVAS

## Pamper your mind, body and soul in Bali with Travelling Divas

The secret is out: for women seeking the ultimate holiday experience that will relax and revive their senses, Travelling Divas has the answer with their Mind, Body and Soul Retreat which will take place in Bali from 21 to 28 April 2012. This exclusive tour starts from just \$2399 per person twin share with an option to upgrade to your own private accommodation.

Escorted by Travelling Divas Managing Director Andrea Powis, the experience is designed to combine the perfect balance of luxury and relaxing 'down time' while exploring the culture and cuisine Bali is famous for in a series of special activities designed to indulge and refresh.

"Our Mind, Body and Soul Retreat is now in its third year, and it really does get better every time. We cater to every need and this holiday is simply renowned for creating a level of indulgence that many of us dream of, with peace and tranquillity the number one objective," Andrea says.

The Retreat begins with four luxurious nights at the Royal Pita Maha, a five star resort nestled in the foothills of Bali's mountains in Ubud, which is an artists village that is very special within the Balinese culture. "The resort embraces a beautiful parcel of valley landscape that descends down to the Ayung River and features a healing centre for massage and spa treatments. It is also home to a fresh spring-water fed pool with a 150 foot waterfall which is overlooked by an ancient temple," Andrea says. "Our accommodation will be one of the 300sqm pool villas which have private bathrooms with large sunken baths, separate showers with deluxe amenities, and more."

Guests can start their first full day with breakfast at their leisure, before embarking on a tour of Ubud to discover local markets and boutique shops. After lunch, the afternoon is free, so guests can pamper themselves in the first of many spa treatments, whether at The Royal Pia Maha or at the stunning Kirana Spa located next door.

"While in Ubud, we will meet at the Ayung River Cafe to take part in an organic cooking class, and we will enjoy the fruits of our labour for lunch. We will also spend time in the local community and meet the women behind Threads of Life, an amazing Fair Trade Business that works directly with women across Indonesia to re-establish traditional weaving in villages," Andrea says.

On Day five, guests will move onto Petitenget, to experience the sophistication of nearby gorgeous Seminyak. Staying at the luxurious Eden-at-the-Beach Private Villas, guests will enjoy shopping at boutiques, lunch at an iconic beach restaurant and the first group yoga session.

"That night, we will head to one of the hippest bars on the planet, Ku De Ta, which is set right on Seminyak Beach and minutes from our villa. We will awake for a leisurely breakfast in the morning and spend the first part of the day relaxing either by reading, spending time with each other, or shopping...whatever takes your fancy! After lunch, we will all treat ourselves to an hour-long massage, pedicure and manicure in the privacy of our villa to ensure we're all feeling relaxed and gorgeous. We will then enjoy sunset drinks either on the beach or on the rooftop, whatever takes our fancy on the day," Andrea says.

The following day is filled with the opportunity for pure relaxation, starting with a private yoga and stretching session. There will be time to relax at the Spa, learn to surf, shop, read, explore the local surrounds, and more. "We will enjoy farewell cocktails and dinner somewhere glamorous that night, so be sure to pack a party frock," Andrea says. "On our final day, we will begin with a healthy breakfast at the Villa and a final yoga and stretch session before we depart, and have arranged late check-out in one of the villas if you need it."

This is a wonderful journey that every woman should experience at least once in their lifetime. "The most important ingredient of all is the amazing women that you'll meet...without doubt, they will inspire us with their stories, and often become friends for life."

The total escape package can accommodate up to 12 women. For those seeking to travel solo within the group, there is an additional cost. Prices do not include airfares. Several airlines fly to Bali, often with excellent deals. Travelling Divas recommends researching flights with Jetstar, Pacific Blue, Singapore Airlines and Garuda, and can book them for individual guests if required. Full terms and conditions are available on the Travelling Divas website.

For more information and booking enquiries please visit [www.travellingdivas.com.au](http://www.travellingdivas.com.au).