



PRESS RELEASE



RECHARGE AND REVITALISE WITH NEW RETREAT EXPERIENCES AT ALILA VILLAS SOORI, BALI

New range of daily indulgences, Relaxology packages and cultural experiences to promote the unique beauty and heritage of the Tabanan region



The private and luxurious Balinese retreat of Alila Villas Soori will roll out a range of new experiences and daily indulgences from this month, each designed to promote the beauty, warmth and rich culture of its unique location on the island. Surrounded by UNESCO's world heritage protected rice fields and fronting the volcanic sands of the south west, the new offerings will draw on the boosting elements that define this incredible coastline and provide guests at the boutique all-villa resort with a new retreat style experience.

New multi-day Relaxology retreats...

For those seeking the space and time to heal the soul, the resort's new three, five and seven day Relaxology retreats will combine a daily programme of soothing and detoxifying Balinese treatments using locally sourced ingredients – including the volcanic sand itself – with new spa menus incorporating raw food options, daily Yoga and a range of cultural journeys. New treatments will include 'Soakology', a signature foot massage using sea salts, herbal oils, ginger lotions and Alila Detoxifying Bath Salts. The benefits of the volcanic sand will be put to use in the 'Volcanic and Rice Bran Lulur treatment', a high pressure warm water massage using detoxifying volcanic sand body exfoliator and rice milk and rice bran lotions to help with blood circulation and boost the body's immune system. The spa elements will be combined with a range of new cultural Alila Journeys that enable guests to draw upon the peace and spirituality of the region. From learning to make terracotta earthenware with a local Blacksmith from Kerambitan, to mastering wayang style artwork or salt making, each experience will be truly immersive. To complete every retreat, ingredients sourced on a local market visit will be

For media enquiries, please contact:

Paul Charles, Julia Perowne, Louise Ferrall, Klara Zakis or Sarah Rigler at:

alila@verypcc.com

+44 (0) 207 792 8884

[See more at our newsstand](#)

transformed in an open-air cooking class with the resort's chefs to create an unforgettable meal served on the private beach on the final evening.

New Daily Indulgences and raw food menu...

A new range of daily changing 'Indulgences', will also be introduced to offer tasters of the new retreat experiences. These will include the option to enjoy a new 'Beach Foot Pampering Volcanic Sand Scrub', either on the volcanic sands to the backdrop of the roaring waves or on the cliff-top at sunset, as well as poolside shoulder massages to aid relaxation. A Custom Spa Mixologist is also joining the Spa Alila team to offer completely tailor-made treatments using local ingredients, such as an exfoliating Papaya, Aloe Vera and Vitamin A treatment for post sun soothing.

A newly created raw food spa menu, set to launch later this summer, will combine a 30-minute reflexology foot treatment with a healthy five-course menu that doesn't compromise on taste. A changing dinner and lunch menu will combine mains such as Diver Scallop Ceviche with Bumbu Kuning Lime, coconut and chilli and green mango salad, with sweet treats like Granita, coconut jelly and sorbet with Pina Colada air.

Dedicated Retreat programme - Join the experts

Alongside the year-round Relaxology and Indulgences programme, the resort is also teaming up with some of the world's leading wellness experts to offer limited edition retreats and access to visiting experts, from the fields of Yoga and Meditation to name a few. Forthcoming retreats will include 'The Mindful Stillness Retreat for Women' taking place from 26th October - 2nd November 2014. Led by meditation expert Christian Kurmann, the weeklong retreat aims to help people find balance and distance in their lives combining daily group meditative excursions with individual consultations. All elements of a person's wellbeing will be taken into consideration with an all-encompassing approach to mind and body. This includes a personalised meal plan of three meals a day tailored for each guest by the onsite nutritionist and the executive chefs.

Package Prices

Relaxology retreats - A five-night retreat costs from £1,555++ per room based on single or double occupancy in a Mountain Pool Villa and includes a scenic helicopter journey on arrival from the airport, daily breakfast, a daily Spa Alila experience, an 'Exploring Kerambitan' Journey with picnic lunch, a healthy dinner on the beach front and return airport transfer. Complimentary daily Yoga is also available as per the resort's daily schedule. Price is valid until 19th December 2014 subject to availability.

'The Mindful Stillness Retreat for Women' (26th October

- 2nd November 2014) -Prices for the six-night retreat start from £3,909 per person including return transfers from Denpasar International Airport, accommodation in a private villa with pool, three healthy personalised meals with non-alcoholic beverages per day, morning and afternoon tea, excursions and the chance to experience local Balinese traditions, daily meditation and private consultations. www.alilahotels.com/soori/wellness-retreat

FOR MORE INFORMATION VISIT:

For more information visit www.alilahotels.com/soori

ALILA VILLAS SOORI

Alila Villas Soori is a private and luxurious retreat where you can hide away and heal the soul amid the beauty, warmth and rich culture of Bali. Surrounded by UNESCO's world heritage protected rice fields, guests can experience the ultimate in personalized service, the luxury of space and the boosting elements of the unique volcanic sand which defines this incredible coastline.

ALILA VILLAS

Alila Villas represent Alila's new generation of ultra-luxurious yet sustainable developments in some of the most spectacular locations, set apart by an unprecedented level of private space, design and architecture, personalised hospitality and destination experiences. Designed by award-winning teams of architects, interior designers and artisans, an Alila Villas project is the only brand that is designed, built and operated to EarthCheck standards, integrating the natural, physical and cultural elements of its environment.

For more information, please visit www.alilahotels.com