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# A Place for Exotic Escape in the Island of Gods

## AWAY Spa at W Reret & Spa Bali

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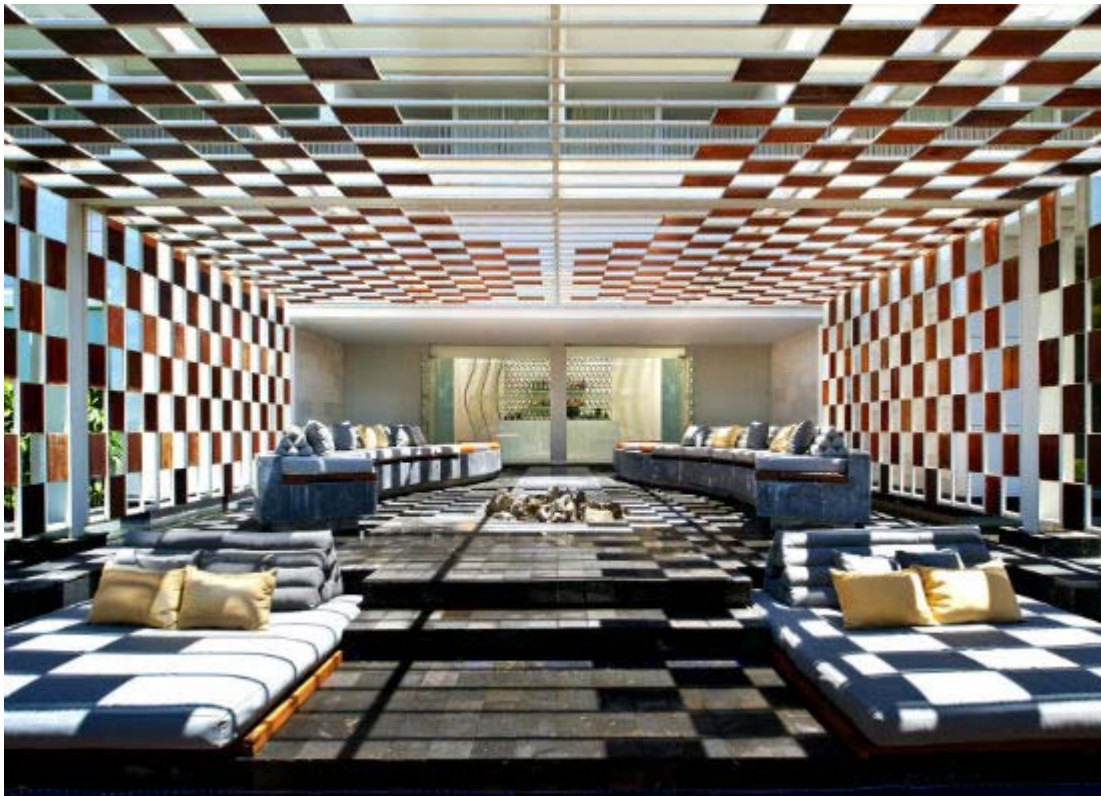
WT Global Writer Bill Healey [info@wellnesstoday.kr](mailto:info@wellnesstoday.kr)

The ultra-trendy, super-chic W Retreat & Spa Bali is located in the upscale enclave of Seminyak, where the island's designer boutiques, diverse galleries, lively restaurants, and fashionable lounges and clubs are found. The first W Hotel in Indonesia, W Bali brings a level of sophistication to the island through its modern design and signature bars and restaurants that allow guests and locals alike to mix and mingle.



W Retreat & Spa Bali features Indonesia's first AWAY® Spa, providing jetsetters and well-connected locals with an exotic escape, a place where the whirlwind of W winds down to allow a detox from a long, hedonistic night or a refuel for whatever comes next.

As a resident of Seminyak, I pass by the designer boutiques and shops on a very frequent basis. As a frequent runner on the famed Bali beaches, I find that I pass the W Retreat most frequently on the windswept beaches endlessly stretching in both directions from the resort. Its a regular treat to enjoy the sandy beaches at the W Bali whether it's during an early morning run as the sun comes up, or in the evening as the soft tunes from the Woo Bar float over the waves as the sun sets for the day.



Having stopped in the AWAY® Spa on a dozen or so occasions, I have come to know a few of the staff within this award

winning facility. During a recent visit, I had an opportunity to spend some time chatting with the Spa Sales Manager, Ms. Dina Ayu Anggraeni. She indicated that the top two nationalities making use of the AWAY® Spa are Australian and Korean. Dina also mentioned quite a few Korean honeymooners select the W Bali during October - December, and typically visit the AWAY® Spa during their stay.

A bit earlier this month, I had the wonderful privilege of experiencing one of the AWAY® Spa's exotic Signature treatments. In consultation with the spa's well trained staff, we decided the "Morning After" massage was the best fit for my needs.

Best described by the resort's itself: "AWAY's® signature 'Morning After' massage is designed for guests who wish to detox from a long, playful night out or to refuel for an upcoming nocturnal adventure. The 90-minute full-body massage utilizes herbal oils infused with fresh lime, basil, mint and rosemary leaves to work away muscular aches and pains".

Before the Morning After massage, I was first escorted to the locker facilities where I spent 20-30 minutes in the AWAY® Spa's Waterworks, a delightful mix of plunge pools, showers and hamams. It's a place where it's quite easy to lose track of time, unwinding and relaxing in the quiet confines of their plunge pools and hamams.

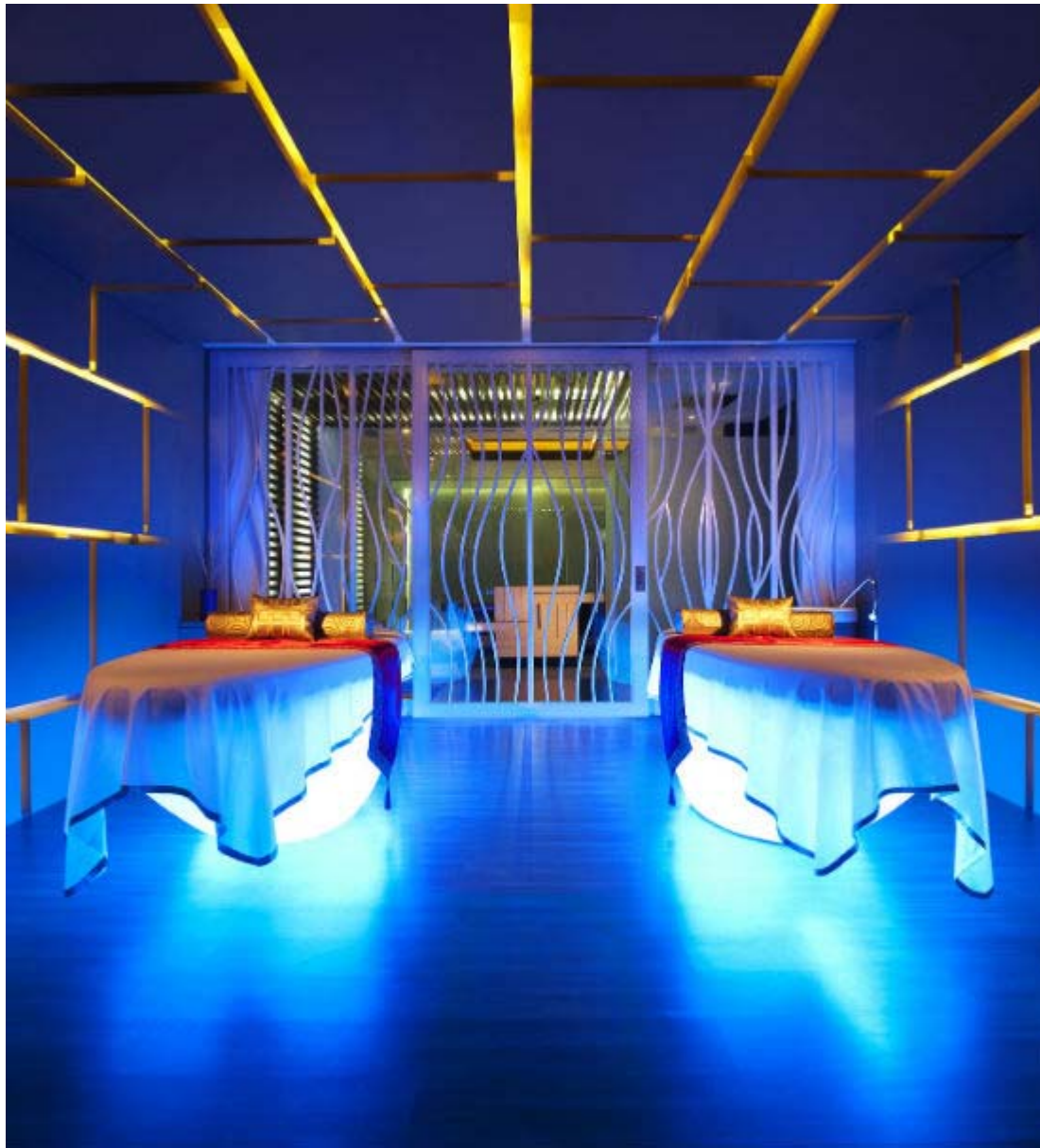
After the Waterworks, I made my way to the AWAY® Spa "Detox Chamber" a pure oxygen filled blue room where I was allowed to decompress before the Morning After signature treatment. This was only the third or fourth time I've tried pure oxygen therapy, and found this to have been the best. The surroundings helped set a more relaxing environment allowing more effective decompression.

As my time in the Detox Chamber was winding down, the assigned therapist arrived to escort me to my treatment room. Walking through the stylish, yet funky AWAY® Spa facilities to my treatment room, I knew I was in for a treat.

Upon my arrival at the spa roughly one-hour earlier, I was asked a series of questions relating to my health & wellbeing, as well as specific areas I may need more focus. As a frequent barefoot runner on Bali's beaches, I knew my lower legs would likely need a specific focus.

In speaking with the therapist I found that she has been with the AWAY® Spa for the 2+ years they've been open. Her quality training and years of experience were noticeable as she went through the Morning After massage ... addressing the specific areas of concentration highlighted in my pre-treatment consultation.





I would like to thank Spa Manager, Ms. Ni Made Arya Sitiari and Spa Sales Manager, Ms. Dina Ayu Anggraeni for their personalized attention during my December visit. A special thank you to the AWAY® Spa's well mannered and highly trained reception staff and therapist.

I highly recommend the AWAY® Spa at W Retreat Bali for visitors traveling in from Korea and elsewhere around the world.

The W Retreat & Spa Bali can be found online at: [www.whotels.com/baliseminyak](http://www.whotels.com/baliseminyak).

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