



Fivelements Puri Ahimsa

A centre for healing in the lush highlands of Bali

Media Kit

“Fivelements presents a new luxury; living in synch with the perfection of nature. It is a luxury to spend time within nature and feel how the power of calm time and space allows a deep connection with our surroundings on a spiritual level.”

Lahra and Chicco Tatriele

Introduction

Fivelements, Puri Ahimsa, Bali, is one of the region's most peaceful and healing sanctuaries, created to share powerful Balinese and Asian healing traditions, raw vegan living foods and mind-body sacred arts, while encouraging guests to explore 'The Healing Island' of Bali.

The natural beauty of the sacred land that Fivelements occupies, just 10km from the mountain town of Ubud, is full of healing energy. It is centred around a holy spring that marks the intersection of eight major energy lines. Six Sacred Spaces within the retreat's grounds used for blessing ceremonies, celebrations, peace dialogue and private meditation are especially conducive to finding emotional and spiritual peace.

Within this unique space, the exceptional facilities that make up each guests' Balinese home have been designed to complement this incredible energy. With a strong focus on eco-credentials, our nature-influenced architecture provides the most propitious surroundings for transformational healing.

Facilities

At its core, the retreat's thatched Sakti Dining Room™ is designed to echo the shape of a banana leaf, the Balinese symbol of food. With a lotus pond on one side and the Ayung River the other, it is a truly auspicious place to eat, drink healing juices, and gather for health coaching, cooking and other workshops.



At the centre of the retreat are three gathering places, Mandala Agung and the two smaller Mandalas Alit and Madya. Workshops, classes and all kinds of development and learning take place in these inspirational buildings.

Further along the river in peaceful seclusion, nine suites bask in Bali's tropical beauty, and in the crook of the river, our Healing and Beauty Sanctuary is where all treatments are taken.

A large lap pool for leisure, fitness and relaxation overlooks the Ayung River, with massage jets, underwater music and chromotherapy. There is also a Watsu pool.

Laboratorium

The brains behind the beauty of the retreat, here teams create and develop beauty, skincare and *usada* (herbal remedy) products designed to complement the therapies, while harnessing the very best of Bali's natural plant life.

Sleeping suites

There are just nine suites at Fivelements, ensuring each guest the most tranquil and personalised stay. Designed to echo Mother Nature's finest designs, sacred spirals and organic leaves decorate the interiors, bringing the magic of the outside in. Two Waterfall suites, two Bidadari suites and the five suites named after the elements, Pertiwi (earth), Apah (water), Teja (fire), Bayu (Air) and Akasa (ether) all feature soaring grass-roofed ceilings, white curtains wafting in the fresh river breeze and recycled timber underfoot.

As if bringing a traditional Balinese painting to life, the suites' views are of the sacred Ayung River, mist rising from its surface in the early morning in front of the green tapestry of forested hillside opposite. Sitting on the veranda absorbing the sights and sounds of the river, the birds and the breeze, is all part of the healing process.

Inside, our rooms bring environmental philosophy and Asian luxury together, with generous teakwood beds draped charmingly with mosquito nets, numerous fascinating local antiques throughout, and soft furnishings in the lounge using traditional hand-woven *songket* and *ikat* wedding and royal ceremony textiles. (Guests will also find air-conditioning, iPod docks and Wi-Fi.)



Taking advantage of Bali's tropical climate, the indoor/outdoor bathroom's highlight is the huge open-air tub carved out of a stone boulder, bathed in seven-chakra chromotherapy lighting. There is also an alfresco sky shower, with Fivelements' signature botanical essence amenities, each fragrant reminders of Bali's rich flora.

Vegan and Raw Living Foods Cuisine at Sakti Dining Room™

The philosophy behind Sakti Dining Room™ is to provide the most rejuvenating foods possible. Far more than simply fuel, vegan and raw living foods actively support each guests' healing journey to greater wellness, by raising energy levels and mental clarity, encouraging a positive and enlightened outlook, and giving every opportunity for each person to reach their highest potential.

Uncooked/heated plant-based fruit, vegetables and seaweeds, grains, nuts and seeds, are full of vital life force nutrients (vitamins, minerals, amino acids, oxygen) and live enzymes, providing the maximum amount of energy while using the minimal amount of bodily effort to digest.

They come with numerous benefits, for example, boosting the body's ability to repair cellular damage and create billions of healthy new cells on a daily basis, helping to heal degenerative conditions like heart disease, diabetes and cancer, and treat allergies, digestive disorders, high cholesterol, obesity and skin disorders. In addition, living foods help to boost the immune system, and assist with our mental and emotional stability.

Chef Made has made a name for himself through his extraordinary cuisine. Tasting lunches and dinners come in three, five and seven-courses, and his new Private Half-Day Culinary Training gives you the know-how to recreate his dishes at home.

Signature Wellness Retreats

Each retreat combines the hands-on nurturing of Balinese healing, raw vegan living foods for optimum energy support and inner health, and Sacred Arts such as a healing prayer or meditation with Hindu priest Pak Nyoman, various types of Yoga, Somatic Therapy and Expressive Arts.

- Signature Rejuvenation Retreat, Panca Mahabhuta: a healing retreat for regeneration, replenishment & alignment
- Signature Detox Retreat, Tri Kaya Parisudha: a healing journey for detoxification and transformation
- Signature Culinary Retreat, Cuisine for Life™: an inspiring raw food culinary retreat for health, beauty and longevity



Special Stays

Feel the magic of Fivelements and enjoy the beautiful facilities of our exclusive suits as well as a highly personalized Spa and healing programme of treatments designed by our Wellness Team

Healing Journeys

Fivelements' Healing Journeys last from one to five days. They combine a personalized journey of healing within the retreat with a nurturing Balinese journey, perhaps a visit to a remote Balinese Village, a home stay with a Gamelan musician or a trek into the rainforest to search for healing herbs.

Master Series

The Master Series introduces guests to one of our master healers for a specific program designed to intuitively provide answers, held on specific dates throughout the year. For example, guests can choose a silent meditation retreat with Merta Ada, learn how to introduce raw living foods into their daily diet with Chef Cherie Soria, or embark on a journey into longevity and superfoods by gourmet chocolatier David Wolfe.

Healing and Beauty Sanctuary

Following the Balinese philosophy of wellness and balance through harmony with the spirit, environment and one another, our Healing and Beauty Sanctuary is central to all guests' stays. Balinese inspired therapies and more take place in its seven riverside healing rooms, (soon to be ten), four of which are couples suites. Nearby our bathhouses include river stone healing bathtubs with chromotherapy lighting.

Guests can choose from therapies that include a simple Traditional Balinese Massage using virgin coconut oil, the Ida Pinggala in which a male and a female therapist balance your male and female energies in an nurturing four-hand massage, and the Holistic Massage with Pak Dewa Made that intuitively targets energy imbalances with shiatsu, acupressure and Balinese massage using his family herbal oil blend.

Our Beauty Rituals are showcased by our signature Fivelements Sakti Ritual of relaxing massage, remineralising salt and essential oil exfoliation, finishing with a bath ritual, it is a deeply relaxing, hydrating and renewing treatment. Our Fivelements Super Food Facial and Fivelements Heavenly Mani & Pedi Care are also signature treatments.



Especially recommended is the Fivelements Panca Mahabutha – Energy Healing. Additionally the Sacred Arts menu allows guests to experience a Balinese puja (devotional prayer), meditation, tantra healing and many forms of yoga. And unique to Fivelements is our Balinese Ceremonies menu, which features the Fire and the Water Blessing Rituals that encourage transformation and cleansing respectively, guided by a temple priest.

Sacred Arts

Our Sacred Arts programs include movement, creative expression and self-awareness, guided by experts in meditation, dance, vibrational healing music, visual arts and more. By opening up the mind and body to new experiences it is easier to reconnect with our authentic selves.

Exclusive Experiences

For guests wishing to experience Fivelements just for a day, they can choose from our packages that offer a sneak peak at our treatments, sacred arts and raw living foods cuisine. Guests can also request a tailor-made day experience cherry picked from our repertoire, or speak to one of our experts to create something entirely different.

Commitment to Sustainability

Built in 2010 by Arte Architect & associates, Fivelements has won the 2011 Highly Commended Spa Hotel in Indonesia award.

The architecture represents a synthesis between eco-consciousness and luxury: wooden structures, dark hardwood floors and pure white bedding. The design team has carefully adapted the site to its new use with minimum disturbance to pre-existing natural systems, ecologies and aesthetics. Any disturbances that have occurred during construction will be offset by positive action in other locations.

- The resort has been built using mainly natural materials including Bamboo, Rattan, Local stone and Recycled timbers, coconut wood.
- Electricity used for lighting has been reduced by 95% through use of extra-efficient LED technology.
- Its private pavilions (suites) are made out of bamboo and recycled materials.



- All buildings have been designed to take advantage of passive cooling and thus reduce use of air conditioning.
- Recycled stormwater and greywater is stored on site for non-potable uses
- On a daily basis, the staff ensure a true interaction with respecting water resources, land stewardship and spiritual balance, and maintain an open dialogue with our neighbors in the village of Baturning.
- The retreat's staff team is mostly Balinese, and over half of them live in the surrounding villages.

Further materials:

<http://fivelements.org/en/>

[E-brochure](#)

Ends