



FOUR SEASONS RESORT
Bali at Sayan

THE
SACRED RIVER
SPA



Through its two spas in Bali, Four Seasons explores the two inextricably intertwined philosophies of Balinese culture: *Sekala* (the seen or conscious world) and *Niskala* (the unseen or energetic world). Together, they illustrate the Balinese belief in the connection between the outer and inner worlds; the experiential and the meditative; the body and soul.

With the emphasis on the flow from *Niskala* to *Sekala* (the unseen to the seen), **The Sacred River Spa at Sayan** focuses on evoking a sense of spiritual connection powerful enough to affect physical change.

With the flow reversed from *Sekala* to *Niskala* (the seen to the unseen), **The Healing Village Spa at Jimbaran Bay** focuses on healing the physical body in order to facilitate exploration of the inner self.

Both spas showcase ancient rituals, locally grown ingredients and an authentic, educative approach.

Together, they demonstrate the Balinese integration of the physical and spiritual worlds and the importance of an all-encompassing view to wellness across both body and soul.

Welcome to The Sacred River Spa at Four Seasons Resort Bali at Sayan...

Immersed in lush jungle greenery in the Ayung River valley, The Sacred River Spa is a serene, nurturing environment with a deep inner focus.

Spiritual practices and rituals balance and restore the subtle inner energies, uniting body, mind and spirit. Offering a glimpse of what is possible when we consciously align ourselves with the Earth, they evoke a sense of awareness, wellness and 'being'.





Chakra Ceremonies

Bordered by endless sand beaches and tall cliffs, crowned by sacred volcanic mountains, blanketed in lush animal-filled forests and blessed by a ceremony-rich culture, Bali is a spiritual haven that offers a glimpse of what is possible when we consciously align ourselves with the Earth.

To enable this connection, the Balinese believe that within the physical body, there exists a secondary 'energy' body – the etheric body – responsible for absorbing and transmitting physical, emotional and spiritual energies to and from the world and universe around us.

The centres of activity that govern this flow are called chakras: spinning 'wheels of energy' that exist in their thousands, with the seven main 'wheels' located along our spinal column.

Connecting the seen and the unseen worlds, our chakras are influenced and stimulated by everything around and within us. If one or more of them is out of balance, we lack the harmonious flow necessary to function at optimal levels or be 'at one' with the world around us.

Our seven blissful Chakra Ceremonies combine authentic Balinese traditions, physical therapies and energy healing to restore balance and harmony to the body's key energy centres.

Choose the ritual that resonates most strongly with you, or complete our questionnaire to determine which of your chakras may be most out of balance.



Muladhara

120 minutes

The 'grounding' chakra

- The root chakra (located in the base of the spine) is our centre of security and the foundation of our emotions and actions.
- When balanced, it brings inner peace and helps free full potential.
- Traditionally the Balinese cleanse the root chakra twice a month, ceremonially opening it up to the earth to release negativity and bring good health.

Our Muladhara ritual is ideal for frequent travellers or during periods of change or disharmony. It combines a cleansing Balinese kemenyan smoke ceremony, soothing singing bowls and deep slow massage using locally grown ginger and cinnamon, blended with vetivert, patchouli and jatamansi oils. Together, they induce a deep sense of stillness and connection, leaving you feeling physically and emotionally grounded.

Swadhisthana

120 minutes

The 'self development' chakra

- The sacral chakra (located in the lower abdomen) is our centre of sensuality and self-worth, fertility and creativity.
- When balanced, it enables us to 'let go', connect openly to others and develop our own sense of pleasure and creativity.
- Rituals dedicated to the sacral chakra are integral to Balinese wedding, pregnancy and young adult ceremonies.

Great as a couple's experience or for anyone seeking affirmation of their true self, our sensuous Swadhisthana treatment combines a deep lymphatic scrub, Vichy shower, nourishing bath and flowing chakra warming massage with ylang ylang and jasmine oils, and cananga 'breath of peace' meditation. Together, a renewed sense of optimism, responsibility, contentment and enthusiasm is nurtured and restored.



Manipura

120 minutes

The 'inner strength' chakra

- The navel chakra (located in the solar plexus) is our centre of vitality and vibrancy, and governs our capacity to grow and develop.
- When balanced it boosts our inner fire, sense of purpose and healthy self-confidence.
- The Balinese honour this chakra at least twice a day with prayers to the gods to help provide self-worth, guidance, protection and strength.

Signs of an imbalanced Manipura include low self-esteem, poor self-discipline or a 'fiery' temperament. This elevating treatment begins with an energising and detoxifying foot and body scrub infused with freshly grated local ginger and lemongrass. A bio-energy mud wrap, lemongrass and basil bath, and vital energy massage follow. Together, they balance the inner fire, restoring good self-esteem and a sense of empowerment.

Anahata

150 minutes

The 'universal compassion' chakra

- The heart chakra (located in the chest) is our centre of unconditional love and seat of compassion, forgiveness, generosity and wellbeing.
- When balanced it enables us to feel great compassion, understanding, acceptance and ease.
- This chakra is very important to the Balinese, as opening the heart clears negativity, allowing only love and compassion to be given and received.

Ideal for anyone seeking emotional balance or renewed positivity and equilibrium, this rose-based ritual begins with a blissfully nurturing scrub and rose and turberose flower

bath. A loving, rose oil body massage precedes the focused heart work, which comprises a rose quartz crystal chest massage followed by heart-shaped basti filled with healing damascena rose otto placed over the heart. A sense of harmony is restored, leaving you feeling at one with yourself and those around you.

Vishuddha

120 minutes

The 'truth' chakra

- The throat chakra (located in the centre of the throat) governs our communication, honesty and creative expression; it is also our body's sleep centre.
- When balanced, it embodies positivity, clear thinking and creative energy.
- The Balinese traditionally balance the throat chakra by singing and using musical instruments to create vibrational energy.

Emerge from this subtly rejuvenating treatment feeling more focused, inspired and aligned. It begins with yoga and breathing exercises, healing chants and smudge stick smoke to purify and cleanse the body. A specialised marma-point facial massage then balances the 16 petals of the Vishuddha chakra, located on the face. Great for clearing the mind of negativity or criticism and encouraging deep, restful sleep.

Ajna

120 minutes

The 'perception' chakra

- The third eye chakra (located in the centre of the forehead) is our soul centre and seat of our imagination, wisdom, higher intuition and visualisation.

- When in harmony, it promotes deep inner peace, enables us to follow our dreams, and opens our minds to the infinite potential of the universe.
- The Balinese believe that the energies of the third eye are accessible to all, and are unblocked and balanced through meditation.

This unifying ritual uses Kriya yoga, meditation, breathing techniques and soothing oils of sandalwood and jasmine to release exhaustion and emotional stress. Flowing warm oil and local daun piduh (known for its spiritual and healing qualities) bless each chakra prior to a balancing amethyst gel wrap, during which focused marma point facial techniques help pave the way for a more peaceful, clearer and 'knowing' state of mind.

Sahasrara

120 minutes

The 'enlightenment' chakra

- The crown chakra (located on top of the head) is our seat of pure consciousness and connection to the universe.
- When in harmony, it brings great intuitive knowledge, selfless spiritual awareness and a true sense of purpose.
- In Balinese culture, Sahasrara is the most sacred chakra; the entire head is believed to be the link to divine love and must not be touched without invitation.

This enlightening and balancing ritual begins with a tender Kundalini back massage to relax the nervous system and harmonise the flow of energy along the spinal column. The crown is then anointed, the head gently massaged, and a hair mask applied – a unifying sequence that channels energy from the heart of the earth to the higher self, encouraging reconnection with one's source.





Balinese Healing Rituals

With strong parallels to African, Tibetan, Chinese and Ayurvedic healing, traditional Balinese medicine aims to re-establish balance and wholeness. Central to the practice is the concept of 'complete oneness', borne out of the belief that there is no separation between us and what is all around us – the seen ("sekala") and unseen ("niskala").

In Balinese philosophy, our Panca Maya Kosa (Five Layers of Being) keep us in constant contact – consciously and subconsciously – with the surrounding world. It is not only physical imbalances that cause ill health, but also a physical-spiritual disconnection to the wider environment of which we are intrinsically a part.

Targeting our 'feeling' layer of being, these six treatments represent authentic Balinese healing traditions that reconnect you to your whole, complete self.



Tantric Bliss

120 minutes

Performed by two therapists, this heavenly therapy brings the divine power of Shiva (masculine) and the creative energy of Shakti (feminine) together by awakening the kundalini – the intense, healing energy that lies dormant at the base of the spine. Tantric breathing exercises, a sensuous flowing massage and sacred mantras stimulate the kundalini, causing the male and female energies to ascend upwards and join in blissful union. A wonderful feeling of peace and contentment spreads throughout the body, calming the mind and allowing the spirit to soar to new heights.

The Goddess Within

150 minutes

In Balinese philosophy, the static energy of the male gods needs the creative energy of their female consorts to come into being. Based on the understanding that every woman holds this power, this ancient Balinese ritual – customarily reserved for a bride before her wedding day – is intended to awaken the goddess within. It starts with a fragrant mesiram (gayung shower) and steam bath (using betel leaves and sweet-smelling kembang rampe) to cleanse body and spirit. A Goddess Massage then combines ancient healing techniques with limestone powder, kaffir lime and floral oil to tighten, repair and smooth skin. A purifying facial mask, nourishing coconut milk bath and traditional floral body scenting complete the divine experience.

Vigour & Vitality

150 minutes

Balinese men have long sustained their vigour and vitality by honouring their physical and spiritual connection to the earth goddess, Dewi Sri. They plant and harvest her fields, respect her whims, and use herbal medicines to strengthen and boost their energy. Based on the ancient rituals used to prepare a groom for marriage, this speciality men's treatment uses traditionally fortifying herbs, roots and spices to strengthen physical and mental energy. A cleansing steam bath, invigorating clove and cardamom scrub, deep-stretching massage and Pasek Bumi wrap combine to boost circulation and energise both body and mind.





Batu Kali Riverstone Bathing Ritual

120 minutes

The Balinese tradition of river bathing is both an age-old ritual and a communal soul sharing. After a long day in the fields, villagers would unite in the fast-flowing water to swap gossip and stories, laughter and song, while using river stones to scrub and massage away the stresses of the day. Inspired by these traditions, this revitalising ritual includes a nourishing herbal application for the hair and scalp, an invigorating river stone scrub to revive tired skin, and a soothing Balinese massage –with coconut oil and freshly grated ginger paste – to ease and warm the body. Great for both sexes.

Suci Dhara

120 minutes

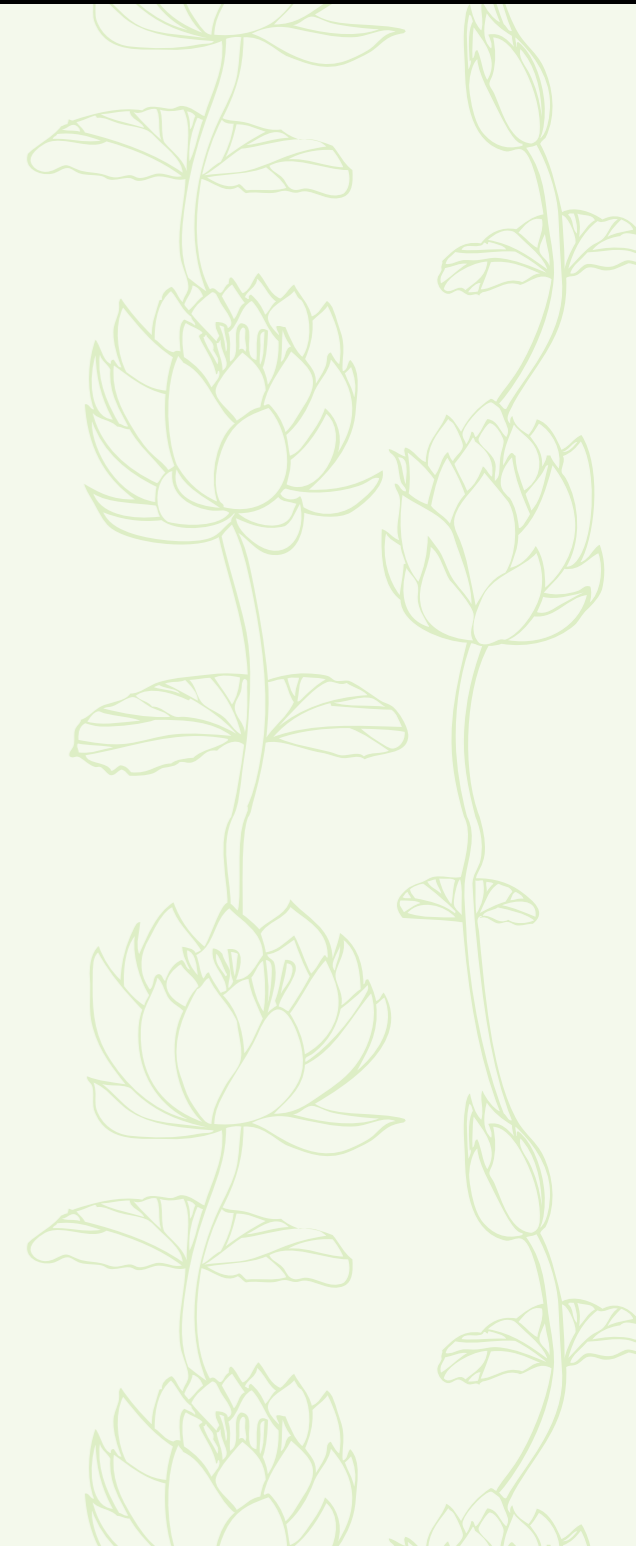
Suci translates as awakening the body, heart and soul. This warming, revitalising ritual starts with a herbal infusion, brewed according to your body type. While natural ingredients soothe from the inside, external relaxation begins from the head down with a scalp massage using a blend of star anise, patchouli, fenugreek and coconut oil to improve circulation, release tension and nourish hair and scalp. A meditative and detoxifying warm herbal oil body massage is followed by a final steam and herbal infusion.

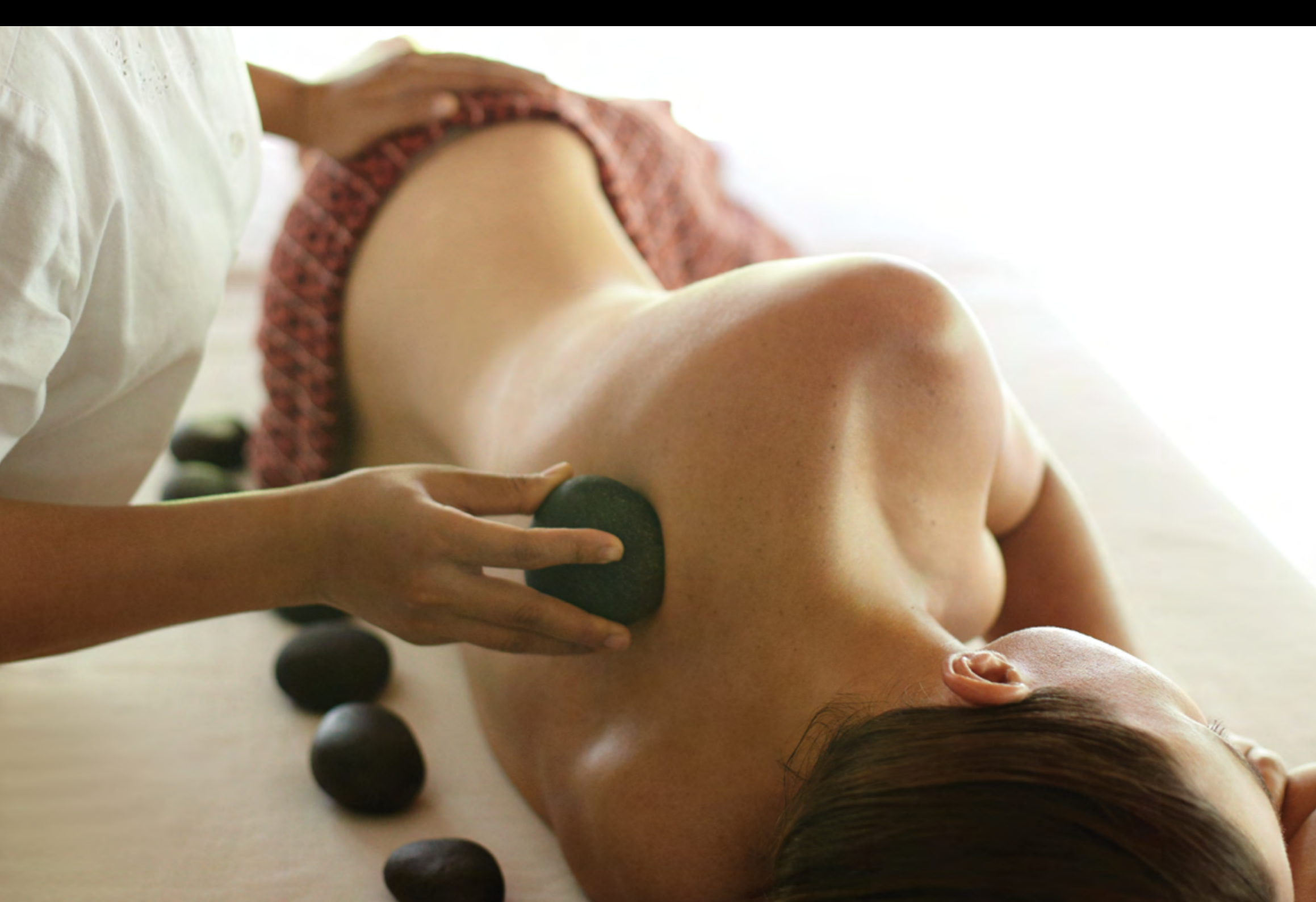
Urut Weteng

90 minutes

Embracing Indian, Chinese and Balinese influences, Urut Weteng concentrates on the abdominal area to free emotional and physical stagnation. Yoga and breathing exercises prepare the body, followed by the application of warm and cool packs to increase blood flow to the abdominal organs.

Adaptogenic herbs suspended in castor oil are then applied, after which sweeping massage strokes, deep kneading, a stimulating clay mask, and healing sequences combine to boost energy, eliminate toxins and promote healthy organ and colon function.





Massages

Balinese and Asian massage techniques are renowned the world over for their ability to bring profound inner peace, through a delicate dance of manual therapy techniques and heavenly aromatherapeutic aromas. Experience authentic, healing practices with our range of relaxing and revitalising variations.



Balinese

75/90 minutes

The unique techniques that comprise traditional Balinese massage are passed down through the generations. The massage uses long strokes, gentle skin rolling, deep kneads and foot reflexology. Choose one of four restorative massage oils:

- **Grounding:** 'Bali Spice' with clove, ginger, fennel and vetivert
- **Calming:** 'Peace of Bali' with sandalwood, ylang ylang and ginger
- **Uplifting:** 'Bali Sunrise' with lemon ylang ylang and bergamot
- **Purifying:** Virgin coconut oil

Warm Riverstone

90 minutes

Smoothed by centuries of Ayung River waters, steam-heated river stones are placed on the energy centres of the body then used to warm and massage the muscles with long, rhythmic strokes and aromatic oils. The application of cold stones simultaneously stimulates and energises, bringing about a sense of deep calm as body and mind are balanced.

Deep Knead

75/90 minutes

This massage places firm focus on specific areas of tension. Balinese massage warms the muscles, followed by pressure-point techniques with forearms and elbows, and targeted Balinese foot reflexology. For best results, warm your muscles in the steam room and sauna prior to the massage.

Extreme Ease

75/90 minutes

This targeted treatment combines an intensely relaxing head, neck and shoulder massage with reflexology for the feet and hands. Firm pressure eases muscle tension to improve blood flow, restoring the body to a healthier equilibrium and reversing the stresses of modern life.

Warm Herbal Oil

75/90 minutes

Using medium pressure, this Abhyanga-style massage includes warm herbal oil poured over the body followed by long massage strokes from head to shoulders to feet. The treatment helps to ease the nervous system, warms the muscles and brings a feeling of deep relaxation.

Four-Handed Harmony

75/90 minutes

Experience the deeply restorative benefits of two therapists working in synchronised flow. Four hands in seamless coordination massage the body, effectively relieving tension using a blend of massage techniques from Bali and beyond.

Mother-to-be

90/120 minutes

This nourishing and harmonising treatment combines a herb poultice massage with rosehip seed and argan oil – infused with extracts of lavender, geranium and rose – to replenish dry skin, remove excess fluid and gently relieve aches and pains. An optional body scrub with blackcurrant seed, honey and Himalayan salt gently adds lustre to the skin.



Face Treatments

Custom-designed to your skin type, our face treatments bring out a healthy, youthful glow – naturally boosting your inner radiance.

Maximise each soulful journey for the skin with one of our 'Enhancer' add-ons.





Rainforest

75 minutes

This restorative face treatment uses therapeutic rainforest plant extracts, lymphatic drainage techniques and herbal mud mask to rejuvenate facial skin. Boosting nutrients at a cellular level, it encourages toxin release and collagen production, reduces puffiness and supports skin's natural protective functions.

Blissful

75 minutes

Inspired by shamanistic techniques, this divine therapy restores natural luminance by stimulating the free-flow of facial energy. Marma point massage, a mineral-rich mask, and rose and sandalwood oils reduce inflammation and increase blood circulation, resulting in skin that glows with radiance and a feeling of pure bliss. Great for jet lag and exhaustion.

Rejuvenating

75 minutes

Vishuddha (the throat chakra) is symbolised by a lotus flower with 16 petals, each reflected on a marma point on the face. Using deeply regenerative sea buckthorn, jasmine and orange blossom and nourishing lavender and honey, this face treatment rejuvenates the skin, calms the mind and promotes restful sleep.

Age-Reversing

90 minutes

This five-part, results-driven facial therapy draws on the potent healing qualities of ila's unique blend of therapeutic Boswellia – an anti-ageing panacea that removes cellular inflammation and allows cells to repair and rejuvenate. After an energy-opening back massage and reflexology to bring complete relaxation, bio hyaluronic acid penetrates deeply into the cell wall via ultrasound, plumping the skin and bringing hydration. With cells in an optimum state, stem cells and gold stimulate collagen production and reprogramme a healthy cellular structure.



Enhancers

For the ultimate in holistic care, add a 30-minute 'enhancer' to any treatment.

Hand Rejuvenation

30 minutes

The perfect add-on for hard-working hands, this treatment rejuvenates the muscles with a relaxing marma point massage before a cream mask, rich in essential oils, restores moisture and softness.

Flawless Feet

30 minutes

A relaxing and energising treat for flawless feet, comprising a lemongrass and vetivert scrub to smooth, marma massage and foot mask to stimulate, and Vital Energy Cream to soften.

Eye Indulgence

30 minutes

Marma stimulation, eye exercises and a hydrating mask relieve tension, reduce dark circles and increase micro-muscle function. Fine lines and skin tone are improved and sparkle is restored.

Breast Boost

30 minutes

This delicate sensuous treatment draws on the healing benefits of rose to awaken the feminine spirit of strength and gentleness, tone the delicate breast tissue, and balance female hormones.





Body Scrubs

Physically exfoliate the body and metaphorically polish the spirit – our full-body scrubs leave skin feeling fresh, smooth and glowing with radiance. Each treatment is combined with a relaxing 30-minute back massage.

Red Ginger

90 minutes

The Balinese use red ginger to alleviate muscle stiffness and the effects of cold or flu. Mixed with organic red rice, this gentle body polish and finishing lotion can also be applied to sensitive or sun-damaged skin to remove dead layers and nurture new growth.

Rice and Spice

90 minutes

Balinese rice farmers have long applied herbs to warm the body during the rainy season. This scrub uses temu lawak roots crushed with cloves, turmeric, fenugreek and ginger to exfoliate and invigorate. It ends with a traditional gayung rice and spice wine shower, and back massage with aloe and ginger.

Energising and Detoxifying

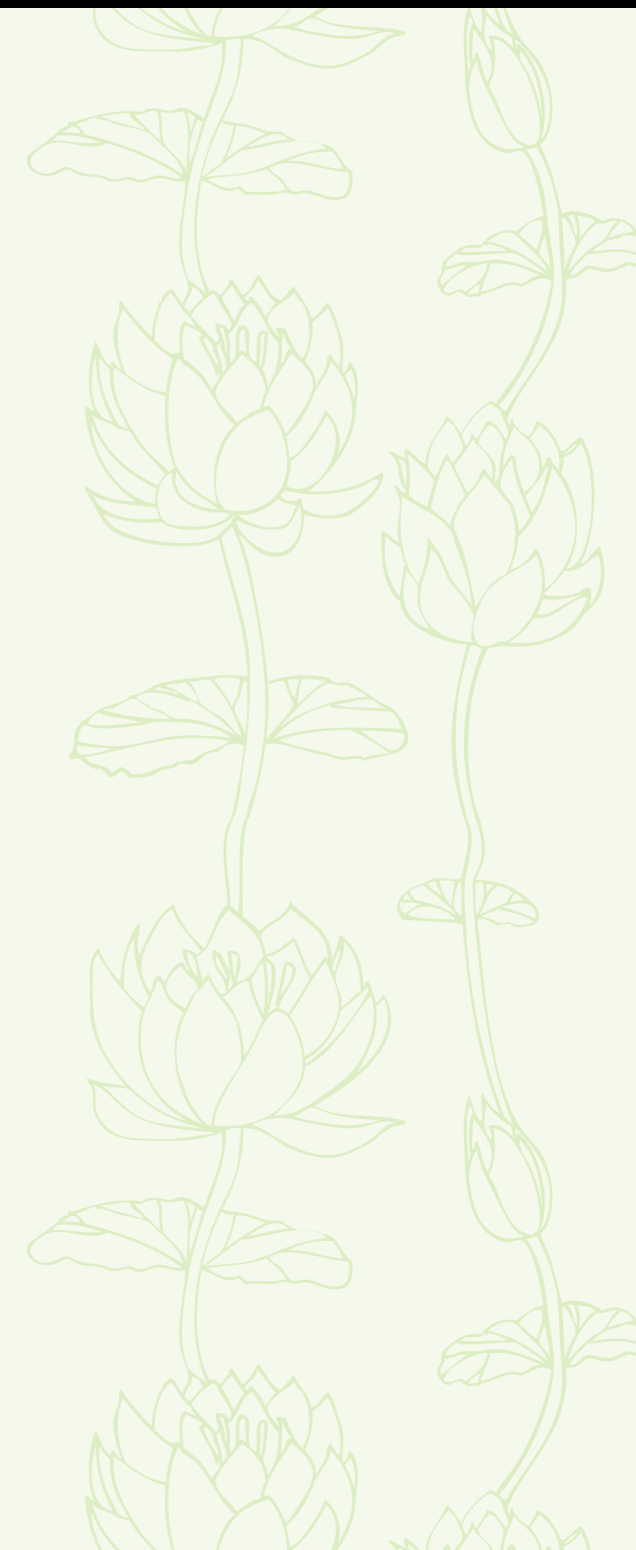
60 minutes

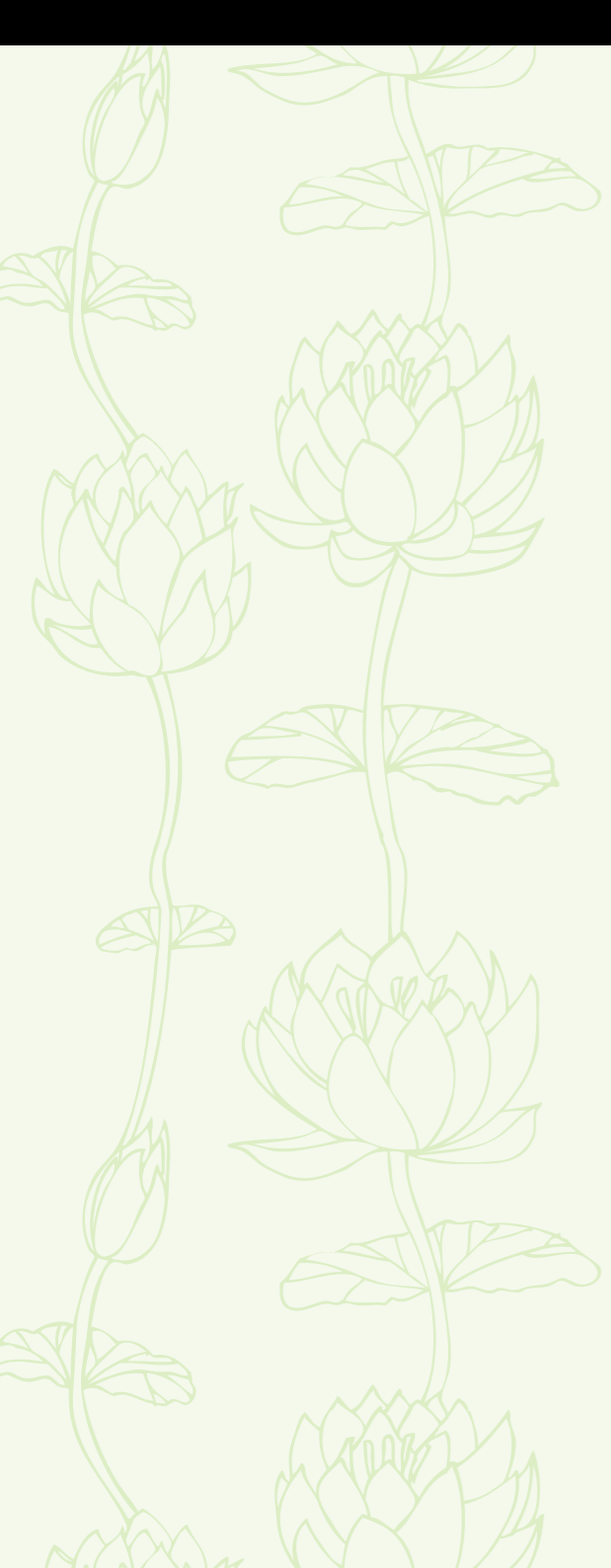
Using the ionising properties of Himalayan Salt Crystals, this body scrub is the ideal treatment for cellulite, stress and exhaustion. On a physical level, it stimulates circulation and toxin elimination; on a subtle level, it cleanses and strengthens the bio-energy fields, uplifting mind, body and spirits.

Blissful

60 minutes

This heavenly body scrub nourishes both bodily and emotional wellbeing. Healing Himalayan salt crystals and pure essential oils of rose damascena otto, jasmine and sandalwood settle the nervous system and nourish neglected cells. Skin glows with health and a sense of joy is restored.





Body Envelopments

For ultimate nurturing and soul soothing, your body is gently wrapped – allowing organic essential oils and local herbs to nourish, detoxify and tone. Each treatment incorporates a relaxing 30-minute back massage.

Beras Kencur

90 minutes

During this traditional therapy, a warming homemade paste of ground organic white rice flour and freshly crushed wild ginger, known as kencur, is applied to the whole body. While it gets to work easing muscular tension, a head and face massage unburdens the mind and smoothes fine lines.

Mountain Earth

90 minutes

Volcanic earth minerals naturally nourish the skin. Sourced from the surrounding mountains and blended with ylang-ylang flower water, this indigenous body mask replenishes the skin with organic hydration. The banana leaf wrap enhances the feeling of 'oneness' with the Balinese landscape, followed by a warming shower and Four Seasons flower lotion.





Yoga and Meditation

Attune yourself to nature's healing harmony, awaken your being to the earth's infinite energy and discover the power and presence of your own life force with our Yogis and Resident Wellness Mentor.

From Laughter Yoga to Floating Meditation, mindfulness classes to stress management life talks, we offer daily classes and private sessions across a wide range of practices and disciplines – all designed to support you in your exploration of the highest levels of wellness.

Please refer to the Resort's Activities Guide for details or call the Spa Reception for information and bookings or to tailor a programme to meet your specific needs.



SALON TREATMENTS

Hair Care

Kemiri Oil Hair Treatment 60 minutes

This rich, nourishing treatment helps prevent hair loss, moisturise dryness and reduce split ends. A traditional scalp massage technique ensures deep cleansing and optimum infusion of nutrients, while a fresh basil and ginseng tonic uplifts the mood and strengthens the hair.

Traditional Oil Hair Treatment 60 minutes

The Balinese keep their hair thick and lustrous with this blend of fresh coconut oil infused with pandanus leaf, fenugreek seed, sandalwood and cinnamon. A supremely relaxing scalp, neck and shoulder massage stimulates circulation and delivers nutrients to the hair follicles.

Avocado and Honey Hair Cream Mask 60 minutes

Known as the fruit with endless benefits, vitamin-rich avocado helps maintain nourishment and prevent hair loss, while the honey deeply moisturises. The mask is followed by a unique rinse, featuring pounded hibiscus leaves, traditionally used to smooth frizziness.

Crème Hair Bath 60 minutes

Practised for centuries by Indonesian royalty, this traditional treat features a luxurious shampoo followed by an intensely nourishing scalp massage with organic ginseng, avocado or aloe vera crème. Warm steam maximises the crème's effect, accompanied by a balancing neck and shoulder massage.

Nail Care

Fabulous Hands 60 minutes

A full manicure experience with a nourishing mask, massage and nail polish*.

Beautiful Feet 75 minutes

A full pedicure experience with a nourishing mask, massage and nail polish*.

Manicure & Pedicure 90 minutes

A combined, time saving manicure and pedicure experience with polish*.

Executive Hands 45 minutes

A full polish-free manicure experience tailored specifically for men.

Healthy Feet 45 minutes

A full polish-free pedicure experience tailored specifically for men.

***Gel Nail Polish** 15 minutes

Enhance your manicure/pedicure with an application of gel nail polish – a high-resistance polish that can last for up to two weeks with no cracking, peeling or chipping.

* Gel nail polish removal is also available. Please contact the Spa Reception for details.





If there are any treatments not featured on the menu that you would like to have, please talk to us about tailoring a bespoke experience to suit your personal needs.



FOUR SEASONS RESORT
Bali at Sayan

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