



Apurva Spa

真实美丽 内外和谐

巴厘岛阿普尔瓦凯宾斯基酒店水疗体验分享。Richard Williams文

巴厘岛阿普尔瓦凯宾斯基酒店栖息山顶，俯瞰印度洋的壮美景致。酒店的建筑风格从露天剧场汲取灵感——巨大的镀金宝塔屋顶、宏伟的楼梯、阶梯式的热带花园以及通向大海的泳池。从艺术到设计，细节处无不述说着古印尼的岁月荏苒，再现了13-16世纪统治印尼的最大王国——马查帕希特王国的辉煌风范。实际上，如今印尼闻名遐迩的大部分文化遗产都是在这个时代建立的。宽阔的pendopo大厅的地板由富拉玄武岩打造，走在其上，我仿佛已然感受到了它的魔力。

这不禁让人对酒店的SPA产生了期待……

沿着宽阔的楼梯往下走去，健身中心坐落在SPA入口的对面，入口处墙壁上的华丽图案由手工雕刻完成，简约而不失奢华，为整个旅程定下了基调，我已经准备好迎接一场感官盛宴。Oki热情地前来迎接我，准确的叫出了我的名字，带我走过一条短短的

水路，穿过由工匠大师用柚木凿成、雕刻精美的巴厘式大门(称为gebyok)，来到了休息室。对于SPA来说，在接待区以外的地方迎接客人，避免人多嘈杂的环境，这确实是件奢侈的事。耳边回旋着传统加麦兰音乐的轻柔旋律，周身弥漫着令人陶醉的沉香气息，拉开了SPA之旅的序幕。

休息室呈椭圆形，沙发座椅环绕墙壁放置，中间的圆柱台面上陈列着各种产品。另外还有一张桌子，上面展示着在疗程中使用的当地草本。Ani为我端来了一杯温水和带有柠檬草和依兰依兰香味的冰毛巾，并坐下来向我介绍了SPA的故事和我即将体验的项目。

Apurva SPA的灵感来自印尼的古老传统，基于可追溯到2000多年前的整体疗愈概念，将历史悠久的仪式与现代技术相结合，设计出独特的沉浸式SPA体验。SPA的理念核心根植于爪哇古老的谚语“Rupasampat

Wahyabiantara”，意思是“当内在美和外在美和谐统一时，才能实现真正的美丽”。SPA经典项目围绕人生的四个阶段展开：青春期、成年期、已婚期和成年后期，根据个体的具体需求，使用不同的精油和产品。

我选择了草药浴，Ani推荐我体验“Tenteram”——“成年后期”的招牌仪式(为何不给我推荐“青春期”的招牌疗程呢)。Ani介绍到，Tenteram的主题是“满足”，包括一系列养生项目和舒缓心灵的疗法。客人可以选择享受两天的SPA之旅，也可以像我一样选择半天的体验。护理内容包括草药浴、结合疗愈精油和温热草药的Gending Apurva按摩、有机抗衰面部护理、颂钵脉轮冥想，以及Jamu印尼草本饮、茶点和轻食。

疗程中使用的产品和精油主要来自努桑塔拉(Majapahit王朝时期的印尼群岛)当地的药用芳香草本及香料。



Hydro Pool



Jamu



Apurva Spa Treatment Room

在这里完全没有匆忙的感觉，十分令人欣慰。我的理疗师Ferni来了，她向我做了自我介绍，并陪同我来到名为“Shash”的理疗套房。SPA走廊由印尼木材和荷兰殖民时期的瓷砖打造，将海景理疗套房与私密单人理疗室分开。

我的海景理疗套房很是气派，巨大的落地窗将窗外的海景尽收眼底。露台中央的两个水池之间是一个水疗浴池，花瓣散落在甲板上，浴池里的草药袋散发着阵阵清香。

更衣室内设有蒸汽淋浴、装有浴袍的衣柜、拖鞋和一次性内衣，梳妆台上的物品一应俱全。我穿好浴袍，准备就绪，在Ferni的陪同下进入浴池。Ferni端来一个托盘，上面放着一大壶“Hang Wang——改善免疫力”草本茶、饮用水和一些可爱的Jamu椰子姜黄饼干。我忍不住再次感叹……这里的海景真是太美了！泡浴温暖而舒适，在接下来的护理之前，真是一场令人愉悦的放纵。

疗程开始，首先是全身按摩。这是我多年来在巴厘岛享受过的最棒的按摩！Ferni使用的是Gending Apurva疗愈按摩油，带有淡淡的药草香味，主要成分是黑籽油、猫爪草和八角，以及其他一些草药和植物。Ferni能够准确判断出我的肌肉状况，并用专业按摩技艺进行改善，虽然深层组织和穴位按摩的过程往往不会很舒服，但按摩之后真的感觉非常轻松。Ferni建议我再预约一次按摩，确实是个好建议，她还告诉了我一些缓解和预防肌肉紧张的方法。在巴厘岛，我们常说“sakit but enak”……痛并快乐着！热敷草药的手法也十分娴熟。按压和热敷确实是消

除我的肌肉不适的最佳方案。

Gending Apurva按摩后，我又体验到了轻柔的淋巴排毒和抗衰按摩，享受了有机抗面部护理。护理采用了瑞士护肤品牌 Niance 的产品，其中蕴含瑞士最纯净的天然材料、冰川水和丰富的阿尔卑斯高山植物。

在我完全沉浸其中时，Ferni轻轻叫醒了我。我穿好衣服被带到了Ekadasa声音治疗室。昏暗的房间内，筒灯映照着一排颂钵。声音疗愈师Pak(对男性的尊称)Merta向我解释了整个疗程的安排，并让我躺下。在尼泊尔手工打造的颂钵由七种不同的金属制成，金属是根据其共振和纯度而选择的。这些颂钵均经由巴厘岛牧师之手汲取灵性祝福。我对声音疗法并不陌生，多年来，我已经爱上了这种疗法，它能让我进入深深的放松、踏实和平静的状态。432赫兹是众所周知的能在人体内产生共鸣的声音频率，它能释放情绪，延展意识，影响细胞系统。听着Merta演绎的舒缓音调，我已然在意识中来回游荡了，直到最后被轻轻唤醒，转眼间一个小时已经过去。此时，唯一能形容我当下感受的词语就是“幸福”。我感觉已经达到了极乐境界，平衡之感油然而生，呼吸更加深长，心轮愈发充盈，心怀感恩。

Oki将饥肠辘辘的我带到了Selesar Deli餐厅，热甘菊茶、水果、酸奶和健康蔬菜三明治很好的消除了我的饥饿，作为一次精彩SPA之旅的结束令人非常满意。整个旅程，如此专业细致、匠心独运、愉悦感观，我的身心焕然一新，充满祥和富足之感。

这不仅是一次SPA体验，更是一场沉浸式文化与历史旅程。



Richard Williams

出生于新西兰的Richard在酒店行业拥有39年的工作经验，他的专长是为客户开发水疗理念、提供水疗培训和运营咨询。他参与的项目包括北京璞瑄酒店、吉隆坡如玛酒店、厦门七尚酒店、广州W酒店、印尼JHL Solitaire Serpong酒店、巴厘岛努沙杜瓦威斯汀天梦水疗、吉隆坡瑞吉酒店、马尔代夫瑞吉酒店。Richard是澳大利亚水疗协会、新加坡水疗养生协会、亚太水疗养生联合会的创建人员之一，在亚洲生活工作已有20余年，最近九年常驻巴厘岛。

Richard is a New Zealander by nationality with over 39 years in the hospitality industry, working around the globe in 5-star hotels, wellness resorts and fine dining restaurants. Richard develops spa concepts, conducts spa training and operational consulting. Projects have included The Puxuan, Beijing, The Ruma, KL, Lohkah, Xiamen, W Hotel, Guangzhou, JHL Solitaire Serpong, Java, Heavenly Spa at Westin, Nusa Dua, Bali, St. Regis, KL, St. Regis, Maldives. A founding member of ASPA, the Australasian Spa Association, SWAS Spa & Wellness Assoc. Singapore, and APSWC Asia Pacific Spa & Wellness Coalition. Richard has spent over 20 years in Asia, the last 9 in Bali, Indonesia. After the Covid pandemic, Richard has returned to Bali where he continues to offer consulting services.

True Beauty is Achieved in Harmony

The Spa experience at Apurva Spa at the Kempinski Bali. By Richard Williams



Apurva Spa Lounge Balcony

The Apurva Kempinski is a grand and imposing hotel, with a hilltop view that sweeps all the way down to the Indian ocean. The architectural narrative is based on the majestic open-air theatre, that sets the spectacular stage with breathtaking views, from the enormous, gilded pagoda roof, the grand staircase and tiered, paved tropical gardens and pools that lead to the sea. Their story is a tapestry of ancient Indonesia that highlights the Majapahit, the largest kingdom ever to rule over Indonesia from the 13th to 16th century; an era marked by great advances in the world of arts, design, and architecture, and the establishment for much of the cultural legacy for which Indonesia is known today. The floor in the vast pendopo lobby is an ocean of labradorite, otherwise known as “Merlin Stone”, and I am already feeling the magic.

One can't help but have a certain expectation of what the spa might be like...

Down the sweeping staircase, the fitness

center with requisite hydro-thermal lies opposite the spa entrance, which is minimalist and yet deeply luxurious, with artisanal carved ornate walls, and sets the tone for the journey, preparing the guest for a sensory reawakening beyond. Oki warmly welcomes me and greets me by name, and I am escorted directly through a short water way and through heavy, beautifully carved Balinese doors called gebyok, hewn from teakwood by master craftsmen, to the Arrival Lounge. It's great for a spa to have the luxury of shifting activity away from the reception area, to maintain the calm and lessen any conflicting noise. Soothed by the gentle melody of traditional gamelan music and the heady scent of dupa/incense, there is not only a sense of arrival, but of the journey about to begin.

The lounge is elliptical in shape with cozy banquette seats hugging the walls with a central pillar of various products displayed. There is also a table showcasing the indigenous herbs used during one's treatment. Ani, my wellness

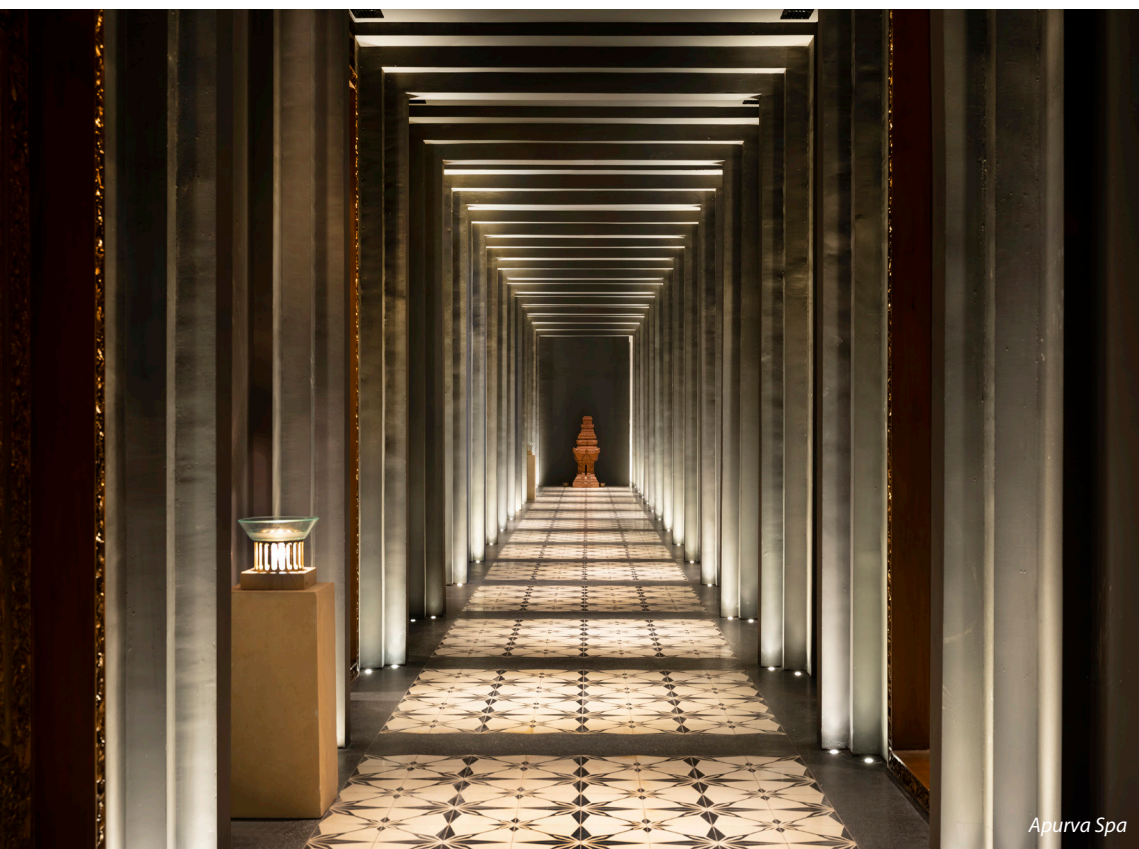
concierge, brings me warm water and a chilled towel scented with lemongrass, cananga, and ylang ylang, and sits to explain to me the spa story and my treatment journey.

Inspired by the ancient traditions of Indonesia the Apurva Spa embodies the holistic healing philosophy that began more than 2,000 years ago, to combine time-honored rituals and modern techniques to create an immersive and indigenous spa experience. The spa philosophy is based on the ancient Javanese proverb, Rupasampat Wahyabiantara, which means, “true beauty is achieved when inner and outer beauty are in harmony.” The signature treatments are based on the four stages of life; Teenage, Adult, Married, Post-Adult, with different varieties of oils and lulur, depending on specific individual needs.

Today I have chosen to have a herbal bath, and Ani has recommended I have the Tenteram – post-adulthood signature ritual. Who was I kidding, it was never going to be the “teenage” signature treatment! The definition of Tenteram is contentment, which includes a series of wellness practices and mind-soothing therapies. The guest can enjoy the spa journey over two days or, as in my case, enjoy a half day experience. Post herbal bath I will have a Gending Apurva massage with healing oil and warm herbal compress, an organic, age-corrective facial, and a chakra meditation session with singing bowls. Jamu, Indonesian herbal drinks, tea, refreshments, and a light bite are all served during the journey.

The products, aromas and oils are very much centered around the indigenous medicinal and aromatic herbs and spices of Nusantara, (the Indonesian archipelago during the Majapahit empire.)

There is no feeling of hurriedness or necessity, which is almost consoling. Allowed to relax, and just decompress, my therapist Ferni arrives to introduce herself and to escort me to the suite, which is named “Shash”. A combina-



Apurva Spa

tion of Indonesian wood finishes and Dutch colonial tiles, the spa corridor divides treatment rooms between sea view suites and intimate single treatment rooms.

My sea view suite is grand in height and size, with huge windows that provide an “eagle’s nest” view of the ocean beyond. In the center of the terrace between two pools of water is the hydro-bath, flower petals strewn around the deck, the bath with herbal pouches scenting the water.

All the dressing rooms have steam showers, wardrobes with kimonos, slippers and disposable underwear, and the vanity fully stocked. Robed and ready, I am escorted to the bath. Ferni brings a tray with a large pot of “Hang Wang – Immune Booster” tea, water and some interesting Jamu coconut and turmeric cookies, “beras kencur & kunyit assam.” I have to say again...the views to the ocean are spectacular! The bath warming and soothing, a delightful indulgence before the treatments to follow.

The ritual continues with a remedial massage. This was the BEST massage I have had in Bali in years! Ferni used the Gending Apurva Healing Massage oil, which has a slightly medicinal aroma that includes black seed oil, catjeput and lawang, (ba jiao / star anise,) amongst many other herbs and botanicals. Ferni was able to identify my muscle condition and treat with great techniques that were not

always comfortable, the deep tissue and pressure points hurt, but wow, it really felt better to work on those knots. Ferni also recommended I book another massage, indeed good advice, and offered other suggestions to ease and prevent further tension. In Bali we say, “sakit but enak”... painful but delicious! The warmed herbal compress was applied masterfully...yes masterfully! The compression and heat, the final solution to melt away the last of the muscle discomfort I was experiencing, let alone, knew I had!

After the massage, I was lulled into a light slumber with the gentle lymphatic and anti-aging massage techniques of the organic, age-corrective facial, using Niance Swiss skincare that embodies Switzerland’s purest natural resources, glacier water and rich Alpine flora.

Just when one thinks it couldn’t get any better, I am awakened and asked to dress, and am escorted to Ekadasa, the sound healing room. I am led into a dim room; the downlights reflect off the stunning array of singing bowls arranged for the session. I am introduced to Pak (an honorific title used to address men,) Merta, my sound healer, who explains the process, and I am invited to lay down. The singing bowls are hand-hammered in Nepal and are made from seven different metals chosen for their resonance and purity. The bowls have also been blessed by a Balinese priest. I’m not unfamiliar



Gym Locker Room



Sound Healing Meditation

with sound therapies and have over the years come to love the sessions, that I find leave me deeply relaxed, grounded and calm. For example, 432 hertz is the sound frequency known to resonate inside our body, releasing emotional blockages, expanding one’s consciousness and affects the cellular system. Listening to Merta’s sedative tones, I find I’m traveling in and out of consciousness, only to find myself being gently woken up; a full hour had passed in a flash of the eye. By this stage of my spa journey the only adjective that can be used is blissful. I have reached an utter state of bliss. My pace has slowed to something that feels balanced. My breathing deeper, my heart chakra, seemingly that much fuller, and grateful.

Feeling famished, I am collected by Oki and led personally down the elevator to Selesar Deli, where I have light refreshments. Hot chamomile tea, fruit, yogurt, and a healthy vegetable sandwich quell my tummy rumblings, the grand finale to what can only be described as a sensational spa experience. Professional, curated, and intuitive...My senses have been ignited and delighted, my body refreshed and revitalized, my spirit, blessed and certainly filled with happiness.

I invite you to experience an absolute immersion into the culture, history and time-honored traditions of Nusantara, the Indonesian Archipelago at Apurva Kempinski Bali.