

# 颠覆传统的水疗体验

打造MUKA Concepts与其说是一项水疗项目的投资，不如说是一场充满艺术热情的颠覆之举。  
Richard Williams 文



已经有好几位水疗同行向我强烈推荐了MUKA Concepts的面部护理，尤其对其提升轮廓和均匀肤色的效果赞不绝口，并对行程中所使用的有机产品称赞有加，说这些产品都是从当地精挑细选来的。不过我倒是对他们家的口腔按摩很感兴趣，因为我自己以前就是一名执证颌骨治疗师，经常帮助客人进行口腔治疗，缓解颞颌关节的压力（针对颞下颌关节功能紊乱患者）。

MUKA Concept里有一间水疗零售店，可以买到漂亮柔软的竹纤维瑜伽服和休闲服饰、MUKA有机产品、铜制面部刮痧按摩工具、优美的手工香薰产品，以及包包、帽子、眼镜等。理疗区域完全颠覆传统的水疗设计，像一个大大的仓库，采用工业设计风格，水泥和木头元素随处可见，有进行面部护理的躺椅，喝茶的区域，以及一个使用天然采摘的原料制作产品的“实验室”。这里播放的不是像其他水疗中心里令人昏昏欲睡的音乐，而是热情的非洲和巴西鼓点。半开放区域，温暖的微风吹进来，我和其他客人一起舒适的享受着面部护理。

在MUKA，一切都这样的自然、坦诚，充满热情，没有任何的造作、虚浮。巴厘本地理疗师Ami给了我一个正宗的巴厘式问候。她在MUKA已经工作了6年。我脱了上衣躺在理疗床上，柔软的竹织物轻轻盖在我的身上。Ami首先为我进行面部清洁，蒸汽打开毛孔后，是Noni酵素水果去角质。我立马能够感受到产品里的活性成分，当然，所有熟悉

Noni的人都知道他家的产品并不是那么的“芳香”，但是做这点牺牲是完全值得的！紧接着还有咖啡磨砂去角质、盐粒去角质。

Ami的双手力道正好，也很利落。她温柔地建议我可以将嘴巴稍微打开一点，有助于下巴和面部放松。我想当时自己一定是在微笑着的，我觉得很幸运能享受到这样专业的按摩，我的面部感觉非常好。接着，Ami用温热的毛巾擦掉了涂抹在面部的产品。以前很多次的面部护理体验中，总会有产品遗留在脸上，让我很是烦恼，但是在这里完全不一样。Ami似乎很轻松也很有技巧性的就把我的面部清理得一干二净。这个面部护理中包括挑粉刺环节，在Ami的专业手法下，我没有感到一丝疼痛不适，挑完粉刺后，她使用了一个电流仪器作用在我的整个面部，同样是全程无痛体验，她解释到这是为了除菌和收敛。在以往的挑粉刺经历中，我的面部经常会发炎或泛红，这次却没有。

如果说没错的话，Ami接下来使用的是姜黄精油给我做的面部按摩，这种精油具有抗炎和去红功效，接着是姜黄泥土面膜。然后，Ami戴上手套，继续进行面部按摩，这一次还包括了口腔内部按摩，她使用拇指和食指在我的面部和口腔内进行挤捏和按扶，就像是在给面部肌肤做瑜伽，完全颠覆了传统水疗给人的印象。也因为此，许多习惯了“享受型水疗护理”的人士可能会不太习惯这个力度。但是我感觉到，无论是自己的面部肌肤、肌肉还是骨骼轮廓都焕然一新了，我的口腔、下颏、肌肉组织均得到了有

效放松，躺在那里的时候我就在想，那些歌手、演讲家们真应该来体验一下。

然后，我体验到了Muka精华。这个冷冻储存的精华含有海藻和芦荟成分，效果显著。现在我自己每天都会在日常护肤中使用，质感轻盈，补水能力卓越，非常适合我所生活的温带环境。

MUKA Concepts的创始人Iris是一位时尚且经验丰富的女性，她拥有阿尔巴尼亚和俄罗斯血统，来到巴厘前，曾在迈阿密生活和工作，在那里也打造过自己的水疗中心，另外她也曾在时装业工作。创立MUKA Concepts与其说是一项水疗项目的投资，不如说是一场充满艺术热情的颠覆之举。她是属于那种试图颠覆行业规则的人，一切按照自己的心意而行，却足以让我们曾引以为豪的传统体验大为失色。

能够邂逅MUKA Concepts让我觉得非常幸运。诚实的说，这是我所接受过的最棒的面部疗程之一。



Richard Williams

Richard Williams是常驻巴厘岛的水疗顾问，在水疗行业已积累了24年的丰富经验，曾为奇瓦颂、曼谷和上海的半岛酒店提供水疗服务，并与AWLake.Design水疗公司共同负责亚洲五星级酒店项目，后建立了自己的水疗顾问公司6Degrees Spa Consulting。Richard是斯坦德大学巴厘校区的特邀讲师，主讲水疗开业筹备、概念开发与运营管理方面的知识。

Richard Williams is a freelance spa consultant based in Bali, Indonesia with some 24 years plus, in the spa and wellness industry. He has worked for Chivasom and The Peninsula Hotels in Bangkok and Shanghai, managed a wellness resort in Bali, worked with AWLake.Design before opening his own company 6Degrees Spa Consulting. He mentors spa teams for two eco-resort private islands and lectures at Stenden University Bali Campus on Spa openings, Concept and Spa Business Development.

# An Enchanting Facial Experience that Breaks the Norms

**This project is more like an artistic passion rather than a spa initiative, and I am so impressed.**

**By Richard Williams**

The facial at Muka Concepts had come highly recommended by several spa colleagues, creating a name for themselves with their somewhat famous lifting and toning strong facial massage and their locally sourced and culturally curated organic products. I was particularly interested in their intra-oral, buccal massage, (inside the mouth) — as a qualified cranio-sacral practitioner, I was also trained to work inside the mouth to release jaw tension, (TMJ dysfunction, temporo-mandibular joint), amongst other things.

MUKA Concepts is made up of a retail store with beautifully soft bamboo fibre apparel for yoga and casual wear, the MUKA Organics products, copper gua sha facial massage tools, beautifully hand-crafted incense, bags, hats and cool eyewear. The treatment space is like a warehouse, industrial design with polished cement, hewn wood, loungers for the facials, seating for tea as well as “the lab” where the products are freshly made. What I so liked about the space and its energy was that it was so very far away from what we would call a traditional spa. There is cool African and Brazilian beats coming from the sound system, a warm breeze wafted in from the semi-open

area, which I was to share with someone else who was having a facial.

It's not what I call “spa-la-la” kind of place or treatment. This is someone's passion, an easy and natural space with no contrivance or pretension, an authentic welcome from my Balinese therapist Ami, who has worked with MUKA Concepts for 6 years already. As I lay shirtless with a soft bamboo throw cover, steam is used, and the cleansing began with a fermented Noni fruit enzyme exfoliation. I could feel immediately how active the product was. Anyone who knows about Noni knows the aroma is not that pleasant... sacrifices have to be made! The sequence continues with various exfoliations including a coffee scrub and also salt.

Ami's hands were firm and confident and she gently advised me to softly open my mouth a little and allow my jaw and my face to relax. Lying there, I can tell you, I just felt like smiling, I was so happy to be the recipient of this polished, professional technique. My face felt great. Very warm towels are used to remove the products. If there is one thing I really hate, it's product left on the skin after a facial... but this was not the case here as everything was

removed so effortlessly and skillfully. They do extraction, Ami was very thorough and at no time did I experience any pain or felt harmed by the technique. After extraction, a galvanic-type tool was used. With a slight buzzing this pain free technique covered fully the face with a pain-free and anti-bacterial action. To be honest my skin will often become a little inflamed and red after extraction but when I check, I had no redness.

If I am not wrong, a turmeric oil was applied and used for massage and this natural anti-inflammatory must have been the vehicle to reduce redness, thereafter a turmeric and clay mask. Gloves are used for the facial massage that includes inside the mouth and with a thumb and index finger kind of pinching and stroking in long movements, it really felt like a skin fitness, yoga facial workout! This is not for the faint-hearted, I might add. Those used to “spa-la-la” may not be able to take the very strong pressure. But I can tell you, I felt like I had a new face!

Another product was the Muka Serum, kept refrigerated. This serum consists of seaweed and aloe vera, an absolute hero product. I am now using this on a daily basis, a perfect light, yet hydrating elixir that really suits living in a warm, tropical environment.

MUKA Concepts is the brain-child of Iris, a hip, Albanian/Russian woman whose journey brought her to Bali via Miami, where she worked and owned spas as well as at Harper's Bazaar, and in the fashion industry. This project is more like an artistic passion rather than a spa initiative, and I am so impressed. I can say she is a member of the industry disruptors who plays by her own rules and does not seek to follow the norm, which, let's face it, we have all become a tad disenchanted with.

I am so lucky to have found this spot and can frankly say, one of my best facials ever!

*Instagram: muka concepts intuitive herbology*

*Facebook: Muka Intuitive Herbology*

