

疗愈圣地

巴厘岛金巴兰湾四季度假酒店The Healing Village Spa的身心蜕变旅程。
6 Degrees水疗顾问公司创始人Richard Williams文

巴厘岛金巴兰湾四季度假酒店的The Healing Village Spa就像一座罗马神话中的维斯塔神庙。这里流淌着一股神圣的能量，焚香、吟诵、花祭每天都在有序地进行着，绝大多数员工和理疗师都是巴厘岛本地人。SPA行业里经常会用到“养生圣地”一词，用来形容The Healing Village Spa再适合不过。经过翻新的SPA水准已达到最高级别，异域匠心工艺与奢华的西方现代元素和谐融汇。主要设施包括健身中心，瑜伽室，男女独立更衣室，水热体验区，休息区，敞亮通风的接待区，以及精品店。瑜伽室里放置着水晶颂钵，并设置了进行空中瑜伽所需的丝绸缎带。理疗套房内则配置有Gharieni电动理疗床，以及独特的沙浴疗法床。试想一下，温暖的石英晶粒将你层层包裹，激活能量，而且这个疗法床是可以旋转的，你甚至会被倒置过来，专业名称为：特伦德伦堡体位，可帮助缓解低血压、改善心输出量、辅助体位引流、消除腿部水肿等。来到户外长寿花园(Longevity Garden)，可体验水瀑淋浴、红外躺椅、沉浸式冰水池、DIY泥裹敷和身体磨砂护理等项目。

The Healing Village Spa栖息在山顶，顺着蜿蜒的石路可以下到酒店大堂，再往下走便是海滩。SPA主要由木质和玻璃元素建造，精心修理的绿荫景观环绕四围。踏入敞亮的接待厅，疗愈之旅至此开始。

我找了个舒适的角落坐下，SPA员工为我递上了散发着淡淡芳香的清凉手巾和一杯冰镇洛神花茶，我顿时凉爽下来。接着，我完成了在线健康问卷填写，主要是询问有没

有过敏史和一些健康问题。在这之前，我刚从新西兰(疫情爆发后我在那里呆了18个月)回到巴厘岛，花了足足三天的时间搬家、整理、打扫、组装家具，可以说是全身酸痛，同时在心理上也有些不适应。因此我才来到The Healing Village Spa，主要目的就是为了获得治愈。我选择了Gemstone Joy疗程，这项深层疗愈的焕能按摩中使用了石英水晶宝石、I-Sun按摩精油，并结合了人体脉轮理论。

选好疗程后，我拿到了更衣室的钥匙，钥匙上别着一串小小的贝壳。穿过巴厘岛式的传统木门，进入理疗区，首先映入眼帘的是一尊精美的度母女神雕塑(Goddess Tara)。之前我一直以为度母来自于佛教，那天才知道度母在印度教中也同样被信奉。度母象征着女性的原始能量，也是慈悲和守卫女神。这让我再一次联想到了罗马神话中的维斯塔神庙。

要重新适应巴厘岛的生活还需要时间，32度的高温让我压根没想着去体验蒸汽浴、桑拿或是按摩浴缸。我选择了户外花园里的冷水池，它很好地帮助我将核心温度降低到了一个更加舒适的水平。

时间刚刚好，理疗师Eka出现在了我的面前，并做了自我介绍，然后带我去理疗套房。穿过深色木质大堂，双开门缓缓滑开，进入了宽敞的理疗室，房间内温度正好。Eka请我坐下，进行了足浴礼。双脚浸泡在巴厘岛芳香花卉的水中很是舒适，Eka拿着浮石对我的双脚进行了轻柔的擦拭。足浴结束后，Eka向我说明了接下来要体验的疗程，并摆上了会在按摩中使用的精油。葡

萄籽油、向日葵油、荷荷巴油，薰衣草、罗勒、缬草提取物、紫水晶等融合而成的草本油散发着迷人的芬芳，令我心升愉悦。我头朝上躺在了理疗床上。床品使用的天然亚麻布非常柔软、轻盈。得益于电动理疗床，理疗师不用再慌乱地四处找毛巾，把客人的腿抬起来，只需按一下按钮，Eka就能将我的膝盖弯曲到最合适的位置。电动理疗床不仅为客人提供了舒适的体验，也能保护理疗师免收损伤。如果是无法调节的传统理疗床，理疗师往往会在提供疗程的过程中经历不同程度的背部损伤。

我不喜欢敷面膜，因为对于我来说，一般的面膜都太小了，在转头的时候很容易滑落。

随着Eka开始轻柔而有力地按压，我的呼吸变得平缓，开始从压力里逐渐释放，卸下了所有防备。大幅度的纵向按摩坚实而力度适中，和夏威夷式Lomi Lomi按摩有点像，带来了深度放松之感。灯光、温度、音乐的声音、按摩的力度，一切都恰到好处。

躺在那里，思绪放空，梵文唱诵轻柔地向我袭来，我感到如此舒怡。我很感恩，Eka没有试图与我对话，确实不需要过多言语的交流，我对她的专业技艺和感知能力都充满信心。有着SPA背景的客人们往往很难让自己安静下来，我们会自动思考和询问一系列问题，比如理疗师正在做的是哪套按摩法，她正在使用身体哪个部位进行按摩，播放的是什么音乐，使用的是什么精油，窗帘的材料是什么，哪里可以买到这样的床品等等。我们这些SPA专业人士不知不觉间变成了洪水猛兽。我们应该学会安静，让自己真正的放松下来。是的，我们已经无

数次地这样说过。

接下来的环节，Eka在我的身体上、手上放上了水晶，有的是加热过的，有的则是冰凉的。这不仅让我的身体倍感舒适，并且在心中，感恩之情亦油然而起。

Eka轻声提醒我翻身朝下。望着下方色泽明艳的金盏花，在满满的幸福感中我深深吸入精油的怡人芳香，我问Eka使用的是什么精油，她说是紫水晶，这就没错了，和开始足浴时使用的一样。

Eka按摩着我的双腿，我感到从她的双手中传递出的温暖和力量，在她坚实的手法下，我自如地呼吸，这就是我想要的。在疗程前我就告诉Eka，不要太用力，当时我的状态实在无法承受深层组织这类的按摩。而Eka的力道正合我意，坚实、充满能量、治愈、滋养……

腹部按摩很彻底。我曾被教导，hara(肚脐区域)是“你的宇宙中心”。各样的情绪都在这里汇集。按摩该部位开始时可能会让人感到些许的侵犯性，但当你放松下来，这项按摩可以帮助你释放旧的情绪。同时也有助于改善肠道组织，缓解肠易激综合征和便秘。

当Eka的双手移动到我的脖子和头部时，我已经昏昏欲睡了。她让我最后一次翻身。我对这次的面部和头皮按摩很满意，最后她使用水晶棒按摩了我的面部穴位，作为完美结束。

我无法用语言来形容，自己感到多么的放松而充盈，这就是一个好的疗程加上一位专业理疗师的结果。很诚实的说，我无法从Eka身上挑出半点错误，非常专业。

Eka将接下来的时间交给了我。我来到户外，坐在水景旁的躺椅上，享用着印尼特色Jamu姜黄草本茶，不知不觉中把一整壶都喝完了。

然后我参观了SPA接待厅旁的美发沙龙。这是在前不久5月30日，意大利明星造型师Rossano Ferretti开设的印尼首家沙龙。他所创造的“Ferretti Method”高度个性化秀发造型法在全球获得拥趸无数。驻店造型师Raffaele Bruognolo之前在北京的R.F沙龙工作了5年。

真真是一座疗愈之所，正如其名：The Healing Village。只要你允许，时间便仿若停滞，任由你肆意放松、恢复。在SPA行业里，“养生”似乎已经沦为一个很商业化的术语，然而，当你真正体验到了身心蜕变，才能领悟“养生”的真谛。

在此我也非常感谢四季酒店的区域水疗总监(巴厘岛、马尔代夫、泰国、越南)Luisa Anderson女士，她是一位经验丰富的SPA与养生专家。也是她将The Healing Village Spa打造得如此成功，每一个细节，每一个触点都深入人心。

随着全球旅行的开放，我衷心邀请你再来巴厘岛看一看，并且不要错过金巴兰湾四季度假酒店的The Healing Village Spa。



A Healing Sanctuary

**A transformational experience at The Healing Village Spa of
Four Seasons Jimbaran Bay, Bali.**

By Richard Williams, the Founder of 6 Degrees Spa Consulting

The Healing Village Spa I would liken to the Roman temple of Vesta. Why? Because there is an energy of sanctity here. This spa, predominantly run by Balinese women, is where you find the burning of incense, the murmuring of sacred incantations, floral offerings to Gods and Goddesses. When we, in the spa industry talk of “sanctuary” in our spa environments, this is it.

The spa was rebuilt and fitted out to the highest standards. The beautiful blend of colonial craftsmanship and luxe western finishes. A fitness center, yoga room, replete with aerial silks and crystal singing bowls, a male and female locker and thermal area, relaxation spaces, a light and airy reception with botanical views and boutique. In the treatment suites you will discover fully electric Gharieni treatment tables and a very special Psammotherapy table, heated with quartz crystals to warm you, energise you and even invert you. This is called Trendelenburg function - it can help reverse hypotension, treat low cardiac output, assists for postural drainage, reduces leg swelling, and many other conditions. There's also the Longevity Garden with waterfall showers, infra-red loungers, an ice immersive pool and DIY mud and scrub offerings.

Occupying the crest of a hill with stone paths that wind down to the hotel reception

and further to the seaside, the Healing Village Spa sits resplendent in wood, glass, and beautifully manicured landscapes. The bright, light filled reception is inviting as the door is opened for you and this is where the healing journey begins.

I sat at a comfortable corner and was offered a fragrant chilled towel and iced rosella tea, calming, cooling, lush. I had filled in the health questionnaire online, which identifies any red flags like allergies, sensitivities, health issues. I had just spent 3 days moving house, lifting, cleaning, clearing, assembling furniture. I had just moved back to Bali from 18 months in New Zealand. I was sore, emotionally fragile, mentally, and physically weak. I was here for healing, and hence had chosen the Gemstone Joy. A deeply healing and energetic massage with quartz crystal gemstones using massage oils from a range called I-Sun, infused with gemstones, and used at different chakra points.

Once signed and sealed I was escorted with locker key, a cord of small seashells attached, to the changing room and thermal area. Entering the spa treatment area through the wooden Balinese doors, I am met with an imposing statue of the Goddess Tara. I had always thought of Tara as a Buddhist deity but was told she is followed by Hindu alike. She is the female primordial energy known as “shakti”

and is appropriately the goddess of compassion and protection. Again, I imagine a connection to the Roman Vestal temple.

Returning to Bali still takes time, with a mean temperature of 32degrees Celsius there was no way I was launching into the steam, sauna or jacuzzi. I found chilled respite sitting in the cold plunge, in a small outdoor garden area, lowering my core temperature to a more comfortable level.

Right on time, there is my therapist Eka introducing herself and escorting me to the treatment suite, replete with a dark wood lobby, double pocket doors slide open to a large treatment room, comfortably cool, I was invited to take a seat for my foot ritual. Steeped with Cempaka Cananga, (fragrant Balinese flowers), and aqueous oil to soothe and cleanse tired feet, Eka gives them a gentle buff with a pumice stone. The treatment is explained, and the oils are lined up, and I could see what was going to be used for the massage. I was drawn to the aroma of the Amethyst oil. A rich herbal infusion of Grapeseed oil, Sunflower oil, Jojoba oil, Lavender, Basil, Valerian extract and Amethyst gemstone. Once cleansed I was invited to lay face-up on the treatment table. The first thing that struck me was the natural linen used. Soft enough, light enough and discrete enough for the draping. Without having to fumble through towels and lifting legs, the therapist at the touch of a button was able to flex my knees to the most comfortable position. Electric treatment tables not only provide your guest with the most comfortable experience they also protect the therapist from occupational fall out, particularly back issues with practitioners of varying height, damaging themselves with non-adjustable treatment tables. I don't like using a face mask as I often find them too small for me and prone to slipping off if you move your head.

As Eka began with energetic holds and gentle, physical compressions, my breathing eased and slowed, and I found myself in the process of decompression and surrender. The confident longitudinal massage strokes were firm but not too strong. Slightly like a Lomi Lomi stroke, they are deeply relaxing. At the beginning, my comfort was checked...the lights, the temperature of the room, the volume of the music, the massage pressure.

As I lay there, detaching from my thoughts, so delighted to hear the chants of Sanskrit mantras wash over me, I was so appreciative of Eka's restraint. There was no need for conversation, I was confident in the professional hands of my intuitive therapist, to truly



relax. Those of you from a spa background will know, it's not easy to switch off. We are by default, always "on". Thinking what technique is being used, what body part is the therapist using to deliver that move? What music is playing? What oil is being used? What material are the curtains? I wonder where they bought the linens?!! Those of us from operational backgrounds can be monsters! We need to learn how to switch off. We need to practice what we preach..." give yourself permission to truly relax" ...how many times have we said that, taught that, written that.

During this part of the treatment, I couldn't help but notice the use of the crystals being placed upon my body, to my hands, to my chakra points. Warmed gemstones, chilled gemstones. My body thanks you, I thank you, I am in a state of gratitude and grace...

By the time I was asked to turn over, I can say I was deliriously content, I think this is where I unconsciously dribble, eyes rolling as I look upon the intense orange marigolds in the dish below me. I recall asking what the oil Eka was using as I deeply inhaled this aroma. She said Amethyst which came as no surprise as that was the oil, I had noted during my foot ritual.

There was warmth and strength in those hands as she worked my legs, I was able to breathe through the firm strokes, as I knew I needed this. I had asked for soft pressure, and I knew I wasn't going to be able to tolerate anything too deep-tissue and that was the beauty of this treatment. It wasn't supposed to be real hard pressure. It was firm, energetic, healing, nurturing.

The abdominal massage was thorough. The "hara," (the umbilicus area), I was taught once, is the "center of your universe." A lot of emotion can be held here, massaging this area can be at times, invasive but ultimately, if you can surrender to it, a great way to release old feelings. It is also great organically for gut, intestinal and colon issues, such as IBS and constipation.

By the time Eka reached my neck and scalp I had most definitely dozed off. I was asked to turn over one last time. I love face and scalp massage and crystal wands were used on meridian points on my face to complete the treatment.

I cannot tell you just how relaxed and grounded I felt. What an amazing treatment by an incredible therapist. Honestly, I could not fault her work, very professional.

Eka allowed me time to return to reality, robe and sit quietly at a water feature in the outdoor lounge with delicious semi-dried and sweetened rosella flowers and a pot of "Jamu", which is a medicinal Indonesian herbal tea with turmeric and ginger. I drank the whole pot; it was just so good.

I was shown the lovely intimate Hair Spa adjacent to the spa reception, where Italian celebrity stylist Rossano Ferretti will open his first salon in Indonesia, May 30th, 2022. Known for the Ferretti Method, a highly personalized styling approach which works with the natural fall of the hair; has gained a global cult following. Raffaele Bruognolo will be the resident stylist, having worked 5 years at the R.F Beijing salon.

Truly a Healing Village, time will stand still if you allow it, you will be allowed to take your time, as I said, you are able to give your SELF permission to truly relax and recharge. In the spa industry the term "wellness" is bandied about as some new commodity, but when transformation can take place, this is the authentic wellness experience.

Full credit must be given to Ms. Luisa Anderson, Regional Spa Director, Bali, Maldives, Thailand, Vietnam, a veteran in the spa and wellness industry. This has been her project; the vision ignited several years before, and she has brought the Healing Village Spa to life. The detail and holistic touch points do not go unnoticed.

As borders open and we are able to venture out once more into the world, I encourage you to revisit Bali, Island of the Gods and to experience a healing journey at The Healing Village Spa, Four Seasons Hotel, Jimbaran Bay, Bali, Indonesia.