

Helping make Bali plastic free, one straw at a time!

The eco-team at Villa Gaia developed glass straws made from extra thick glass that does not strain or absorb flavors. The holder is hand woven from 50% organic fabric and 100% organic dyes by physically disadvantaged Balinese. A cleaner ensures they remain hygienic.

For every one that is purchased, another is gifted to warungs that cannot afford to purchase. They are sold at many popular restaurants, so please ask. When you purchase two, you are actually leaving another two behind to help keep Bali clean and sustain livelihoods for the less fortunate.

Information: www.gaiaretreatcenter.com www.baliangels.org

Ayurvedic Massage – one of a kind

The profound healing powers of Ayurvedic Medicine have long been recognized and valued, making it a frequently encountered modality. However, one unique Ayurvedic treatment not found everywhere is the Chakra Dhara massage exclusive to Botanica Spa in Jalan raya ...in Ubud, having been specifically tailored for the modern day traveler seeking to balance the energy flow and purify body, mind and spirit. This 2.5 hour treatment includes one litre of warm herbal oil being gradually run over the chakra points while the professionally trained therapist massages to eliminate toxins and other impurities. This indulgent treatment also promotes circulation, increases flexibility and relieves pain and stiffness. If you are looking for a unique spa experience, book your session at Botanica Spa on ph: 0361 976 739 or www.balibotanica.com



*Experience
a full day at*



- Transport from/to your hotel (Ubud)
- Ayurveda Chakra Dhara (2.5 hours)
- Body exfoliation and flower bath
- Lunch at **bridges Bali**
- Facial and hair crème bath

Full day treatment only IDR 950,000

Jl. Sanggingan, Ubud - Bali

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