

# Touching Senses The Oberoi, Bali

Monday



## The Oberoi Spa recommends "Exotic Indulgence"

This signature experience is a harmony of therapies for complete body cleansing, nourishing and rejuvenation. The session begins with a full body exfoliation to soften the skin. This is followed by a body wrap and massage of your choice

Meet up at The Spa to enhance your overall beauty



## Place of Interest "Kuta"

Kuta was originally discovered by tourists as a surfing paradise. It has long been a popular stop in Southeast Asia. The Beach is safe, partially clean, well-maintained, although the beach vendors remain annoying pushing massage, hair braiding, cigarettes and surfboards

Please contact our Concierge for further arrangements.



## Fun activities for children "Egg Painting lessons"

Children will learn how to paint a Balinese motif painting on the egg. Here children will be assisted by a Balinese Painter, I Wayan Muliana.

Please contact our Concierge for further arrangements



## Unplugged Jazz

Start the evening with an aperitif at Kayu Bar from 6.30 to 8.30 pm, where a live Jazz trio will keep you entertained

## Chef's recommendation

Guests can take a front row armchair seat for a more informal and casual dining alternative.

Join us at the poolside Kayu Bar where a live unplugged Jazz trio will keep you entertained from 6.30 to 8.30 pm

## Thought for the day

" Knowledge comes...

But wisdom lingers..."

**Lord Tennyson**

# Touching Senses The Oberoi, Bali

Tuesday



## The Oberoi Spa recommends "Island Aromatic"

The session begins with a full body exfoliating scrub to prepare your skin absorb the benefit of the aromatherapy oils and massage. A blissful 90 minute massage follows and helps melt away tension and calm your spirit.

Please contact The Spa for a consultation

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## Place of Interest "Jimbaran - Uluwatu"

Jimbaran is just south of the airport and Kuta. This was formerly a real backwater of South Bali, just a tiny fishing village with a daily market. That all started to change in the 1980s and Jimbaran is now home to several 5 star beach resort

Uluwatu Temple is one of Bali's nine key directional temples which protect Bali from evil spirits. Ulu means "head", Watu means "rock" and Luhur implies "heavenly"

Please contact our Concierge for further arrangement

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## Fun activities for children "Balinese Culture"

Youngsters can explore the colourful Balinese culture through classes in the arts of Balinese dance, Rindik or Gender music. They can even learn how to make a Gamelan Rindik musical instrument.

Please contact our Concierge for further arrangement

## "Learning Rindik"

Join us to learn Balinese traditional music instrument xylophone "Rindik" with Wayan Winada during afternoon tea time at Amphitheatre from 4.00 to 5.00 pm

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## Chef's recommendation

A most secluded and romantic spot for the perfect dinner... private dinner by the beach...

Contact our Food and Beverage team for more details.

## Thought for the day

The greatest weapon against stress is our ability to choose one thought over another..."

**William James**





# Touching Senses The Oberoi, Bali

Wednesday



## The Oberoi Spa recommends "Shirodhara"

Rhythmic precision in the gentle flow of warm oil directed onto the forehead and is believed to awaken the third eye, which in turns triggers healing and restores good health... This therapy is particularly effective in calming the mind, relieving head pains and freeing anxiety leaving the mind to recuperate

Please come to The Spa for a consultation



## Place of Interest "Ubud"

A town in central Bali, is regarded as the cultural centre of Bali. It is famous as an arts and crafts hub and much of the town and nearby villages consists of artists workshop, museum and galleries.

Please contact our Concierge for prices and reservations.



## "Afternoon Tea"

Complimentary Indonesian style afternoon tea is served from 16:00 to 17:00 from Sunday to Monday at The Amphitheatre while enjoy sweeping views of Seminyak beach



## Keroncong performance

Dine at Kura Kura Restaurant with Indonesian classic ensemble "Keroncong", not to be missed from 8.00 pm to 10.00 pm.

Soft ballads by Made Sudiarta and friends create the most memorable evening for your dinner.

## Thought for the day

" Vision is...  
the art of seeing the invisible...

**Jonathan Swift**

## Chef's recommendation

Try the famous Rijstaffel dinner with Keroncong performance at Kura Kura Restaurant.

Contact our Food and Beverage team for Romantic Menu Dinner and more details.



### Yoga in Garden by the Sea

You are invited to experience complimentary yoga, class for beginners which emphasizes breathing exercises. The yoga session starts at 7.00 am for approximately 1 hour



### Place of Interest "Besakih"

Besakih is known as Mother Temple of Bali. This Mother Temple is actually a complex made up of twenty-two temples that sit on parallel ridges. It has stepped terrace and flight of stairs which ascend to a number of courtyards and brick gateways that in turn lead up to the main spire or Meru structure, which is called Pura Penataran Agung. All this is aligned along a single axis and designed to lead the spiritual person upward and closer to mountain which is considered sacred.

Please contact our Concierge for further information.

### Fun activities for children "Drawing Lessons"

Art is omnipresent in Bali, almost everyone in Bali is an artist of some sort, so this is a great place for kids to learn and practice their drawing skills during Afternoon tea at Amphitheatre from 4:00 to 5:00 pm

Please make a reservation through our Concierge



### Ramayana Dance

It's an evening not to be missed around our Amphitheatre where you will experience true Balinese Culture, Ramayana dance from 8.00 to 9.00 pm

The Ramayana Ballet presents one of the most famous legends of Rama's life in the forest, and the abduction of Sita by Rahvana.

Reservation is recommended to Restaurant reservation

### Thought for the day

" A goal without a plan is just a wish..."

Antoine de Saint-Exupery

### Chef's recommendation

Try Chef's of 3, 5, 7 or 9-course tasting menu and enjoy Legong dance performance at sea-side Amphitheatre.

Please inquire to our service representative for recommended Degustation Dinner menu by Chef Enrico Wahl.

# Touching Senses The Oberoi, Bali

Friday



## The Oberoi Spa recommends "Skin Care by Omorovicza"

World renowned spa brand, Omorovicza is used exclusively for all of our facials. Inspired by nature and drawing on the latest scientific advances in mineral cosmetology, the Omorovicza skincare range has a rich, romantic heritage, applying unique healing waters to innovative skincare

Consult our Spa for its various treatments



## Place of Interest "Bedugul & Jatiluwih"

Bedugul is mountain lake are in central highland of Bali. This is an area of great natural beauty.

Jatiluwih village in Penebel, north of Tabanan has paddy fields following the contours of terraced and against the background of spellbinding Mount Batukaru and Mount Agung

Please contact our Concierge for further information.



## Fun activities for children "Sport Lessons"

Ibu Muriani, a dancer from Kerobokan village will teach her students the delicate art and know how of Balinese Dance. You will experience first hand, a teacher of art, passing on her skills to a new generation.

Join us for this special moment during afternoon tea time at Amphitheatre from 4.00 to 5.00 pm

## Thought for the day

"Imagination is the eye of the soul..."

**Joseph Joubert**

## Chef's recommendation

Enjoy Rottiserie Barbeque chicken for lunch at Frangipani Café, with its magnificent views of the Balinese coastline.

It is a perfect venue for enjoying long, leisurely alfresco breakfasts and lunches. Colourful fringed parasols and bright chair-cushions match the mood of this seaside garden café, while smooth lawns dotted with frangipani trees, pandanus and coconut palms, roll down to the beach

# Touching Senses The Oberoi, Bali

Saturday



## The Oberoi Spa recommends: "Enjoy the 90 Minutes"

A 60 Balinese Massage is followed by 30 minutes natural scrub, leaving you refreshed, relaxed and rejuvenated.

Meet up at The Spa reception for a reservation



## Place of Interest "Tanah Lot Temple"

Tanah Lot Temple is one of important directional temples in Bali which protect Bali from evil spirits. Tanah Lot means Land Sea in Balinese. Located in Tabanan, the temples sits on large offshore rocks which has been shaped continuously over the years by the tides.

Please contact our Concierge for further information.



## "Afternoon Tea"

Complimentary Indonesian style afternoon tea is served from 16:00 to 17:00 from Sunday to Monday at The Amphitheatre while enjoy sweeping views of Seminyak beach



## Legong Dance performance

From Legends carried over through generations, Legong is the heavenly dance of the divine nymphs. Of all the classical Balinese dances, the Legong remains the quintessence of femininity and grace.

The Tirta Sari Dance Troupe and musicians are highly regarded masters of the Legong, and only perform in their village of Peliatan Ubud, Gianyar. They will perform exclusively for you at 6.30 to 7.30 pm in our Amphitheatre

Advance reservation at Restaurant Reservation

## Thought for the day

"There are many paths to enlightenment...

Be sure to take one with a heart..."

**Lao-tzu**



# Touching Senses The Oberoi, Bali

Sunday



## The Oberoi Spa recommends: "Stress Relieving massage"

Drawing upon Asian and international techniques, this oil massage combines soothing strokes and gentle stretching to loosen muscular tension. This flowing massage will evoke a sense of tranquility and rebalancing.

Please come to The Spa for a consultation



## Place of Interest "Seminyak"

Owing to its high density of high-end shopping, combine with the clustering of many fine eating establishment. It has rapidly become one of the most well known tourist area on the island.

Please contact our Concierge for further information.



## Making Balinese Offering

Come and join us at Amphitheatre from 4.00 to 5:00 pm to learn how to make Balinese offering while enjoying complimentary Indonesian style Afternoon tea.

Ibu Indra from Padangsembian village will share her skill makings "Canang Sari" Balinese temple offerings

Come and join us at Amphitheatre from 4.00 to 5.00 pm.

## Thought for the day

" The universe is full of magical things patiently  
waiting for our wits to grow sharper..."

**Eden Phillpotts**

## Chef's recommendation

Try Seminyak Beach set menu dinner in an elegant Balinese setting of Kura Kura Restaurant with Indonesian classic ensemble "Keroncong".

Soft ballads by Made Sudiarta and friends create the most memorable evening for your dinner, not to be missed from 8.00 pm to 10.00 pm.

Please contact our Restaurant Reservation for front row seat inquiry.