



**BLISS SANCTUARY
FOR WOMEN**

The Bliss *Experience*

Most of our guests come to Bliss needing some amazing time-out for themselves to rest, relax and follow your Bliss your way

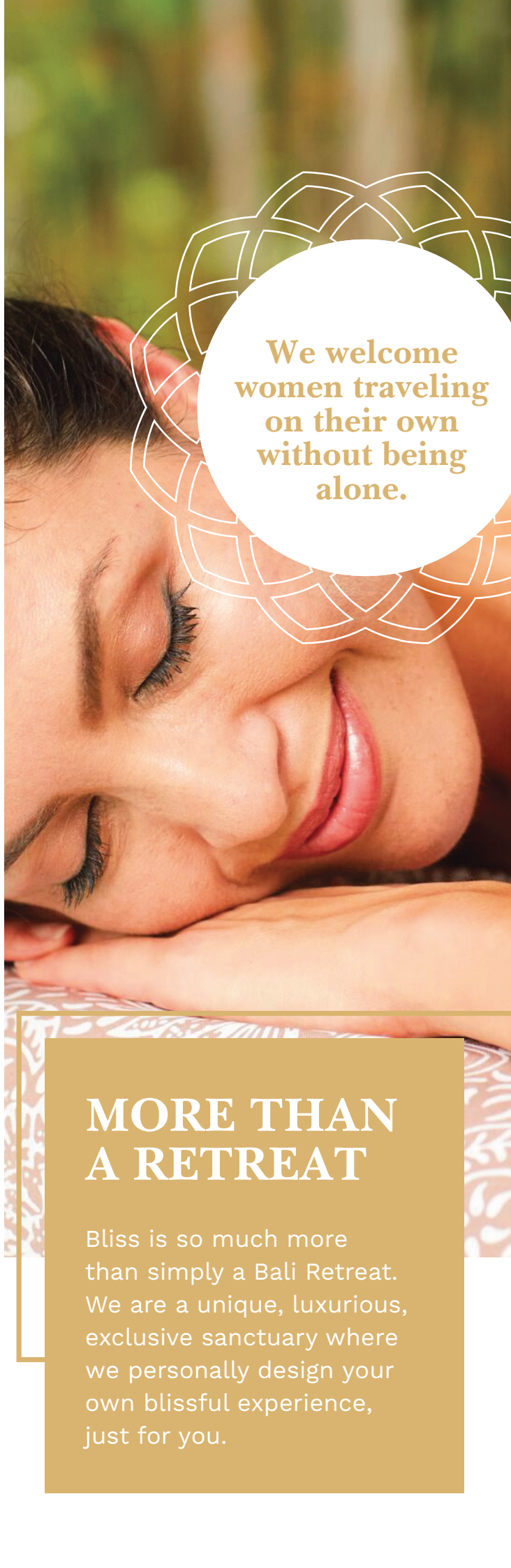
For each guest this can be a completely different experience. For some, their Bliss is about keeping active, eating well, seeing the sights and having down time with a book. It could be deep rest and relaxation, relishing in massages and treatments and seeing our amazing healers or maybe sitting around with other guests, sharing stories. For others, it is seeing as much of Bali with our amazing personal drivers, like your own personal sightseeing guides.

Whatever you consider Bliss, our hostesses are here to organise it for you. In a safe, trouble-free, easy environment, where we encourage our staff to 'flow like water' to achieve an experience befitting the week off you have taken for yourself.

That is where it all starts. You have taken time out, one of the greatest gifts from you to YOU. Not the you that is running around looking after others, or the you that has a huge to-do list. Not the you that is tired and worn out, but the real inner YOU that so often gets pushed to the side.

This is your time to reconnect in a way that feeds your soul. It could simply be a fun holiday that brings the joy back, or learning something new and invigorating like surfing, some new moves with a personal trainer, one of the amazing yoga classes or a deep and meaningful experience that you weren't expecting.

Whatever it is, it will be personalised to you and we are here to help facilitate it all in a gorgeous environment, with like-minded, small groups of women of all ages. All of our guests have one thing in common, they are here to follow their bliss, their way.



**We welcome
women traveling
on their own
without being
alone.**

MORE THAN A RETREAT

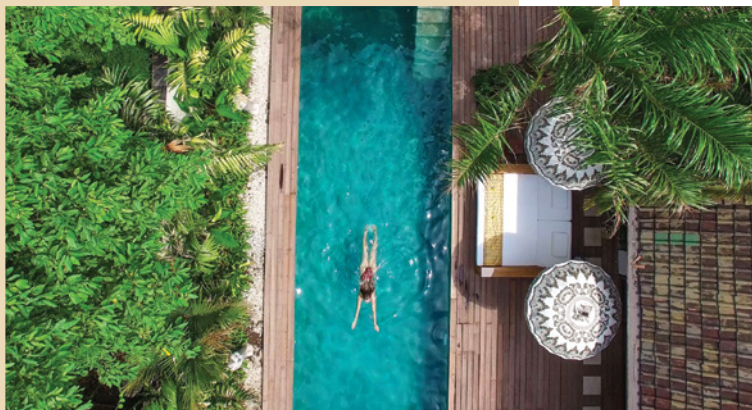
Bliss is so much more than simply a Bali Retreat. We are a unique, luxurious, exclusive sanctuary where we personally design your own blissful experience, just for you.



Restored + Reconnected

A unique holiday experience leaving you restored and reconnected.

- Unlimited Massages & Treatments Everyday
- Unlimited Yoga at Bali's premier yoga studios as well as on-site in our treetops yoga shalas
- Unlimited sightseeing—including a trip to Tanah Lot the Temple of the Sea (optional).
- Unlimited meals—cooked with love everyday. Both traditional and Western cuisine, including delicious options for all dietary types.
- Your own beautiful room within the sanctuary with oversized bed and your own ensuite bathroom with luxury bathtub
- Shared rooms are only for guests booking with friends. You'll never share with a stranger.
- Beautiful Large Sparkling Pools
- Bicycles to take out (Canggu & Ubud).
- The choice to get in the kitchen with our chefs and learn to cook some of our blissful dishes.
- Luxurious sarongs provided throughout your stay to wear for your comfort.
- Beautiful organic spa products to use in your rooms.
- Unlimited activities and options to enjoy each day.
- Handpicked healers to choose from during your stay.
- Personal drivers to take you wherever you would like to go.
- Dedicated hostess who will organise everything for a stress free stay.
- Personal itinerary consultation everyday
- Group trips for sunset cocktails at some of the most idyllic local VIP venues (optional and drinks not inc. in package).
- Peaceful Sanctuaries
- Airport Transfers





Vegetarian, Vegan, Gluten Free, Paleo or any other dietary requirements.

When traveling, food is such a big part of the overall experience, appealing to so many of our senses and contributing to the enjoyment of a new culture... we've taken that to a whole new level at Bliss!

Our food is renowned, cooked fresh, healthy, extremely yummy and with an amazing amount of choice. We have a huge array of Balinese fusion foods, some traditional Western travel favourites and a gorgeous wellness menu, all with the same things in common... they are scrumptious and cooked with love.

We Cater *for You*



Take a
deep breath
and imagine...

Luxury *Spa Treatments*

Our Bali Spa Retreat transcends the traditional with our uniquely designed experience blending into your overall blissful stay with unlimited treatments with every package.

- Aromatherapy Massage
- Herbal Ball Massage
- Blissful Balinese Massage
- Thai Therapy Massage
- Heavenly Hot Stone Massage
- Rejuvenating Cream Bath
- Silky Smooth Body Scrub
- Ridiculously Good Foot Reflexology
- The Beauty-ful Facial
- Balinese Manicure & Pedicure
- Wellness Bathing Menu also Available





Other Activities

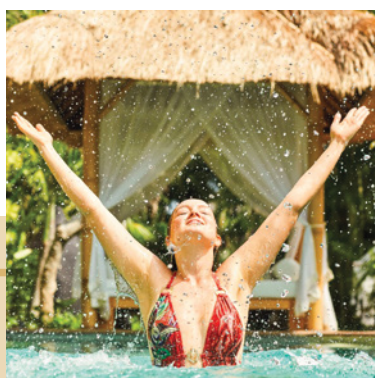
Bali has to offer

**Come on
an adventure
in Bali.**

Designed to meet all your needs for a beautiful blissful break, we create a carefree atmosphere you can enjoy without feeling the travelers pressures of organisation, isolation or fear of the unknown.

All of our activities can be included in one of our many packages, or pick and choose and pay as you go when you arrive!

- Meditation
- Unlimited Yoga
- Gym
- Trekking Tours
- Volcano Trek
- White Water Rafting
- Bali Elephants
- Bali Zoo
- Bali Safari Park
- Monkey Forest at Ubud
- Local Markets—Ubud or Seminyak
- Horse Riding
- Traditional Water Healing Mineral Springs
- Waterfall
- Visiting the Best Beach Clubs
- Thalasso Spa Therapy
- Surfing
- SUP
- Snorkelling
- Day Cruise
- Personal Training
- Personal or Group Pilates Classes
- Xtend Barre
- CrossFit
- Eco Bike Tour—Incredible Sightseeing Tour by Bike
- Handpicked Amazing Healers
- Over 20 other specialised treatments, such as teeth whitening, botox, colon hydrotherapy
- Acupuncture





Sanctuary *vs Retreat*

Why we are more than just a retreat:

- More package inclusions (all interchangeable)
- Totally flexible experience
- No sharing rooms with strangers
- Personal drivers
- Unlimited yoga
- All surf lessons 1:1
- No set agendas
- Everything is personalised and organised by our hostesses
- Small groups - personal service
- Choose your own arrival and departure dates
- No big groups for dinners, surfing or competing for treatment times
- We are specifically designed for women traveling on their own or with a friend

A note from our Founder, Zoë

“I designed Bliss Sanctuary for Women as a personal experience unlike any retreat. This came from my own life and travel experiences of needing some time out but not wanting to partake in group activities and wanting to enjoy everything on offer, but in my own time. I’m not a morning person, so I wanted to sleep in and choose what to do in the moment not written on a whiteboard or having to be ‘switched on’ within a group. I didn’t want any couples or kids around, just a handful of women to connect with over a shared meal so I didn’t have to go out and eat alone and could feel totally comfortable in my own skin. At Bliss, we offer all of that and more and I am so blessed and thankful that so many women follow their bliss and find it with us. I say follow your intuition and if this sounds like the holiday for you, we would love to have you.”



INFO & BOOKINGS

For more information visit:

blissanctuaryforwomen.com

For bookings please email:

bookings@blissinternational.com



**‘We have more
5 star Trip Advisor
reviews than any
other Bali Retreats’**

Winners of 2017–2022 World Luxury Hotel Awards

Luxury Healing Retreat (GLOBAL)
Luxury Wellbeing Retreat (GLOBAL)
Luxury Yoga & Wellness Sanctuary (GLOBAL)
Luxury Cultural Spa Retreat (GLOBAL)
Luxury Wellness Healing Retreat (GLOBAL)
Luxury Women's Retreat (GLOBAL)
Luxury Spa and Wellness Sanctuary (GLOBAL)
Luxury Yoga and Wellness Retreat (GLOBAL)
Luxury Wellness Villa (GLOBAL)
Luxury Wellness Sanctuary (GLOBAL)
Luxury Cultural Retreat (GLOBAL)
Luxury Spa & Healing Retreat (Asia)
Luxury All Inclusive Retreat (Asia)
Luxury Healing Retreat (Asia)
Luxury Yoga and Wellness Sanctuary (Asia)
Luxury Women's Sanctuary (Asia)
Luxury Cultural Retreat (Asia)
Luxury Wellness Retreat (Asia)
Luxury Holistic Retreat (Asia)
Luxury Wellness Hotel (Southern Asia)
Luxury Wellness Hotel (Indonesia)

Global Luxury Hotel & Spa Awards

Best Luxury Women's Retreat – Bali

Luxury Lifestyle Awards

Top 15 Wellness Retreats in Bali
Best Luxury Wellness Retreat in the World
Best Luxury Wellness Retreat in Indonesia

M&A Today - Global Awards

World Luxury Retreat of the Year Canggu (Bali)
World Luxury Retreat of the Year Seminyak (Bali)

Legal 100 Asia

World Luxury Retreat of the Year

LUXLife

Most Luxurious Womens Spa Retreat - Bali

Legal 100 Asia

World Luxury Retreat of the Year

iLuxury Awards

Luxury Retreat - Womens Retreat



**BLISS SANCTUARY
FOR WOMEN**