



GDAS BALI HEALTH AND WELLNESS RESORT
Ubud, Bali

FACT SHEET

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OPENING DATE	4 th October 2022
AFFILIATION	SLH (Small Luxury Hotels of the World) Mr & Mrs. Smith
OWNERSHIP	PT. Rush Samadhi Circle
LOCATION	Gdas Bali is located in the village of Mas, home to generations of skilled Balinese artists from painters to sculptors, wood and stone carvers. The resort overlooks acres of lush paddy and provides the perfect retreat for visitors seeking a holistic healing experience within a retreat. Gdas Bali is only a quick 5-minute drive to the center of Ubud, the hub of shopping, dining, and entertainment, but feels a world away amidst privacy and serenity. It is the perfect place to relax, recharge and rejuvenate.
HOTEL DESCRIPTION	Nestled amidst the beautiful Balinese countryside, Gdas Bali is a luxurious retreat offering 27 stunning rooms and villas. It is the perfect destination for the discerning traveler who is seeking a premier resort experience within a stunning and exclusive environment, paired with excellent accommodation and genuine

Balinese hospitality from the heart. Guests will wake up to the soothing sounds of nature, in a cocoon of rest and relaxation. Guests can choose from 2 accommodation categories, both beautifully and thoughtfully designed and to embrace the natural surroundings and maximize natural sunlight. Facilities and amenities include a spa and wellness centre, a fitness centre, a library, an event space, a vegan restaurant, a resort boutique and two yoga studios that overlook the lush paddy fields which surround the resort.

ARCHITECTURE

The resort is a seamless coming together of traditional Balinese architecture with modern and contemporary designs. Interiors are modern and sleek, paired with gorgeous intricate designs to highlight the culture and heritage of Bali. The work of Bali's talented craftsmen and artisans can clearly be seen here in selected ornaments and artworks, created lovingly from scratch by the artists of Mas village. The entire room emanates a feeling of warmth, comfort, and ease - a home away from home where you can fully relax.

INTERIOR DESIGN

Each accommodation and the entire resort showcases superb detailing in design, from the luxurious textiles used to the furniture, colour palettes and artworks on display. Sustainable, high-end solutions were selected, combined with a personal touch for guests to feel pampered and at ease.

GUEST AGE

Guests under years old are considered children, and others are considered adults. All guests must be at least 17 years old to register.

ACCOMMODATION

Gdas Bali has 27 accommodations in two categories.

Grand Deluxe

There are 24 units of Grand Deluxe rooms, the leading accommodation category here at Gdas Bali. Each unit measures 45 sqm, and comes with professionally-designed, elegant interiors, lush views of the rice fields and jungles beyond and floor-to-ceiling glass doors and windows for maximum natural daylight. The room is fully-equipped with a plush king-sized bed and unique touches that reflect the history and culture of the surrounding village. The bathroom is luxurious and spacious, featuring a green marble vanity, a glass-enclosed rain-shower and a deep stone bathtub. The work of Bali's talented craftsmen and artisans can clearly be seen here in selected ornaments and artworks, created lovingly from scratch by the artists of Mas village. The entire room emanates a feeling of warmth, comfort, and ease - a home away from home where you can fully relax.

Room size : 45 Sqm
Quantity : 24 unit
Bed type : Double/Twin

- 8 Grand Deluxe Room with Terrace Paddy View

- 8 Grand Deluxe Room with Balcony Garden View
- 8 Grand Deluxe Room with Terrace Garden View

Prestige Pool Villa

There are three Prestige Pool Villa, each measuring 120 sqm spread on 2 levels. Each villa is housed in a standalone building, with floor-to-ceiling sliding doors and windows for unimpeded views of the outdoors. Modern and luxurious, there is a living and dining area, a kitchenette, an outdoor terrace, and a private pool overlooking the rice paddies. The Prestige Pool Villa is the ideal choice for those seeking the ultimate indulgence and rejuvenation amidst nature.

Room size : 120 Sqm

Quantity : 3 unit

Bed type : Double

- 2 Prestige Pool Villa with Rice Paddy View
- 1 Prestige Pool Villa with Garden View

ALL ROOM FEATURE

- Lighted make-up mirror
- Walk-in rain shower
- Deep soaking tub
- Private balcony working desk
- Lights control panel on bedside table
- Controllable air conditioner
- Ipad and IDD phone
- 43-inch flat screen TV
- Satellite and cable TV options
- Complimentary Wi-Fi
- Tea & coffee making facilities
- Analog clock and sound dock
- Hair dryer
- Safe deposit box
- Scale
- Kimono and bathrobe
- Umbrella

ALL ROOM AMENITIES

- Deluxe toiletries (shampoo, conditioner, bath gel, body wash, bath salt, razor, dental kit, cotton buds, cotton pad, loofah, sanitary pad)
- Slippers
- Laundry and shoe bags
- 24-hour in-suite dining
- Same-day laundry, dry cleaning
- Welcome amenity
- Complimentary coffee, tea, and bottled water
- Special freebies for 'Honeymoon Couples'
- Twice daily housekeeping service
- Yoga mat upon request

- Iron and ironing board upon request

RESORT FACILITIES

Tangi Restaurant

The resort restaurant offers world-class vegan fare that will nourish the mind, body and soul. Guests can enjoy an elevated dining experience here overlooking the lush jungle and beyond. All ingredients used are fresh, organic and locally sourced.

Swimming Pool

Make the most of island living at our resort pool. While all villas come with their own private swimming pool, guests are welcome to commune and relax at the resort pool in shaded cabanas. Soak up the sun and enjoy relaxing views of the rice fields. Order from a selection of pool-side vegan bites and refreshing drinks.

The Garden Lounge

The perfect outdoor venue for events, parties, celebrations and ceremonies. Our team is on hand to assist you with your dream event, no matter large or intimate events. Guests wishing to meander through the garden lounge can do so while enjoying the lush views of the rice fields and the sunset.

Library

There are more than enough reading materials to keep your mind occupied and stimulated here at Gdas Bali. Our resort's unique reading room is well equipped with floor-to-ceiling bookshelves, filled with the most interesting books. Find your way to our library and explore our collection.

Yoga Shala

Daily yoga classes and yoga teacher training are held at the resort's yoga shala. Guests can practice in absolute peace, surrounded by the tranquil beauty of the rice fields. Our Gdas Bali main yoga shala is well equipped and makes of Ubud's tranquil beauty with views of rice fields and jungle. Yoga mats and yoga blocks are available to use. Additional equipment is available upon request.

Hot Yoga

Hot yoga is only available upon request and with advanced booking. A dedicated yoga room is heated using infrared heating which will heat you from within and warms you up for the ultimate detox. UV-C lights are also used to keep the space sterile and safe for all.

Gift Shop

There's always something for everyone at the resort's Gift Shop. Guests can choose from an array of carefully curated gifts and essentials which represent the Gdas Bali experience, whether clothing, souvenirs, or beauty products.

THE BALI EDEN

Welcome to The Bali Eden. With a clear vision and strong values, The Bali Eden's mission is to help guests achieve and maintain an optimal state of health based on Usadha Bali's philosophy integrated with the latest technology in western medicine. The Bali Eden was inspired by Taman Dewi, a tranquil, private retreat in Mengwi renowned for its herbs and natural, holistic medicine. The Bali Eden was established by Usadha Bali consultant and herbal specialist, Ibu Dewi. The Bali Eden is recreated here at Gdas Bali, offering unique traditional techniques, therapies, and the latest technology and the combination of science with Usadha Bali medicine for a healthier life. The Bali Eden is also open for non-staying guests. Day Passes are available for purchase.

Fitness Centre

Maintain your fitness levels while you're here with our state-of-the-art fitness centre. Make full use of the modern gym equipment or participate in various fitness classes like body combat, powerlifting and more, whether you're looking to build muscle, lose weight, and achieve your daily goals or anything in between.

Yoga Shala

Our yoga shala is a gorgeous tropical spot to stretch in and sweat. Surrounded by nature overlooking the lush rice fields, it is a versatile venue perfect for yoga and hot yoga classes led by dedicated and passionate teachers from Hatha to Vinyasa, Kundalini, Tantra, Fly High, and meditation. Yoga amenities are also available such as mats and blocks. The yoga shala can be booked for private group yoga classes or retreats.

Lanang Wadon Restaurant

Lanang Wadon Restaurant is a vegan restaurant located within The Bali Eden. With indoor and outdoor seating, the restaurant offers innovative and delicious, high-quality plant-based dishes. Our talented Chef will never cease to amaze with exciting and flavoursome dishes.

Traditional Bath House

Experience Bali's first-ever, authentic and traditional bath house. Immerse yourself in perfectly warmed, filtered and clean spring water and breathe in steam scented with organic herbs, spices and aromatherapy oils. Great for detoxification, easing muscle tension, aches and pains, and aiding in recovery.

Arana Spa

Arana Spa harnesses the beauty, energy, and spirit of Bali Island. Part of The Bali Eden, the space evokes the sensations of being in an ethereal garden, promoting blissful relaxation using treatments

based on Usadha Bali philosophy. Our expert therapists are professionally trained to provide long-lasting results using a combination of traditional and modern techniques. Wellness is our priority. From medical experts, natural treatments to high-intensity detoxes, Arana is the world's dreamiest wellness spa destination.

- **Infrared Sauna**

Ideal for those who are heat-sensitive, our infrared sauna helps relieve sore muscles and improves overall health and well-being. Just 20 minutes a day can result in better sleep, weight loss, pain relief, clearer skin and improved circulation.

- **Traditional Sauna**

The benefits of a team sauna are many, from clearing congestion and lowering blood pressure to easing joint stiffness, muscle pains and promoting relaxation.

- **Steam Room**

Our steam room is heated with a specially-designed steam generator. The humidity from the steam comes with myriad health benefits such as clearing congestion, improving skin health, lowering blood pressure, improving circulation, workout recovery, relaxation, and easing joint stiffness.

- **Warm Plunge Pool**

Hot water is used in holistic therapies to relax joints, ease muscle tension, reduce pain, stimulate blood circulation and promote relaxation. The water in the warm plunge pool is heated up to 40 degrees Celsius.

- **Cold Plunge Pool**

Cold water is used to improve blood circulation, improve sleep, increase energy levels, reduce inflammation, control anxiety, remove fatty deposits and speed up the metabolic rate. Contrast therapy can be used to treat injury and pain. The water in the cold plunge pool is cooled to 5-10 degrees Celsius.

Health Suite

The Bali Eden caters to all of our guest's needs including providing a safe environment where the process of healing is prioritised as the path to ultimate wellness, offering a wide range of healing treatments including:

- **Cryotherapy**

Cryotherapy, also known as 'cold therapy' is the use of extreme cold to treat a variety of health issues. The body is exposed to ultra-low temperatures between negative 90°C-150°C between two and four minutes. It provides a whole host of benefits including reducing inflammation,

accelerating recovery, anti-ageing, increasing energy levels and rejuvenating the body.

- **IV Drips**

The fastest and most efficient way possible to deliver nutrients to the body for the purpose of hydration, health and wellness. Your body will receive vitamins and nutrients directly into the bloodstream. Benefits include boosting your immune system, increased hydration levels, lower oxidative stress, slowing the ageing process, boosting energy levels, combating fatigue and accelerating wound healing. IV Therapy can also improve the overall health and appearance of your skin, hair, and nails, reduce wrinkles, repair UV damage, and brighten the skin.

- **Colonic Hydrotherapy**

Colonic Hydrotherapy is a colon cleansing process that uses a gentle flow of filtered water to flush out toxic waste and excess gases, while re-hydrating a constipated bowel. Flushing the colon removes faecal matter, gas and mucus, for a healthy gut. This will allow nutrients to be easily absorbed and can boost energy and enhance the body's immune system.

- **Live O2**

The simplest and fastest way to send large amounts of oxygen into the cells. Experience breathing high levels of oxygen while exercising. When oxygen levels are increased, waste gases and toxins are removed more efficiently and cells begin to function at optimum levels.

- **Salt Therapy**

Spend some time in our salt cabin to clean your respiratory systems and lungs effectively. This can help to reduce sneezing, coughing, and shortness of breath, while nourishing and revitalizing the skin. Seats up to 8 people max.

Locker and Changing Room

Lockers are available in the resort's changing room which comes with showers and changing areas. The changing room is luxurious and spacious, designed for guests' comfort and convenience. Privacy, safety and the utmost cleanliness are maintained to the highest standards.

GUEST ACTIVITIES

Yoga Class

Complimentary yoga classes are available every day for all guests, led by the resort's talented and certified yoga instructor.

Day	Types	Morning
Sunday	Hatta Yoga	07:00 – 08:00
Monday		07:00 – 08:00
Tuesday		07:00 – 08:00
Wednesday		07:00 – 08:00
Thursday		07:00 – 08:00
Friday		07:00 – 08:00
Saturday		07:00 – 08:00

Meditation Class

Practice moving meditation in the hot yoga room or simply sit in silence and meditate to the sound of the jungle and the river as it passes by. Classes are complimentary and are held every day from 14:00 – 15:00.

Balinese Dancing Yoga Lesson

A unique exercise, combining Balinese dance movements with yoga poses and techniques to still the mind, strengthen the body and expand the consciousness with posture, breath work, meditation and relaxation. Classes are conducted by an experienced instructor and are suitable for beginners.

Melali ke Banjar

Melali means “taking a leisurely walk” or “heading out” for a specific reason. Banjar is the village council that governs each local village. All Balinese in every village must participate in Banjar activities, especially when there is a meeting or a large ceremony to be held. Guests participating in this activity can interact and observe the local villagers as they go about their tasks while learning all about the Balinese way of life.

Traditional Hat Making

The traditional Balinese hat usually worn by Balinese farmers is called capil. Made from coconut leaves, these hats are unique and functional, and are really easy to make. Make your own to take home with you at our Traditional Hat Making Class.

Herbology Class

Have you ever wondered which herbs and spices give Balinese cuisine its exquisitely unique, exotic and distinct taste? Guests can join our herbology class to get to know the island’s rich treasure trove of herbs and spices.

Making Loloh

Learn the ancient art of making Loloh, a traditional Balinese healing elixir used to treat everyday ailments such as coughs and colds, chills and body aches, headaches, stomach issues and more. All-natural ingredients such as herbs, spices, roots, fruits and flowers are muddled, squeezed and stirred to create a herbal remedy. A famous variety is “Loloh Cemcem”, traditionally used to treat digestive and gut issues.

Making Canang Sari

Made from coconut leaf, betel nut, and lime, their base symbolizes three powers: creation, preservation, and unity. Flowers symbolize peace and tranquillity. The flower arrangement is sorted by color and meaning. The canang sari represents a symbol to demonstrate gratitude.

Balinese Dancing

The perfect complement to their Bali holiday, guests can experience dancing at the local Banjar alongside local Balinese children from the surrounding villages. This is an authentic experience – Balinese children have been attending traditional dance classes at their local Banjar for centuries, learning the intricate art of dance from the village's best dancer / instructor.

Shuttle to Ubud

A shuttle to and from Ubud central is available to all resort guests on a complimentary basis. Please check with the front desk for the shuttle schedule.

Shopping

Gdas Bali is only minutes away from Ubud central, a shopper's haven. Lining the streets are everything from designer boutiques, to franchise brands, accessories, arts and crafts, souvenirs, and beautiful handmade Balinese items like rattan bags, leather sandals, batik and more. Artworks like paintings, wood carvings and stone carvings can also be found here. Guests can also shop at the resort's boutique and gift shop.

Excursions

Guests can embark on a wide range of activities and excursions whether cycling through the Ubud countryside and visiting local villages, trekking through rice paddies, white water rafting, horseback riding, sunrise volcano trekking or visiting an elephant sanctuary. Please speak to our front desk for more information or to make a booking.

GUEST SERVICE

- 1 Health consultation during stay (minimum 3 nights stay)
- Complimentary participation in our mindful movement (yoga and meditation).
- Participation in daily resort activities.
- Complimentary access to The Bali Eden and use of the facilities such as gymnasium, swimming pool, warm pool, cold pool, steam room, traditional sauna and infrared sauna.
- Wi-fi internet in the room and resort area.
- Shuttle service to Ubud centre.
- Seasonal flowers in the room.
- Birthday/anniversary/honeymoon:



- Signature flower bath upon arrival
- Flower on bed upon arrival
- Hand bouquet
- Welcome amenities: cake and refreshments

UNIQUE FEATURE

- Gdas Bali is the very first health and wellness resort in Ubud that's fully equipped with modern wellness facilities and a health suite that's facilitated with Cryotherapy, Live O2, Colonic Hydrotherapy, and IV Drip treatment.
- We offer a combination of ancient Balinese healing rituals and modern therapy that are personalized to guests' needs.
- Gdas Bali is an eco-friendly resort with a commitment to sustainability to the island and especially the stunning village of Mas, Ubud.

DESTINATION

The town of Ubud, in the uplands of Bali, Indonesia, is known as Bali's spiritual and cultural hub. The surrounding jungle and terraced rice paddies, dotted with Hindu temples and shrines, are among some of Bali's most famous landscapes. Ancient holy sites include the mysterious Goa Gajah ("Elephant Cave") and Gunung Kawi, home to a collection of ancient "candi" or shrines carved directly into the face of the rock cliff. Mas is a village about six km south of Ubud – known for its wood carvings. Mas is also the home of the renowned Nyana & Tilem Gallery and the birthplace of the famous mask carver, Ida Bagus Sutarja.

TRANSPORTATION

Airport pick-up is available at Bali's Ngurah Rai International Airport. Guests who wish to book airport pick-up may do so by sending an email to reservations@gdasbali.com with details of your arrival.

ROOM RATES

- Grand Deluxe IDR 9.000.000 per night
- Prestige Pool Villa IDR 11.250.000 per night