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Secrets of Balinese Wellness

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August Living in Harmony

Dear Sasha,

A Balinese Boreh is a centuries-old healing recipe of herbs and exotic spices traditionally used as a "body revival" in the form of a mask and scrub. "Bo" in Balinese means "ready", and "reh" comes from the Balinese word for blood, "rah", so Boreh literally brings your body to life.

In the past, rice farmers returned from their fields after a day's work standing in the water tending their crops. In their kitchens they took a mortar and pestle and hand-crushed local ingredients such as cloves, ginger, cinnamon, coriander seeds, rice, turmeric root and nutmeg, among others. They combined them with water to make a thick aromatic paste, and then smoothed it over their bodies.

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Reserve now and Retreat 15 October to 15 December 2016 and receive 15% savings.

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Enjoy an unforgettable stay in Bali at Fivelements' award-winning eco wellness resort. *Savings included.*

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Take-aways from the Divinely Inspired Living radio show host, Debra Moffitt.

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It's blimbing season. Blimbing are young star fruit and one of Bali's most delicious fruit. Combined with energizing ginger...

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Balinese wellness retreat, Fivelements, does detox with a difference, by Travel Editor Susan Kurosawa

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