



Press Release
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*Fivelements Wins “Spa Cuisine of the Year”
at AsiaSpa Awards 2014*

One of the first destinations with raw vegan cuisine to have ever been awarded “Spa Cuisine of the Year”, [Fivelements](#) luxury healing resort in Bali has been pioneering the raw food movement in Asia from the start. Its concept “Cuisine For Life™” promotes living foods as a key rejuvenating tool and it plays a central part in all Fivelements’ healing programmes.

Lahra Tatriele, Vision Director, Fivelements: “We are extremely honoured to receive this award, and really proud of our entire team. Promoting the enormous benefits of raw food nutrition and living foods is an integral part of our mission, and we are really excited that this is becoming a reality; only four years after our opening, our team is making culinary history! Fivelements’ vision is to promote well-being, eating for energy, beauty and longevity as well as bridge the knowledge of the highest form of nutrition on the planet”.

The philosophy behind [Sakti Dining Room™](#) at Fivelements is to provide the most regenerative cuisine possible. Far more than simply fuel, vegan and raw living foods actively support each guests’ healing journey to greater wellness, by raising energy levels and mental clarity, encouraging a positive outlook and giving every opportunity for each person to reach their highest potential.

Fivelements Sakti Dining Room™ is a fine dining, eco-luxurious restaurant nestled between the Ayung River and lush tropical ponds and gardens. It offers an inspiring gastronomical journey abundant in fresh, innovative cuisine aimed to nurture body, mind and soul.

The innovative wellness restaurant concept is highly acclaimed for its creative chef’s specialty tastings, available in 3, 5 and 7-course menus, sure to surprise and delight all diners, from confirmed carnivores to raw living foods cuisine enthusiasts.

In order to inspire healthy lifestyles and raise collective consciousness towards the benefits of living foods, Fivelements has recently launched a dedicated culinary



training retreat, “[Cuisine for Life™](#)”. Guests join the resort’s award-winning culinary team in an inspiring gastronomical journey, learning why this energising cuisine is among the fastest growing in the world while gaining practical skills and practicing recipes to take home.

About the AsiaSpa Awards

AsiaSpa, the region’s leading spa, travel and lifestyle publication, has held its annual Spa Awards since 2005. Created in order to recognise the expertise and innovation of Asia’s wellness industry, a carefully selected panel of industry experts casts votes over 21 categories, making the AsiaSpa Awards the most trusted in the region.

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About Fivelements

Nestled in the lush jungle of Bali beside the sacred Ayung River, Asia’s award-winning retreat Fivelements, Puri Ahimsa is a unique eco-conscious wellness destination dedicated to nurturing the body, mind and spirit through traditional Balinese healing, gourmet vegan living foods and sacred arts rituals. A new genre of wellness destination with a vision for love and its power to transform, Fivelements follows the Balinese philosophy of harmony among the spirit, environment and one another, giving guests the perfect space for their own authentic process of healing, self-discovery and life transformation.

<http://fivelements.org/>

Aerial video of Fivelements can be viewed [here](#)

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