



PRESS RELEASE

Fivelements celebrates five years

Award-winning, Balinese health retreat Fivelements is set to commemorate their five-year anniversary with a weekend of festivities and exclusive special offers that celebrate the authenticity of their unique concept, blending traditional Balinese healing and philosophies with innovative wellness strategies and sustainable design.

Internationally renowned for their highly personalized authentic wellness experiences and chef's specialty tasting menus, Fivelements' retreats and programs have been carefully crafted by their team of Balinese healers, wellness curators and Michelin-starred, plant-based cuisine chefs. The fifth birthday celebrations will acknowledge their milestones, achievements, hopes and dreams, and how they have come to touch the lives of so many around the world.

Taking place on Friday, 5 February, the Five Year Anniversary occasion will be marked with a unique Fivelements Dinner Club where guests will indulge in a specially designed five-course degustation menu, curated by Chef Felix, that will showcase an inspiring gastronomical journey that showcases their award-winning, plant-based Cuisine for Life™ philosophy.

The weekend celebration will also include a spiritual Agni Hotra New Moon Fire Ceremony and three course tasting dinner on Monday, 8 February. The Balinese fire blessing and healing ritual draws its origins from the sacred Vedic Hindu texts and allows participants to let go of unwanted negativity and manifest new intentions in life.

Deeply rooted in the ancient traditions and mystical culture of Bali and founded on the principles of Balinese Healing, Living Foods and Sacred Arts, the two events are representative of the Fivelements philosophy, an integrative approach to healing that tunes in on a physical, emotional and spiritual level.

Inviting both new and past guests from all over the world, Fivelements will offer a number of booking specials in commemoration of their five-year milestone including a complimentary additional night for five-plus night Panca Mahabhuta Wellness Retreats when booked by 5 February to stay before 31 May 2016.

For couples seeking romantic getaways, relaxing holidays, or wellness honeymoons, a complimentary five-night 'Stay' package has been created where those booking four or more nights for a 'Special Stay' will receive their fifth night free; and a number of 'Exclusive Day' offerings have been created where guests can book from a selection of exclusively designed rejuvenating half or full day packages and save 15%.

Since its founding in 2010, Fivelements has become renowned as one of the most restorative and spiritual healing and wellness destinations in the world, dedicated to creating a space for life transformation and love in action, with a vision of learning to love and respect life.

Their unique approach to wellness and healing has seen the retreat recognized worldwide, being



honoured with numerous awards over the years, most recently winning Spa Cuisine of the Year at the 2015 AsiaSpa Awards for the second year in a row. Other awards include those again from the AsiaSpa Awards including Best Eco Spa, Best Retreat and Destination Spa of the Year; the SpaFinder Readers Choice Awards; the World Luxury Hotel & Spa Awards; the World Spa Awards; the Luxury Travel Guide Awards; the Arcasia Awards; and the Tri Hita Karana Awards.

The retreat is also recognised as a recommended destination by world-renowned reference guide Condé Nast Johansens Collection and is listed among the Healing Hotels of the World.

During their five years of operation, they have hosted community events including TEDx Ubud and the Ubud Writers and Readers Festival, welcomed renowned wellness pioneers such as Gabriel Cousins, David Wolfe, Cherie Soria, Merta Ada and Swamji.

Continuing to challenge the boundaries, both environmentally and spiritually, Fivelements has evolved into a serious business platform that promotes retreats, community projects and sustainable initiatives, caring for guests and encouraging change both in them and the world through cuisine, wellness strategies and love in action.

Visit www.fivelements.org/en/specials/5-year-celebration for reservations and for information. All bookings are to be made by 5 February for stays before 31 May 2016.

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