



Zen Innovations: The Art of Healing

Physical, psychological and spiritual Innovations that empower guests to harness mindfulness, mobilise inner energy, embrace wellbeing and self-heal.

Zen Resort is hidden away in a serene, secluded and unspoilt North Bali location surrounded by rice fields, vineyards and natural forest with sweeping views of the Sea of Bali. Our enchanting gardens are home to a world leading holistic wellness retreat, where blissful surroundings are complemented by endless Balinese hospitality and tasteful touches of local culture, art and architecture.

The practical, original approaches we have developed are central to the Zen vision. Each empowers our guests to embrace sustainable living: in harmony with themselves, their fellow beings and the world around them. Over the years, we have developed a number of innovations, including physical, psychological and spiritual therapies that provide our guests with everything they need to harness their mindfulness and inner energy and take positive steps to improve their health and wellbeing.

Our holistic approach to wellness includes Ayurveda, yoga, meditation, pranayama, naturopathy, nutritious cuisine and a range of recreational activities including Zen Harmony diving and Snorkelling. These all come together to form the foundation of our health and happiness enhancing programs.

Zen Innovations: The Art of Healing

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1. ZenConsult: Ayurveda Wellness Consultation

The Wellness Consultation starts with a questionnaire that covers six elements of wellbeing: physical, diet, fitness, mental, behavioural and emotional. This multidisciplinary consultation involves our ayurvedic and naturopathy doctors, yoga and meditation teachers, Ayurveda spa therapists and diet, nutrition, detoxification and fitness experts. The assessment forms the basis of customized design of an integrated mix of wellness therapies and regimes best suited to the individual.

An important part of the consultation is educating you on your constitution in Ayurvedic terms: Your dosha, made up of vata, pitta, and kapha, is a unique and dynamic combination that we can think of as a health and wellbeing blueprint. Learning about your dosha and understanding the constitution of your body, mind and spirit reveals inherent strengths and challenges to your wellbeing journey moving forward. Following your consultation, we will provide customised daily physical and mental exercise regimes and dietary- nutritional advice, along with three specific dosha herbal mixes that can be added to soups and salads to balance your dosha over the medium and long term.

Zen mission is to empower guests to adopt sustainable lifestyles. Everyone wants to be healthy and happy, to fulfil their potential for a productive and satisfying life in harmony with none another and nature. The Zen Wellness Consultation is your first step towards achieving that.



2. ZenMantra: Theta Relaxation Sanskrit Chanting

What uniquely differentiates Zen Amaris treatments from any other in the world is that at the beginning of each ayurvedic treatment our therapists, one in front and two at the back of the guest, will chant a surround-sound Sanskrit mantra that sets the energy in the room and makes your brain wave prayer get more receptive to upcoming experience. You might feel the energy shift right away. And the vibrations of the perfectly synchronized chanting cannot be described, it's something to be experienced.

Mantra chanted in the beginning of the Spa treatment, "*Ayam Me Hasto Bhagwan, Ayam Me Bhagavattara, Ayam Me Vishwa Bhashaju, Ayam Shivaabhimarshanah*", which says, "both my hands are divine, they can bring prosperity, they can give a soothing effect, they are more powerful than being simply divine, all medicines for the diseases of the world lie on my hands, touch of the hands is capable of healing and bringing the wellbeing". After listening to Zentheta Mantra, your mind, body, and soul will be attuned to being relaxed and embracing healing energy. With eyes closed the surround sound mantra makes you realise another two therapists are stood behind you singing and this resonates around you, through you, in you. That moment before you realise sends tingles down your nerve endings as you feel as if you have taken on an extra sensory hearing surrounded by melodic harmony. Many a guest report remembering giving up their mind, body and soul to the therapists for therapeutic healing massage.

It is in these pauses before the seconds that the spa therapist and you share a moment of connection that is almost ethereal. In this silence between you lies a sense of wonder. The intensity of this ritual at Zen before the actual ayurvedic treatment itself is one that is incomparable to any other massage or healing therapy elsewhere and is one that will become forever etched in your memory of Zen; reverberate like an echo in the soul, like a heartbeat.



3. Zentsu: Womb Relaxation and Rebirth

Different things trigger childhood memories for different people. For some it can be as simple as a trip to the supermarket, where the smell of freshly baked bread and cakes conjures images of childhood decades before. Often this arouses a strong feeling of relaxation, security, love and happiness.

Following on from that notion we have developed Zentsu, a deeply relaxing and emotionally healing technique involving your complete immersion in water. This element is more important than many consider. Life on Earth began with one drop of water; our bodies comprise of some 75% water; we spend the first 9 months of our lives in a water womb and water covers around 80% of the Earth's surface. It is the foundation of life in every sense. Zentsu takes place in the Zen infinity pool with our yoga and Ayurveda therapist. It begins with a prayer, deep breathing techniques and a few minutes of meditation. You will then be supported upon the surface of the water and this floating brings fore beautiful relaxing memories of being in the womb, with all your needs physical and emotional fulfilled.

Scientists have shown that babies are in a state of bliss while in the womb. Our first memories, thoughts and emotions are arguably experienced during this time, and so the feeling of being buoyant in water is intimately connected to our first experience of being alive. The deeply relaxing act of re-enacting those early months of life results in a revelatory experience that acts as physical, emotional and spiritual therapy. Many guests say the Zentsu is among the most restorative of their lives and some go through a sense of rebirth. This profound experience can help you shed past traumas, enhance your empathy and healing, and even improve the bonding issues found in parental relationships.



4. Zenchi: Sunrise Yoga-Pranayama-Meditation

The Nirvanam Sanctuary sits among vibrant forest, overlooks traditional rice fields and vineyards with panoramic views of the Sea of Bali. This is the setting for Zenchi, a 45-minute daily sunrise Zenchi practice comprising yoga, pranayama and meditation.

Throughout the night, physical, psychological and spiritual changes occur in the body and mind. As you sleep, the body's blood supply, temperature and brain activity drop. That deep state of unconsciousness also diminishes the production of hormones like adrenaline. Our Zenchi classes are developed to be both the perfect way to begin the day and an ideal introduction to a number of empowering practices. Guests finish each session feeling energised, fortified and ready to take on the day ahead with a meditative focus.

Zen Sunrise yoga stimulates blood circulation, reduces aches and pains in the joints and muscles and sharpens the senses. Zen Pranayama cultivates deep and slow breathing awareness and effectiveness, bringing in maximum oxygen and exhaling toxins. This improves all aspects of our health and enhancing mental clarity. Zenchi Meditation induces consciousness that promotes relaxation and enhances internal energy as well as our compassion, patience, generosity and forgiveness. Over the long term, Zenchi fortifies the mind and body against poor digestion, stress, anxiety and depression, while instilling self-discipline and promoting cognitive function in a manner that invariably affects your daily life for the better. Following the departure from Zen, all guests are sent a soft email copy of daily sunrise Zenchi (9 Minutes sunrise therapeutic yoga, 9 Minutes pranayama and 9 Minutes meditation) exercises to continue at home and also share the Zenchi booklet with family members, friends and colleagues.

For more information, please Click Research file Zenchi.pdf



5. ZenHeal: Mindful Meditation Visualization

At Zen we have developed a two-step process towards de-stressing and self-healing, comprising making a one-liner list of each positive experience of life, creating on a single page a spectrum of some twenty memories of your life's fulfilment, contentment, beauty and joy. This provides the frame against which one can find the inner strength and logic to destress and letting-go of any problems, conflicts, and trauma you may experience. An example might be a conflict with a colleague that can be mindfully analysed, sitting and listening to your favourite music, relaxing and revisiting in your mind the conflict situation whilst at the same time reading your positive life list. This simple exercise will put into perspective your emotions and anger with the realization that the conflict was really of no significance and thus you normalize with the colleague and avoid stress-building

The Nirvanum sanctuary at Zen is considered by local spiritual healers and visiting Tibetan monks to be a sacred site. The energy from this site flows to an area under a banyan canopy, our very own "healing" tree. We encourage guests to recall the saddest challenging moment of their life and sitting in mindful meditation with eyes closed, hands in mudra position on the knees, visualising the details of the sad situation and how it evolved.

The healing tree energy empowers many of our guests to understand and embrace what happened, overcome the anger and negative memories with logic and finding the willpower to liberate and move forward in peace and harmony. We present each guest with a Ganesh or Buddha statue to take home in support of their continued mindful meditation visualization of the stresses and strains of life.



6. ZenHomage: Flower and Fire Ceremony

The Flower and Fire Ceremony is a ritual that gives our guests the opportunity to create a sense of meaning, build positivity and fortify their inner strength. The first ritual comprises of the flower ceremony paying homage and showing gratitude each of the people and pets that have contributed positively to your life. This is done by whispering a dedicated homage prayer with a flower for each individual. Many guests find this expression of gratitude to be both deeply moving and spiritually uplifting as it is especially emotional to be thankful to a spectrum of people in one's life.

The second ritual is a Fire Ceremony whence you make a paper list of all the problematic and challenging issues such as anxiety, stress and bad relationships and with mindful and visualization meditation you burn the list to ashes. This liberating ritual is best done each year and enables guests to see challenges as transient and impermanent, and thus they get empowered to take control and make decisions to change their lives for the better.

The flower and fire ceremony at Zen makes one realize that life and living come with ups and downs, just as a storm at sea is followed by tranquillity. Thus appreciating and believing that things will get better despite the transient challenges life throws at us is vital for personal development and happiness. With the world at a crossroads in terms of our humanity and emerging worldwide social and environmental crisis, we all t mindfully live sustainability in harmony, peace and gratitude.



ZenAmaris: Temple of Ayurveda Wellness

Welcome to Amaris Spa, a new world of rejuvenation and healing: physically, psychologically and spiritually. This is where our guests discover the meeting point of ancient wisdom and modern science with our innovative approach to natural beauty, restorative health and wellness. Rooted in the ancient wisdom of Ayurveda, our holistic treatments are individually customised to balance your entire being, counter the effects of stress and ageing, and bestow upon each guest a true feeling of transformation. Our sanctuary and many treatments are inspired by nature, leaving you with a profound sense of peace and serenity and enhancing your wellbeing.

We offer more than thirty authentic Ayurvedic therapies and treatments at Amaris Spa. Each of our wellness products is made from pure organic herbs, roots, flowers, fruits, plants and minerals - many of which are grown and nurtured in the in the resort farm and forest area. Our experienced team will introduce you to authentic Ayurveda therapies and herbal treatments in combination with customised diet plans, yoga, meditation and pranayama, naturopathy and emotional healing. The result is empowering; guests leave Zen Resort with their health, wellbeing and happiness enhanced and the tools they need to add a degree of permanence to those changes.

We invite you to experience our relaxing and rejuvenating range of therapeutic massages, body and beauty treatments in one of our seven spa rooms or outdoor pavilion.

For more information please Click Research files [ZenAmaris.pdf](#) and [AyurvedaSpa.pdf](#)



7. ZenDive: Human Health and Save Planet Earth

Zen Harmony Diving (ZHD) is a unique concept that integrates yoga, meditation, pranayama and Ayurveda with scuba and free diving and snorkelling. The foundation of Zen Harmony Diving is our belief that in order to become a sustainable species and lessen our impact on the natural world, we first must become sustainable as individuals. This innovative pathway to health and wellbeing combines the practice of underwater controlled breathing, meditative focus and free flow physical exercise.

Our ambition is to revolutionise the world of diving and increase the community of divers to raise public awareness of the need to change the way we interact with the natural world. Above all, we want to motivate public and private sector support and actions to protect the marine world. The world's oceans and seas are our lifeblood. Water covers more than 70 percent of our planet's surface, driving weather, regulating temperature and supporting all living organisms. Our oceans undoubtedly hold the key to our sustainable future and the welfare of future generations.

Governments, policymakers and marine scientists worldwide have a responsibility to inform the public on the threats to and status of our oceans. But action can also be taken from the ground up. The world's community of scuba and free divers stands at some sixty million whilst some three billion people live in coastal areas with many relying on marine life for their livelihoods as fisherman as tourism guides. The divers and the coastal populations are at the forefront of the marine world and they need to become the public voice and conscious of the oceanic world.

For more information visit www.zenharmonydiving.com



8. ZenCuisine: Nourishment of Human Health

The beginning of any wellness journey is an admission that health is largely internal. Far more important than what is going on above the surface is what lies within. A core part of that is diet. At Zen, we believe that every meal counts as an opportunity to nourish the body, mind and spirit. We utilize fresh, organic ingredients and also highlight what it means to eat mindfully. This concept takes you beyond a simple nutritional perspective as the ambience, the rituals surrounding the meal, the people we share the table with are all relevant to the nourishment of our health as well as human bonding.

Maitri is a Sanskrit word that can be translated as "friendship" or "benevolence." It is used to describe the mental union that takes place when people are on the same wavelength. At Zen we create that sense of Maitri by emphasising the age-old tradition of eating together, of interacting and bonding over a meal which often results in the guests sharing personal challenges and thus enhancing mutual healing. Zen cuisine is based on the mantra "*Think Global, Eat Local*". Our chefs have crafted menus that are inspired by global flavours and the best organic products Bali has to offer. As well as traditional Balinese and Indian spices, we also emphasise superfoods, including Moringa, Marigold, Holy Basil and Jackfruit. Our cooking is characterised by creativity, the optimum use of herbs and spices and gentle methods of preparation. We also consider the principles and recipes of Ayurveda to create condiment and herb mixtures to help balance Dosha harmony. Our team of experts can curate customised ayurvedic diet and detoxification programs, which can be enjoyed in one of our two restaurants: Maitri, our contemporary restaurant and Aruna, our poolside garden sanctuary. Both of our 'Top of the World' terraces allow guests to eat under the stars while enjoying spectacular views.

For more information please Click [Research file Zencuisine.pdf](#)



9. ZenRehab: Creative Wellness Therapy

Creative wellness therapies at Zen combine art, music, dance, drama and poetry within the context of psychotherapy, counselling and rehabilitation. No artistic talent is necessary for these creative therapies to succeed because the therapeutic process is not about the artistic value but finding associations between the creative choices made and our guests' inner being becomes the springboard for reawakening memories and telling stories, that may reveal messages and beliefs from the unconscious mind. The creative therapies at Zen include:

- Art therapy involves the use of creative techniques such as drawing, painting, collage, colouring and sculpting to help guests express themselves artistically and examine the psychological and emotional undertones of their art.
- Music therapy is the prescribed use of music to effect positive changes in the psychological, physical, cognitive, or social functioning of individuals.
- Drama therapy is the use of drama processes, products and associations to achieve the therapeutic goals of symptom relief, emotional and physical integration and personal growth.
- Dance therapy is based on the assumption that body and mind are interrelated and is defined as the psychotherapeutic use of movement as a process that furthers the emotional, cognitive, and physical integration of the individual.
- Poetry therapy entails use of poetry and forms of literature for healing & personal growth.

Zen Rehab focuses is on your inner experience: your feelings and perceptions. Here the emphasis is on developing and expressing your inner world of images, thoughts, and ideas and resolving issues to improve self-esteem and awareness.



11. ZenWedding: Journey of Love and Life Union

Zen Resort's idyllic setting is perfect for hosting that most special day of all: you're wedding. Our 29 villas, each generously furnished, with under the star unsuited bathrooms and private plunge pools, provide a comfortable, serene and memorable experience for wedding parties.

There are several options for the venue of the ceremony itself, including down on the beach as the tide gently ripples in and out, with a full floral pathway and a beautifully decorated wedding pavilion. Alternatively you can choose to tie the knot in Zen's Nirvanum Sanctuary, a scenic, tranquil location overlooking rice fields, vineyards, forests and the Sea of Bali.

We strive to leave no stone unturned in ensuring you have the perfect day from start to finish, and offer several options and locations for fine dining, parties and receptions. Open-air fine dining can be arranged by the pool or in the Zen Maitri restaurant, and our talented chefs can devise personalised menus based on your cuisine of choice. We always recommend ending a magical day with a sunrise dolphin sail and an evening of dinner, music and dance on the beach. Either side of your big day, wedding guests can enjoy access to our world-renowned Amaris Spa, where they can unwind and enjoy a heady range of relaxing, rejuvenating and beautifying Ayurveda and spas treatments.



12. ZenRetreats: Wellbeing Group Retreats

Zen Resort's secluded location, sweeping vistas, extensive range of Ayurveda treatments and recreational wellness activities including diving and snorkelling, cultural and ecological excursions make Zen an ideal choice for group retreats and workshops.

Yoga, meditation, Ayurveda, mindfulness and more can be practised in serene isolation and comfort, from the picturesque Nirvanum sanctuary to our world-leading Amaris Spa. The resort has just 29 elegant Zen luxury villas. All feature the charm of traditional Balinese architecture, stunning landscape views and en-suite open-air garden bathrooms and about half with private plunge pools

Ayurveda treatments and a range of wellness practices are available under the guidance of our resident Ayurveda doctor and a team of Ayurveda certified Balinese therapists, each with more than ten years of practical experience at Zen. Upon arrival, each member of your group will receive an individual Ayurveda wellness and dosha consultation. From there we can customise your stay to suit your goals, make time for you to discover local customs, ceremonies and temples, the vibrant marine life on our doorstep and much more.

We invite group retreat leaders and teachers to visit and review everything there is to discover at Zen Resort. Our blessed location, holistic wellness facilities, expertise and innovations ensure your group will have a memorable, life-changing experience in Bali, the Island of the Gods.

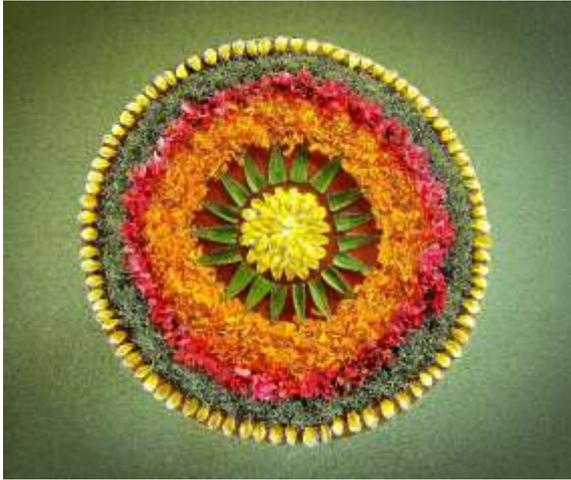


12. ZenReflexology: Pathway to Healing Meridians

Reflexology is an alternative therapy in which pressure applied to points on the feet has a beneficial effect on our health and wellbeing. We have developed a 300-meter reflexology pathway that extends across the width of Zen's property, overlooking a small river with an expanse of forest, rice-fields, vineyards and wide-open sea views.

The pathway had been crafted with carefully selected rocks to stimulate neurological reflex zones in the feet, massage and stimulate acupressure points on the soles of the feet and connect to various energy meridians of the body. Whilst the stimulation of the reflexology zones may evoke pain and soreness at first, the bottoms of the feet hold the key to increased vigour for the rest of body. This is because there are more nerve endings in the feet than any other part of our body. Those nerves correspond to the different reflex zones throughout the body, so the stimulation of certain reflex points on our feet is believed to restore balance.

Many guests enjoy a sunrise and a sunset stroll along the Zen reflexology pathway, taking the time to enjoy the company of the birds, bees and butterflies that abound in the forest all along the Zen Resort environment.



14. ZenArt: Flower Mandalas and Origami Creations

Balinese hospitality is renowned around the world and at Zen, we strive to take it one step further. When you arrive at Zen, in your room you will be greeted with an origami beautifully decorated cotton and towel creation in the form of a lifelike swan, frog or elephant waiting on your bed. Every day our staff will create a different work of Origami-inspired art for you to enjoy. It's one of the little touches to make your time at Zen memorable and uplifting.

Colour plays an important role in local culture, with each having a symbolic meaning. Walking around the already vibrant grounds at Zen you will notice the presence of floral Mandalas. The literal meaning of the word "mandala" is "circle". These decorations represent the whole Universe and in Bali are a spiritual symbol that denotes protection and good luck.

Many of our staff are experts at designing these beautiful floral mandalas. You can find them everywhere, every day, at your villa entrance, by your bed, in the spa, in the yoga hall, the reception and elsewhere. We offer regular classes for guests who want to learn the arts of creating floral mandalas and decorative Origami art.



15. ZenBlessings: Balinese Cultural Ceremonies

Balinese Hinduism is in many ways a reflection of the island itself: an oasis of balance, harmony and peace. This influence permeates through every aspect of daily life here, imbuing Bali with a spiritual richness that's distinctive and restorative. As part of our commitment to honour the grounds our resort stands on and the local culture, we invite guests to participate in a blessing and purification ceremony every week and a full moon ceremony every month in the Zen temple. These ceremonies are performed using holy water from a sacred underground stream in the Zen forest and fresh flowers from our gardens. The Purification ceremony ritual begins with the chanting of a Sanskrit mantra, followed by meditation shrouded in incense to purify and cleanse the aura of each guest.

You are then invited to stand at the foot of the temple, where you will rinse your hands, face, mouth and head three times with holy water, in a symbolic gesture of cleansing the body, mind and soul. A tri-coloured band made of three threads representing Shiva, Vishnu and Brahma is tied on the right wrist, symbolising protection, inner balance and harmony. Lastly, rice is applied on the forehead, behind both the ears and to the heart-centre for good fortune and prosperity.

The Full Moon ceremony is performed every month on the most sacred day in the Balinese calendar. Together we thank the Gods for their protection, ask that they counter negative forces, wash away our sins and celebrate the coexistence life's two energies: good and evil, darkness and light. Prayers to the demons and Gods alike are made to honour this enduring balance. Throughout both ceremonies, Zen guests, all staff and their families don colourful traditional dress.



16. ZenPalmistry: Palm Reading and Energy Healing

The art of palm reading has been present in the world for centuries. Palmistry is a unique, spiritual art in which a palm reader learns about your life and counsels you on your future.

Traditionally in Bali, a healer of retirement age appoints a son to inherit the role. In the case of the resident palm reader and energy healer at Zen, our very own Ibu Luh Padmi was selected by her father to be the next healer in the family.

Ibu Luh uses a combination of pressure point techniques to identify pain, discomfort and stress to advise our guests on how to overcome such issues and ailments. She also has the ability to read personality types and advise on relationship decisions and choices.

During a one-to-one session, Ibu Luh uses Reiki-type energy healing to bring out past issues and release emotional baggage. She will guide you to think about past experiences, family members and relationships.