



Designing your perfect island getaway is a breeze when you're staying at the Pullman Bali Legian Nirwana, a seaside resort that epitomizes the best of Balinese cordiality in a stylish urban ambiance.

**O**n a glorious Saturday afternoon, the grand lobby of the Pullman Bali Legian Nirwana buzzed with the arrival of tourists from all walks of life: love-struck honeymooners keen to bask in the sun by the rooftop infinity pool, business travellers excited about their much-needed beach getaways and family and children eager to get to the neighbouring beach for a swim.

Conveniently located between Kuta and Legian Beach, a stone's throw away from Bali's bustling shopping, entertainment and recreation hub, the Pullman Bali Legian Nirwana effortlessly pairs contemporary design aesthetics with Balinese hospitality, creating a chic urban oasis that showcases island living at its best.

There is an extensive array of leisure and dining facilities including three swimming

pools (the garden pool, the stunning rooftop infinity pool and a kid's pool), an upscale French brasserie called The Deli and the Balinese Sembilan Restaurant serving up contemporary Balinese cuisine.

The beachfront resort comprises 351 spacious rooms and stylish suites, each featuring a private balcony and modern amenities that allow guests to "disconnect from business, not from the rest of the world". Watch your favourite TV shows, Skype your loved ones overseas, join the daily activities (choose from yoga, boxing, fruit carving, gym classes, Tai-Chi or Bahasa Indonesia lessons) or stay in shape with the in-room fitness and yoga kits.

Upon entering our Deluxe Ocean View Room, we were instantly drawn to the balcony beckoning us to take in the panoramic view of the Indian Ocean. On the lounge table there was a welcome

fruit basket, a gift box containing a pair of Balinese statues and a couple of boxes of chocolates. Partnering with Pod Chocolate Bali, the island's sustainable chocolate maker, the resort treated us to some artisanal chocolate delights. What a lovely gesture!

Later that afternoon, as the rain clouds started rolling in, we opted to spoil ourselves with a 30-minute hydro vitality pool session and a 90-minute Balinese massage at the Tjakra-7 Spa. Located in the heart of the resort, the spa is housed in an individual oval-shaped building, cleverly draped in lush cascading greenery and beautifully surrounded with manicured gardens. The concept of the Tjakra-7 Spa is simple: let the body's own energy be the natural source of healing and well-being.

The spa menu includes its signature Tjakra art movement massage, Tibetan singing bowls, shirodhara, traditional body wraps

and scrubs and indulgent hydrotherapy treats such as a Vichy shower, herbal steam and, the highlight of the spa, a hydro vitality pool. Outfitted with the latest technology and equipment, every treatment is designed to transfer positive bio-energy to the body via water, air and sound.

Our session began in the serene enclosure of the chi-positive hydro vitality pool, with a therapist verbally guiding us as we meandered our way through several massage stations. Each station is armed with strong water jets targeted to stimulate specific parts of the body. This workout allegedly aids in lowering overall body acidities, relieving muscle tension and improving blood circulation and skin texture.

After we dried off, our therapists led us to a double treatment room for a truly relaxing massage. The experience came to a blissful end on the posh loungers in the "chill-out

space" with hot ginger teas, healthy snacks and heated blankets.

Our stay at the Pullman Bali Legian Nirwana couldn't have been better. We enjoyed each other's company, recharged our batteries, experienced new things and came home rejuvenated and refreshed!

**Pullman Bali Legian Nirwana**  
 Jalan Melasti 1, Legian,  
 Bali 80361, Indonesia  
 T: +62 361 762 500  
 E: h6556@accor.com  
[www.pullmanbalilegiannirwana.com](http://www.pullmanbalilegiannirwana.com)