



Your Personal Guide to Renewal

December 2019 - January 2020

THE WESTIN RESORT NUSA DUA, BALI

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Welcome to The Westin Resort Nusa Dua, Bali

Thank you for choosing to stay with us over the holiday season. On behalf our entire team of associates, we wish you a Merry Christmas and Happy New Year. As always, we have a prepared a full calendar of culinary options, fun activities and enriching experiences for everyone to enjoy. We trust that you find our family-style resort a restful environment where all your needs are anticipated with hospitality that is second to none.

We understand that Christmas is celebrated differently around the world and so we present an extensive choice of food and entertainment possibilities to suit all guests. Our annual Christmas Eve Cocktail Party will get things off to a festive start and give people a chance to connect over drinks and light bites.

New Year's Eve here at the resort will be a time to eat, drink and be very merry with our Cirque du Bali event. A tantalizing 'Around the World' buffet will be paired with live music and fabulous entertainment. Ikan Restaurant will bid farewell to 2019 in true style with a sophisticated fivecourse dinner. Then we will be ringing in the New Year with a tropical party on the beach complete with live DJ music, dancing and fireworks. Heavenly Spa by Westin will be celebrating its 6th anniversary with a curated calendar inspired by the Six Pillars of Wellness. Health conscious travelers will be invited to sleep well, move well, eat well, work well, play well and feel well through a collection of meaningful activities and events.

Another exciting happening is that Prego is about to launch a brandnew brunch concept. Bunch Infinito promises to be the ultimate long and lazy Sunday brunch with fabulous Italian food, colorful entertainment, activities galore and access to all of the resort's swimming pools and beach area.

Last but not least, in accordance to the Chinese zodiac we will be welcoming the Year of the Rat in January with a special Chinese New Year feast at Ikan Beach Garden. We'll be serving up an array of flavorful dishes that symbolize good luck. Every guest in attendance will receive a traditional red Ang Pao envelop with a small token inside to mark the occasion.

Oriol Montal General Manager



Service From The Heart

At The Westin Resort Nusa Dua, Bali, our primary role is taking care of guests to ensure they invariably leave us feeling well rested and refreshed. This involves a concept referred to as 'Service from the Heart', which embodies our whole approach to delivering hospitality that is warm and personal. One associate in particular who always goes above and beyond the call of duty is Ni Wayan Manik Wirati. In her role as an Senior Linen & Florist Supervisor, she is a natural leader in the work place with a keen eye for detail and an exceptional talent for arranging flowers.

Born, raised and educated on the island of Bali, Manik Wirati has been with the resort for 28 years. As a long-serving associate, she is wellrespected and her creative input is always valued in preparation for weddings and other special events. Manik Wirati is known her loyalty and meticulous approach to every task she is assigned. Passionate about beautiful flowers and gardens, she finds Bali's tropical landscape to be a constant source of inspiration.





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Weekly Culinary Highlights

TUESDAY

Latte Art Class Prego Italian Restaurant 3PM - 4:30PM Join us for an interactive latte art session at Prego. Discover your inner artist by creating your own unique latte design. IDR 100,000++ per person



WEDNESDAY & FRIDAY **Prego Pizza Class**

Prego Italian Restaurant 12:30PM to 3PM Put on your apron and discover the secrets of creating authentic Italian pizza with our Prego culinary team. IDR 225,000++ per person for pizza session, lunch & ice tea.

THURSDAY

Family Sushi Making Class Hamabe

2PM to 3:30PM

Roll up your sleeves and join our fun Thursday session of sushi making. Our trained Chef will reveal the secrets of preparing rice and perfecting the art of sushi making. Come as group or by yourself.

IDR 290,000++ per person including sushi rolls, Japanese dessert & green tea.



FRIDAY Taste of India Ikan Beach Garden 6:30PM to 9:30PM

Let us take you on a culinary adventure that unveils the rich flavors of Indian cuisine. Savor an authentic buffet with interactive cooking stations such as Kebabs and Indian street food including Dosa, Pani Poori, Keema Pao, Dahi Bhalla and more.

IDR 485,000++ per person.



SUNDAY Prego Brunch Infinito Long & Leisurely Sunday Brunch Prego Italian Restaurant 11:30AM onwards

Prego proudly presents Brunch Infinito, a long and leisurely Sunday dining experience for all family members. Enjoy this authentic Italian brunch complete with access to all swimming pools and our beach lounge area. There'll also be live entertainment, Westin Family programs, a garden playground and prizes galore.

DAILY

Tasty Afternoon Treats The Lobby Bar & Lounge 3:30PM to 5PM

Enjoy an irresistible array of sweet and savory delicacies paired with JING tea or illy coffee at The Lobby Bar & Lounge.

IDR 185,000++ per person. IDR 275,000++ per person including a glass of sparkling wine.

Happy Hour

Ikan Restaurant | 5PM to 7PM Velada | 7PM to 9PM The Lobby Bar & Lounge | 8:30PM to 10PM

Unwind over a refreshing selection of cocktails and drinks at our signature bars and dining venues. Buy 1 Get 1 free for selected wines, cocktails, beers, juices and soft drinks.



Game On Velada

Be part of the excitement and join us to watch some of the world's biggest sporting events broadcasted live in the vibrant setting of Velada. Cheer on your favorite team or athlete whilst enjoying pub style food and beer buckets.

Prices are subject to 21% goverment tax and service charge. To make a reservation, please call Service Express or email to dining.bali@westin.com

Daily Activities

MONDAY

| - |
|-------------------------|
| RunWestin |
| Family cycling* or |
| stretching exercise |
| Aquacise |
| Fun water volleyball |
| Billiard competition or |
| free play petanque |
| Table tennis lesson |
| Fun mini soccer |
| |

TUESDAY

| 7:30AM | RunWestin |
|---------|-----------------------------|
| 9AM | Family cycling* or |
| | stretching exercise |
| 9:30AM | Family olympics |
| 11AM | Aquacise |
| 12 noon | Fun water volleyball |
| 1:30PM | Ping pong competition or |
| | free play petanque |
| 2:30PM | Fruit carving demonstration |
| 4PM | Power walking |

WEDNESDAY

| 7:30AM | RunWestin |
|---------|-------------------------|
| 9AM | Family cycling* or |
| | stretching exercise |
| 11AM | Aquacise |
| 12 noon | Fun water volleyball |
| 1:30PM | Billiard competition or |
| | free play petanque |
| 2:30PM | Hotel temple visit |
| 4PM | Fun mini soccer |

THURSDAY

| IIIOROB | // 1 |
|---------|--------------------------|
| 7:30AM | RunWestin |
| 9AM | Family cycling* or |
| | stretching exercise |
| 11AM | Aquacise |
| 12 noon | Fun water volleyball |
| 1:30PM | Ping pong competition or |
| | free play petanque |
| 3PM | Balinese art creation |
| 4PM | Beach volleyball |
| | |

FRIDAY

| 7:30AM | RunWestin |
|---------|----------------------------|
| 9AM | Family cycling* or |
| | stretching exercise |
| 11AM | Aquacise |
| 12 noon | Fun water volleyball |
| 1:30AM | Billiard competition or |
| | free play petanque |
| 3PM | Balinese offering creation |
| 3:30AM | Family olympics |
| 4PM | Fun beach mini soccer |

SATURDAY

| 7:30AM 8AM | RunWestin Family yoga** |
|---------------|-----------------------------|
| 9AM | Family cycling* or |
| | stretching exercise |
| I1AM | Aquacise |
| l2 noon | Fun water volleyball |
| I:30PM | Ping pong competition |
| 2:30PM | Fruit carving demonstration |
| 4PM | Power walking |
| | |

Personalized Sessions

Available on request. 30 minutes IDR 450,000 or 60 minutes IDR 700,000

Reiki Healing - utilizes prana to balance, harmonize and transform the body's energy channeling process. It is a simple yet powerful & effective system of touch-less energy healing.

Personal Training Session - in a personal fitness training session, we motivate you by setting goals and providing feedback and accountability. We also measure your strengths and weaknesses with fitness assessments. *60 to 90 minutes*.

Food & Nutrition Consultation - food and nutritional consultation is targeted to a person's needs and promotes dietary changes. Nutritional consultation is an active part in the treatment of people with eating disorders or drug/ chemical dependencies, the food habits. *60 minutes*.

Tibetan Sound Meditation - is an effective and proven modality that uses vibrational sound to help reduce stress, alter consciousness and create a sense of peace, well-being and better health.

Meeting Point at 'SANCTUARY' Heavenly Spa. All activities are weather dependent and venue is subject to change. Light comfortable clothing is recommended.

SUNDAY

| 7:30AM 9AM | RunWestin Family cycling* or stretching exercise |
|---------------|--|
| 11AM | Aquacise |
| 12 noon | Fun water volleyball |
| 1:30 | Free play petanque |
| 2:30PM | Free play badminton |
| 3PM | Billiard competition |
| 4PM | Tennis clinic |

NOTE:

- Meeting point at Towel Counter, except RunWestin at Lobby Terrace
- *Cycling tour available at IDR 100,000 net per person
- **IDR 300,000 net per family (2 adults & 2 kids) for resident guests, IDR 600,000 net per family for non-resident guests

Please visit us at the Towel Counter to learn more about these activies and register for an array of enriching pastimes.

Fitness Calendar

Available on request at IDR 200,000 net per person per session.

| MONDAY | Tabata Method (high intensity interval training) is proven to increase your resting metabolic rate due to post-exercise oxygen consumption, which helps you burn extra fat like no other training system. |
|-----------|--|
| WEDNESDAY | Cross Fit Training is a system of training that aims to produce an elite level of general physical conditioning in the most efficient possible manner. |
| SATURDAY | Body Toning, the program consists of four primary workouts: three strength circuits and a cardio routine. |
| SUNDAY | Functional Training is training as it mirrors everyday life, because functional fitness is a dynamic, multi-planar method of training similar to life. |

Prior reservations are required for all sessions, call Heavenly Spa extension 6438 or press Service Express on your phone.



Back to Your Best Self

A new journey begins at The Westin Resort Nusa Dua, Bali with our Wellness Manager – Jitendra Pokhriyal. Hailing from the birth place of Yoga in India, Jitendra brings with him the ancient knowledge of yoga and meditation. Give yourself the gift of wellness with an array of holistic activities at the resort. Also on offer are exclusive group classes and private sessions for a small fee.

MONDAY

| 7 - 8AM | Hatha Yoga for Beginners at Temple Garden |
|---------------|---|
| 8:15 - 8:45AM | Pranayama* |
| 9 - 9:30AM | Meditation (Chakra Shuddhi) |
| 5:15 - 6:15PM | Intermediate Hatha Yoga |
| 6:30 - 7PM | Meditation (Chiddakash Dhyana) |
| | |

TUESDAY

| 7 - 8AM | Hatha Yoga for Beginners at Temple Garden |
|---------------|---|
| 8:15 - 8:45AM | Meditation (Ajapa Japa) |
| 9 - 9:30AM | Life Talk Series* |
| 5:15 - 6:15PM | Intermediate Hatha Yoga |
| 6:30 - 7PM | Pranayama* |

WEDNESDAY

7 - 8AMHatha Yoga for Beginners at Temple Garden8:15 - 8:45AMYoga Nidra9 - 9:30AMMeditation (Kaya sthairyam)5:15 - 6:15PMIntermediate Hatha Yoga6:30 - 7PMLife Talk Series*

THURSDAY

5:30 - 6:30PM Gentle Yoga Session

FRIDAY

5:30 - 6:30PM Gentle Yoga Session

SATURDAY

| 7 - 8AM | Hatha Yoga for Beginners at Temple Garden |
|---------------|---|
| 8:15 - 8:45AM | Meditation (Ajapa japa) |
| 9 - 9:30AM | Pranayama* |
| 5:15 - 6:15PM | Intermediate Hatha Yoga |
| 6:30 - 7PM | Meditation (Chidakash) |

SUNDAY

| 7 - 8AM | Hatha Yoga for Beginners at Temple Garden |
|---------------|---|
| 8:15 - 8:45AM | Pranayama* |
| 9 - 9:30AM | Life Talk Series* |
| 5:15 - 6:15PM | Intermediate Hatha Yoga |
| 6:30 - 7PM | Meditation (Kaya Sthairyam) |
| | |

*indicates complimentary wellness sessions. Meeting Point at 'SANCTUARY' Heavenly Spa. Wellness sessions: IDR100,000 net per person. For non resident guest: IDR200,000 net per person per session.

All activities are weather dependent and venue is subject to change. We recommend light and comfortable clothing. Prior reservations are required for all sessions, call Heavenly Spa extension 6438 or press Service Express on your phone.



Verrine Gateaux

1 lt

1 kg

7 gr

6 gr

150 gr

120 gr

Spicy Simple Syrup

| Water |
|----------------|
| Caster sugar |
| Fresh orange |
| Fresh lemon |
| Cinnamon stick |
| Star anise |
| |

| Straw | berry | Jel | ly |
|--------|-------|-----|----|
| Strawk | berry | pur | ee |

Simple syrup Agar

Pandan Swiss Roll

| Sugar | 1 kg |
|---------------|--------|
| Eggs | 500 gr |
| Flour | 250 gr |
| Almond powder | 125 gr |
| Pandan paste | 30 gr |

Mascarpone Mousse

| Egg yolks | 330 gr |
|-------------------|-------------------------------------|
| Water | 150 gr |
| Sugar | 600 gr |
| Mascarpone cheese | 120 gr |
| Gelatin leaves | 10 pcs |
| Whipping cream | 400 gr |
| | Water Sugar Mascarpone cheese |

METHOD:

- 1. Boil water and sugar, add all the ingredients then allow to cool.
- 2. Boil puree and spiced simple syrup, add agar and ready to use.
- 3. Beat caster sugar and eggs until fluffy, remove from the mixer. Add flour and almond powder, mix slowly by hand and also add pandan paste until all ingredients are combined. Prepare a tray with buttered paper and spread the mixture on top making sure that it is flat. Bake at 200 degrees Celsius for around 10 minutes or until cooked.
- 4. Beat the egg yolk in the mixer. Boil sugar and water until 125 degree Celsius then add to the egg mixture. Once the mixture is fluffy, then add mascarpone cheese slowly until everything is combined. Then soak gelatin leaves in the iced water until get soft. Pour into the mascarpone and mix gradually until everything is combined.
- 5. Place a layer swiss roll on the tray, pour spiced simple syrup on top then spread the mascarpone mixture on top evenly, set aside to let cool. Then add a second layer of swiss roll with strawberry jelly. Once set, add another layer of the mascarpone mixture. Decorate as you like.

Chef Dwi Ariawan

In his role as Demi Chef de Partie, I Kadek Dwi Ariawan is a rising star on The Westin Resort Nusa Dua, Bali's culinary team. At just 24 years old, he demonstrates a level of creativity in the kitchen that goes well beyond his training. Dwi Ariawan has found his true calling in the pastry department and he is responsible for some of the sweet treats that can be experienced during our signature Afternoon Tea. Earlier this year, his artistic flair was recognized with a first-place win in a Doughnut Decorating Competition hosted by Bulgari Resort Bali.





Green Steps

The topic of sustainability has been steadily gaining prominence on the world stage, and plastic pollution has put Indonesia and Bali in the spotlight as one of the main contributors of ocean plastic waste.

At The Westin Resort Nusa Dua, Bali, we realized the gravity of the matter and made the decision to reevaluate our plastic goods consumption. Like most establishments in Bali, we had previously provided our guests with plastic straws, plastic/ polystyrene takeaway containers and cutlery, and plastic-bottled water.

We then endeavored to find suitable alternatives through our vendors and other channels, and we set ourselves a deadline to convert our plastic dependent ways. A major event bringing in thousands of attendees from all over the world in October 2018 served as a great motivation to showcase our efforts.

We eliminated plastic straws from our operations prior to that event and moved to more eco-friendly takeaway containers and cutlery during the event – and we have never looked back.

On 23rd May 2019, we then moved from supplying water in plastic bottles in all our guestrooms to glass bottles; and all meetings and events at our Bali International Convention Centre followed soon after. This contributes to a reduction of roughly 2,000 plastic bottles that may end up in the ocean or a landfill per day.

Along with reducing our plastic waste, we have partnered with organizations to ensure we are "doing good" in all directions. An example would be our food rescue program with Scholars of Sustenance, where excess food from buffets is donated to needy communities in Bali.

We also offer teambuilding activities to our event planners that will benefit their organization and our community. We realize there is still plenty to be done but just as a journey of a thousand miles starts with a single step, we are also embarking on a more sustainable and environmentally-friendly path one step at a time. Here's to a greener and better future for our generation and beyond.





Unlocking The Unspoken Talents of Students with Disabilities

During our many years of operation, the Management Team and associates of The Westin Resort Nusa Dua, Bali have carried out various social activities as part of an ongoing effort to help communities in need around the island. All of these initiatives are intrinsically tied to one of Marriott International's core values, "Serve Our World", which is all about doing good on a personal and professional level.

Some of our programs include providing life skill sessions and on-the-job training opportunities for students with disabilities in partnership with a local school for the disabled (Sekolah Luar Biasa No 1 Badung). This special needs campus is currently responsible for the education of 387 students who have a range of different disabilities such as auditory loss (deafness), down syndrome and autism. A total of 60 students reside in the school's dormitory, which is located onsite. The students learn in accordance to their personal interests and/ or potential abilities. We are contributing by providing students with on-the-job training opportunities with an intense six-month program in the areas of Housekeeping, Stewarding, Culinary and Engineering. This partnership has been running continuously since 2005 (14 years) and to date, 121 students have completed their traineeship with us. Now, we are enhancing our partnership and contribution to the school by promoting the students' handicraft products.

If you would like to join us in unlocking the students' unspoken talents, you can purchase some of their gift items at our Resort Boutique in The Arcade. The school will use all of the proceeds to further support the students' learning needs. For them, nothing is too small.



Beach Experiences

TripAdvisor recently revealed their list of top beaches based on millions of traveler reviews and opinions, and then awarded the winners of the 2019 Traveler's Choice Award for the Beaches category. Bali secured a spot on the list with Nusa Dua Beach ranking #15 in the Top 25 Beaches in Asia and ranking #2 in the Top 10 Beaches in Indonesia. Nusa Dua is described as beautiful, clean sandy beach that is perfect for families and quality relaxation. With this in mind, we have created three refreshing Beach Experiences for guests to enhance their time at the resort.



Shisha Night

Ikan Beach Lounge 6.30PM to 11PM

Enjoy an irresistible selection of sisha flavors as you unwind with your feet in the sand at our Ikan Beach Lounge.

Favorite flavors include: Orange, Lemon, Grape, Mint, Cherry, Double Apple, Mango, Strawberry, Vanilla & Watermelon.

Charter a Chef

Beachfront 6PM to 10PM

Take pleasure in having your very own Private Chef create a flavorful dinner tailored to your personal taste preferences. Share this culinary experience with your loved one, family or a small group of friends in a relaxing beachfront setting. Your 'Chartered Chef' will use the freshest ingredients to cook a sensational meal and a team of servers will also be on hand to pay special attention to all your dining needs.

From IDR 1,475,000++ per person including a glass of sparkling wine





Sea. Sunset. Soul

Place your feet in the sand as the refreshing sea breeze whispers caressing notes to your soul. The evening sets in and brings forth an intimate scene just for two or even a small group of your closet friends. Sit back and enjoy the moment with music, a selection of cocktails and discerning culinary delights, all right here at your own haven.



Stay Well at Westin

At Westin Hotels & Resorts, our signature wellness programs empower you to maintain your routine, no matter where you travel. From our renowned Heavenly[®] Bed, to on-demand workout essentials with our Gear Lending Program, and nutritious food options on our Eat Well Menu, we're here to help you be your best version. All of the related programs will be based on what the brand is calling it's "six pillars", feel well, work well, move well, eat well, sleep well and play well.

MOVE WELL Gear Lending

Maintain your workout routine – wherever you go – without the added bulk of packing your fitness gear. With Gear Lending, we offer New Balance shoes and clothing for you to borrow during your stay for only \$5.00 USD

RunWestin

A signature running program that features scenic 3 and 5 miles or 5 and 8 km routes showcasing the landmarks, places of interest and local cultures of the area.

WestinWORKOUT Fitness Studio

Designed to maintain guests wellbeing as an important part of our guests routines, the WestinWORKOUT Fitness Studio was developed to provide a state of the art branded fitness environment.

EAT WELL

Westin Fresh by The Juicery

Revitalize during your stay with an assortment of nourishing, healthy juices and smoothies developed by Westin in partnership with the experts at The Juicery.

Crafted at Westin

Revive with an artisanal elixir. Each expertly mixed cocktail from our signature Crafted at Westin menu is infused with natural ingredients and fresh local flavors.

Eat Well Menu for Kids

Discover kids' meals that are as

delicious as they are nutritious with the Westin Eat Well Menu for Kids developed in partnership with a team of experts at SuperChefs™.

SLEEP WELL Sleep Well Menu

Signature In-Room Dining offering of dishes designed to support Eat Well pillar. The items are packed with amino acids, vitamins and minerals that promote rest and recovery.

Heavenly Bed

Westin signature bed with 10 layers of comfort exclusively designed for Westin Hotels & Resort Worldwide to provides a good night sleep which is proven to reduce stress and helps guests simply relaxed or prepare for the day ahead.

Sleep Well Lavender Balm

Infused with relaxing oils of lavender and chamomile, our Sleep Well Lavender Balm bedside amenity eases tensions and soothes the senses. Rub on your temples or wrists at bedtime and drift into dreamland

FEEL WELL

Heavenly Spa by Westin Heavenly Spa by Westin signature treatments and wellness based programs available to help guests not only feeling physically better but also coming out recharged, energized and rejuvenated.

Sensory Welcome

Introduces serenity to the guests on

their first step inside the hotel. It is all about using 5 senses that play a very important part on providing a memorable first impression and create "I feel great" moment.

Westin Weekend

Designed to create a distinct weekend experience that will reposition Westin as a relaxing and recharging weekend destination. The components such as weekend extended breakfast, 3PM checkout on Sunday, Weekend welcome mat and Gobo are placed in the lobby and candles placed in the lobby with Westin Weekend music played.

PLAY WELL

Westin Family

Wonder awaits. From the moment they receive their Westin Family Travel Journal and Local Activity Guide, families are encouraged to explore their surroundings and embark on adventures.

WORK WELL

Tangent at Westin

Connect. Convene. Collaborate. Streamline your work experience at Tangent, a flexible workspace rentable by the hour, and designed to facilitate teamwork and enhance productivity

Clutter Free Meetings

Westin meeting standard designed to maximize creativity and productivity of attendees by keeping the tables free of clutter.



Share The Joy

The Westin Resort Nusa Dua, Bali promises another exceptional program of activities featuring something for everyone. This year-end holiday will be jam packed with family-friendly celebrations and versatile dining experiences. There is something for everyone this year with family-friendly dinners and special activities just for kids.

An exclusive room package over the Christmas & New Year Season comes with an array of addedvalue entitlements. These include daily Westin Eat Well breakfast, dinner on Christmas Eve and dinner on New Year's Eve for up to two adults and children policy applied. Other benefits such as full internet coverage, access to Westin Family Kids Club and WestinWORKOUT® Fitness Studio are all part of the deal.

For more detailed information, check out all the programs in our dedicated booklet available in all rooms during the Christmas & New Year period or feel free to contact our Service Express team by pressing 0 on your phone.

Chinese New Year's Australia Day Eve Celebration

Ikan Beach Garden Friday, 24 January 2020 6PM to 9:30PM

Join in the festivities of Chinese New Year as we embrace the Year of the Metal Rat with a sumptuous buffet dinner. The menu will feature an array of specialty dishes and family favorites to symbolize good health, wealth and luck throughout 2020. There will be live music from our resident band to set the mood and traditional red Ang Pao envelopes for everyone in attendance.

BBQ Bonanza

Ikan Beachfront Sunday, 26 January 2020 6:30PM to 9:30PM

Celebrate Australia Day in true tropical style with a barbeque dinner under a starstudded night sky by the beach. Enjoy a selection of premium meats grilled to perfection along with an icy cold beer in hand. This laid-back dining event truly represents the carefree lifestyle of Australia and its people.





Sixth Anniversary Celebration

In celebration of our sixth anniversary, Heavenly Spa by Westin presents a curated calendar inspired by the Six Pillars of Wellness. Health conscious travelers will be invited to sleep well, move well, eat well, work well, play well and feel well through a collection of meaningful activities and events available in December 2019 and January 2020.



THE SLEEP Sound & Crystal Healing Meditation



THE SILENCE Blissful Meditation







THE LOLOH Heavenly Spa Herbal Tonic

THE UPCYCLING Afternoon Tea & Fashion Show by Amiga

For reservations, please contact Heavenly Spa at 0361 849 8888 or email spa.bali@westin.com



Qigong Renewal

Qigong is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. It opens the flow of energy and enhances our ability to feel the Life Force underlying the physical world and to deepen our communication with it. Slow and gentle qigong movements warm the body and promote circulation. Studies indicate that qigong is effective in helping to heal life challenges ranging from high blood pressure and chronic illness to emotional frustration, mental stress, and spiritual crisis.

Summer Garden IDR 150,000 net per person Available in January 2020

Girl's Unwind

There is nothing better than chatting with your girlfriends and spending quality time together. Girl's Unwind is the perfect spa retreat for small groups looking for some well-deserved spa pampering. This refreshing package includes a 60-minute K-Beauty Facial and 75-minute Shellac Nail Gel Polish.

Heavenly Spa by Westin IDR 1,500,000 net per person for 135 minutes





Kids Spectacular

Come and be pampered with a fun 30-minute facial mask and 30-minute nail polish.

Westin Kids Spa IDR 400,000 net per kid

Above offers cannot be combined with any other promotions at the resort. Cancellation policy is applied for any cancellations without notification, 24 hours advance reservation is required for all sessions.



Westin Kids Spa

Young spa-goers will love Westin Kids Spa. It is a chance to be pampered with mini facials, temporary tattoos, manicures and pedicures and get Bali beach ready with fun braiding too.

FUN FRUITY CRÈME BATH FOR KIDS

Get softer and silkier looking hair with our natural fruit crème bath. Choose from an array of different combination including strawberry vanilla, blueberry mint, avocado honey and milky orange. (45mins - 350)

TWINKLE TOES & FANCY FINGERS

Sparkle and shine with this manicure and pedicure, leaving fingers and toes party ready. (45 mins - 450)

BEST FRIENDS FOREVER

Girlfriend fun with a fresh face clean and nail color of your choice. (30 mins - 750 per couple)

HAIRSTYLING

Cool quiffs for boys and glossy locks for girls with a little luxe wash and blow dry. (45 mins - 500)

MINI FACIAL

Freshen up your face with this healthy mini facial. (30 mins - 400)

MY BIRTHDAY WISH

Enjoy your birthday with a choice of: - Facial with Temporary Tattoo or - Facial with Manicure or Pedicure (45 mins - 450)

MOMMY AND ME

Enjoy some special Mommy time with a massage by the beach and kids hair braiding or temporary tattoo. (30 mins - 750 per couple)

PRINCE or PRINCESS

Be pampered like a prince & princess with a fun fruity crème bath and the choice of a temporary tattoo or pretty nail art. (45 mins - 450)

HAIRBRAIDING

Girl's gotta have it; let us braid and bead your hair for a full Bali beach style. Single Braids 50 Half Head for Short Hair 300 Full Head for Short Hair 500 Half Head for Medium Hair 400 Full Head for Medium Hair 600 Half Head for Long Hair 450 Full Head for Long Hair 750

Want a 'Spa-rty' for your birthday? Please contact the spa and we'll arrange everything.

Prices are net in thousand IDR and inclusive of service charge and government tax. Westin Kids Spa is open daily from 10AM to 6PM. For reservations, please contact the spa to schedule your appointments on extension 6438 or press Service Express.

Wonder Awaits with Westin Family

As a family-friendly resort, we are committed to ensuring that all of our guests feel totally at home with seamless check-ins, welcome amenities for children and fun recreation activities for everyone to enjoy. Our Westin Family programs were designed to ignite wonder and spark curiosity. Discover all that Westin Family has to offer, then gear up for a vacation filled with adventure.

WESTIN KIDS AMENITIES

Upon check in, kids receive a Westin Family Travel Journal and a Local Activity Guide full of engaging activities to enjoy. This comes together with a personal water bottle that can be refilled with selected beverages at dedicated dining venues. Other benefits include a special breakfast area just for kids along with a menu of healthy options to tempt even the fussiest eaters.

SEASONAL TASTES FEATURING KIDS BREAKFAST AREA

This signature breakfast venue promises to satisfy appetites with an open kitchen concept that incorporates live cooking stations and a juice bar to support an interactive food display. There is a designated area for groups to dine together as well as an eating zone just for kids.

FUN FAMILY OLYMPICS DAY

Bring the whole family along for an interactive and fun-filled experience. Join us for inspired activities that help everyone to connect with their environment and encourage exploration. Available every Tuesday 9:30AM to 10:30AM and Friday 3:30PM to 4:30PM at Temple Garden.

FAMILY YOGA

Strengthen family bonds and create togetherness with the yoga class that is specially designed for the whole family to enjoy. Join us for a special Family Yoga for children above 2 years and adults as we explore yoga through playful poses, laughter and relaxation. Available every Saturday 9:30AM to 10:30AM and Friday 3:30PM to 4:30PM at Temple Garden.

BATH TIME BUBBLES

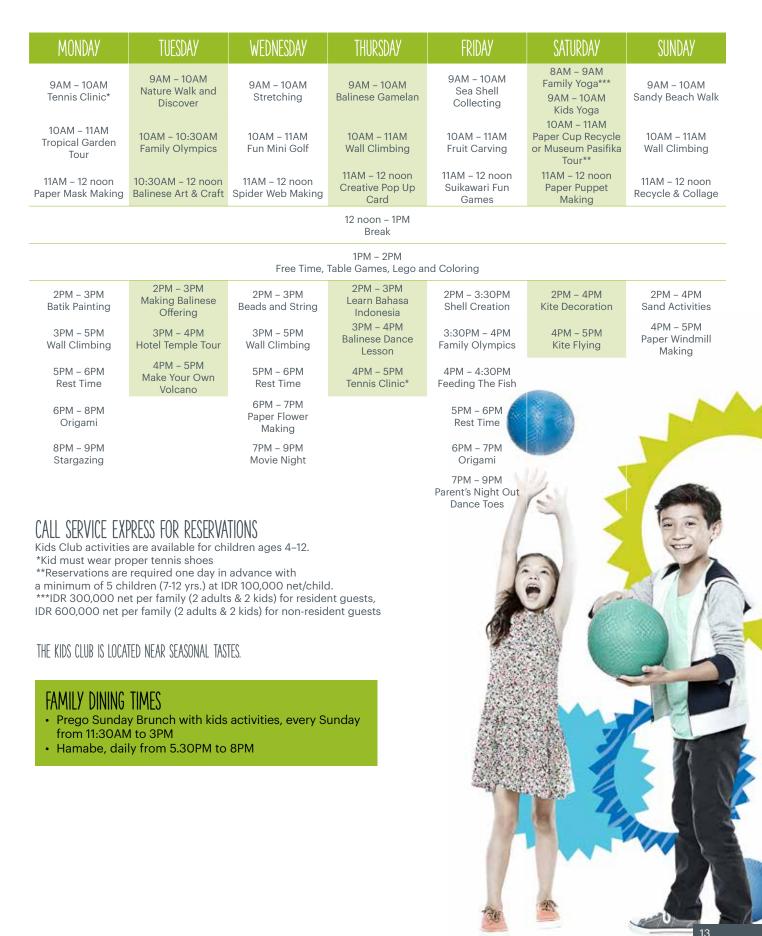
Treat your little ones to a fun bath experience set up in the privacy of your own tub by the team from Westin Kids Spa. Using a choice of fruity products to nurture young skin, this bathing activity promises lots of bubbles and toys for a splashing good time. A bath time bubbles experience includes: floating toys, colorful shower caps, fruity bath bubbles and fluffy towels for max of 2 kids.

WESTIN FAMILY ACTIVITIES



Enjoy extended opening hours until 9PM exclusively on Monday, Wednesday and Thursday.

A wide range of products for our littlest travelers are available at our Resort Boutique including kids tooth brushes, tooth paste, sun screen, shampoo, shower gel, diapers in various size and wet tissues. Also available through Service Express are amenities such as a bottle sterilizer & warmer, baby bath tub, kids slippers and bathrobe.





The Beginning of Your Shared Destiny Starts Here

The date has been set and now it is time to plan the wedding day of your dreams. Be it an intimate ritual on the beach or an indulging gala event in the elegance of our ballroom. We can also arrange an uplifting ceremony in the soothing Balinese ambience of our temple garden or maybe a romantic celebration at sunrise. The decision is yours to make and our wedding specialists will be there every step of the way to ensure that you are well cared for.

For more information or to make a reservation, visit westin.com/Bali or call 62.361.771906. Email: wedding.specialist@westin.com



Environmental Protection

Help us safeguard the local marine environment by refraining from collecting starfish, shells, and other sea creatures. Please leave them where they belong for everyone to enjoy. Also please be aware of sea urchins, which can be toxic and leave your skin feeling itchy. Should you come in contact with one of these creatures, please consult our in-house doctor immediately.

Pure Relaxation

Full Day usage of your private gazebo is priced at IDR 250,000 net. Exclusive Dream Bed by the beach or by the pool side priced at IDR 150,000 net. Savor the calming sounds of the ocean and the soothing tropical breeze.

For reservations please approach one our team members at the "Pool Towel Counter" or call Service Express® from the comfort of your room. Please note that prior reservation is required to use a Gazebo or Dream Bed.

Smoking Advice

In relation to the Westin brand wellness concept, please be advised that smoking is not recommended within the Resort. Kindly contact one of our associates regarding our designated smoking areas.

Sharing is Caring

At The Westin Resort Nusa Dua, Bali, we proudly support Scholars of Sustenance (SOS), a food rescue foundation that collects and redistributes edible goods to help those in need. A significant amount of our excess food items (particularly what is left over from breakfast) is picked up on a daily basis, carefully sorted and then donated to local orphanages. This worthy project provides underprivileged children with a nutritious meal at the end of the school day.

For Safety & Security

For safety and security reasons, please be advised that all online food and parcel deliveries can only be received at our main entrance gate.

Drivers are not permitted access into the resort or lobby area, so there may be a delay with online service deliveries. Should you need any further information, please feel free to reach out to our Duty Manager. Thank you for your attention and understanding.

Public Transport

A public bus service called **SARBAGITA** is being operated by the provincial government connecting Nusa Dua to various tourist destinations across Bali. A fleet of air-conditioned buses are in daily use with the aim to reduce road traffic congestion with extremely affordable tickets. Two bus stops are located just 100 meters on the right and 300 meters on the left from the resort's entrance.

BALI COLLECTION

Bali Collection is a shopping center complete with dining and top-end international retail outlets located at Nusa Dua.

T GALLERIA BY DFS BALI

T Galleria by DFS Bali offers a unique Bali duty free shopping experience amongst the widest variety of luxury brands, located at Kuta.

For more information regarding the transportation services for Bali Collection as well as transfer arrangements for T Galleria Bali, please visit Service Express desk in the Lobby.

Taxi & Car Service

Should you require any transportation services, please reach out to our Transportation Desk at Lobby or use metered taxi that is available 24-hour at the resort. Marriott Bonvoy members receive 10% off for any purchase at By The Sea, Paul Ropp, You & Me Jewellery and Quiksilver.

RESORT BOUTIQUE

Find unique gifts and holiday souvenirs at our Resort Boutique, located in the shopping arcade. There is also a fine collection of stylish lifestyle merchandise reflecting Westin's concept of modern luxury.

Open daily from 9AM to 6PM.

QUIKSILVER

Quiksilver has been producing surf & snow clothing, outerwear & accessories since 1969. Our newest range of apparel and gear is designed with every diehard surfer and snowboarder in mind. Proudly introduces our newest collection of apparel and gear designed with every die hard surfer and snowboarder in mind. Quiksilver has top of the line clothing and gear for every lifestyle. Explore our latest collections of boardshorts, wetsuits, t shirts, thongs, hats and snow gear. Open daily from 8AM to 9PM.



YOU & ME JEWELLERY

Discover an artistically handcrafted selection of silver jewellery that is totally unique to the island of Bali. Open daily from 9AM to 9PM.

BALI GONG

Bali Gong Art Gallery is a family owned business that was established in 1990. You can find a wide selection of handicrafts, furniture, antiques, paintings and many more art pieces on display in the resort's shopping arcade. Open daily from 10AM to 5PM.



BY THE SEA

Brazilian-born designer Renato Vianna spent 15 years with renowned menswear fashion house Richards before moving to Bali in 1993. Spending much of his childhood at the beach, he knows all about the relaxed lifestyle concept. Vianna's grandfather was a tailor and his mother made all the family clothes, so a career in the fashion industry was inevitable. Inspired by the island's vibrant colors, natural beauty and rich artistry, he created pieces to complement Bali's tropical lifestyle. He has succeeded in taking high-quality, originally designed fabrics by turning them into easy-to-wear, cool and comfortable clothes that are currently sold in 4 countries worldwide. Open daily from 9AM to 9PM.

PAUL ROPP

Paul Ropp is an international fashion designer with an eye toward eclectic designs that are distinctive and captivating. Offering dynamic fashions for men and women direct from the runway, Paul Ropp presents a full range of clothing that is not only wearable and full of movement, but also a magnificent heirloom treasure.

Open daily from 9AM to 9PM.

DREAM STUDIO BALI

Enjoy a unique photo session with a professional photographer and take away special memories that will last a lifetime. Dream Studio Bali is the resort's preferred photography service that will capture your precious holiday moments with a personalized 45-60-minute photo shoot. A stroll around the resort or playtime on the beach will be turned into a work of art that you can share with your loved ones back home.





It's game on at Velada with all your favorite sporting events coming to you from around the world. Enjoy comfort food, light bites and a wide choice of beverages while you watch. This family-friendly venue even has a dedicated play zone featuring darts, air hockey and more to ensure you are well entertained during half time.

Open from 6PM - 11PM

THE WESTIN RESORT NUSA DUA, BALI To make a reservation, please call Service Express or email to dining.bali@westin.com www.westinnusaduabali.com





Announcing the launch of BRUNCH INFINITO. A long and lazy Sunday brunch by Prego to enjoy with family and friends.

Authentic Italian Food | Pools & Beach Lounge Access | Live Entertainment Fun Activites by Westin Family | Prizes Galore

Every Sunday starts from 11:30AM IDR485K ++ per person including unlimited signature iced teas, coffee and soft drinks

20% OFF FOR MARRIOTT BONVOY MEMBERS & KIDS EAT FREE*



Authentic Italian



All Pools & Kids Beach Access Activities







Road Free Access Parking



THE WESTIN RESORT NUSA DUA, BALI | 0361 771 906 | dining.bali@westin.com | *T&C apply.