



**WESTIN**  
HOTELS & RESORTS

## Your Personal Guide to Renewal

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February - March 2020

**THE WESTIN RESORT  
NUSA DUA, BALI**

Kawasan Pariwisata Nusa Dua,  
BTDC Lot N-3,  
Nusa Dua 80363, Bali  
Indonesia

T +62 361.771.906  
F +62 361.772.049

[westinnusaduabali.com](http://westinnusaduabali.com)

# Welcome to The Westin Resort Nusa Dua, Bali



In this newsletter edition, we present a great selection of family-friendly dining options, wellness rituals, and fun recreational activities for everyone to enjoy.

New Year 2020 is now under way and so begins another cycle of cultural events and memorable celebrations. Valentine's Day on 14th February will be a time for romantic gestures to show that someone special in your life. Whether it's a romantic dinner by the beach or an indulging spa treatment for two, we have all your needs covered.

The month of March will bring renewal with Nyepi Day, a traditional custom that is totally unique to Bali. Known as the Day of Silence, this local religious holiday will see all activity on the island come to a complete standstill for the duration of 24 hours.

Once again, Earth Hour will be observed around the globe on 28th March. This international lights-off movement was initially launched to promote environmental awareness and protect our planet. We will be participating by going dark in certain areas of the resort as part of a wider effort to conserve energy and be more sustainable.

Be well,

Oriol Montal  
General Manager



## Service From The Heart

At The Westin Resort Nusa Dua, Bali, delivering 'Service from the Heart' comes second nature. One associate in particular who personifies this concept is our Director of Engineering, Mr. Gede Somonita. He is tasked with the responsibility of ensuring that the entire property remains fully operational and is maintained to the highest possible level. Despite many unexpected challenges, Somonita always carries out his duties with confidence and leads by example.

Since 2005, Somonita has been a larger than life character at The Westin Resort Nusa Dua, Bali. Having helped oversee extensive renovation and expansion projects over the years, he has played an instrumental role in the gradual transformation of the entire resort. Somonita is passionate about sustainable initiatives and he regularly

comes up with creative solutions to reduce waste and energy costs. Within the workplace, he is known for his positive outlook, engaging smile and playful sense of humor.



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# Weekly Culinary Highlights

## TUESDAY

### Latte Art Class

Prego

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

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

### Brunch Infinito

Long & Leisurely Sunday Brunch

Prego

11:30AM onwards

Brunch Infinito is a long and lazy Sunday brunch at Prego that is perfect for family and friends. Enjoy authentic Italian food, live entertainment and fun activities by Westin Family with 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% government tax and service charge.

To make a reservation, please call Service Express or email to [dining.bali@westin.com](mailto:dining.bali@westin.com)

# Daily Activities

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## MONDAY

7:30AM RunWestin  
9AM Family cycling\* or stretching exercise  
11AM Aquacise  
12 noon Fun water volleyball  
1:30PM Billiard competition or free play petanque  
3PM Table tennis lesson  
4PM 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

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 RunWestin  
8AM Family yoga\*\*  
9AM Family cycling\* or stretching exercise  
11AM Aquacise  
12 noon Fun water volleyball  
1:30PM Ping pong competition  
2:30PM Fruit carving demonstration  
4PM Power walking

## SUNDAY

7:30AM RunWestin  
9AM 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 activities and register for any of our enriching pastimes.

## Personalized Sessions

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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.

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

## Fitness Calendar

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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.

**THURSDAY** 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.



## 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

5:30 - 6:30PM Gentle Yoga Session

### WEDNESDAY

5:30 - 6:30PM Gentle Yoga Session

### THURSDAY

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\*

### FRIDAY

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

### 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.

# Torta Paesana

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## Chocolate Foam

- 500gr whipping cream
- 460gr dark chocolate

## Crumble Buckwheat and Bread

- 70gr brown sugar
- 75gr butter
- 100gr buckwheat flour
- 45gr plain flour
- 200gr bread crumbs
- 20gr butter
- 15gr caster sugar

## Rum Marinated Raisins

- 80gr dry raisins
- 50gr rum
- 20gr water
- 10gr sugar

## Pine Nut Ice Cream

- 1000gr milk
- 300gr whipping cream
- 250gr sugar
- 70gr milk powder
- 200gr toasted pine nuts

## METHOD:

1. Warm the cream, when boiled, remove from the cooktop, add chocolate and mix well. Move the dough into the syphon, add cream and keep it in a pan of hot water (temperature around 60°C)
2. Place buckwheat and plain flour on the countertop, make a hole in the center and add room temperature butter and brown sugar. Mix by hand, place on a tray with baking paper and bake in the oven for 20 min at 170°C, taking the dough out every 5min to break it up to cook evenly. Once baked, break by hand and let rest at room temperature. Take a pan, add some butter, caster sugar and bread crumbs and sauté to a toasted color. Finally, mix both together to get a buckwheat and bread crumble.
3. Add water and sugar to a pan and heat it till sugar is melted; remove from cooktop, add rum and dry raisins, cover mixture and let it rest in the fridge for 2 hours.
4. Take a pan and heat it; once hot add pine nuts and toast until they change color. Take another pan and add milk, whipping cream and sugar; heat until it starts to boil then add the toasted pine nuts and milk powder to the mix, wrap it and leave to rest for 3 hours at room temperature. When the mix reaches room temperature, put in a bowl, whisk it and place in the freezer. Every 10-15min remove from the freezer, whisk it a little. Repeat until it has a good texture and at that point it will be ready.



## Chef Davide Allievi

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The Westin Resort Nusa Dua, Bali takes great pleasure to welcome Chef Davide Allievi to its culinary team. He has arrived on the island direct from a stint as Chef de Cuisine for the Michelin Plate winning Limoni Italian Restaurant at The Ritz Carlton Guangzhou, China.

Born and educated in Italy, Chef Davide has a Culinary Arts Diploma from the Istituto Paritario Professionale "Michele Pinto". Upon completing his studies, he embarked on a culinary career and fine-tuned his skills with a succession of jobs in Milan, Italy and London, UK.

Armed with a wealth of expertise as a Sous Chef and Pastry, Chef Davide later relocated to Beijing, China to take charge of a gourmet restaurant and bakery. He remained in the Chinese capital for as Executive Chef of a unique concept restaurant called Mojo, which quickly gained national media attention. This exposure gave Chef Davide the opportunity to return to his Italian roots at Grand Hyatt Chengyang as Chef de Cuisine for Il Forno Restaurant.

As a young and contemporary Italian Chef, Davide is expected to bring passion, energy and innovation to his new role at Prego. He is looking forward to revitalizing the menu and taking the restaurant's signature Brunch Infinito to the next level with more delicious dishes and live cooking options.

# Green Steps

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At The Westin Resort Nusa Dua, Bali, we realized the harmful impact that single-use plastics were having on the environment and made the decision to reduce our consumption. We had previously provided our guests with plastic straws, plastic/polystyrene takeaway containers and cutlery, and plastic-bottled water.

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.

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. This contributes to a reduction of roughly 2,000 plastic bottles that may end up in the ocean or a landfill per day. 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 are also embarking on a more sustainable and environmentally-friendly path one step at a time.



## Unlocking The Unspoken Talents of Students with Disabilities

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During our many years of operation, 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”.

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. 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, 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.



# Stay Well at Westin

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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 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.





# Beach Experiences

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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

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Ikan Beach Lounge  
6.30PM to 11PM

Enjoy an irresistible selection of shisha 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

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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

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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.

To make a reservation, please call Service Express or email to [dining.bali@westin.com](mailto:dining.bali@westin.com)



# Romantic Journey

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Celebrate the most romantic month of the year with us and make it a memorable one. Embrace the moment with one or more of the inspiring programs our team has thoughtfully prepared for your Valentine's Day pleasure. Savor a romantic dinner by the beach or simply indulge in a renewing ritual at our award-winning Heavenly Spa by Westin.



## Dine & Be Mine

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Beachfront  
Friday, 14 February 2020 | 6:30PM  
IDR 2,000,000++ per couple

A magical evening under the stars with an intimate six-course dinner served at a private table setting overlooking the Indian Ocean. Accompanied by flickering candles, fresh flowers and sweet music.

## Wine Massage

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Available in February 2020 at Heavenly Spa by Westin  
IDR 1,500,000 net per person for 90 minutes  
IDR 2,700,000 net per couple for 90 minutes

Considered by some experts to be an 'elixir of youth', wine therapy uses grapes to massage the entire body. Rich in antioxidants, this unique treatment is performed to purify, detoxify and nourish the skin, as well as address premature aging. Enjoy a glass of wine to complete this replenishing session of indulgence.



## Love Spell

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Wellness Platform  
Friday, 14 February 2020 | 10AM to 11:30AM and 3PM to 4:30PM  
IDR 200,000 net per couple

An uplifting yoga experience that ultimately brings partners together. It involves supporting each other and performing new postures based on mutual trust. This session continues with Nada Meditation to connect the individual mind with cosmic consciousness through sound.



# Nyepi Day

Nyepi Day or the Balinese Day of Silence falls on 25<sup>th</sup> March 2020 is a unique Balinese New Year holiday where all activity on the island literally comes to a complete standstill for the duration of 24 hours. Nyepi is observed as a day of complete silence without any noise, traffic, fire and lights. It begins at 6AM on Wednesday, 25 March and ends the next day at 6AM. Experience the serenity of this cultural celebration on the Island of the Gods with recharging activities for the whole family to enjoy.



# Pengerupukan Day Dinner

Tuesday, 24 March 2020  
Ikan Beach Garden | 6:30PM to 9:30PM

Celebrate Nyepi in accordance with Bali's Hindu Lunar calendar with a memorable Nyepi Eve Dinner. Embrace the moment and enjoy signature Balinese delicacies such as Babi Guling, Lawar Kelungah, Sate Lilit and much more. Be entertained by an authentic Balinese performance our relaxed garden setting under the stars.

IDR 485,000++ per person  
IDR 242,500++ per kid 3 - 12 years, free for kids below 3

# Balinese New Year Celebration

Wednesday, 25 March 2020  
Seasonal Tastes | 6PM onwards

For your Nyepi Day dining pleasure, we present an extensive buffet dinner of flavorful international dishes including sushi options, classic roast beef, garden-fresh salads and irresistible desserts. Join us as we embrace the tranquility of this auspicious cultural occasion.

IDR 510,000++ per person  
IDR 255,000++ per kid 3 - 12 years, free for kids below 3





## Heavenly Spa by Westin™

Heavenly Spa by Westin offers uplifting spa experiences to restore body and soul. Unwind in our luxurious his and hers thermal facilities, release muscle tension in the shiatsu room or rejuvenate with sacred spa rituals.

Complimentary with every spa treatment: arrive 30–45 minutes before your first service, and enjoy the steam room, Himalayan salt-sauna, hydro pool or a warm shower. It's the perfect way to relax and warm your muscles, aiding the therapeutic benefits of our treatment and services. Available from 10AM to 10PM.



## Spa Bale

Experience the healing art of massage in the unique setting of our Spa Bale. Indulge in the soothing ambience of the beachfront garden as the nurturing hands of our Spa Therapist works to gently relax your body into a sense of calm. Available from 10AM to 6PM.

For information and reservations, please call Heavenly Spa extension 6438 or press Service Express on your phone.

# Sacred Nature Face and Body by Comfort Zone™

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This combined face and body treatment uses a bio-certified formula by Comfort Zone™ to gently exfoliate and nurture the skin. Rich in buriti oil and butterfly bush extract, it contains intensive cosmetic antioxidants and actively protects the external skin barrier. Suitable for all skin types and conditions.

Heavenly Spa by Westin  
Available in March 2020  
IDR 1,400,000 net per person for 75 minutes



# Sensory Deprivation Therapy

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Sensory deprivation is a condition whereby an individual receives less than normal sensory input. Effects include boredom, irritability, difficulty in concentrating and confusion. To address this concern, we present a therapeutic session conducted in a darkened and soundproofed room as a video of the universe is projected onto the walls. Our teacher will guide participants through several stages such as physical and mental awareness. This is believed to enhance creativity and also benefit disorders such as anxiety, stress and chronic pain.

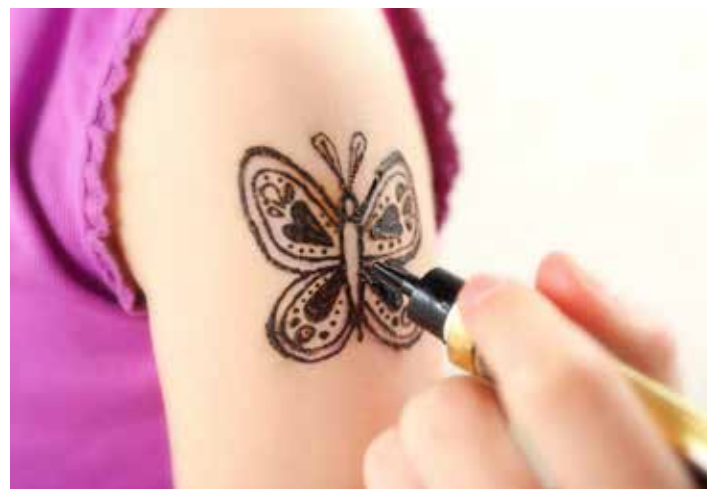
Lotus Room  
10AM to 11AM  
IDR 150,000 net per person

# Heavenly Kids Spa Pampering

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Even our youngest guests deserve to be pampered during their stay. This age-appropriate session includes a fruity hair care ritual or body treatment, followed by a fun nail color or temporary tattoo. Finish off with a bath filled with bubbles in the privacy of your own room.

Westin Kids Spa  
Available in February & March 2020  
IDR 500,000 net per child



Above promotions can not be combined with other offers.  
24 hours reservation is required, cancellation policy will be applied for any cancellations without notification.



# 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 CREAM BATH FOR KIDS

Make your hair as smooth as a prince and princess with our combination of fruit natural cream bath. A choice of strawberry vanilla, blue berry mint, avocado honey and milky orange cream bath. (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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM – 10AM Tennis Clinic*	9AM – 10AM Nature Walk and Discover	9AM – 10AM Stretching	9AM – 10AM Balinese Gamelan	9AM – 10AM Sea Shell Collecting	9AM – 10AM Kids Yoga	9AM – 10AM Sandy Beach Walk
10AM – 11AM Tropical Garden Tour	10AM – 10:30AM Family Olympics	10AM – 11AM Fun Mini Golf	10AM – 11AM Wall Climbing	10AM – 11AM Fruit Carving	10AM – 11AM Paper Cup Recycle or Museum Pasifika Tour**	10AM – 11AM Wall Climbing
11AM – 12 noon Paper Mask Making	10:30AM – 12 noon Balinese Art & Craft	11AM – 12 noon Spider Web Making	11AM – 12 noon Creative Pop Up Card	11AM – 12 noon Suikawari Fun Games	11AM – 12 noon Paper Puppet Making	11AM – 12 noon Recycle & Collage
12 noon – 1PM Break						
1PM – 2PM Free Time, Table Games, Lego and Coloring						
2PM – 3PM Batik Painting	2PM – 3PM Making Balinese Offering	2PM – 3PM Beads and String	2PM – 3PM Learn Bahasa Indonesia	2PM – 3:30PM Shell Creation	2PM – 4PM Kite Decoration	2PM – 4PM Sand Activities
3PM – 5PM Wall Climbing	3PM – 4PM Hotel Temple Tour	3PM – 5PM Wall Climbing	3PM – 4PM Balinese Dance Lesson	3:30PM – 4PM Family Olympics	4PM – 5PM Kite Flying	4PM – 5PM Paper Windmill Making
5PM – 6PM Rest Time	4PM – 5PM Make Your Own Volcano	5PM – 6PM Rest Time	4PM – 5PM Tennis Clinic*	4PM – 4:30PM Feeding The Fish		
6PM – 8PM Origami		6PM – 7PM Paper Flower Making		5PM – 6PM Rest Time		
8PM – 9PM Stargazing		7PM – 9PM Movie Night		6PM – 7PM Origami		
				7PM – 9PM Parent's Night Out Dance Toes		

## CALL SERVICE EXPRESS FOR RESERVATIONS

Kids Club activities are available for children ages 4-12.

\*Kid must wear proper tennis shoes

\*\*Reservations are required one day in advance with a minimum of 5 children (7-12 yrs.) at IDR 100,000 net/child.

\*\*\*IDR 300,000 net per family (2 adults & 2 kids) for resident guests, IDR 600,000 net per family (2 adults & 2 kids) for non-resident guests

THE KIDS CLUB IS LOCATED NEAR SEASONAL TASTES.

## FAMILY DINING TIMES

- Prego Sunday Brunch with kids activities, every Sunday from 11:30AM to 3PM
- Hamabe, daily from 5.30PM to 8PM





## The Beginning of Your Shared Destiny Starts Here

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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 [westinnusaduabali.com](http://westinnusaduabali.com) or call 62.361.771906. Email: [wedding.specialist@westin.com](mailto:wedding.specialist@westin.com)





## Environmental Protection

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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

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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 of 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

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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

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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

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For safety and security reasons, please be advised that all online food and parcel deliveries can only be received at our main entrance gate between the guest and the drivers without the involvement of hotel associates. Hotel does not have any control on the delivery items or any risk related with the delivery. 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.

## Public Transport

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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

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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.

# Shopping Around The Corner

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.

*by the sea*



DISCOUNT STORE  
**20% & 40%**

MEN, WOMEN AND KIDS COLLECTION

WESTIN BALI BOUTIQUE  
KAWASAN PARIWISATA NUSA DUA, BTDC  
JL. NUSA DUA NO.3, BALI

[www.bytheseabali.com](http://www.bytheseabali.com)

## BY THE SEA

By The Sea is Indonesia's largest luxury resort wear brand since 1999, fashioned for the many who embrace the beauty, essence and depth of tropical living. By The Sea's focus is to create classic and sophisticated clothes inspired by the tropical, simplicity, and spirit of "The Island of The Gods". Made in Bali using only the highest quality materials our company has always advocated the principles of fair trade. We pride ourselves on our community based brand awareness which is guided by responsible, ethical, sustainable and socially conscious fashion practices. By The Sea. More than a brand...it's a lifestyle shaped by the heart and soul of Bali. 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.

## 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.



## QUIKSILVER

Quiksilver has been producing surf & snow clothing, outerwear & accessories since 1969. No other company pushes to defy boundaries quite like Quiksilver. Our newest range of apparel and gear is designed with every diehard 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.



# VELADA

## EAT & PLAY

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](mailto:dining.bali@westin.com)  
[www.westinnusaduabali.com](http://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 Activities 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\***

