



The Collection

Designed to improve circulation and reduce muscle tension, this Herbal Compress – **Kediri**, is comprised of an aromatic blend of Cinnamon, Cloves, Pandan leaves and Lemongrass. This 400-year-old heat-massage treatment induces a sensual atmosphere and a feeling of deep relaxation.



The compress is steamed, unlocking the uplifting aromas and cleansing qualities of the ingredients. Skilled hands then deftly manipulate the **Kediri** through a variety of techniques across the body to soothe chronic body aches and pains.

This herbal ball can be used either hot or cold depending on your individual needs. By replacing a steamer for a freezer before application, the compress aids the recovery of inflamed joints and injury flare ups.

Be sure to check with your local spa to see if they are providing this form of therapy. If you would like to try **Kediri** out for yourself in the comfort of your own home, then click [here](#) to head over.

Saakalya Travel



If you're feeling the need to relax and de-stress after the festive period then look no further than our upcoming **gastronomic trip** to Bali. Perfect for a deep cleanse of the body and soul, our **Culinary Masterclass** will leave you energised and refreshed.

You'll be expertly guided through Balinese Cuisine, one of the most complex and delicious in the world.

You'll gain an appreciation and understanding for the preparation of delectable dishes, quite literally from the roots up. Our chef will ensure that you not only create a meal to be proud of but learn the skills to recreate your culinary journey at home.

Discover the ancient art of Jamu – a traditional herbal medicine - as you explore the wellness properties of Bali's native plants. Start the New Year by learning how to prepare treatments which will bring out your inner glow. Indeed, you can leave your worries at home, as you are immersed in the exquisite flavour and textures from the local way of life. All of this from captivating splendour of Bali's north, ensuring that you return home feeling entirely rejuvenated and relaxed.

Take a break and explore something new, head over to: <http://bit.ly/1FmgxSv>

Meet Saakalya

Saakalya Travel may still be a twinkle in the eye of Alexandra – **Saakalya's** Managing Director, without the help of Xin Yi and Dewa to breathe life into the concept.

Hailing from Bali, Dewa is **Saakalya's** eyes and ears on the ground. Offering insight into 'off the beaten track' boutique accommodation and exciting activities for our guests, Dewa draws from his extensive experience in the tourism industry to understand the need for something a little bit special.



Dewa knows his country inside out, so much so that he is adept at locating the freshest natural ingredients in the Indonesian jungle and provides a wonderful background knowledge on the flora and fauna of these magical regions. When Dewa isn't leading guests of foraging trips through jungle in our **Culinary Masterclass**, he is striving to make every aspect of your trip the most enjoyable experience.



Xin Yi represents the command centre of **Saakalya Travel** and is an organisational superstar. Having compiled captivating itineraries for our guests, Xin Yi has her finger on the pulse of our trips ensuring that your experience is as smooth and enjoyable as possible.

As a keen **yoga** student, Xin Yi quickly developed an affinity for Bali, growing to love the energy and vibrancy of the island. Between Xin Yi and Alexandra's passion for the region, they have built a wonderful selection of exciting excursions to be proud of.

Namaste,

Your Saakalya Team

Saakalya Travel

Our upcoming weekend breaks

February 2015



6 – 8

Your Indulgent Oenology

Bali, Indonesia



20 – 22

Your Indulgent Culinary Masterclass

Bali, Indonesia

