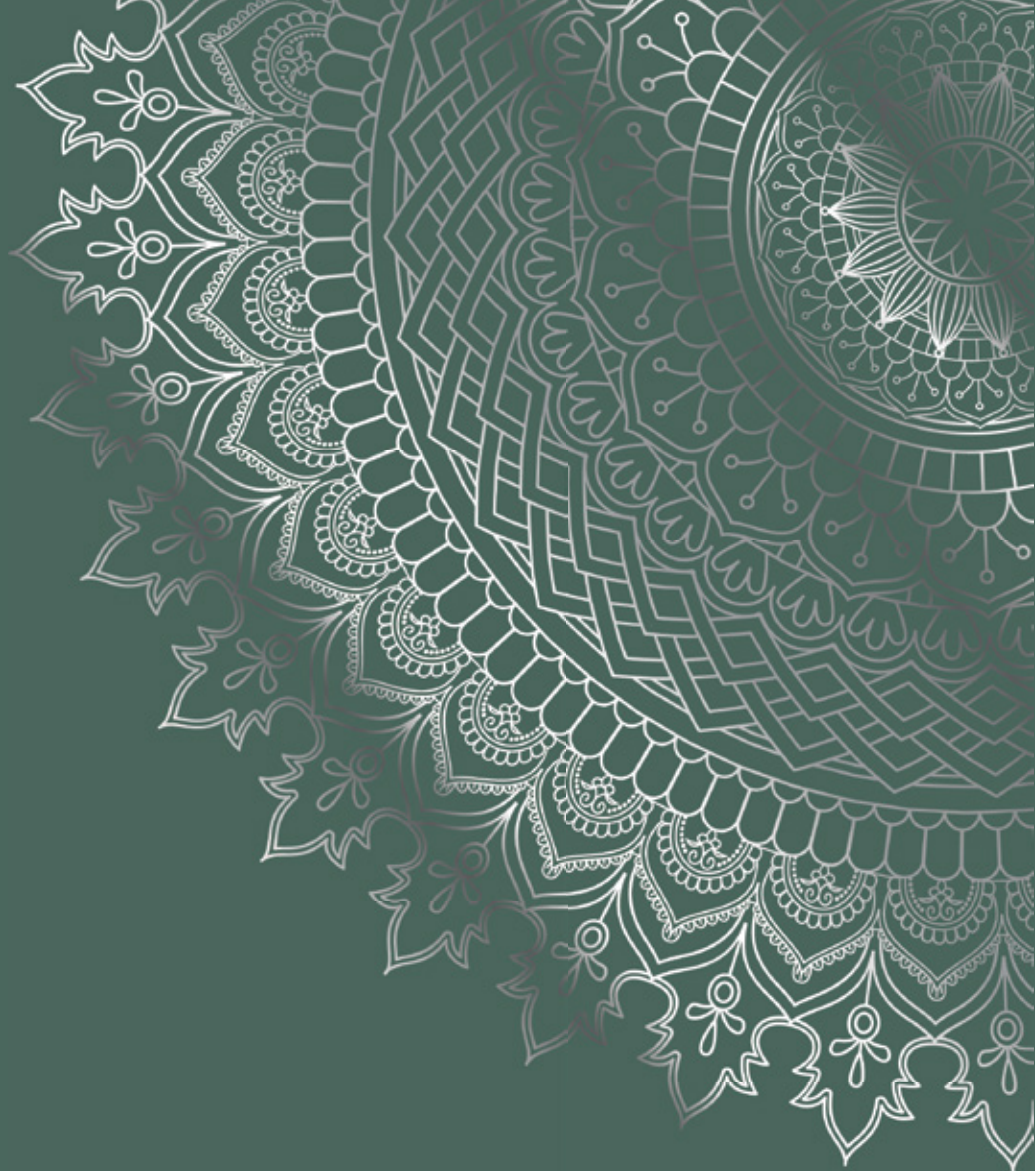


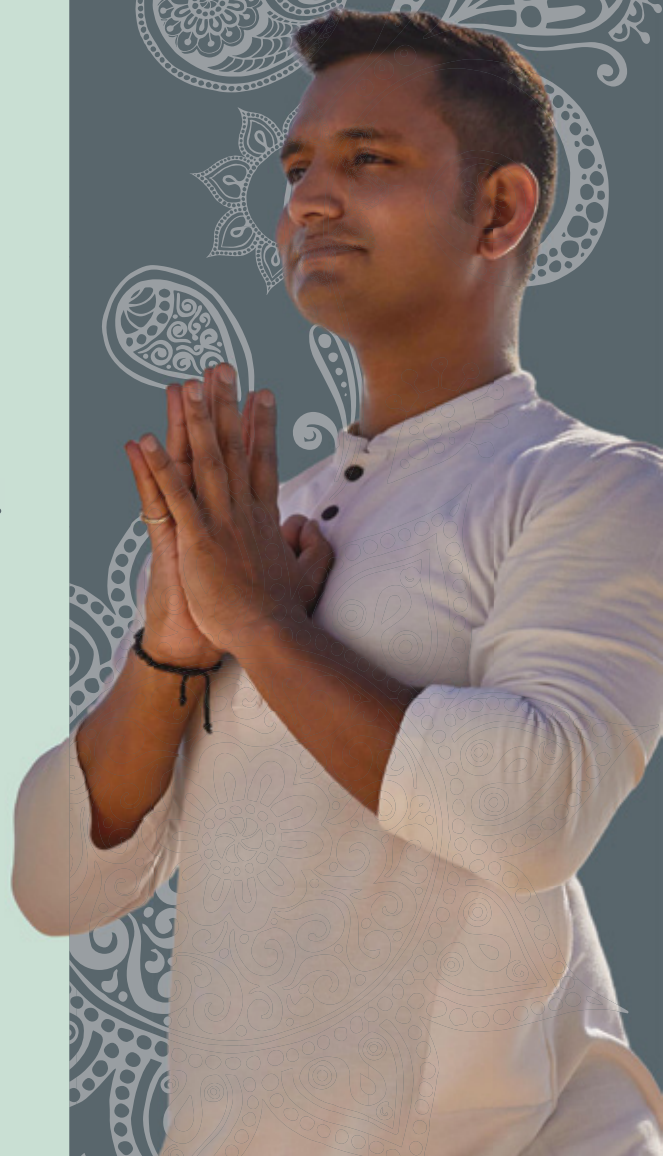
THE WESTIN
RESORT
NUSA DUA
BALI



Resort Experience Guide

Message From Our Resident Wellness Ambassador

Hailing from the Himalayan foothills in India, trained in Yoga, Meditation, Ayurveda, and Naturopathy, Dr. Jitendra Pokhriyal holds a Ph.D. in Clinical Nutrition and Human Metabolism. Dr. Jitendra is dedicated to ensuring your stay at The Westin Resort Nusa Dua is enriched with wellness



Daily Wellness Calendar

	MON	THUR	FRI	SAT	SUN	VENUE
ACTIVATING 8AM-9AM	Yoga for Beginner	Yoga for Beginner	Yoga for Beginner	Yoga for Beginner	Yoga for Beginner	Wellness Studio
ENERGIZING 10:15AM-11AM	HIIT (High Intensity Interval Training)	HIIT (High Intensity Interval Training)	HIIT (High Intensity Interval Training)	HIIT (High Intensity Interval Training)	HIIT (High Intensity Interval Training)	Westin Beach Workout
RECOVERY 11AM-11:30AM	Ice Bath Recovery	Ice Bath Recovery	Ice Bath Recovery	Ice Bath Recovery	Ice Bath Recovery	
AWARENESS 2PM-2:30PM	Sound Bathing	Sound Bathing	Sound Bathing	Sound Bathing	Sound Bathing	Wellness Studio

Yoga for Beginners

Learn foundational poses, breathing, and relaxation techniques in a supportive environment.

HIIT (High Intensity Interval Training)

Boost fitness with short, intense workouts that burn calories and increase metabolism.

Sound Bathing

Relax deeply as soothing gongs, bowls, and chimes promote meditation and restoration.

Ice Bath Recovery

Experience the rejuvenating power of ice bath therapy combined with Epsom salts designed to accelerate muscle recovery, reduce inflammation, and promote overall well-being..

Daily Resort Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	VENUE
MOVE WELL 7AM-8AM	run Westin	Power Walk	run Westin	Power Walk	run Westin	Power Walk	Power Walk	Pool Towel Counter
PLAY WELL 9AM-10AM	Nusa Dua Island Bike Tour	Nusa Dua Island Bike Tour	Nusa Dua Island Bike Tour	Nusa Dua Island Bike Tour	Nusa Dua Island Bike Tour	Nusa Dua Island Bike Tour	Nusa Dua Island Bike Tour	Pool Towel Counter
MOVE WELL 11:30PM-12PM	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Main Pool area
PLAY WELL 2PM-3PM	Ping Pong Competition	Air Hockey	Ping Pong Competition	Air Hockey competition	Ping Pong Competition	Chess Competition	Ping Pong Competition	Pool Towel Counter
PLAY WELL 3PM-4PM	Balinese Craft	Fruit Carving	Balinese Craft	Fruit Carving	Balinese Craft	Fruit Carving	Balinese Craft	Main Pool area

runWestin

Join a guided group run, explore new routes, boost endurance, and connect with fellow runners.

Nusa Dua Island Cycling Tour

Ride through paradise, explore stunning beaches, and enjoy breathtaking coastal views.

Aquacise

A fun, low-impact water workout combining cardio, strength, and flexibility exercises.

Ping Pong competition

Compete, have fun, and win prizes in our exciting table tennis tournament.

Fun Water Volleyball

Dive into a friendly game of water volleyball—no experience needed, just fun!

Balinese Crafts

Learn traditional Balinese crafts like wood carving, batik, and weaving from local artisans.



Westin Family

Kids Club Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00-10:00 Kids Yoga	09:00-10:00 Morning Beach walk	09:00-10:00 Tennis clinic*	09:00-10:00 Nature Walk	09:00-10:00 Kids Zumba	09:00-10:00 Kids stretching	09:00-10:00 Kids Aerobic
10:00-11:00 Paper puppet	10:00-11:00 Macramé fun	10:00-11:00 Key chain making	10:00-11:00 Play Dough making	10:00-11:00 Recycle craft	10:00-11:00 Paper flower making	10:00-11:00 Suikawari
11:00-12:00 Tote bag painting**	11:00-12:00 Wooden Mask Painting**	11:00-12:00 Tie dye**	11:00-12:00 Pizza Making**	11:00-12:00 Paper Mask Making	11:00-12:00 Spider Web making	11:00-12:00 Tie dye**
12:00-13:00 Close for cleaning & disinfectant	12:00-13:00 Close for cleaning & disinfectant	12:00-13:00 Close for cleaning & disinfectant	12:00-13:00 Close for cleaning & disinfectant	12:00-13:00 Close for cleaning & disinfectant	12:00-13:00 Close for cleaning & disinfectant	12:00-13:00 Close for cleaning & disinfectant
13:00-14:00 Free time (table Games, Lego, puzzle & coloring)	13:00-14:00 Free time (table games, Lego, puzzle & coloring)	13:00-14:00 Free time (table games, Lego, puzzle & coloring)	13:00-14:00 Free time (table games, Lego, puzzle & coloring)	13:00-14:00 Free time (table games, Lego, puzzle & coloring)	13:00-14:00 Free time (table games, Lego, puzzle & coloring)	13:00-14:00 Free time (table games, Lego, puzzle & coloring)
14:00-15:00 Sea shell craft	14:00-15:00 Musical games	14:00-15:00 Jewelry art	14:00-15:00 Balinese art & craft	14:00-15:00 Tie Dye**	14:00-15:00 Tote bag painting**	14:00-15:00 Leaf printing
15:00-16:00 Beach Sand castle	15:00-16:00 Kite making	15:00-16:00 Fun ball games	15:00-16:00 Balinese dress up & hotel temple visit	15:00-16:00 Paper cup creation	15:00-16:00 Paper windmill	15:00-16:00 Bubble time
16:00-17:00 Paper Hand Woven	16:00-17:00 Kite flying	16:00-17:00 Recycle & collage	16:00-17:00 Morning Beach walk	16:00-17:00 Beading Times 19.00-20.00 Kids Movie Night	16:00-17:00 Feeding the Fish 19.00-20.00 Wayang Puppet show	16:00-17:00 Nature walk



Integrated Wellness Experiences

by Resort Wellness Ambassador





Personalized consultation

Discover a deeper understanding of your well-being through our expert-led consultations, designed to guide you on a transformative journey of holistic health. Our wellness specialists will tailor each session to your unique needs, helping you achieve balance in body, mind, and spirit.

In-Body Scan & Health Consultation

(30 minutes) IDR 550,000

Gain valuable insights into your body composition and health metrics with a comprehensive in-body analysis and expert consultation.

Personalized Movement & Mindfulness

Discover the power of intentional movement and mindfulness practices, tailored to your individual goals.

Yoga

(60 minutes) IDR 700,000

(30 minutes) IDR 400,000

Enhance flexibility, strength, and relaxation with private yoga sessions tailored to your needs.

Tai Chi & Qigong

(60 minutes) IDR 700,000

(30 minutes) IDR 400,000

Improve energy flow, reduce stress, and enhance well-being through meditative movements and controlled breathing.

Meditation

(60 minutes) IDR 700,000

(30 minutes) IDR 400,000

Achieve mindfulness and balance with guided meditation techniques: Yoga Nidra | Antar Mauna | Trataka | Kaya Sthairyam | Meditation from Tantra



Energy Healing Experiences



Aura Cleansing & Chakra Balancing

(60 minutes) IDR 1,500,000

Purify and align your energy with aura cleansing and chakra balancing for renewed harmony and vitality.



Recovery & Pain Management

(60 minutes) IDR 1,500,000

(30 minutes) IDR 700,000

Kinesiology Taping

Enhance movement, reduce inflammation, and support recovery with expert-applied kinesiology taping.

TENS Therapy

Relieve pain and stimulate muscle recovery with gentle electrical impulses to enhance circulation and relaxation.

Muscle Ultrasound Assessment

Identify muscle imbalances and tension with a non-invasive ultrasound assessment for targeted recovery.

Air Compression Therapy

(Legs Application)

Enhance circulation, reduce swelling, and accelerate muscle recovery with rhythmic compression therapy.



Golf Zone

We offer golf enthusiasts to enrich their vacation experience with a Golf Break at our Golf Zone. The Golf Zone contains a state-of-the-art golf simulator in a comfort area with a variety of refreshments, including beers and delectable dishes created by our culinary experts. Golf Zone is the ideal place to play by yourself or with a group of friends in order to develop your game.

Golf Zone

Open daily from 7AM to 9PM

IDR 200,000 net per person per hour

Advance reservations required

Power Up

TENNIS COURT

Opening hours: 7AM to 6PM

- Court only 100 (additional 50 for light from 6PM - 8PM)
7AM - 8PM
- Private partner 200
9AM - 6PM
- Private coaching for adult 300
9AM - 6PM
- Private coaching for kid 200
9AM - 6PM
- Beginner tennis lesson* Free
Every Sunday, 4PM

RENTAL

- 7AM to 6PM 100 / hour
- Racket 50 / play
- Ball 100 / can
- Ball boy 100 / hour

NON RESIDENT GUEST

- Tennis court rental 250 (additional 50 for light from 6PM - 8PM)
7AM - 8PM
- Private coaching 500/hour
9AM - 6PM
- Private partner 400/hour
9AM - 6PM

Prices are Net in thousand IDR and inclusive of 21% government tax & service charge.



Sea Breeze

Stand-Up Paddle

Glide across crystal-clear waters in a serene yet refreshing paddle session. Led by expert guides, this experience offers adventure, relaxation, and a connection to the ocean's beauty. Feel the sun, breathe the salty air, and embrace the rhythm of the waves.

Complimentary for in-house guests

IDR 500,000 per person for personalized session and non resident

Meeting Point at Pool Towel Counter

Advance reservations required

Activity subject to tide condition



Bali Artistry

A Hands-on Crafts Session

Unleash your creativity and explore Bali's cultural heritage in this immersive crafts session. Guided by skilled artisans, use natural materials and traditional techniques to craft your own Balinese masterpiece. Take home a unique creation and lasting memories of this artistic journey.

Every Monday, Wednesday, Friday and Sunday
3PM-4PM

Complimentary for In-house guests
IDR 300,000 per family for private session
Meeting Point at Pool Towel Counter
Advance reservations required



Terms & Conditions

Cancellation Policy

We require 24-hour notice for changes or cancellations.

Health Conditions

Please advise us of any health conditions, allergies or injuries that could affect your treatment with us, we cannot be held responsible should conditions not be disclosed.

Facilities

Appropriate attire must be worn during activities.

Age Requirements

We offer activities from 12 years above. But some activities required age restriction.

For reservations, contact dial 0 to Service Express™ or +62 361 771906

THE WESTIN

RESORT
NUSA DUA
BALI

T: +62 361 771906

THE WESTIN RESORT NUSA DUA, BALI
Kawasan Pariwisata Nusa Dua, BTDC Lot N-3, Nusa Dua, Bali 80363