

## bali'sWELLNESSgurus

Bali's popularity stems from the beauty of the island, the nurturing of its people and spas, and the intangible warmth and gentle spirituality that exudes from every corner. There are many people who work tirelessly to ensure that Bali remains this natural, caring and mystical paradise, and here we highlight just a few of them.



**BRIAN HATHAWAY**, Senior Director of Spas Asia Pacific for the Four Seasons, has been based in Bali for four years. He has always embraced the island's ways, and is known to say, "Just one more ceremony and I'll be Balinese."

While busy pushing Four Seasons Jimbaran and Sayan spas to excel, he has also focused (along with General Manager John O'Sullivan and Asia Pacific Spa and Wellness Council forerunner Mary Darling) on raising spa standards, not just in his hotels (where they pilot projects and collect data), but across the industry and region-wide. He also volunteer teaches, along with Mary Darling, a spa manager program and is helping to co-create a spa degree for university students.

He recently married his Balinese fiancé, and with an eternal tie to the island, is unswervingly optimistic. "We have been through crises before, and we will again, and like before we will come out stronger than when we went in, learning along the way. Bali will always be a hot spot."

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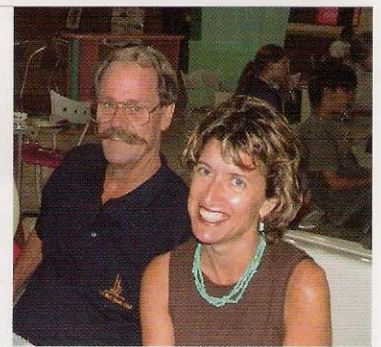
**MARY DARLING** advises the Bali Spa and Wellness Association, bringing the industry together to share information and promote relationships.

She and her husband settled in Bali after four years sailing around Mexico and the South Pacific. "The flowers, the proximity to the ocean, the natural environment, the colour green, they are all more vivid and varied here than any place I have been," she says, "and the people have a grace and sense of life balance that is inspiring."

Her hospitality experience allows her to increase the synergy between the hotel and spa industries. "I work on equitable treatment for the therapists, increased education for managers, and putting myself in the shoes of the customer."

She is dedicated to educating the industry, volunteer teaching with Brian Hathaway, and has an unshakable confidence in the future of Bali's spa industry. "Continuing to provide good value for visitors, dramatically improving the environmental standards, and ensuring that traditional cultural values remain intact and authentic will ensure long term sustainability," she says.

[www.balispawellness-association.org](http://www.balispawellness-association.org)



**IMADEWARMANA**, Reiki master and instructor, practices at various resorts, like the Amans, The Bulgari, The Bale, Karma Resorts and Rei Wellness. A gentle Balinese who emanates good energy, his Reiki sessions are powerful, sweeping the guest's body to cleanse them of negative energy, then laying his hands on them to transfer positive energy.

He originally discovered meditation through a guru, which helped him through some tough times. ("I was a bad boy", he says enigmatically, smiling), and wanting to help others, he then found Reiki. "All sickness is negative energy," he says. "The energy of the universe is positive and I want to spread positive energy to as many people as I can."

He is also a rainstopper, taking on a quintessentially Balinese role where a spiritual man ensures rain doesn't stop play during an important event. "Through meditation I synchronise my energy with the area's energy. I don't stop the rain, I just move it. Even if someone is a bad boy, if they have the talent and confidence, they can do it."

