



## Four Seasons Sayan SAYAN, BALI

It's a bit Disney here, in a good way: beautifully manicured hedgerows with butterflies flitting about and the Ayung River babbling over rocks so perfectly you'll wonder if it gets switched off at night. But it has heart too – and not of the pink-princesses variety. Hang upside down doing anti-gravity yoga in the hotel's new Dharma Shanti bamboo yoga pavilion, set in a paddy field, or have a philosophical conversation about meditation, mindfulness or, heck, the meaning of life, with a former Buddhist monk. Or, for a once-in-a-lifetime healing session, try the traditional melukat – a water-purification ceremony held at the private home and temple of Bali's youngest high priestess, Ida Resi Alit. Go with an open mind and prepare to be intrigued, enchanted and have buckets of cold water thrown over you. Treatments back at base also have a spiritual persuasion: gongs, chanting and massages with divine-smelling wild basil are all part of the fairy tale. **HEADS UP** Stay in one of the hillside or riverbank villas – they're closer to nature. **BOOK IT** Cleveland Collection ([clevelandcollection.co.uk/tatlerspa](http://clevelandcollection.co.uk/tatlerspa); 020 7843 3596) offers seven nights, from £2,340, including breakfast, flights and transfers.