

# COMO SHAMBHALA ESTATE UBUD, BALI

**IN BRIEF** A healing big hitter gets a fresh, athletic boost

**THE LOWDOWN** On the outskirts of Ubud, Bali's reigning queen of spas is adding some serious muscle to proceedings. Como's new Be Active Programme combines divinely healthy food with yoga and tough daily physical training. Guests are given a personal consultation to set their fitness goals, then presented with a three- to eight-day intense timetable that will send them home fighting. The good news is that you can go as hard or as easy as you like, but you are expected to undertake a special guided challenge at some point. This might involve white-water rafting along the Agung River and reaching the summit of nearby Mount Batur at sunrise, or completing a 10km biathlon to and from Ubud. The latter is nothing to be afraid of: it consists of a pleasant early-morning trek (taking in villages, temples and sun-kissed fields) and a gentle mountain-bike ride back in time for a hearty breakfast. Just don't get too cocky on the outbound leg: one former prime minister tripped and fell headfirst into a waterlogged paddy field while attempting it. Other guests have included elite athletes, drawn no doubt by one of the highlights, the jungle gym situated next to a waterfall in a leafy valley beneath the property. Like Fitness First meets *The Lost World*, the equipment has been designed in synergy with the environment, and includes a climbing wall built into a natural cliff face and permanent hinged logs for weightlifting. Group and individual sessions are available here, as well as personal training at the state-of-the-art indoor gym in the main complex. Spa treatments to aid physical recovery are equally important in the Be Active Programme. Try the Taksu

## WHILE ATTEMPTING THE 10KM RACE TO TOWN, A FORMER PRIME MINISTER TRIPPED AND FELL HEADFIRST INTO A PADDY FIELD

massage (its Balinese name refers to the magical passing of energy between two people), an invigorating treatment which significantly increases blood circulation and helps to relieve tight muscles and headaches. The food at the Glow restaurant will leave you feeling cleansed and refreshed too. Be sure to try the healthy juices (especially thick and sweet Muscle Mylk after training) and the *nasi campur*, a traditional vegetable curry served with sweetcorn cakes and spinach. Part super-slick hotel, part spiritual retreat, this is a place to come for complete self-restoration. Encircled by jungle and waterfalls, patrolled by monkeys and frequently shrouded in river mist, it is like a valley conjured up in a dream. But one that can also produce real results.

**INSIDER TIP** Make an appointment with the phenomenal on-site Ayurvedic practitioner Dr Dwaraka Raman, who seems to know you inside-out before you've even sat down – and will then suggest a number of ways to ease knotted muscles.

**BOOK IT** Healing Holidays (+44 20 7843 3592; [www.healingholidays.co.uk/condenast](http://www.healingholidays.co.uk/condenast)) offers seven nights from £2,899 per person full board, including all Be Active activities, flights and transfers.