

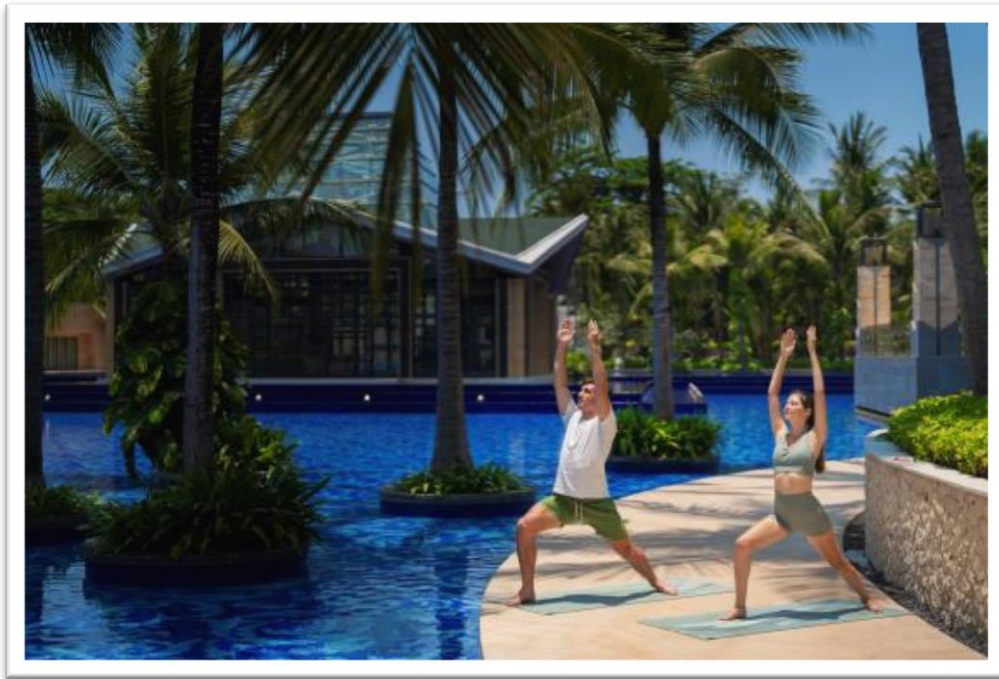


# MULIA HOTELS

JAKARTA | BALI

## WELLNESS UNBOUND

*A New Era of Personalised Wellbeing at The Mulia, Mulia Resort & Villas – Nusa Dua, Bali*



**Nusa Dua, Bali** – Embodying the essence of refined indulgence, *The Mulia, Mulia Resort & Villas – Nusa Dua, Bali* introduces **Wellness Unbound** — an elevated, highly personalised programme crafted to awaken the senses and nurture balance amid today’s fast-paced world.

Rooted in authenticity and guided by the rhythm of Bali’s spiritual landscape, **Wellness Unbound** offers more than a retreat — it is a journey inward, outward, and beyond.

### **Wellness Without Walls, Boundaries, or Timetables**

Unlike conventional wellness offerings, Wellness Unbound removes prescriptive boundaries. Guests are invited to chart their own course, selecting from a thoughtfully curated collection of transformative experiences across five pillars: **Mindfulness, Healing, Movement, Nourish, and Culture.**

This freedom of choice — supported by à la carte selections or flexible resort credits — ensures that every journey is as unique and distinguished as the guest embarking upon it.



# MULIA HOTELS

JAKARTA | BALI

## Five Pillars of Transformation

- **Mindfulness**  
Slow down with immersive spa journeys lasting two to four hours. Signature treatments, such as *Sensory Indulgence*, combine contrast therapy, exfoliation, and a full-body massage — designed to cradle the body in restorative calm.
- **Healing**  
Reconnect with inner stillness through garden meditation, sound therapy, oceanfront breathwork, Watsu aquatic therapy, and yoga sessions — all guided by experienced in-house practitioners.
- **Movement**  
Build strength and vitality with personalised fitness programmes tailored to your goals — whether it's flexibility, endurance, or posture — led by certified trainers and supported with continuity tools for post-stay routines.
- **Nourish**  
Culinary wellness is elevated through bespoke menus designed to suit vegan, keto, low-sodium, and other discerning dietary preferences. The finest organic ingredients and inspired pairings transform every meal into an experience of pure indulgence.
- **Culture**  
Experience the soul of Bali through temple visits, art walks, healing sessions with Balinese priests, language classes, jungle treks, and surf adventures — grounding wellbeing in place and purpose.

## Resident Experts & Visiting Practitioners

Wellness Unbound is facilitated by resident-certified trainers and wellness therapists, with an evolving calendar of **visiting gurus and specialists** — offering deeper layers of knowledge, renewal, and discovery throughout the year.

## For Every Guest, a Different Beginning

Whether you seek a daily ritual of yoga and clean eating, a one-off sound therapy session, or an immersive multi-day retreat, **Wellness Unbound** meets you where you are. It is not a programme to follow — but a canvas to colour, shaped by your pace, your path, and your purpose.

## The Setting: Bali, Naturally

Spanning 30 hectares of pristine, manicured coastline in Nusa Dua, *The Mulia, Mulia Resort & Villas* provides an unparalleled backdrop for transformation. From serene sunrise meditations on the beach to indulgent spa rituals in tropical seclusion, every aspect of the environment is designed to foster deep healing and lasting renewal.



# MULIA HOTELS

JAKARTA | BALI

Choose from beachfront all-suites at *The Mulia*, panoramic lagoon rooms at *Mulia Resort*, or the private sanctuaries of *Mulia Villas* — each seamlessly integrated into the Wellness Unbound experience.

To begin your wellness journey or view the full programme, visit [www.themulia.com/bali](http://www.themulia.com/bali)

---

#### About Mulia Hotels

Mulia Hotels has redefined luxury since 1997. From Jakarta to Bali, our iconic properties invite guests to indulge in the finest experiences. Hotel Mulia Senayan, a 40-storey landmark, remains the largest hotel in Jakarta by room keys. Mulia Bali pioneers the first multi-resort concept in a single beachfront destination, with three unique resorts.

#### About Hotel Mulia Senayan, Jakarta

Located in the heart of Jakarta's bustling cityscape, Hotel Mulia Senayan offers a blend of modern elegance and unrivalled luxury. Featuring 994 spacious rooms and suites, the hotel is renowned for its world-class dining, exceptional service, and state-of-the-art facilities. From award-winning restaurants to its expansive event spaces, including the Grand Ballroom, Hotel Mulia Senayan is a preferred choice for both leisure and business travellers. Recognised with numerous international awards, Hotel Mulia Senayan symbolises sophistication and excellence in the capital city.

#### About The Mulia, Mulia Resort & Villas – Nusa Dua, Bali

Set along the stunning Nusa Dua coastline, The Mulia, Mulia Resort & Villas offers three distinct luxurious experiences. The Mulia features 111 all-suite accommodations with personalised butler service, Mulia Resort boasts 526 lavish rooms and suites, and Mulia Villas provides 108 private pool villas, the largest on the island. Combining opulence, genuine hospitality, and world-class amenities, Mulia Bali has earned over 50 international accolades, solidifying its reputation as a premier destination for sophisticated travellers.

For further information, please contact:  
The Mulia, Mulia Resort & Villas – Nusa Dua, Bali

Adhiyanto Wongso  
Director of Communications, Events & Promotions  
[adhiyanto.wongso@themulia.com](mailto:adhiyanto.wongso@themulia.com)

Daniel Aswin  
Deputy Director of Communications  
[daniel.aswin@themulia.com](mailto:daniel.aswin@themulia.com)