

PLACES TO GO

QUICK GETAWAYS

Ancient Balinese Traditions



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All photos submitted by JAMU

During the 17th Century, members of Indonesian royalty practiced the ancient Lulur Bathing Ritual to purify the bride-to-be 40 days before the wedding. Forty days is quite a long time; it is significant because during the ritual the siblings, mother, cousins and other women in the family spent quality time with the girl handing down knowledge, wisdom and advice for her transition into married life. The ritual was supposed to soften her skin. This is a family gathering where the women perform the ritual of bathing and scrubbing the girl every day for 40 days. These traditions are woven into their lifestyle originating in Java (Javanese). Many Asian bathing rituals are related to physical and spiritual cleansing. According to Balinese lore, water represents a mystical elixir of life. In celebration of these ancient traditions, extended spa treatments, which include massage, skin scrub and a bath, are referred to as rituals.



Some religious ceremonies brought them to the beach, a place to prepare the "holy water" from the sacred sea.

This Lulur Bathing Ritual tradition in the palaces of the kingdom of Indonesia is still followed

today, not only for new brides but for everyone. The thought of pampering yourself as the princesses did is enticing. Of course, it would not be 40 days of treatments, but the Lulur Spa Ritual is so luxurious, so pleasing, even one or two days a month would be wonderful! This is the ultimate pampering, the essence of self-indulgence.

Kim Collier lived on the Island of Bali for eight years influenced by the Indonesian way of life. She became immersed in the exotic lifestyle and learned the stories of the past. Kim, founder and Managing Director of JAMU Spa Rituals, wanted to bring the pleasure of the JAMU Ritual to the people of Indonesia and import her home spa treatment products to the world. In 1993, she created JAMU Asian Spa Ritual products in Bali, prepared with organic ingredients indigenous to Indonesia, Thailand, and India. These are hand-crushed rice, the aphrodisiac jasmine, as well as turmeric, frangipani blossoms, coconut, herbs, aloe vera, and more.

The Spas in Indonesia, and instructions on her JAMU Ritual products, start by first massaging the skin with the oil, washing it off, and then applying the body, hand, and foot scrub. According to Kim, "This is the difference between the Eastern vs. Western culture's approaches to spa treatments. In Asia, women do not like to leave oil on their skin." Whenever I have a spa treatment, usually the massage is after the body scrub. That way the fragrances of the massage oil lasts for hours. The JAMU Ritual suggests if you want to complete the whole experience at home, take some yogurt out of the refrigerator and rub it into your body. Kim describes yogurt as "your kitchen ingredient" and feels it can be fantastic on your skin as well. She suggests, "Choose any yogurt, even those with strawberries or blueberries. Next, ideally you should soak in



This rice is used for JAMU body scrubs.

a flower bath, a monde bunga, for the bathing ritual, or take a shower. The finale finally consists of a second massage."

Whether you wish to do all or just some of these steps, the JAMU spa ritual treatment is a luxurious way to pamper yourself at home. Sometimes you are just too busy to run away to a spa or resort, or do not wish to spend that much money. Imagine, you can take your time, disappear into your own world with your Lulur Spa Ritual. I do not know anything about massage techniques, but it does not matter at home. Just taking the time to

massage the oil into the body and/or using the scrub is the way to make a day or evening very special. See the Web site about tips for rituals at home, an overview of each product, and directions. You can also ask questions.

Kim feels, "You do not have to marinate the skin for 40 days like the princesses; the perfumes of jasmine and frangipani linger on the skin 2-3 days. Turmeric, a key ingredient in the scrub, acts as an anti-oxidant, which is good for the body. Balinese Boreh contains several spices and assists with blood circulation.

Most importantly, it is about self-care and wellness in our own daily rituals. Taking that moment for self-massage, deep breathing, relaxation and wellness as you start your day." I have found that some spas use scrubs which are harsh and rough on the skin, but the texture of the JAMU Javanese Lulur scrub is finely ground, much lighter on the skin so it could be used more often. The best thing about the Lulur Spa Ritual, you do not have to travel to Indonesia, just use it at home! For information, call (877)-626-JAMU or go to www.myspashop.com.



Ancient Balinese art depicts a spa like scene.



Kim Collier, Managing Director and founder of the JAMU Spa Ritual products.