

Get healthy with fitness expert Artur Zolkiewicz at The Sanchaya

The celebrity trainer has designed high-intensity classes and nutritious meals to rejuvenate your body.

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(Photo: The Sanchaya)

The Sanchaya (<https://thesanchaya.com/>), which has welcomed guests to Indonesia's beautiful Bintan Island with gracious hospitality, is sharpening its focus on wellbeing with a dedicated spa menu and an ongoing fitness programme. First in the series of the latter is an exclusive experience with fitness arts founder Artur Zolkiewicz (<https://www.instagram.com/arturzolkiewicz/>), whose elite clientele includes A-list celebrities. From Aug 13 to 23, the celebrity trainer will conduct personal training and Q&A sessions to address specific wellness goals of participants — an offer open only to hotel guests. Mornings will see full-body high-intensity classes combining stretches and cardio exercises while afternoons will feature a deeper focus on stretching for revitalisation. Both will include breathing techniques designed to relax the body, alongside controlled articular rotations to help guests assess their bodies and spot potential imbalances and dysfunctions. Complementing this is a nutritious menu of post-workout breakfasts and vegan pea protein powder smoothies.

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Zolkiewicz is the first of many visiting specialists invited to host exclusive programmes at The Sanchaya. Permanently on-site at the estate is resident yoga instructor Imron, who guides guests through a selection of practices during complimentary sessions every morning at the Yoga Pavilion, or during private sessions organised on request.



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After a day or weekend of intense exercise, unwind at The Sanchaya spa where organic homemade scrubs and authentic Indonesian massages ease tension and promote deep relaxation. Highlights on the menu include the Javanese Body Scrub, which uses a paste of rice powder, turmeric and jasmine to brighten, purify and soften the skin, as well as The Sanchaya Signature, a massage using volcanic warm stones and a fusion of Asian and Indonesian techniques.

Since its inauguration in December 2014, the resort — just an hour’s ferry ride away, but worlds apart, from Singapore — has won numerous awards, including *Condé Nast Traveler’s* Readers’ Choice Awards 2017 in the Top Resorts in Asia category. Those interested in Zolkiewicz’s fitness residency can check out www.fitnessartz.com (<http://www.optionstheedge.com>/www.fitnessartz.com) for more information.