

CULTURE

JETSET DISPATCH

Jet-Set Dispatch: Bali with Tanya Foster

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Hand carved entrance to one of the Hindu temples on a holy day.

What to do when one becomes an empty nester? Take a trip to Bali (duh!). **Film+Fashion+Fun** blogger **Tanya Foster**, known around town as former president and CEO of the Dallas Film Society, took us #behindthescenes of this once-in-a-lifetime trip. A word of advice from the lady herself: The travel is long and tedious (17+ hours long), but oh so worth it. Dive into her story, complete with tales of monkeys, tips on what to pack and more.

WHAT DID YOU PACK?

All of my Lululemon workout gear for yoga classes and spa days, walking shorts, white T-shirts, swimsuits, cover-ups, Tkees flip-flops in several colors (the flip-flop is the shoe of Bali) and lots of sunscreen.

CARRY-ON NECESSITIES?

Clarins Lait Hydratant Corps Soyeux (Satin-Smooth Body Lotion), Mary Kay TimeWise face cleanser, Chanel Sublimage moisturizer and lots of water. The key is to keep your skin clean and moist in flight.

WHERE DID YOU STAY?

Viceroy Bali in Ubud (the center of Bali). This five-star hotel has impeccable service and stunning villas. Perfect getaway for couples.

WHERE DID YOU EAT/GO OUT?

Most meals were at the Viceroy Bali, but we also had lunch overlooking the volcano one afternoon. Be sure to visit the local market to see where everyone buys their food. Take a Balinese cooking class if you can.

SHOPPING?

Local markets for hand-carved wood items. If I could have shipped a hand-carved door home, I would have. Unfortunately I didn't need a door ...

PLACES THAT YOU VISITED?

Be sure to visit the Kamandalu Resort and Spa in Ubud. We spent the day in this remarkable Balinese spa. Top-notch service. Also, be sure to go to the Monkey Forest. The gray monkeys run free, and you can feed them. See as many temples as you can. We happened to be there on a Hindu sacred day, and the colorful temple offerings were amazing.

HIGH POINT OF THE TRIP?

Meeting Katut, the medicine man in *Eat Pray Love*. He is 96 years old and still giving readings in his home.

OTHER NOTES.

It's a long journey, so be sure and make the most of it. We routed DFW to Hong Kong for 17 hours, and then an additional 4 1/2 hours to Bali. The time zone is 13 hours ahead of central time, so you are literally on the other side of the world. The jet lag is wicked.

WOULD YOU GO BACK?

Absolutely!



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