

Balancing ACT

Kiwi entrepreneur Janine Hall tells Shelley Ferguson how a change in both career and mindset has improved her health and wellbeing



instructor and renowned therapeutic chef Samantha Gowing, who has designed menus based on nourishing foods that make you feel good inside and out. The menus are all based on whole foods and are largely gluten-free and pescetarian, with flavours designed to make your taste buds dance.

Guests can also work with healing practitioners depending on what they want to get out of their stay. And that's the difference – Surf Haven Bali isn't a one-size-fits-all approach to wellbeing. "Because everyone has a different goal, the programmes are tweaked to cater to individual needs," says Hall. "There's something for everyone but the end benefit is the same – that women leave feeling confident and reconnected with themselves after also having a lot of fun."

One of the biggest benefits of Surf Haven Bali's week-long programmes is relaxation, pure and simple. "I think it's rare for women to invest a whole week in themselves, because they have so many roles and responsibilities back in their real life," she says. "So when they leave they look physically different – they appear glowing, lighter and so much more present," she says.

Finding peace

So with a growing business to run and so much on the go, how does Hall ensure that her old stress levels don't come back to haunt her?

"I'm really mindful that that ambition is still there, so I'm careful about how it manifests," she reveals. "At the basis of anything has to be your health and wellbeing, so I focus a lot of time and effort making that my priority."

"And it's hard not to be happy when you're doing what you love."

What she loves is creating the perfect platform for like-minded women to kick-start the same changes she so badly needed. "I experience lots of moments in Bali when I feel so happy because I feel so content," she says.

"There's no better feeling than knowing you're exactly where you're supposed to be. That's the definition of success to me, it doesn't matter what form it comes in."



The women who stay at Surf Haven Bali leave glowing, looking lighter and "more present".

"It's about focusing on the one thing you are doing, doing it slowly and doing it well"



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