

# Spa

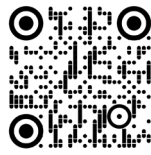
Where modern design meets traditional healing practices.  
Recharge or relax in our cocoon-like rooms and enjoy a heightened sensory experience. An opportunity to help you connect back to yourself.

All our spa products are created in Bali by Sensatia Botanicals using methods that honour the life force of each active ingredient.

For all Spa bookings or in room treatments, please contact Spa on extension #6029 or send us a WhatsApp by using the QR code below or at +62 811 3800 7979.



Scan to contact  
Service Centre



Scan to see our  
digital menu

# Massages

## signature urut bugar

Both relaxing and re-energising, our signature massage brings together the traditions of effleurage and dynamic stretching for the body.

75 mins | 1.270

90 mins | 1.545

90 mins (in-room) | 1.850

## reflexology urut kaki

During reflexology pressure is applied to the reflex points on the feet in order to induce deep relaxation and stimulate the body's own healing processes.

60 mins | 670

90 mins | 847

90 mins (in-room) | 1.089

## classic urut segar

A classic Indonesian massage that utilises long, fluid strokes to relieve muscle tension, improve circulation and release stress throughout your entire body.

60 mins | 990

90 mins | 1.545

90 mins (in-room) | 1.850

## deep tissue urut urat

This deep tissue massage focuses on areas of chronic tension. Working within the pleasure-pain threshold and using a variety of muscle-releasing techniques, your therapist will target tense areas to bring immediate relief.

75 mins | 1.270

90 mins | 1.545

90 mins (in-room) | 1.850

## thai urut lentur (in-room only)

Our Thai massage is performed on the floor, with the therapist stretching you into yoga-like positions and applying deep, rhythmic pressure.

A powerful massage that aligns the body's energies, improving circulation and increasing flexibility while opening the heart. You will be moved, loosened, and stretched in this session. Comfortable pyjamas will be provided.

75 mins | 1.300

90 mins | 1.500

These massages are also available for you to enjoy in the comfort of your room, subject to availability. This service is only available in Potato Head Suites, Skyview Sanctuary, and Oceanfront Studios.

All prices are nett and in thousands of rupiah.



# Massages

## headspace ritual

Allow our therapists to guide you through a medley of meditative affirmations and gentle yet firm massage strokes. They knead away tension from the crown of your head to your upper back, lingering over tightness in the shoulders – all the while reciting affirmations that invite you to fully melt into the present moment.

45 mins | 968

## back massage

Target back tension and knots, perfect for a midday reset or after long hours of travel.

15 mins | 420

## face & head massage

Focus on your face and scalp, helping release tension, ease headaches, and leave you feeling refreshed.

15 mins | 420

## head, neck, shoulder massage

Ease stiffness and melt stress from your upper body.

15 mins | 420

## foot massage

Relieve tension and restore energy using traditional techniques focused on the feet. Ideal for tired legs and busy days.

15 mins | 420



# Alternative Treatments

## **energy balance session\***

with Kim Herben (By Felix)

Felix is an energy guidance facilitator. An energy activation practice founded by Head of Wellness, Kim Herben, that combines wisdom from both the New and Old Worlds to create a sense of empowerment, balance, and fulfillment.

A personal session that reintegrates and rebalances the individual's spiritual and physical bodies through a combination of Reiki and Balinese energy cleansing practices. Truly a massage for the soul.

The result is the experience of wakeful relaxation, known as 'Alpha State', where the focus becomes set on removing energetic blockages, allowing you to move further into your power and light.

90 mins | 3.000

\*10% of proceeds from these sessions will be reinvested into energy activations for the benefit of Bali.

## **traditional balinese healing**

with Devi Italastari

Balinese-born and raised Devi Italastari is a gifted balian (traditional healer) who works with energy to treat physical and mental imbalance. In her sessions, Devi channels Shiva – who is part of the Balinese Hindu TRI DATU (holy trinity) philosophy. Shiva is represented by the colour white and is the one that creates, protects and transforms the universe.

During this session, you will receive spiritual guidance and gentle physical mind-body work to release physical or emotional blockages, helping you harmoniously align with your higher self.

90 mins | 4.150



# Alternative Treatments

## balinese astrology reading

with Sedana

Sedana comes from an ancient line of healers and priests. He is an intuitive holistic healer who has carried this knowledge from his years spent translating the ancient Balinese teachings of his spiritual mentor and his ongoing practice of homeopathy.

A balinese astrology reading taps into ancient elements and celestial insights to navigate life's journey with clarity and purpose. A balinese astrology reading is not fortune telling – it's an ancient method passed down by generations to help your soul reach its highest level of enlightenment.

60 mins | 3.150

## lymphatic drainage

Our therapists at Desa Spa draw on traditional healing techniques to provide deeply rejuvenating treatments. With a focus on mindfulness and personal connection, our team tailors each experience to support your journey toward recovery, relaxation and healing.

Lymphatic drainage helps support your immune system, reduce swelling, and promote overall well-being. Gentle strokes are used to stimulate the flow of lymph fluid within your lymphatic system, encouraging detoxification and improving circulation. It can also aid in relieving stress, reducing fluid retention in your body, and enhancing skin health.

75 mins | 1.452

90 mins | 1.754



# Manicure & Pedicure

Simple nail care, done well. Our manicure and pedicure focus on healthy nails and time unhurried, finished clean or with colour - your choice, all in the comfort of our cozy Sungai room.

## manicure

Basic Manicure (no colour)

60 – 90 mins | 242

Gel Manicure (with colour)

60 – 90 mins | 484

Gel Manicure Gel (with BIAB and colour)

60 - 90 mins | 605

## pedicure

Basic Pedicure with callus removal (no colour)

60 – 90 mins | 363

Gel Pedicure with callus removal (with colour)

60 – 90 mins | 605

## add ons, repair & removal

Gel Removal (hands or feet)

60 – 75 mins | 242

Acrylic Removal (hands or feet)

60 – 75 mins | 242

Extension Removal (hands or feet)

60 – 75 mins | 242

Nail Repair

60 – 75 mins | 242



# Body Treatments

## traditional mandi lulur

Mandi Lulur is an ancient beauty ritual originating in the royal palaces of Central Java. A purifying bath for princesses, the scrub would soften, sweeten and lighten their skin. Our adaptation is a delicate mix of rice powder, white turmeric, ginger, cumin and crushed dried jasmine flowers, and includes an Indonesian massage.

1hr 45 mins | 1.400

## skin-detoxifying coffee scrub

This body scrub is applied with strong, vigorous strokes to aid circulation in areas of the body that feel fatigued. The use of caffeine and cocoa, it may help reduce the appearance of cellulite and brighten the texture of your skin with repeated use.

45 mins | 670  
+30 mins massage | 1.100  
+60 mins massage | 1.400

## after-sun soother

We harvest our wild-growing aloe vera from local gardens to bring effective relief to skin that has been overexposed to the elements. Depending on the extent of sun exposure, cool compresses dipped in lavender may be used to cool and soothe the surface of the skin.

45 mins | 670  
+30 mins massage | 1.100  
+60 mins massage | 1.400

## boreh

The Balinese have been using Boreh to keep their bodies warm and healthy for centuries. Boreh is a mix of spices, rice powder and cinnamon that has been passed down from generation to generation. It is made from natural ingredients that help people who work in the fields and tend to animals throughout the day. These people are often exposed to extreme heat or cold weather conditions and need a way to keep their bodies warm during these times.

## skin-renewing salt scrub

Shed old skin cells to reveal new, healthier skin. Our salt scrub is infused with essential oils such as nutmeg, bergamot, and lime to nourish as well as exfoliate. Rinse off the salts in a refreshing shower and finish with an enriching moisturiser to hydrate your skin.

45 mins | 670  
+30 mins massage | 1.100  
+60 mins massage | 1.400

They also provide relief from muscle and joint pain and prepare them for a new day. Some even say that Balinese Boreh helps travelers by alleviating the effects of jet lag—a perfect Balinese treatment for long-haul travelers!

45 mins | 670  
+30 mins massage | 1.100  
+60 mins massage | 1.400



## Facials

### signature facial

A deep-cleansing treatment that removes daily pollutants embedded in the skin. This signature facial lifts dead skin cells whilst the tendon face massage helps plump and tone facial muscles.

60 mins | 1.255

### men's facial

A deep-cleansing and restorative treatment utilising active ingredients to stimulate circulation and detox the deep layers of skin. This men's facial leaves skin glowing, toned and firm. Our signature tendon face massage firms the facial tissues and stimulates lymphatic drainage.

60 mins | 1.089

## Rituals

### bersantai | relax

Tailor your treatments to suit your needs. During this two-hour experience, you will enjoy a massage of your choice, an essential facial and foot reflexology.

2.5 hrs | 2.200

### beristirahat | unwind

This combination allows you to reap the benefits of our classic urut segar massage along with an essential facial.

90 mins | 1.540



# IV treatment

Potato Head has collaborated with The Dose Bali to curate our own series of IV treatments. Replenish and hydrate yourself in the comfort of your own room or at our Spa.

## the boost

Give yourself a head start to the day with an IV treatment to hydrate your body with a saline solution and electrolytes to boost your energy with vitamins B1, B6 and B12. Optional painkiller and anti-nausea tablets available as required.

60 mins | 1.633.5

## the cure

Big night? Detox your liver with the 'mother of antioxidants'. This combination of all the essential contents and vitamin C will help the liver detoxification process and brighten your skin. Additional medication is available as required.

60 mins | 2.420

## re-charge

This IV is perfect after a long haul flight or when you are feeling stressed. The powerful booster of amino acid, antioxidant vitamin C and metabolism-boosting complex helps to reduce any inflammation and increase your energy levels.

60 mins | 3.085.5

## sweet relief

Replenish fluids and electrolytes from a gastrointestinal illness. The hydrating IV includes electrolytes, vitamin B, stomach protector and Vitamin C or anti-nausea medicine (depending on whether nausea is still present).

60 mins | 2.238.5

## re-boot

This IV is a supercharged boost of vitamins and antioxidants. A perfect mix of vitamins A, B complex, C, D and E, plus detoxifying antioxidants and Zinc. The best immunity and energy booster when you need a good Re-Boot!

60 mins | 3.267

