



## wellbeing at desa potato head

Wellbeing is how we feel.

We believe humans are part of nature, and to care for one is to care for the other.

At Potato Head, wellbeing is a return to balance not escapism, but realignment. Practices that ground. Rituals that rewire.

Through design, sound, and community, we cultivate connection between people, place, and planet.

Our spaces inspire presence and healing, guided by our Merasa philosophy – to feel. We nurture personal and collective wellbeing in everything we do, through prevention, mindfulness, and recovery.



learn more at [potatohead.co](https://potatohead.co)

## active daily rituals

An outdoor fitness program unlike any other. Experience different functional workouts everyday across a variety of different environments around our Desa as well as using our custom, sustainably built equipment.

Want to have good times whilst doing good?  
We've got you.



\*All active daily rituals are complimentary for hotel guests.

# active daily rituals

## potato head athletic training (phat)

Build your cardio engine, strengthen your core, and condition your body with a high energy group workout. Prepare to be challenged and reach new heights in your fitness.

Tuesday  
8.30am–9.30am

at the Amphitheatre,  
Ground Level, Potato Head Studios

## desa workout

Put yourself to the test and break into a total body sweat with a workout that utilises the Desa as a fitness playground. Ranging from beachside stretches, stair sprints, strength exercises by the pool, this session is fun and unique; one you won't want to miss and will leave you craving more. All fitness levels are encouraged and welcome.

Saturday  
8.30am–9.30am

at the Amphitheatre,  
Ground Level, Potato Head Studios



# active daily rituals

## boxing

Step out of your comfort zone with this high-intensity workout that builds fitness, strength, and coordination. Our coaches will focus on conditioning your stamina and fine-tuning your basic boxing skills.

Wednesday  
9.30am–10.30am

at Desa Gym,  
Level 1, Potato Head Studios

*Paid private sessions are available  
& pre-booking required*

60 mins  
1–2 pax | 2.060  
Add on +1 pax | 605

## desa gym

Work out in a uniquely designed space using state of the art equipment. Do your own thing, or have a programme created for you by one of our trainers by asking our staff at the Gym reception.

24/7  
at Level 1, Potato Head Studios

## pura raga: healing through dance

Mixing contemporary music and movement with traditional Balinese dance principles Pura Raga (Body Temple in Indonesian) aims to heal body and mind through dance.

The idea behind Pura Raga is to view our bodies as sacred temples—honouring the whole being with intentional and gentle movement.

Thursday  
7am–8.20am

at Merasa Space,  
Level 1, Potato Head Suites



## gentle daily rituals

Daily programs for a more gentle approach to your being, whether you're looking to activate and flow or something more meditative and restorative, there is a different practice at Desa that will suit your needs.

Need a way to slow down?  
We've got you covered.



\*All active daily rituals are complimentary for hotel guests.

# gentle daily rituals

## under the rising sun energy activation & meditation

Activate your morning as you are guided in a meditation against the backdrop of the rising sun, the sound of the ocean and nature's breeze. Find yourself tuned into frequency of the day by aligning your breath, through stretching, and Qigong movements.

Conclude your session with a jamu shot and an oracle card.

Monday, Wednesday, Friday  
6.30am–7.30am

at Sunset Park,  
Level 3, Potato Head Studios

*Paid private sessions are available  
& pre-booking required*

60 mins | 3.025 (10 pax maximum)

## yoga

This all-level yoga session helps increase flexibility, endurance, and strength, leaving you both energised and Zen as you free your mind, body, and spirit.

Monday, Sunday  
9.30am–10.30am

Tuesday, Thursday, Saturday  
7am–8am

at Sweet Potato Kids,  
Ground Level, Potato Head Studios

*Paid private sessions are available  
& pre-booking required*

60 mins | 3.025 (10 pax maximum)



## breath & sound immersions

Breath & Sound Immersions are guided journeys into expanded awareness, held in the Desa's temple of sound, Klymax Discotheque. Blending conscious breathwork with analogue frequencies and precision sound design.

Here, the discotheque transforms into a space for inward exploration. Where breath anchors the body and sound moves through you.



\*All active daily rituals are complimentary for hotel guests.

# breath & sound immersions

## breathspace

Guided breathing sequences meet purposeful frequencies, expanding your awareness and taking you beyond the familiar.

Breathspace utilises Klymax Discotheque's state-of-the-art audio system, projecting sound at its purest frequency. Designed for those who are drawn to deep exploration of their subconscious, this breathwork journey will uncover realisations that only intentional breathing can reveal.

Monday  
11am–1pm  
at Klymax

120 mins | 550

## inner tide

A one-hour meditation and breathwork journey grounded in presence and ease.

Drawing inspiration from the elemental sounds around us, this session invites you to trust the rhythm of your breath, challenging you to follow the inner tide that guides every one of us from within. This session is especially beneficial for those who seek a calming pause in the everyday chaos.

Thursday  
11am–12pm  
at Klymax

60 mins | 300

## sound healing

Immerse yourself in a sound healing journey unlike any other, where state-of-the-art space, sound, and light engineering meet analogue frequencies set right in the heart of Klymax Discotheque.

Enter a space where sound surrounds you and light shapes the atmosphere. Analogue instruments emit frequencies that ripple through the room, guiding you into a meditative flow – best for those who crave deep relaxation and anxiety release.

60 mins | 450

## ice bath

An optional cold plunge in our ice bath by the beach after your Inner Tide session will help to reinvigorate your nervous system.

30 mins | 300



## private breath & sound immersions

Private sessions with Justus Jonathan. Tailored breathwork, sound healing, and cold immersion experiences for your group.



\*All active daily rituals are complimentary for hotel guests.

# private breathwork

## sacred tuning

Return to yourself.

A private breathwork and sound healing session called 'Sacred Tuning', where Justus uses breath and frequency to soothe the mind, synchronise the body, and guide you into deep alignment.

100 mins | 3.500

## inner tide

Follow the wave within.

A 60-minute group breathwork journey that pulls you beneath the surface. Into the quiet, the feeling, the release. A shared experience that goes inward.

60 mins | 300 (max 15 pax)

## breathspace

Breathe together. Go deeper together.

Our signature 120-minute breathwork session for groups. An experience built around music, emotion, and a room full of people breathing their way into something new.

120 mins | 550 (max 40 pax)

## ice bath

Step in and come alive.

A guided 30-minute ice bath experience by the shores of Seminyak beach. Our facilitator will guide you through a series of breath sequences while in the ice, building focus and regulating the nervous system.

30 mins | 300 (max 15 pax)



## private sound healing

A private sound healing session with Justus Jonathan — available for individuals, small groups, or up to 40 people. Through analogue instruments and intentional frequencies, Justus creates a space where the mind quiets and the body softens.

100 mins

1-2 pax | 3.500

100 mins

3-4 pax | 5.000

120 mins

1 pax | 450 (max 40 pax)



**private training**

**Whether it's one-on-one personal training or with a group,  
we have options to find the workout that fits you best.**



## meet our trainers

### johnny tieu

Head Trainer

New Yorker Johnny Tieu is a Nike trainer, personal trainer, running coach, Spartan Race Pro and endurance athlete. Johnny's fitness philosophy focuses on improving performance.

Personal Training

60 mins. 3.650 (max 1 person)

Group Training

60 mins. 6.550 (max 4 person)

### astri dewi

Astri is Bali-based trainer and nutritionist. She is also a certified dance workout instructor who can help you target and tone specific muscle groups.

Personal Training

60 mins. 2.750 (max 1 person)

Group Training

60 mins. 4.850 (max 4 person)

### arya widura

Bali-native Arya Widura is a certified Technogym Master Coach, blending global wellness expertise with high-performance fitness, sports conditioning, and holistic training for transformative, results-driven experiences.

Personal Training

60 mins. 2.750 (max 1 person)

Group Training

60 mins. 4.850 (max 4 person)



## private training

### assisted stretching

Whether you're soothing a sudden injury or simply releasing that stubborn shoulder knot, this 15-minute assisted stretch will ease stiffness and restore mobility. Our certified trainer supports you through every move, every step of the way.

15 mins | 350



Please contact our guest experience team to book.

\*All prices listed are nett and in thousand of Rupiah.

# wellbeing at desa potato head

## **(farm)acy** *plant-powered apothecary*

(farm)acy exists to enhance wellbeing through the healing power of plants. We believe in the ability of plants to restore, nourish, and rejuvenate.

Discover our curated selection of Indonesian products, in-room self-care rituals, workshops and consultations to harness the healing potential of a plant-powered lifestyle.

Level 2, Potato Head Suites



# wellbeing at desa potato head

## incense making workshop

In Bali, you will see incense burning everywhere you go, as part of daily offerings. Small woven baskets filled with flowers, food offerings, and incense, Canang Sari are an expression of gratitude to the Hindu gods. The scent of burning incense is believed to awaken the gods, signalling the start of worship. In this session, you'll learn more about the uses of incense while crafting your own, using natural and locally sourced ingredients.

Wednesday  
1pm–1.30pm

Saturday  
10.30am–11am & 1pm–1.30pm

at (farm)acy

*Limited capacity & pre-booking required*

30 mins | 400

## the healing garden workshop

Bali is home to thousands of plants that have been used for centuries in daily remedies. In this workshop, we celebrate that legacy by introducing you to local herbs, roots, and flowers – guiding you in crafting traditional facial steams and masks using techniques passed down through generations.

Friday  
11am–12pm at (farm)acy

*Limited capacity & pre-booking required*

60 mins | 650

## ayurvedic lifestyle consultation

Rooted in ancient Ayurvedic principles, this one-on-one consultation explores your unique needs to support clarity of mind and balance in the body. Through lifestyle guidance, natural remedies, and mindful practices, we help you cultivate wellbeing that extends beyond your time at Desa Potato Head.

Monday–Sunday  
at (farm)acy

*Limited slots each day & pre-booking required.*

55 mins | 850



## alternative treatments

Desa Potato Head has curated licensed practitioners based in Bali to provide you with alternative treatments to ease ailments and replenish the mind and soul.



## lymphatic drainage *at desa spa*

### 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

## traditional balinese healing *with devi italastari*

### traditional balinese healing

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.

*Pre-booking required*

90 mins | 4.150

## balinese astrology reading *with sedana*

### balinese astrology reading

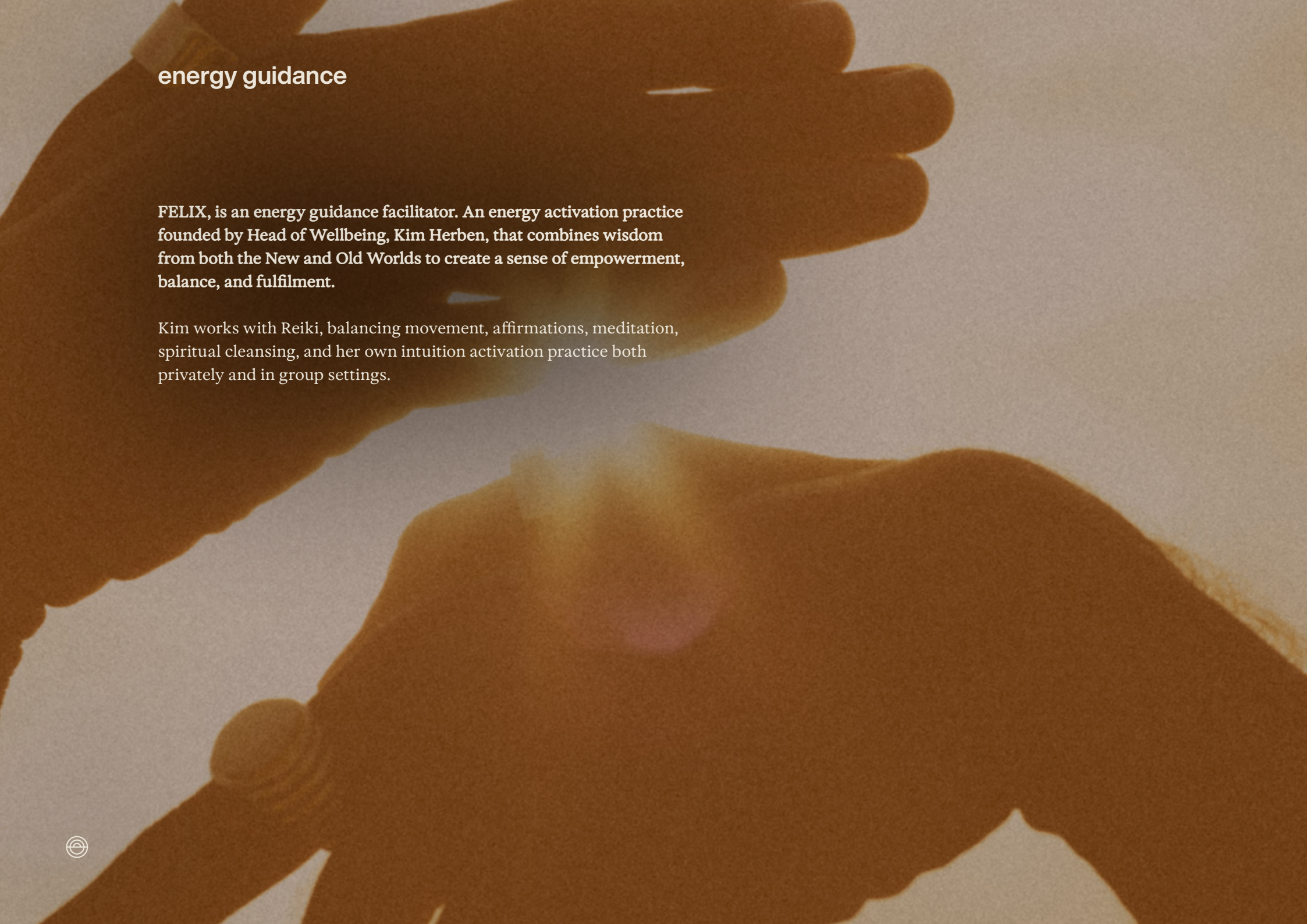
Sedana comes from an ancient line of healers and priests. He is an intuitive holistic healer who has carried this knowledge from his years spent translating the ancient Balinese teachings of his spiritual mentor and his ongoing practice of homeopathy.

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.

*Pre-booking required*

60 mins | 3.150



The background of the page features a close-up, high-angle photograph of two hands held in a Reiki position. The hands are positioned palm-to-palm, with fingers slightly spread, and are held in a way that suggests a gentle, focused energy transfer. The lighting is soft and warm, highlighting the texture of the skin and the subtle shadows between the fingers. The overall tone is serene and spiritual.

## energy guidance

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

Kim works with Reiki, balancing movement, affirmations, meditation, spiritual cleansing, and her own intuition activation practice both privately and in group settings.



# energy guidance

## energy balance session

A personal session where our in-house practitioners Kim or Flo reintegrate and rebalancing 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.*



## new moon and full moon altar wish burning

Inspired by the rituals of Bali that honour prayer, nature, and collective energy, we collect all the papers hung at the Altar of Wishes every new moon and full moon.

We gather in a circle and burn them in a traditional Balinese pasepan, charging every wish with the intention of it being granted. The ritual ends with the ashes being offered to the ocean.

*Check your in-room Headlines Calendar for every month's wish burning ritual and Purnama meditation.*

## purnama sound meditation and plant-based dinner

The Purnama journey begins with a guided live sound meditation against a soundscape created to reflect the energy of the full moon. Whether it is a super blue moon that encourages manifestation or a harvest moon that inspires action, Purnama is a time to surrender to the soothing frequencies and begin anew.

The evening continues at Tanaman with a six-course plant-based dinner. The menu is rooted in seasonal local produce led by vegetables, herbs, legumes, and fungi grown in collaboration with Indonesian farmers. It is comfort food that blends vibrant traditions with bold and nostalgic flavours.

Together, the meditation and meal create a complete experience: one that nourishes body, mind, and spirit, and offers space to share meaningful connection with others under the full moon.



## wellbeing at Desa Potato Head

### spa

Where modern design meets traditional healing practices.

Recharge or relax in our cocoon-like rooms and enjoy a heightened sensory experience.

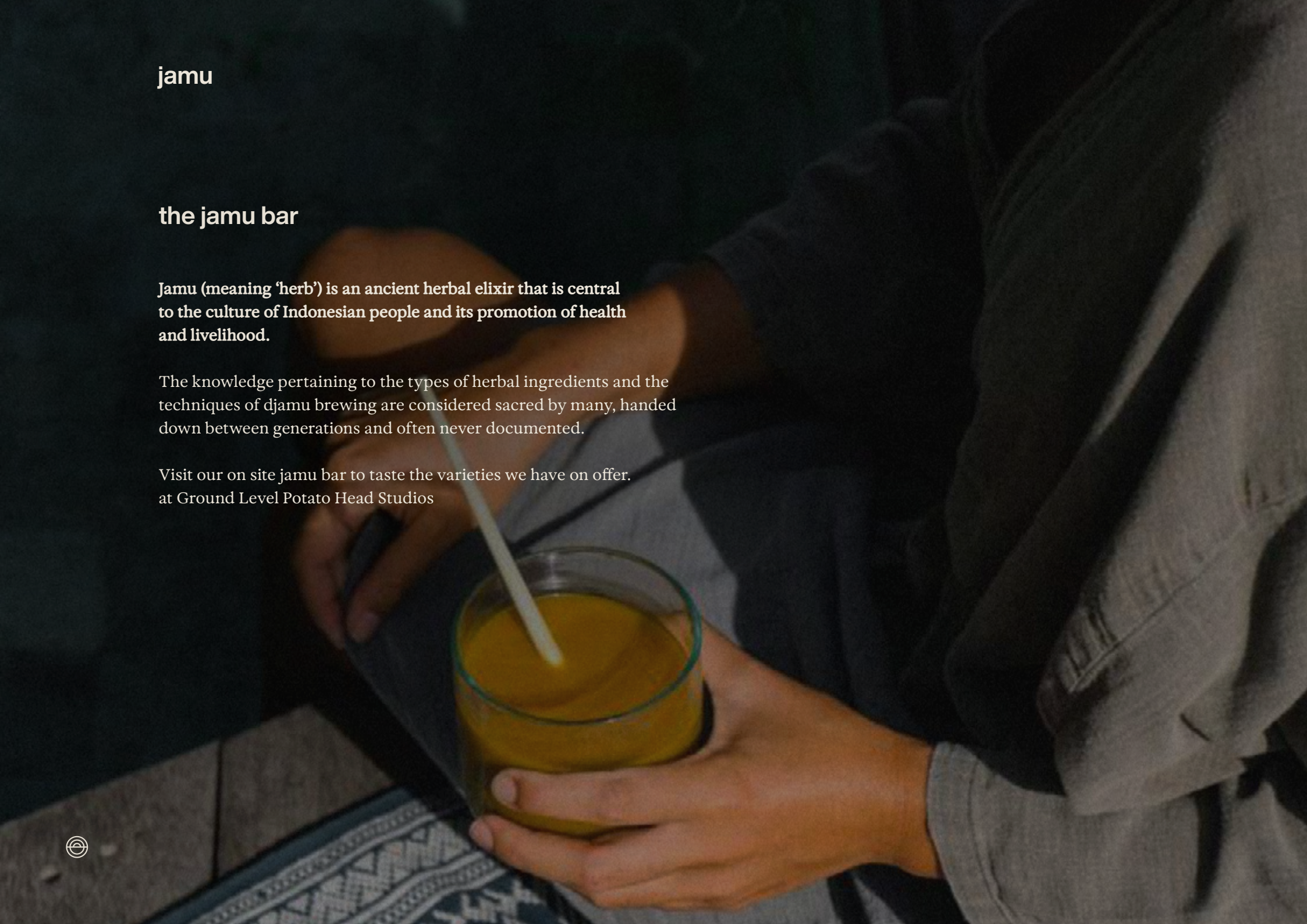
An opportunity to help you connect back to yourself.

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 the spa or our service team to book.

[Click to access our Spa Menu](#)



A person is shown from the chest down, wearing a grey long-sleeved shirt. They are holding a clear glass filled with a yellowish-orange liquid, likely jamu, with a white straw. The person's hands are visible, and they are sitting on a patterned rug. The background is dark and out of focus.

jamu

## the jamu bar

**Jamu (meaning 'herb') is an ancient herbal elixir that is central to the culture of Indonesian people and its promotion of health and livelihood.**

The knowledge pertaining to the types of herbal ingredients and the techniques of djamu brewing are considered sacred by many, handed down between generations and often never documented.

Visit our on site jamu bar to taste the varieties we have on offer.  
at Ground Level Potato Head Studios



## Potato Head x The Dose Bali

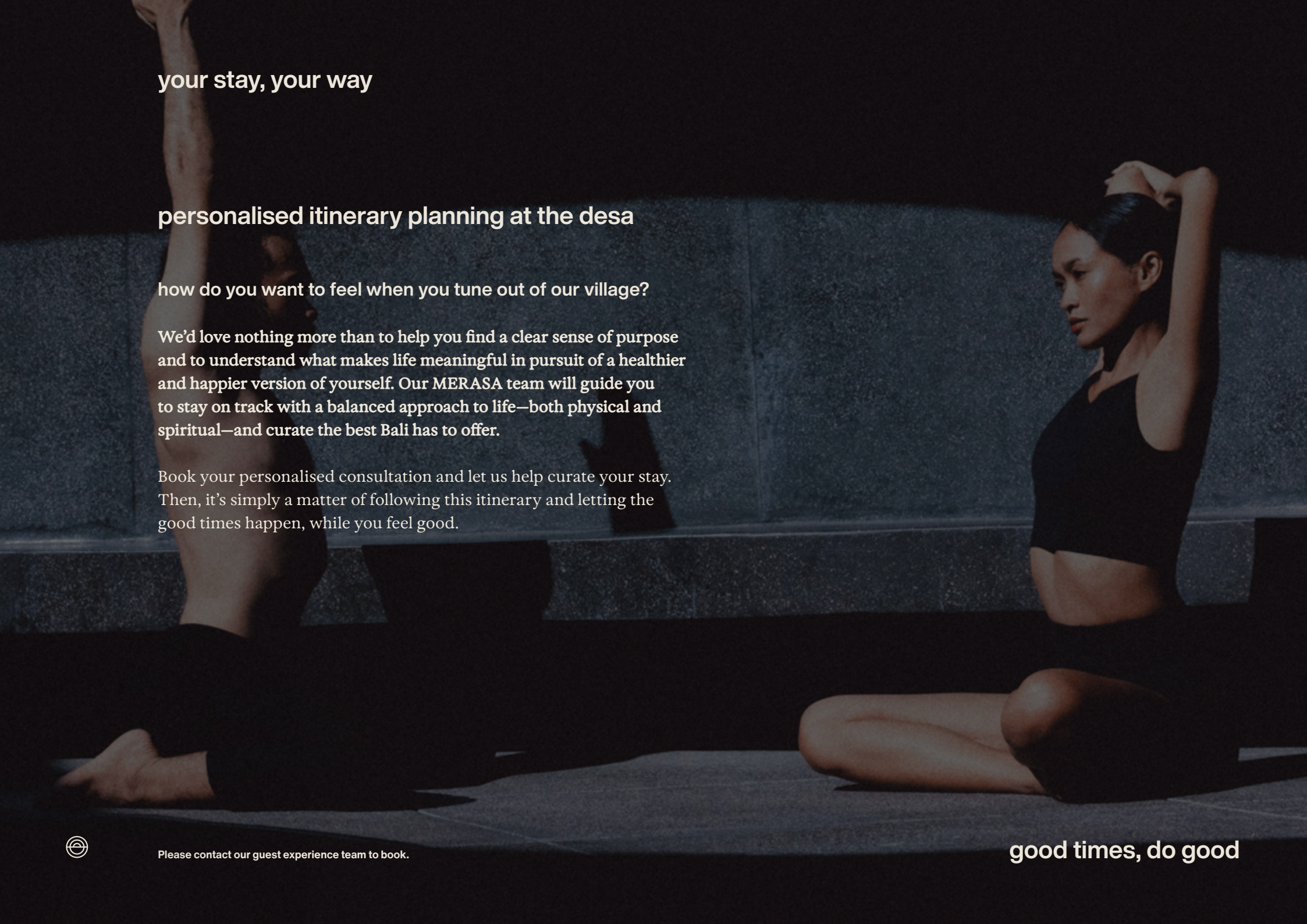
### IV treatments

Potato Head has partnered with The Dose Bali to curate an exclusive range of IV treatments, tailored to meet your specific needs.

Whether you prefer the privacy and convenience of your own room or the serene ambiance of our spa, you can replenish and hydrate yourself with our indulgent treatments.

[Click to access our Spa Menu](#)





**your stay, your way**

**personalised itinerary planning at the desa**

**how do you want to feel when you tune out of our village?**

**We'd love nothing more than to help you find a clear sense of purpose and to understand what makes life meaningful in pursuit of a healthier and happier version of yourself. Our MERASA team will guide you to stay on track with a balanced approach to life—both physical and spiritual—and curate the best Bali has to offer.**

Book your personalised consultation and let us help curate your stay. Then, it's simply a matter of following this itinerary and letting the good times happen, while you feel good.



Please contact our guest experience team to book.

**good times, do good**