

## 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.



## 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	<b>650</b>
90 mins	<b>800</b>

### 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.

75 mins	<b>650</b>
90 mins	<b>800</b>

### 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	<b>650</b>
90 mins	<b>800</b>

### 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	<b>650</b>
90 mins	<b>800</b>

### 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	<b>400</b>
90 mins	<b>550</b>

All prices are in thousands of Rupiah and are subject to 10% Service Charge and 11% Government Tax.



# REGENERATE

## ENERGY BALANCE SESSION

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

**1.300**

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





## 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 **900**

### 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 **400**  
+30 mins massage **650**  
+60 mins massage **900**

### 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 **400**  
+30 mins massage **650**  
+60 mins massage **900**

### 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 **400**  
+30 mins massage **650**  
+60 mins massage **900**



## 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

**650**

### 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

**650**

## RITUALS

### BERSANTAI | RELAX

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

2.5 hrs

**1.350**

### BERISTIRAHAT | UNWIND

This combination allows you to reap the benefits of a massage of your choice along with an essential facial.

90 mins

**850**

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## 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 **1.350**

### 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 **2.000**

### 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 **2.250**

### 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 **1.350**

### 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 **2.700**

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