HOUSE OF KARMA PRESENTS:

KARMA GRAS

SURVIVAL GUIDE

7-10TH MARCH 2024

KARMA KANDARA

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KUSUMA, UNGASAN, BALI, INDONESIA

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HOUSE OF KARMA PRESENTS

KARMA GRAS

7-10TH MARCH 2024
KARMA KANDARA
BALI, INDONESIA

WE ARE THE LUXURY REBELS

ITINERARY

DATE	TIME	ACTIVITY	LOCATION
7th March	**16.00**	Check-In	Karma Kandara Reception
	19.30	The Welcome Bites	Villa 34 - Our Karma Gras 'Hub'
8th March	**9.00**	Pilates Pump	Villa 34
	10.00	Warm-Up Breakfast	Villa 34
	10.00	Ice Baths & Mimosas	Villa 34
	10.00	Flash Tattoos by Quiet Ink*	Villa 34
	13.00	The Long, Long Lunch	Le Club 22
	16.00	Karma Gras Beach Party	Karma Beach
9th March	**9.00**	Breathwork with Babs Leyton	Temple Lounge
	9.30	IV Infusions by The Dose*	Villa 34
	10.00	Recovery Breakfast	Villa 34
	10.00	Roving Revival Massages	Villa 34
	11.00	"Choose Your Own Adventure!" (see activities list or hang poolside)	Various
	19.00	Dinner & Movie Night Under The Stars	Karma Beach
10th March	**9.00**	Booty Bootcamp	Villa 34
	10.00	Final Breakfast	Villa 34
	13.00	Farewell BBQ	Karma Beach
	16.00	Check-Out	Karma Kandara Reception

*(optional add-on, pre-booking required)

OPTIONAL ADD-ON ACTIVITIES

8th March	**10.00**	Flash Tattoos	$50 per tiny tattoo (pick from menu)
9th March	**10.00**	IV infusions	See HOK x Dose menu
	15.00	House of Karma x The Ground Padel Tournament	$40pp per person (including transfers and cocktail)
	15.00	E-Bike Tour	$110 pp (inc cocktails)
Daily	Subject to availability - Karma Spa		See menu

OR HANG BY THE POOL / GRAB A CABANA AND KICK BACK - NO PRESSURE!

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KARMA GRAS

FLASH TATTOO MENU

$50 EACH

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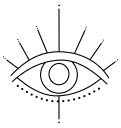
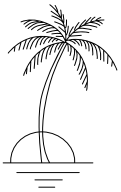
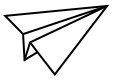
DETOX/RETOX





KARMA GRAS



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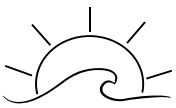

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THE DOSE
BALI

THE DOSE IVS

THE ESSENTIAL

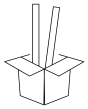
A basic IV to combat dehydration with saline solution and electrolytes, and provide an energy boost with Vitamin B1, B6 and B12. Optional painkillers and anti-nausea tablets available as required.
RP 1.2M

THE ULTIMATE

A best-seller since day one, this versatile IV has The Essential contents plus vitamin C and "the mother of antioxidants" for liver detoxification and skin brightening. Additional medication available as required.
RP 1.85M

EXPRESS DETOX

This treatment combines two powerful antioxidants to supplement cell function and prevent oxidative stress The combination of these plus vitamin C creates brighter, healthier skin with a freshly detoxed glow.
RP 2.1M



BALI BELLY RESCUE

Effectively replenish the fluids and electrolytes depleted from a gastrointestinal illness. This hydrating IV includes electrolytes, Vitamin B, stomach protector and Vitamin C or anti-nausea medicine (depending on whether nausea is still present).
RP 1.65M

THE BIOHACKER

Let us help with the heavy lifting Your Fitness Booster Amino Acid, antioxidant vitamin C, and Metabolism- Boosting Complex combination help. reduce inflammation and increase energy and fat-burning. This is fitness optimisation down to a cellular level.
RP 2.4M

THE ALL-STAR

This IV is a powerhouse of vitamins and antioxidants from A to zinc. Complete with Vitamins A, B complex, C, D and E, plus detoxifying antioxidants and zinc this is an all-around immunity and energy booster for those who want it all!
RP 2.55M

NOTE - A special **Dengue Recovery Treatment** is also available and we are happy to create Personalised Treatment Plans.
For more information please refer to our website.

BOOSTERS & EXTRAS

SLIM FITNESS BOOSTER

Maximise training results. build muscle and burn fat burning with our Fitness Boosting Amino Acid shot.
RP 580K

HIGH C BOOSTER

For those who want a higher dose of antioxidant vitamin C, extra vials can be administered as a booster.
RP 175K/1000MG

YOUTH BOOSTER

Benefits of Japanese Anti-Aging Factors include higher collagen levels and improved Winkle appearance.
RP 580K

IMMUNITY BOOSTER

Zinc and vitamin C boost the immune system and decrease illness severity and longevity.
RP 500K

EXTRA FLUID - Add an extra 500ml bag of Saline Solution or Ringer's Lactate electrolyte solution. RP 200K
EXTRA MEDICATION - Add on anti-nausea, Painkiller, or Stomach Protector medicine. RP 175K

**Please note Boosters and Extras are designed to be added to an Af not as a standalone treatment* ALL PRICES INCLUSIVE 119% VAT*

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FAQs

FREQUENTLY ASKED QUESTIONS

1. What do I need to do prior to arriving?

There are a few forms / admin pieces for you to fill out to make sure your arrival into Bali is as smooth as possible. Because the quicker you get through the airport, the sooner you can be sipping a cocktail poolside with us!

E-Visa

Tourist Tax

Customs Form

Pre-arrival Questionnaire

2. What happens when I arrive?

On arrival, please head to the Karma Kandara reception to check in. Depending on your mood, you can then either head to your room or just head straight to join us in Villa 34, our Karma Gras 'hub' villa, for some arrival drinks and bites! Just let the team know and they will escort you to us and take your bags to your room.

3. Do I have to join in on everything on the itinerary?

Absolutely not! We'd love to have you join us for as much of the fun as you're up to, but if you just want a lie-in or feel like some downtime, that is totally fine!

4. What happens when I order extra food and drinks throughout the trip?

Just sign these to your room each time and they'll be added to your bill at check-out, with your 20% HOK member discount applied, of course!

5. Are the flash tattoos actually real?

Yes, of course! We don't do things in halves here - the tats are the real deal ☺

6. How do I book spa treatments?

The spa menu can be found **here**.

Shoot us an email at connect@houseofkarma.com.au with your preferred treatment and time and we will get back to you with availability. Otherwise, you're welcome to dial the spa from your room throughout the trip, for any last-minute bookings. Again - your 20% member discount applies!

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FAQs

FREQUENTLY ASKED QUESTIONS

7. When should I check-out?

We recommend planning to be at the airport 3 hours before your flight, and allowing 1.5 hours to get to the airport, just in case Bali traffic strikes! Please check out of your room prior to 4pm and settle your bill at reception. You're then welcome to hang in the public areas until it's time to head off. If you require a transfer either way, just shoot us an email (additional charges apply)

8. What should I bring?!

As always, we encourage you to show up exactly as you feel most comfortable, so there's no expectations or dress codes from us! Having said that, consider packing the below so you can get involved in all the fun and live your best life throughout the trip.

- Passport (duh!)
- Sunscreen
- Swimwear
- Activewear
- Trainers
- Sandals
- Sunnies
- Your best kaftan, co-ord or fabulous fit for The Long Lunch!
- Some clothes to lush about in when you're recovering from the night before
- Hydralyte / Panadol (to aid said recovery...)
- Your very best, most fabulous attitude!

SEE YOU AT
KARMA GRAS
2024!
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