

Holistic therapies. Massage curatives. Personalized experiences. Karma Spa is the soul of our resort and offers guests a sanctuary where they can slow down, breathe and be at ease. All of Karma treatments and retail products are curated from ingredients sourced from ethical and sustainable farmers and growers, are GMO-free and made without any parabens or petrochemicals. Karma's anatomy-trained team of bodyworkers perform treatments slowly to ease you into an authentic state of deep healing.

www.karmaspas.com

MASSAGE CURATIVES

soothe your mind and muscles

Karma's spa team of bodyworkers train year-round with certified massage experts, health practitioners, yoga masters, reflexologists and healers to deliver deeply therapeutic experiences. They have studied cranio-sacral therapy and Level 1 Reiki and are certified by Glo Day Spa to deliver topnotch manicures and pedicures.

HEAVENLY BALINESE MASSAGE

This sacred massage is delivered deeply and slowly to help you relax in mind and body. Imagine the sensation of warm herbal oils pouring gently over your skin. Fresh flowers are presented on a Canang Sari daily offering with incense and the sound of chime bells to clear the atmosphere. Delivered with certified organic oils made from herbs, spices and essential oils grown in Bali.

75 min - IDR 350++ per person

95 min - IDR 450++ per person

ROYAL ENERGY MASSAGE

Mind-melting movements. Lingering neck and shoulder massage. Extra focus on back area. Thick luscious indigenous oils. This signature massage is co-created by renowned healer, Joko tri Li, who has trained in Traditional Chinese Medicine. Karma bodyworker's press all the right points to boost circulation and wellbeing.

75 min - IDR 350++ per person

95 min - IDR 450++ per person

MAYURA RIVER STONE HEALING MASSAGE

The warmth from the river stones combined with the rhythm of massage delivered with a signature Bali Healing Massage oil feels so nurturing for mind and muscles. Surrender as warm rocks are placed along your spine, from the lower back to the neck area.

90 min - IDR 500++ per person • IDR 800++ per couple

MUSCLE MELT REFLEXOLOGY

Slip off your shoes, zone out to the sounds of the waves, and let Karma bodyworker's skillfully attend to your feet and legs. Our reflexology encompasses soothing lower leg massage and the gentle pressing of acupressure points that improves circulation and energy flow throughout your body. A great remedy for jet lag.

30 min - IDR 200++ per person

60 min - IDR 250++ per person

ZEN CUSTOMIZED MASSAGE

Everybody is unique. Every day is different. Seek more attention on your back & neck area? Only desire a mind-soothing face & neck massage? This personalized massage is tailored to those who would like to have therapists focus on specific areas of their body.

30 min - IDR 250++ per person

45 min - IDR 350++ per person

RITUAL

time for self-nurture

DETOX SCRUB AND MASSAGE

Regenerate and purify your beautiful being. Tone and firm your skin. Starts with a cleansing sea salt scrub known for stimulating circulation and strengthening the skin tissues. The highlight, a full body massage delivered with invigorating aromatherapy oils. Depart cleansed and invigorated.

2 hours - IDR 600++

BALINESE SPA RITUAL

Created from locally grown ingredients, your begins with a divine Candlenut Body Scrub followed by a Balinese Boreh Body Masque, a traditional village remedy would warm your body and relieve aching muscles and joints. Followed by a deeply relaxing Intuitive Balinese Massage and a customised facial .Concludes with a Kunyit Asam Jamu tonic refreshment.

Candlenut Body Scrub

Bali Boreh Body Masque

Intuitive Balinese Masssage

Pevonia Cleansing facial

2 hours - IDR 750++

KSPA MAN

relax & be

BACK MASSAGE WITH WARM STONES

Created to slow down your mind and ease you into balance. Starts with a cleansing back exfoliation and warm aromatic compress followed by a nourishing warm oil back massage. Heated stones massaged over your lower back, neck & shoulder area will soften tight and tense muscles. Mind-melting neck & shoulder treatment. Depart relaxed and stress-free.

60 minutes - IDR 300++

MENS DEEP REPAIR FACIAL

Relax as therapists treat you to our 'wow' neck massage to release any tight muscles and tension, the facial includes deep cleanse & exfoliation followed by nourishing masque and hydrating serum.

90 minutes - IDR 450++

THE GENTLEMENS MANICURE/PEDICURE

A relaxing foot or hand soak is followed by a sequence of nourishing scrubs oils and creams. Includes clipping, trimming and shaping to leave your nails anew. Delivered with a soothing lower leg and reflexology or hand and arm massage.

60 minutes - IDR 200++

MEN'S RETREAT

Begins with a well-deserved one-hour deeply relaxing massage style of your choice. A Deep Calm Facial is delivered with generous neck shoulder massage. Concludes with an express manicure or pedicure - all of which will leave you looking well-groomed and most significantly, feeling great.

Full Body Massage

Deep Calm Facial

Pedicure or Manicure

2 hours - IDR 600++

WAXING

We use the GIGI brand of soft nourishing honey wax that is very gentle and soothing for your skin. Our spa team of bodyworkers have been well-trained and deliver 100% hygienic high quality waxing services.

FULL LEG

45 minutes - IDR 300++

HALF LEG

30 minutes - IDR 200++

FULL ARM

45 minutes - IDR 200++

HALF ARM

30 minutes - IDR 100++

UNDER ARM

30 minutes - IDR 100++

BACK

45 minutes - IDR 250++

CHEST

45 minutes - IDR 250++

EYEBROWS

30 minutes - IDR 150++

UPPER LIP

30 minutes - IDR 150++

BRAZILIAN

30 minute - IDR 350++

BIKINI LINE

30 minutes - IDR 250++

BEAUTY AND GROOM

let your inner light shine

STILLNESS FACIAL

This mind-melting luxurious treatment comprises a beautiful slow moving facial massage to take you to a place of deep stillness. Includes focus on lifting the skin around your jaw area and reducing fine lines. Depart radiant.

90 minutes - IDR 450++

SPA MANICURE

Well-executed and 100% hygienic. Delivered with heavenly scrubs, creams and polishes. Includes a luxurious hand and arm massage with professional nail polish application.

60 minutes - IDR 300++

SPA PEDICURE

A relaxing foot soak is followed by a soothing foot scrub and reflexology massage. Delivered with soothing scrubs and creams. Includes nail clipping, trimming, shaping and professional nail polish application.

60 minutes - IDR 300++

YOGA THERAPY - OM AWAY FROM HOME

Maintain core strength, muscle tone and good energy levels whilst on vacation. These private sessions are appropriate for all levels - from the novice to the experienced practitioner. Breathe fully and reap the therapeutic benefits in sublime surrounds.

RESTORATIVE YOGA

A personalized session tailored to your body. Recommended for those who would like to address specific health issues or physical challenges. Concludes with sitting meditation to relax your mind.

CORE STRENGTH

Our core is the foundation for strength in our mind and body. This slow style of hatha yoga includes postures and movements focused on enhancing muscle tone, focus and balance.

DETOX YOGA

This practice consists of twists and postures to help squeeze out the toxins from your digestive and lymphatic system as well as improve circulation. Includes powerful and deep breathing exercises to oxygenate the blood and help clear away stress in mind and body.

POWER YOGA

A Vinyasa style of practice. Starts with a series of invigorating movements to warm up your body and get the circulation moving. Concludes with a quiet meditation.

FULL MOON YOGA

Experience inner peace on a magical full moon eve. Held at Karma Beach, the sound of gentle waves complemented by soothing music and slow restorative movements will take you on an inward journey of self discovery.

KIDS YOGA

Kids love to learn and move. A great way to introduce young one's to the benefits of yoga. These classes are light and playful - just the way life is supposed to be!

60 minutes - IDR 300++ per person • IDR 500++ per couple

Advanced booking is required

SPA BLAH

hours of nurture : 09:00am - 06:00pm

LOOKING AFTER YOU

Do let us know if you suffer any health conditions, high blood pressure, allergies, injuries or are pregnant.

SPA ATTIRE

Get comfy. Robes and disposable underwear are available. Feel free to wear your own underwear during treatments.

SPA ETIQUETTE

Drinking coffee or alcohol three hours prior to treatments is not advised. Ensure your mobile is switched off prior to your arrival.

VALUABLES

We advise you not to carry any valuables with you during your spa visit. Karma Spa accepts no responsibility for loss of valuables of any kind.

TIPPING

If you enjoyed your experience then why not?

TREATMENT PRICES

All treatments are subject to a 21% total of government tax and service charge.

CANCELLATIONS

Please note that we require a minimum of four hours notice to cancel reservations otherwise a 50% cancellation fee will be charged. No shows will be charged the full price.

RETAIL THERAPY

We offer a boutique collection of locally made organic skin care, body, bath & massage oils, pure handmade soaps, spiritual gemstone & mala bead jewelry.

KARMA SPA EXPANSION

We create innovative spas - Karma Spa is a young, dynamic and result-orientated spa brand. We specialize in unique resort, hotel and day spas with our menu of innovative treatments and retail collection.