

KARMA KANDARA

SPA AND WELLBEING




K
Karma Spa

WE CREATE... WELLNESS

SPA ETHOS

Karma Spa offers sublime experiences to nourish, heal and nurture. Our spa consists of traditional thatched-roof bales set into ragged limestone cliffs with 180 degrees of ocean views. The centerpiece is an open-air cliff top Infrared Detox Sauna and Soaking Pool. Journey down to Karma Beach and experience back-to-nurture massages at our Sea Spa Suite. Our spa team of anatomy-trained bodyworkers deliver treatments slowly to ease you into a state of deep healing. Enjoy!

www.karmagroup.com

 karmaspas  karmaspas

[#experiencekarma](https://www.instagram.com/karmaspas)

Our intention is to heal, nurture and cure. To provide you with a memorable spa experience do let us know in advance if you are pregnant or have any health concerns or specific issues you would like us to address.

We suggest you arrive at least ten minutes before your scheduled treatment to relax and enjoy your welcome refreshments. Pre-treatment relaxation prepares you better for your spa journey. No need to bring anything as we provide all the comfortable attire you need during your spa experience. We advise you to avoid drinking caffeine or alcohol before your treatment. For young travellers we prefer an adult is present.

Many of our treatments can also be performed in your own villa. We thank you for your attention and wish you a magical time in Bali.



CLIFF SPA EXPERIENCE

Soak, sauna and dream

Book wellness time in our open-air Cliff Spa Experience with 180 degrees views over the glittering Indian ocean.

Your personal purification begins with playful time in our sea-facing sauna, soaking pool, and 'wow' outdoor experience shower. Our spa team will then help curate a journey that works for you. Select from local sea salts and nourishing coffee body scrubs. Our bodyworkers gently exfoliate your skin, after which you rinse-off and regenerate in our *Infrared Detox Sauna*.

Take 75 or 90-minute healing massages of your choice - in this space, the world is all yours. Why not add on manicures, pedicures and 30-minute virgin coconut oil facial massages, and more... this is your time to go with the flow, be playful, joyful and free! Includes free-flow coconut water, warm ginger teas, and vegan refreshments.

PRICE ON APPLICATION

Why not pair this experience with a 3-course lunch or dinner overlooking the ocean - so romantic!

MASSAGE THERAPY & BODYWORK

Soothe your mind & muscles

KARMA RHYTHM MASSAGE

Feeling jet-lagged or stressed and tight in your body? Our award-winning signature massage is loaded with extra back, neck, shoulder and lower back focus. Devised by the renowned Indonesian practitioner, Joko tri Li, who is trained in Traditional Chinese Medicine, during this therapeutic massage, our bodyworkers press all the key points to boost circulation and oxygen flow. Feel all your stress melt away.

75 minutes - IDR 1,250++ | 90 minutes - IDR 1,350++

DETOX FIRING MASSAGE

A firm yet relaxing massage consisting of skin-rolling and long stroke techniques. Designed to boost oxygen flow and help eliminate toxins from the skin. The benefits of taking this massage regularly include reduced fluid retention and improved tone and skin texture. Emerge feeling fresh and invigorated.

90 minutes - IDR 1,350++

THERAPEUTIC GINGER MASSAGE

When you are feeling drained from your digital devices, this treatment will sort you out. Massager movements are designed to counter issues caused by staring down at the devices. Warm ginger compresses help to reduce inflammation. Depart feeling grounded and tension-free

90 minutes - IDR 1,350++

MOTHER-TO-BE MASSAGE

You deserve care and nurture during this time and feel assured that our team are certified to deliver your pregnancy massage. It consists of strokes, with light to medium pressure, to gently relax and help release fatigue.

Delivered with organic coconut oil.

60 minutes - IDR 1,150++

KARMA SURRENDER

This signature 'wow' neck and shoulder therapy is based on the knowledge that we increasingly hold most of our tension in upper areas of our body. It consists of a warm aromatherapy compress and nurturing massage and is designed to ease you into deep surrender - enjoy!

45 minutes - IDR 750++

BE IN THE MOMENT - BESPOKE MASSAGE

Every day is different. Every body is unique. Seeking more attention on your back and neck area? Only desire a mind-soothing face and neck massage? This personalized massage is tailored to specific points and areas on your body. The session time, naturally, is also flexible.

Crown Chakra - scalp & head

Sacrum Rolls - lower back relief

Karma Surrender - neck & shoulder therapy

60 minutes - IDR 1,150++

THE BODY RITUALS

We use local salts, herbs and oils inspired by Balinese wisdom.

WARM SEA SALT SCRUB

Your treatment begins with a warm sea salt body scrub made from sea salt harvested on the East Coast of Bali. After your shower, we apply a refreshing body butter - you'll depart feeling both relaxed and invigorated.

BALINESE COFFEE & COCOA SCRUB

This full body warming body scrub is infused with local Virgin Coconut Oil, Balinese vanilla oil, ylang ylang flower oil, Javanese Sandalwood oil, Balinese wildflower honey, cocoa seed extract and coffee oil. After your shower, we apply a nourishing body butter to hydrate your skin. Emerge feeling cleansed and grounded.

SEA SALT ISLAND SPICE

This refreshing full body scrub is made from organic sea salt infused with papaya extract and uplifting essential oils of lime, lemongrass, grapefruit, orange, nutmeg and patchouli. It will leave your skin feeling smooth and renewed. Concludes with an aloe vera body gel.

FRESH ALOE & CUCUMBER HYDRATION

This is a super hydrating body treatment where we apply fresh cucumber and aloe vera to cool and calm sun-affected skin. It concludes with a nourishing body butter application to leave you feeling fresh and invigorated.

60 minutes - IDR 750++

For enhanced results, we recommend you pair your body scrub with a massage. You'll feel so good!

DETOX & CLEANSE

Clean skin, clear mind

DETOX, SALT, SEA & OIL EXPERIENCE

This signature treatment will cleanse your skin, increase metabolism and reduce fluid retention. It begins with an Infrared Detox Sauna followed by a warm salt scrub and marine wrap to firm and tone the body. Completes with a min-hydration facial and nurturing body oil application. Depart feeling fresh and invigorated.

Infrared Detox Sauna and Soaking Pool

Warm Sea Salt Scrub | Algae Body Wrap

Firming Detox Massage | Mini-Facial Massage

2.5 hours - IDR 1,900 ++

GREEN COFFEE BODY SCRUB AND MASSAGE

Start with an Infrared Detox Sauna session to cleanse your skin of toxins. This is followed by an antioxidant-rich green coffee body scrub to further exfoliate the skin and a firming Detox Massage. You'll feel renewed and regenerated.

Infrared Detox Sauna | Green Coffee Body Scrub | Detox Firming Massage

2.5 hours - IDR 1,900++

INFRARED DETOX SAUNA

Situated on the cliff overlooking the Indian Ocean, the glass-walled Infrared Sauna is an incredible location to detox and regenerate. Considered one of the best health regimes today, a 45-minute session will increase blood and nutrient supply to the capillaries through increased circulation. Boosts collagen in the skin. Eases pain, stiffness and stress in the body.

45 minutes - IDR 550++ (maximum 2 persons)



BALINESE WELLNESS

Time-honored rituals passed down over generations are performed with homegrown aromatherapy oils, healing stones and herbal poultices.

INTUITIVE BALINESE MASSAGE

This sacred massage is delivered slowly and mindfully to help you deeply relax in mind and body. During your treatment, we pour warm coconut oil gently over your body from coconut shells to nourish and nurture. This is enhanced with soothing strokes and gentle acupressure. A must-try when visiting the islands of the gods!

75 minutes - IDR 1,250++ | 90 minutes - IDR 1,350++

BALINESE MASSAGE WITH WARM HERBAL COMPRESS

Feeling stressed and out of balance? This massage is enhanced with warm herbal packs pressed on specific parts of your body to reduce tightness and tension. The warmth from the heated herbs improves circulation and blood flow. Recommended for computer fatigue and jet lag.

75 minutes - IDR 1,250++ | 90 minutes - IDR 1,350++

BALINESE MASSAGE WITH WARM RIVER STONES

There's nothing quite like heat therapy to soothe your mind and muscles. Surrender as warm stones are massaged along your body to melt away any tension. Recommended for chronic stress, jet lag and fatigue.

75 minutes - IDR 1,250 ++ | 90 minutes - IDR 1,350 ++

BALINESE MASSAGE WITH HEALING JADE STONES

During this sacred Balinese Massage, we massage heated Jade stones on specific points in your body to stimulate chi flow and circulation. Jade is thought to be emotionally balancing and help to heal our heart chakra.

Your treatment concludes with a Jade Stone facial massage.

90 minutes - IDR 1,350++

BALINESE MASSAGE WITH FACIAL MASSAGE

Your deeply relaxing Balinese Massage is enhanced with a facial massage and gentle acupressure to nourish and nurture your skin and mind. It is a deeply restorative treatment that helps to slow down a busy and stressed mind. Recommended for jet lag and sleep issues.

90 minutes - IDR 1,350++

GET THE GLOW

Holistic and advanced beauty

THE YOGA FACIAL

A beautifully slow facial sequence to nourish your skin and nurture your mind. It consists of a mind-soothing blend of lymphatic drainage and facial acupressure techniques and is delivered with pure organic coconut and facial oils. Depart feeling balanced, centered and clear.

45-minutes - IDR 750++

HOLISTIC FACIAL

This begins with a neck and shoulder massage followed by a sequence of cleanse, scrub, hydration mask and serums. The highpoint is the acupressure-style massage to tone the facial muscles and release tension around the jaw area. Depart hydrated and glowing.

90 minutes - IDR 950++

THE NEW YORK FACIAL

The ultimate facial to give you an instant luminous complexion. It begins with a deeply calming neck and shoulder massage followed by a Micro-Exfoliation and Intraceuticals Atoxlene and Rejuvenate Oxygen Infusion. Concludes with collagen-boosting LED Light Therapy. The result? Super hydrated, plumped, and glowing skin.

2 hours - IDR 1,450++

EXPRESS INTRACEUTICALS OXYGEN INFUSION

A quick and instant results facial. This will smooth out the appearance of fine lines, in particular, the lines around the eyes, forehead and mouth area. For enhanced results, pair with our Micro-exfoliator, Rejuvenate Oxygen Facial.

30 minutes - IDR 750++

REJUVENATE INTRACEUTICALS OXYGEN INFUSION

The ultimate hydration booster! Your skin is drenched with moisture, vitamins and antioxidants resulting in instant hydration. Helps to reduce the appearance of fine lines and leaves your skin looking firm and toned.

60 minutes - IDR 1,000++

LED LIGHT THERAPY - all lights on you!

This mood-enhancing, skin-restoring treatment is based on breakthrough technology where specific frequencies of light energize cells to stimulate collagen production and increase tissue growth. LED light will also boost blood circulation and oxygen flow in your skin - leaves you with an extra glow.

30-minutes - IDR 550++ (stand-alone)

60 minutes - IDR 850++ (with facial cleanser, scrub, and mask)

MICRO-EXFOLIATION

This is a gentle machine-based exfoliation recommended for reducing pigmentation, acne and fine lines. A gentle tip is smoothed around your face, neck and décolleté area to remove dead skin, stimulate collagen and enhance a clear complexion. Sunscreen is applied after this treatment.

60 minutes - IDR 750++



OCEAN SPA SUITE

Journey down to our Ocean Spa Suite situated on the beach where you are cocooned by the sound of gentle lapping waves and healing touch. Our bodyworkers will co-curate an experience for you - explore local sea salts and sea-infused scrubs and wraps. Experience laid-back massages delivered with organic coconut oil, soothing foot massages, and mini-facials. Drift and dream...

KARMA MAN

MENS DEEP CALM FACIAL

A facial to deeply cleanse the skin and calm the mind. It begins with a gentle facial cleanser and exfoliation followed by a cooling gel mask for deep hydration. Includes a Karma Surrender neck and shoulder massage - you'll feel so relaxed!

90 minutes - IDR 900++ per person

MENS GROOMING

A relaxing foot or hand soak is followed by the application 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 300++ each/IDR 550++ combined

MENS RETREAT

Begins with a 30-minute infrared detox sauna followed by a Karma Rhythm Massage. A Deep Calm Facial is delivered with a generous neck and shoulder massage. Concludes with an express manicure or pedicure - all of which will leave you looking well-groomed and most significantly, feeling great.

Infrared Detox Sauna and Himalayan Pool

Karma Rhythm Body Massage

2.5 hours - IDR 1,900++



HIGH VIBRATIONS

YOGA, MOVEMENT AND MEDITATION

SLOW YOGA

Maintain core strength, muscle tone and good energy levels on your vacation. Includes a quiet meditation. Breathe fully and reap the benefits in sublime surrounds.

YOGA FLOW

A vinyasa-style of practice that consists of invigorating movements to warm up and strengthen the body as well as get the circulation moving. Concludes with a quiet meditation.

SUNRISE TAI CHI

Start your day with positive energy and inspiration. Tai Chi is an ancient Traditional Chinese modality regarded for its physical, emotional and longevity benefits. Be gently guided through a series of movements to improve circulation and energy flow - you'll flow through the day.

60 MINUTES - IDR 750++ (1-2 PAX)

PILATES SESSION

Be guided through a series of movements and postures designed to stretch, strengthen and lengthen your body. Pilates helps to improve posture and flexibility and is recommended for improving core strength and back muscles.

AQUA FITNESS

A fun work-out in water that begins with a gentle warm-up and ease into exercises using your own body weight, weights and water. Ideal for all ages and levels of fitness.

PERSONAL TRAINING

Customized to suit your goals and needs, the trainers are well-qualified to create dynamic workout. Includes bodyweight exercises to lifting weights and are balanced with cardio training and stretching.

FITNESS ASSESSMENT WITH PERSONAL TRAINING

Starts with a 30-minute fitness consultation inclusive of body measurements, fitness test, muscular strength and flexibility test and a conditioning assessment. This is followed by a 30-minute personal training session tailored to your needs.

LEARN MUAY THAI BOXING

This vigorous combat-style of boxing that will make you sweat and burn. Originating from Thailand, Muay Thai consists of various movements and is a great way to get into shape.

Advanced booking is required

IDR 950++ per person/IDR 1,150++ per couple

BEAUTY & GROOM

SHELLAC - 14 DAY MANI AND PEDI

This technology is for long-lasting and chip-free nails. It consists of UV light to fast-track perfectly dry and glossy nails. Hypoallergenic and free of formaldehyde and other chemicals. Recommended for weddings, events and parties!

60 minutes - IDR 650++ each

(IDR 100 ++ for removal of previous shellac application).

SPA MANICURE/PEDICURE

Well-executed and 100% hygienic. Delivered with heavenly scrubs, creams and polishes. Includes a luxurious hand and arm or lower leg and feet massage. Includes nail filing, trimming, shaping and professional nail polish application.

60 minutes - IDR 500++ each

MANICURE & PEDICURE EXPRESS

60 minutes - IDR 550++

SPA BLAH

hours of nurture : 9:00am - 8:00pm

LOOKING AFTER YOU

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

SPA ATTIRE

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

SPA ETIQUETTE

Too much time on the devices and excess coffee and alcohol is not advised. We suggest you use this time for a mini digital detox!

VALUABLES

We advise you not to carry 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 skin care, body, bath & massage oils, hats, boho-chic bags and spiritual jewellery.



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