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Karma Spa

TREATMENT MENU

THE WORLD IS YOUR SPA



Karma Spa offers sublime experiences to nourish, heal and nurture. Select from a variety of Asian-fusion, western and healing experiences. All treatments are performed slowly to ease you into an authentic state of deep healing.

ASIAN & WESTERN MASSAGES

soothe your mind & muscles

KARMA WOW

This slow and rhythmic neck and shoulder massage feels so restful. During this treatment your therapist works deeply to release any tension held in these areas of your body. Relax and allow all your tension to melt away.

30 minutes - ₹800

CURE - AROMATHERAPY MASSAGE

This full body exquisite massage is delivered with a blend of massage techniques and pure Aromatherapy essential oils. Includes soothing foot reflexology, head and scalp massage to relieve tension and ease you into balance.

60 minutes - ₹2,150

90 minutes - ₹2,500

BALINESE MASSAGE

A deeply relaxing massage delivered with nourishing oils comprising of gentle stretching, palm pressure and long soothing strokes. The oils are selected to leave your skin feeling smooth, soft and nourished. Leaves you feeling deeply relaxed.

60 minutes - ₹2,150

90 minutes - ₹2,500

KARMA RHYTHM MASSAGE

Mind-melting movements. Linger neck and shoulder massage. Extra focus on back areas. 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 minutes - ₹2,500

95 minutes - ₹3,000

SOOTHE - BACK MASSAGE

During this treatment your therapist focuses on your lower back, neck and shoulder area that will help unlock tight muscles and melt away any tension. Includes our signature neck and shoulder Karma Wow massage therapy that will leave you feeling relaxed and stress-free.

30 minutes - ₹1,100

SOUL - FOOT REFLEXOLOGY

Slip off your shoes and relax as your therapist massages your feet and lower legs that will get circulation moving through your body. Helps to soothe and revitalize your body. Excellent for jet lag.

30 minutes - ₹800

WARM HERBAL COMPRESS

During this therapeutic treatment, steaming bundles of warm medicated herbs are pressed gently along your spine, neck and lower back to soothe and nurture. The warmth of the herbal compress works deeply to calm your nervous system and treat any muscle pain. Depart transformed.

30 minutes back & neck - ₹1,000

RELAX - SWEDISH MASSAGE

A gentle relaxing massage delivered with long & flowing strokes to ease you into a place of deep relaxation. Just some of the health benefits include detoxification in the muscles, improved circulation and relaxation.

60 minutes - ₹2,150

90 minutes - ₹2,500

DEEP - WARM STONE MASSAGE

There's nothing like heat therapy to melt your mind & muscles. During this relaxing session, heated stones are placed along the spine and massaged over your whole body to stimulate blood flow throughout your body. Concludes with a warm stone face and neck massage.

60 minutes - ₹2,150

90 minutes - ₹2,500

KARMA FOR MEN

relax & be

BACK MASSAGE WITH WARM STONES

Created to slow down your mind and ease you into balance. Starts with an aromatic compress and soothing back massage. Heated stones are then massaged over your lower back, neck and shoulder area to help soften tight muscles and melt away any tension. Leaves you relaxed and stress-free.

60 minutes - ₹1,500

DEEP CALM FACIAL

Relax as therapists treat you to our Karma Wow signature neck and shoulder massage to release any tight muscles and tension. A deep cleanse exfoliation and skin firming masque follows completing with a hydration moisturizer. Includes a soothing face and scalp massage.

60 minutes - ₹1,950

THE GENTLEMEN'S PEDICURE

A relaxing foot soak is followed by a soothing foot scrub and reflexology massage. Includes cleaning, nail clipping, trimming and shaping for both feet and hands. Delivered with natural scrubs and creams.

60 minutes - ₹650

MEN'S RETREAT TIME

Begins with a body massage of your choice followed by a hydrating facial delivered with generous neck and shoulder massage. Concludes with your choice of pedicure or manicure - all of which will leave you looking well-groomed and feeling great.

60 minutes - Balinese massage

60 minutes - Deep Calm Facial

30 minutes - Express Gentlemen's Pedicure

2 ½ hours - ₹3,500

RITUAL

time for self – nurture

DETOX COFFEE SCRUB, STEAM & MASSAGE

Regenerate via this purifying sequence of invigorating coffee scrub and steam for rejuvenation. Coffee is known for stimulating circulation and improving the skin texture. The highlight, a 60-minute full body massage. Results include smooth and firmer skin.

2 hours - ₹3,000

ALOE VERA LAVENDER SCRUB, STEAM & BACK MASSAGE

A cooling blend of pure aloe and soothing lavender oils to exfoliate your skin texture followed by a steam ritual. Concludes with a 45-minute back, neck and shoulder massage. Depart cleansed and renewed.

90 minutes - ₹1,950

GODDESS RITUAL

Bestowed in candle-lit surrounds, the two-hour experience begins with a luxurious foot ritual, followed by your choice of Aromatherapy or Balinese massage. Completes with an Aromatherapy glow facial to leave you smoothed and radiant. Depart feeling soft and radiant.

2 hours - ₹3,000

HIMALAYAN HEALING JOURNEY

This dreamy journey starts with a cleansing Himalayan crystal salt body exfoliation and steam and completes with a soothing full body massage. Himalayan crystal salts are considered the purest salts in the world sourced from the highest mountains on earth.

2 hours - ₹3,000

TIBETAN HEALING MASSAGE

A spiritual body massage with a difference. Designed to nurture, soothe and heal, relax as therapist massage your body with herbal oils with sound therapy Tibetan singing bowls and generous amounts of neck and face massage.

90 minutes - ₹2,500

AYURVEDIC WELLBEING

doctors consultations are complimentary

WELLNESS CONSULTATIONS

Pre-treatment consultation with our ayurvedic doctor allows you to experience a spa program tailored specifically to your body's needs. Our physician will check your body's constitution and recommend lifestyle changes and treatments - all geared to helping you live a more balanced lifestyle.

ABHYANGA AYURVEDIC MASSAGE

This full body massage is considered one of the most holistic styles today. Relax as an infusion of warm herbal oils are massaged into the body. The selection of oils works to deeply to improve circulation and relax your mind.

60 minutes - ₹2,150

90 minutes - ₹2,500

AYURVEDIC UBTAN BODY SCRUB & MASSAGE

A full body scrub made from a paste of healing spices, pulses, herbs and flowers will cleanse and tone your skin. Includes a cleansing steam ritual and soothing back massage.

90 minutes - ₹2,500

PADABHYANGA

A soothing lower leg and foot massage that combines pressure point massage and long strokes. The pressing of acupressure points helps detoxify corresponding organs in the body and improves circulation. A great remedy for jet lag.

30 minutes - ₹800

PODIKKIZY – WARM HERBAL COMPRESS

During this therapeutic treatment, steaming bundles of warm medicated powdered herbs are pressed gently along the spine, neck and body to nurture. This herbal reviver works to calm your nervous system and treat muscle pain. Incredibly soothing for stiff necks, back pain and arthritis.

90 minutes back & neck- ₹2,500

SHIRODHARA

The ultimate Ayurvedic therapy where warm herbal oils are poured rhythmically on your third eye 'chakra' area to soothe and calm the whole body. Shirodhara is recommended for stress, insomnia, hypertension and neurological problems. Completes with a gentle head and scalp massage.

60 minutes - ₹ 2,500

90 minutes with body massage - ₹ 3,000

BEAUTY & GROOM

let your inner light shine

AROMATHERAPY GLOW FACIAL

During this exquisite facial, 100% pure Aromatherapy oils are delivered with luxurious creams, scrubs and masks to leave your skin clean, hydrated and radiant. Includes a nurturing facial massage and warm lavender oil compresses.

60 minutes - ₹1,950

ROSE QUARTZ FACIAL

This incredible facial starts with a foot ritual compress and signature karma wow neck & shoulder therapy. A sequence of cleanser, pure rosewater, exfoliation and your choice of hydration gel or clay mask are then delivered with a relaxing facial, hand & arm massage.

60 minutes - ₹2,500

KARMA ROSEWATER FACIAL

Exquisite Ayurvedic ingredients of pure Indian rosewater and natural plant extracts are applied for deep cleansing, exfoliation and toning. Includes a divine facial massage to soften fine lines and plump your skin to radiance.

60 minutes - ₹1,950

DELUXE MANICURES & PEDICURES

Well-executed and 100% hygienic, these treatments are delivered with heavenly scrubs and creams and include luxurious massage.

60 minutes - ₹650

EXPRESS MANICURES & PEDICURES

60 minutes - ₹650

NAIL ART DECORATION - extra ₹250

FRENCH MANICURE OR PEDICURE

60 minutes - ₹1,000

WAXING

| | |
|------------------|--------|
| Bikini line | ₹350 |
| Full Body Waxing | ₹1,000 |
| Half-Leg Waxing | ₹350 |
| Full Leg Waxing | ₹650 |
| Half Arm Waxing | ₹350 |
| Full Arm Waxing | ₹650 |

THREADING

| | |
|-------------------------------|------|
| Complete face | ₹600 |
| Chin, Under arms or Upper lip | ₹150 |

SPA DAYS

indulgent wellness

KARMA DETOX

60 minutes Coffee Detox Scrub & Steam Ritual
30 minutes Soothing Back Massage
60 minutes Customized Facial

2 ½ hours - ₹3,500

BACK DE-STRESS

30 minute Back Body Scrub
60 minute Back Massage with Warm stones
30 minute Warm Herbal Compress

2 hours - ₹3,000

AYURVEDA WELLNESS

60 minutes Ubtan Body Scrub & Steam Ritual
60 minutes Abhyanga Ayurvedic Massage
30 minutes Warm Herbal Back Compress

2 ½ hours - ₹6,000 per couple

MEN'S GROOMING

60 minutes Balinese Massage
30 minutes Express Gentlemen's Pedicure
30 minutes Foot Reflexology

2 hours - ₹2,500

GLOSS & GLAMOUR

60 minutes Aromatherapy Massage
30 minutes Mini- facial
60 minutes Express Pedicure or Manicure
Eye Brow or Lip Threading

2 ½ hours - ₹3,500

ROMANTIC RITUAL

30 minutes Flower Foot Ritual with Reflexology
90 minutes Balinese Massage
60 minutes Customized Facial

3 hours - ₹7,000 per couple

SPA JOURNEYS

retreats & programs for your wellbeing

3 - KARMA BACK CURE

DAY 1 30 minutes Soothing Back Massage

DAY 2 30 minutes Podikizy Warm Herbal
Back & Neck treatment

DAY 3 60 minutes Warm Stone Massage

₹3,000

7 - DAY AYURVEDA WELLNESS

DAY 1 60 minutes Abhyanga Ayurvedic
Massage

DAY 2 60 minutes Shirodhara with Head
Massage

DAY 3 60 minutes Podikkizy Warm Herbal
Compress

DAY 4 60 minutes Abhyanga Ayurvedic
Massage

DAY 5 60 minutes Shirodhara with Head
Massage

DAY 6 90 minutes Ubtan Body Scrub with Steam
and Back Massage

DAY 7 90 minutes Shirodhara with Body
Massage

₹14,000

4 - DAY ASIAN FUSION

DAY 1 60 minutes Balinese Massage

DAY 2 60 minutes Aromatherapy Massage

DAY 3 60 minutes Abhyanga Ayurvedic
Massage

DAY 4 60 minutes Relaxing Swedish Massage

₹6,500

5 - DAY AYURVEDA REJUVENATION

DAY 1 60 minutes Abhyanga Ayurvedic
Massage

DAY 2 60 minutes Shirodhara with Head
Massage

DAY 3 60 minutes Podikkizy Warm Herbal
Compress

DAY 4 90 minutes Shirodhara with Body
Massage

DAY 5 60 minutes Abhyanga Ayurvedic
Massage

₹9,000

SPA BLAH

hours of nurture : 9.00 am to 8.00 pm

ARRIVAL

Try to arrive ten minutes before your scheduled treatment. Pre-treatment relaxation prepares your body better for the journey ahead.

HEALTH MATTERS

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

SPA ATTIRE

Wear comfy attire. Sarongs, robes and disposable underwear are available. Feel free to wear your own underwear during treatments.

ETIQUETTE

Drinking coffee or alcohol three hours prior to treatments is not advised. Turn off your mobile before entering the spa area.

TIPPING

Enjoyed your experience, then why not?

VALUABLES

We advise you not to carry any valuables with you during your spa visit. Karma Spa accepts no responsibility for loss of valuables, cash or any other personal belongings.

OUR THERAPISTS

We select our body workers for their healing skill and talent and not all of them have mastered the English language. Please consult our spa concierge should you have any specific questions or needs.

TREATMENT PRICES

All spa service prices are inclusive of all taxes as applicable by the Government.

CANCELLATIONS

We require a minimum of three hours notice to cancel reservations, 50% cancellation fee will be charged thereafter. No shows will be charged the full price.

RETAIL THERAPY

We offer a boutique collection of locally made natural skin care, body, bath & massage oils, pure handmade soaps and kaftans.

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