

KARMA BAVARIA

SPA AND WELLNESS MENU



K
Karma Spa

WE CREATE... WELLNESS



SPA ETHOS

Karma Spa is the soul of our resort and a sanctuary where you can slow down, breathe, and be at ease. An oasis of nurture, Karma Spa offers Bavarian-inspired treatments, Asian therapies and aromatherapy wellbeing. Our spa team of bodyworkers perform treatments slowly and mindfully to ease you into a state of deep healing.

Awaken. Heal. Transform

www.karmagroup.com

 karmaspas  karmaspas

#experiencekarma

OUR OFFERINGS

Therapeutic & Asian Massages

Local Bavarian Rituals

Karma Discoveries

Beauty and Groom

Teenager and kids Spa

Spa Retreats



THERAPEUTIC & ASIAN MASSAGES

soothe & cure

SACRED BALINESE MASSAGE

This sacred massage originating from the island of Bali is a must-try for those who love a slow and soothing massage blended with gentle stretches and light acupressure. During this treatment, we pour organically grown warm coconut oil over your body to nourish and nurture. Emerge feeling relaxed in mind and body.

60 MINUTES - € 80 | 90 MINUTES - € 110

ASIAN FUSION THERAPY

This therapeutic treatment begins with a lower leg and feet massage to stimulate circulation and energy flow. This is followed by our signature neck, head and shoulder therapy. Delivered with Kurlands almond and cocoa oil to deeply ground and rebalance. Recommended for jet lag and computer fatigue. Depart feeling invigorated and tension-free!

60 MINUTES - € 65 | 90 MINUTES - € 100

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 Wow - neck & shoulder therapy

30 MINUTES € 40 | 60 MINUTES € 75

LOCAL BAVARIAN RITUALS

We use local salts, herbs and oils.

BAVARIAN SPA RITUAL

This nurturing treatment is ideal for keeping your body warm during the winter months. It begins with a back, leg and neck exfoliation enhanced by a warm aromatic compress infused with anti-inflammatory Melissa essential oil. Your fully body massage is delivered with Kurland's almond oil. A warm herbal compress is then placed on specific points on your body to further reduce any tension. It concludes with a Dr. Eckstein warm body butter to leave your skin feeling smooth and hydrated.

Depart feeling warm and grounded.

75 MINUTES - € 90

BAVARIAN MOUNTAIN SALT SCRUB

This treatment is delivered using local Bavarian salts, herbs and handpicked Alpine lavender and rose buds. It includes a warm aromatic compress infused with local herbs and will leave your skin feeling smooth and nourished. Depart feeling cleansed and invigorated.

55 MINUTES - € 55

BAVARIAN HOT STONE MASSAGE

There's nothing quite like heat therapy to ground your your mind and soothe your body. Surrender to deep calm as heated stones, sourced from the surrounding Bavarian mountains, are massaged along your body. This restorative treatment is delivered with hot organic coconut oil infused with locally grown herbs. Recommended for chronic stress, jet lag and fatigue.

60 MINUTES - € 85

SCHLIERSEE SIGNATURE FOOT RITUAL

This unique treatment is ideal after a day of skiing or hiking. It includes a relaxing goat milk foot bath to soften your skin. Your foot ritual is delivered with the organic and local Maria product brand and concludes with a Dr. Eckstein nourishing body butter – depart with new looking feet!

45 MINUTES - € 55

KARMA DISCOVERIES

AROMATHERAPY BODY SCRUB

Your warm aromatic full body scrub is made from mountain salts and is applied to deeply cleanse and replenish your skin. It includes a warm towel compress and a Dr. Eckstein nourishing body butter. Emerge feeling cleansed and renewed.

Select from a range of blends including Rejuvenating, Cleansing and Relaxing.

Select your favourite Style:

Pamper - *Coco & Champagne*

Relax - *Cocoa & Peppermint*

Exotic - *Papaya & Orange*

55 MINUTES - € 55

LEARN THE ART OF MASSAGE

Want to give your partner the ultimate gift? Why not book in for our massage class and learn how to massage your partner (or friends and kids). You will learn safe and easy massage techniques including basic foot and leg and back massage. Concludes with a fresh fruit platter and glass of prosecco each - the perfect spa activity for a cold and rainy day!

120 MINUTES - € 150

MEDITATION WELLNESS EXPERIENCE

This unique journey is where you learn simple meditation techniques followed by your choice of either a nurturing body treatment or bespoke facial. Your meditation session consists of breathing exercise and easy-to-implement mind techniques that you can practice anywhere. Meditation is the new frontier of wellness and can help transform the way we think and live and improve the quality of our relationships and our self-esteem.

Select from:

Deep Tissue Massage delivered with Kurlands Sparkling oil blend to nourish and restore the body and mind.

120 MINUTES - € 140

OR

Dr. Eckstein Facial delivered with nurturing warm aromatic compresses to induce a sense of calm and peace.

90 MINUTES - € 110

TEENAGER AND KIDS SPA

MOTHER AND CHILD

For centuries in many cultures around the world, mothers bathed and massaged their children on a regular basis to nurture and comfort. Give your treasure a soothing back massage, while you enjoy a warm foot bath of Kurlands goat's milk enhanced with organic rose petals and orange oil.

30 MINUTES - € 35

HAPPY KIDS BACK MASSAGE

Kids need a massage too! So often they carry heavy books to school or have posture issues and day to day stresses. This gentle massage is designed to help realign and relax their body. Delivered with organic grape seed oil, this massage is ideal for kids between 5-12 years old.

20 MINUTES - € 25

ROSE HAND RITUAL

Kids can suffer issues from handwriting and too much access to the digital devices - and this is where massage provide reliefs. We treat them to a gentle hand and arm massage delivered with natural Dr. Eckstein products and pure Austrian rose essential - feels very calming!

20 MINUTES - € 18

BEAUTY & GROOM

Let your inner light shine

YOGA FACIAL

Your healing facial is delivered with slow-moving massage and lymphatic drainage techniques. It includes a gentle cleanse and scrub followed by the application of an concentrated ampoule serum to regenerate your skin and a nourishing mask to firm and tone. Includes a neck, head and shoulder massage. This facial is delivered with the esteemed Dr. Eckstein German brand known for blending the best of science and nature.

55 MINUTES - € 60

We can deliver facials for Men, WOMEN and YOUNGER SKIN TYPES - Our facialist will help select the best products for your skin type and condition.

NATURAL FACIAL

This natural facial is ideal for younger skin types and includes a gentle cleanse, facial exfoliation and mask. It completes with a relaxing foot massage delivered with Dr. Eckstein award-winning body butter to leave the skin feeling smooth and sparkling.

**For ages 12 onwards.*

45 MINUTES - € 45

GET THE GLOW - make-up application

Ladies night out? Have an important dinner date? Need that extra glow? Our therapist will help you apply make-up to your skin. We use *Art Deco*, a locally made natural make-up brand. You'll look and feel luminous.

20 MINUTES - € 20

EXPRESS BAR

when time is of the essence

EXPRESS FACIAL MASSAGE

When time is of the essence! This express facial consists of facial massage techniques to lift and tone the facial muscles as well as lymphatic drainage. Delivered with Dr. Eckstein pure and nourishing organic oils.

30 MINUTES - € 45

IT'S ALL IN THE MIND

This soothing head and scalp massage is delivered with organic coconut oil traditionally used in Ayurvedic medicine to improve circulation and promote hair growth. Helps to relieve stress and promote relaxation. Recommended for insomnia.

30 MINUTES - € 35

GO WITH THE FLOW FOOT THERAPY

Through the pressing of specific points in your lower legs and feet, energy is released and circulation is improved. Recommended after a day of hiking - feels so good! Delivered with a nourishing Dr. Eckstein body butter.

30 MINUTES - € 35

SURRENDER - BACK, NECK AND SHOULDER MASSAGE

When you are feeling tight in your neck and shoulders or suffer back pain, this treatment will help sort you out! Our therapist will work on your body to release any knots that promotes all over wellbeing. Delivered with hand-pressed organic coconut oil that feels nourishing on the skin. Depart feeling relaxed and free.

45 MINUTES - € 55

SPA RETREATS

Programs to enhance your wellbeing

2-DAY SPA ESCAPE

Day 1 - 60 minutes Balinese Massage

Day 2 - 90 minutes Bavarian Hot Stone Massage

€ 135

3-DAY KARMA REBALANCE

Day 1 - 60 minutes Bavarian Hot Stone Massage

Day 2 - 45 minutes Warm Herbal Back Compress

Day 3 - 45 minute De-Stress Head - Neck - Shoulder Massage

€ 155

4-DAY ASIAN WELLBEING

Day 1 - 60 minutes Balinese Massage

Day 2 - 55 minutes Cinnamon and Orange Body Scrub

Day 3 - 60 minutes Dr. Eckstein Bespoke Facial

Day 4 - 60 minutes Asian Fusion Therapy

€ 245

5-DAY BAVARIAN JOURNEY

Day 1 - 55 minutes Bavarian Signature Massage

Day 2 - 55 minutes Bavarian Mountain Lavander Salt Scrub

Day 3 - 45 minutes Schliersee Signature Foot Ritual

Day 4 - 60 minutes Bavarian Hot Stone Massage

Day 5 - 80 minutes Dr. Eckstein Bespoke Facial

€ 350

SPA ETIQUETTE

hours of nurture: 10 am to 6 pm

ARRIVAL

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

YOUR HEALTH MATTERS

It's mandatory to let us know if you suffer any health condition, high blood pressure, pacemakers, allergies, injuries, fractures, bruises or are pregnant.

SPA ATTIRE

Robes and disposable underwear are available. Feel free to wear your own underwear during treatment but do inform your therapist prior to your treatment.

ETIQUETTE

Kindly do not consume alcohol or coffee 3 hours prior to your treatment. We also recommend you to turn off your mobile before entering the spa.

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 valuable, cash or any other personal belongings.

OUR THERAPIST

We select our therapist 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.

CANCELLATION

We request all our guest to give us a 4-hour notice to cancel reservations. Karma Spa reserves a right to deduct 50% cancellation fee that will be charged to your room if there is a case of no show.

RETAIL THERAPY

We offer a boutique collection of locally made natural skin care, body, bath & massage oils.





KARMA SPA @ KARMA BAVARIA

Kirchbichlweg 18, 83727 Schliersee, Germany

T : +49 (0) 800 589 4766 | E : reservation@karmabavaria.com

www.karmagroup.com