

ON THE RUN - SOS BOOSTERS

EXPRESS MANI + PEDI

Let your hands and feet be soaked and gently scrubbed before your nails are shaped and filed to new!

30 min each €39 | 45 minutes combined €49

IT'S ALL IN THE MIND

Select from an organic coconut oil or dry massage for this soothing scalp treatment. Tailored to improve circulation, promote hair growth and soothe a restless mind.

30 minutes €39

FACIAL BOOSTER

When time is of the essence! Grab a 30-minute facial to lift and tone the facial muscles. We apply pure and nourishing oils to leave your skin hydrated and glowing.

30 minutes €39

HAPPY FEET FOOT THERAPY

Through the pressing of points in your feet and lower legs, energy is released, and circulation is improved. Recommended after hiking the Bavarian Alps!

30 minutes €39

SPA RETREATS

Programs to enhance your wellbeing.

2-DAY ARRIVAL REVIVAL

Day 1 - 45-minute Karma Surrender

Day 2 - 60 minute Sacred Balinese Massage

€89

3-DAY WINTER WARMER

Day 1 - 90-minute Mountain and Herb Hot Stones

Day 2 - 60-minute Karma Bespoke Facial

Day 3 - 60-minute Alpen Mountain Warm Salt Scrub

€199

4-DAY ASIAN WELLBEING

Day 1 - 60-minute Sacred Balinese Massage

Day 2 - 60-minute private yoga session

Day 3 - 90-minute Thai Yoga Massage

Day 4 - 60-minute private yoga session

€249

5-DAY ALPEN JOURNEY

Day 1 - 60-minute Karma Bespoke Massage

Day 2 - 60-minute Alpen Mountain Warm Salt Scrub

Day 3 - 60-minute Bavarian Clay Wrap + Scalp Massage

Day 4 - 45-minute Schliersee Signature Foot Ritual

Day 5 - 60-minute Karma Bespoke Facial

€289

All spa service prices are inclusive of Government taxes.

KARMA SPA @ BAVARIA

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SPA, FITNESS & WELLBEING

WE CREATE... WELLNESS

MASSAGE & BODYWORK

BE IN THE MOMENT

Every day is different. Every body is unique. We tailor your massage to your body's needs. Ease into rest and relaxation and emerge feeling recharged.

45 minutes €59 | 60 minutes €75 | 90 minutes €110

MOUNTAIN & HERBS HOT STONE

Melt away tension and experience the wonder of a warm stone massage. Let the heat of our special Bavarian mountain stones eliminate toxins by boosting the circulation and the lymphatic system, leaving your body and mind refreshed and relaxed.

45 minutes €59 | 60 minutes €75 | 90 minutes €110

CROWN CHAKRA HEAD & SCALP

Feeling overloaded with too many racing thoughts? We apply nourishing oils to your upper body, head and scalp. Helps to promote healthy hair growth and a relaxed state of mind. Slow down and enjoy the journey.

45 minutes €59 | 60 minutes €75

KARMA SURRENDER

Just landed? We'll knead away hard knots and aches in your neck, shoulder and upper back area using hand-pressed organic coconut oil, leaving your body tension-free. Depart feeling more relaxed.

30 minutes €39 | 45 minutes €59

FACIALS FOR HIM AND HER

KARMA BESPOKE FACIAL

Be at one with your skin with our signature facial which uses organic, high-end skincare products. The core of the treatment is a facial massage, working across the face, neck, shoulders and décolleté to distress, lift and revive. You'll glow afterwards!

45 minutes €59 | 60 minutes €75

YOUTH BOOSTER FACIAL

Restore that youthful look with this specialist treatment involving sophisticated massage procedures. We smooth away fine lines and wrinkles and tone the skin to make it firmer and more resilient.

45 minutes €59 | 60 minutes €75

DEEP CALM MENS FACIAL

Designed to smooth, hydrate and refresh dry skin caused by shaving and environmental pollution. Relax into a blissful face, neck and shoulder massage followed by application of an Enzyme mask to replenish the skin's natural oils. Concludes with a blissful scalp massage to melt all the tension away.

45 minutes €49

ROSE QUARTZ CRYSTAL EYES

Treat your eyes to a renewing experience: Rose quartz crystals are used to drain the stress away and stimulate blood flow for a healthy-looking visage. This is ideally combined with our Karma Bespoke Facial.

15 minutes €10

LOCAL RITUALS

We use salts, herbs and oils gathered from Bavaria and the best producers in Europe.

60 minutes €75 | 75 minutes €96 | 90 minutes €110

ALPEN MOUNTAIN WARM SALT SCRUB

We use local himalayan salt, herbs and handpicked Alpine lavender with anti-inflammatory Melissa essential oil to armour the skin during the winter months. Warm oil infused with mountain sea salt and local herbs detoxifies and scrubs away impurities. Completes with a coconut oil and shea body butter. Your skin will feel smoother than a Bavarian ski run!

BAVARIAN GREEN CLAY MUD WRAP

Begins with a dry body brush to stimulate the lymphatic drainage and boost skin renewal. A warm green clay mud application will detoxify the skin and boost blood circulation. A soothing Ayurvedic scalp massage takes your mind off every day worries. Concludes with a nourishing body butter. Concludes with a nourishing body butter massage.

SCHLIERSEE SIGNATURE FOOT RITUAL

Rest those weary feet. Our foot ritual is ideal after a day of skiing or hiking. It includes a relaxing foot bubble bath infused with anti-inflammatory Melisa oil to soften your skin. This is followed with a salt scrub and lower foot and leg massage and gentle stretching. Feel all your stress melt away.

KARMA VOYAGE

This arrival revival therapy will help you unwind and get you into the rhythm of your relaxation vacation. It begins with a 45-minute full body bespoke massage focusing on areas of your body that need attention. It concludes with a deeply hydrating 45-minute facial delivered with a facial massage to leave you grounded and glowing.

THE ASIA CONNECTION

We've travelled the world to bring you the best in traditional time honoured and proven massage and spa treatments from Asia's masters of the art.

SACRED BALINESE MASSGE

This traditional massage originated in Bali includes relaxing strokes as well as pressure point stimulation to enhance the flow of blood, lymph and energy. Organic oils are used to nourish and soften your skin.

60 minutes €75 | 75 minutes €96 | 90 minutes €110

THAI YOGA MASSAGE

This is a therapeutic massage consisting of yoga-like stretches to loosen muscles, increase flexibility and reduce stress. Thai massage is performed without the use of oils and with wearing traditional massage robes. Thai massage derives from Ayurvedic medicine and the goal is to open up the flow of energy throughout your body by working on the body energy lines.

75 minutes €110 | 90 minutes €135

BALINESE THERAPY + FACE THERAPY

Combines soothing back and leg massage, express facial and gentle facial acupressure massage to nourish and nurture the skin and mind. Deeply restorative.

75 minutes €96 | 90 minutes €110

RASOVAI AYURYOGI DETOX RITUAL

The treatment is based upon the science of Ayurveda and Yoga and starts with techniques to warm up the body to improve blood flow and lymph circulation. A combination of yoga stretches and deep massage helps release tension in the muscles and improve mobility in the joints - you'll feel so invigorated!

75 minutes €110 | 90 minutes €135

YOGA + SPA RITUALS

Wellness rituals for mind and body.

AYURVEDA YOGA DETOX

Begins with a 30 - minute gentle yoga stretch tailored to your body's needs, followed by a 90-minute Ayurveda Detox Scrub and Massage to leave you feeling energised and renewed.

THAI YOGA JOURNEY

This begins with a gentle 30-minute yoga stretch to warm up the body and relax your mind and muscles. A 90 - minute Thai Yoga Massage follows to further stretch and lengthen your body to its potential - you'll feel so invigorated! We also recommend you take a steam or sauna prior to this treatment.

SLEEP SPA RITUAL

Begins with a gentle 30-minute meditative yoga class, followed by a 90-minute Sacred Balinese Massage, enhanced with back, neck and shoulder warm stone massage to ground and centre. Concludes with a mindful facial massage to leave you well-rested in mind and body.

2 hours - €180

YOGA AT KARMA BAVARIA

Join us for regular yoga led by our expert practitioners. Yoga helps to keep our bodies (and mind) strong, balanced and flexible. It truly is one of the best anti-aging body movements on earth. You can book private sessions also! We offer both group and personal sessions.

Price on application

Karma Spa is the soul of Karma - a sanctuary where you can slow down, breathe, and be at ease. Karma Spa at Karma Bavaria offers local rituals, therapeutic massage and Asian wellbeing. Our spa team of bodyworkers know how to set you at ease. So sit back and relax, we've got this.

Awaken. Heal. Transform

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#experiencekarma