



CELEBRATE VALENTINE'S DAY  
AT KARMA SPA



**SUNSET SEGARA & DINE** – a once-in-a-lifetime experience

Treat your loved at Karma Spa with this romantic ritual by the sea. Experience 3 hours of amazing treatments including a nourishing candlenut and coconut milk 'Santan Kelapa' body wrap followed by a Sacred Balinese Massage and our signature relaxing Karma Yoga Facial. Your ritual concludes with a with seaside Balinese – inspired dinner and vino under the stars.

**IDR 5.500.000 ++ per couple (save IDR 1.000.000)**

**ISLAND ESCAPE**

Celebrate self-love and care with this nourishing ocean renewal journey to leave you feeling relaxed, restored and rested on this romantic day. It includes 2.5 hours of treatments starting with a Sacred Balinese Massage and a Hydration Facial Booster with your choice of a Salty Glow Mani or Pedi plus a Young Coconut Water

**IDR 1.500.000++ per person (save IDR 500.000)**

Book any of these above and receive a gift of our choice of a Karma Spa candle or a complimentary 30-minute Infrared Detox Sauna – your deserve it!

Price are listed in '000' Indonesian Rupiah and subject to 10% service charge & 11% government tax

WE CREATE... WELLNESS

# SEASIDE SOUND HEALING JOURNEY AT KARMA KANDARA

Featuring **Liz - Tara Sundri Kaur**

You are invited to experience a once-in-a-lifetime seaside Sound Healing Journey at our seaside Yoga Bale at Karma Kandara. Also known as a Gong Bath, during your group sound healing, Liz - Tara Sundri Kaur uses a variety of singing bowls, gongs, drums and instruments combined with live chanting of mantras.

You don't need to do anything - lie down, fully relaxed with eyes closed and let the amazing sounds wash over and through you. Sound healing is used to improve sleep, lower stress and blood pressure and leads you gently into a space of pure bliss, meditation and restorations - sound healing is one of the most amazing experiences you'll ever try.

## ABOUT THE SOUND HEALER

Indonesian-born Liz - Tara Sundri Kaur is a talented sound practitioner who hosts incredible group and private Sound Healing Journeys. She has a background in sound and mantra and has worked for the renowned Pyramids of Chi as a sound healer assistant and is now hosting Light and Sound Vibrations. (LSV). She is currently studying Kundalini Yoga.

### COMPLIMENTARY 60-MINUTE GROUP CLASS

Date: 13<sup>th</sup> February 2020 at 5 pm | Location: Yoga Bale

### 60-MINUTE PERSONAL SOUND HEALING JOURNEY

Date: 14<sup>th</sup> February 2020, from 10 am - 5 pm | Location: Chakra Room, Cliff Spa

**IDR 1.150.000++ per person • IDR 2.000.000++ per couple**

Price are listed in '000' Indonesian Rupiah and subject to 10% service charge & 11% government tax

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#### KARMA SPA @ KARMA KANDARA

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