

KARMA BAVARIA

SPA AND WELLNESS MENU



K
Karma Spa

WE CREATE... WELLNESS



SPA ETHOS

Karma Spa is the soul of our Alpen resort - a sanctuary where you can slow down, breathe, and be at ease. Karma Spa offers Bavarian-inspired treatments, Asian therapies, and aromatherapy wellbeing. Our spa team of treatment specialists know how to set you at ease.

So sit back and relax, we've got this.

Awaken. Heal. Transform

www.karmagroup.com

 karmaspas  karmaspas

#experiencekarma

OUR OFFERINGS

Therapeutic & Asian Massage

Local Rituals

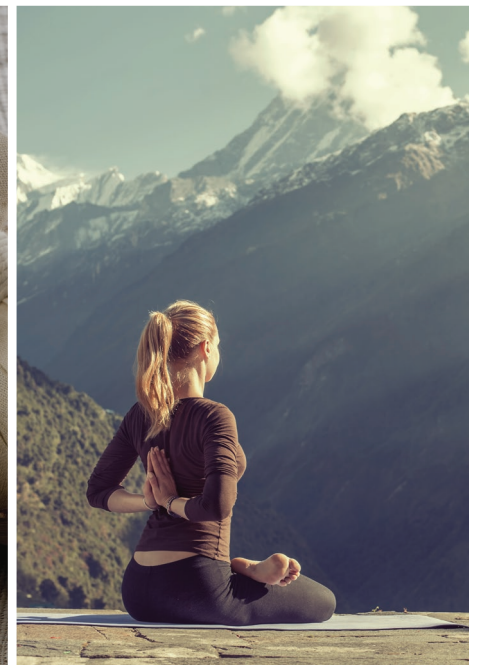
Karma Discoveries

Kids and Teens

Groom and Glow

Spa Retreats

Spa Etiquette



THERAPEUTIC & ASIAN MASSAGES

soothe & cure

SACRED BALINESE MASSAGE

This traditional massage originating from Bali in Indonesia is a must-try. We blend a soothing massage technique, gentle stretches, and light acupressure, and pour organically grown warm coconut oil to nourish and nurture the skin. Emerge feeling relaxed.

60 MINUTES - € 75 | 90 MINUTES - € 90

ASIAN FUSION THERAPY

Enjoy a lower leg and foot massage to stimulate circulation and energy flow, followed by our signature neck, head and shoulder therapy. We use Kurlands almond and cocoa oil to soothe and rebalance. Recommended jet lagged weary travellers and screen junkies. Depart feeling reinvigorated and tension-free!

60 MINUTES - € 60 | 90 MINUTES - € 90

SURRENDER - BACK, NECK AND SHOULDER MASSAGE

We'll knead away hard knots and aches using hand-pressed organic coconut oil, leaving the skin nourished. Depart feeling more relaxed.

45 MINUTES - € 60

LOCAL RITUALS

We use local salts, herbs and oils.

BAVARIAN MOUNTAIN SALT SCRUB

We use local Bavarian salts, herbs and handpicked Alpine lavender and rosebuds to scrub away impurities, and a warm aromatic compress infused with local herbs to leave your skin feeling smooth and nourished.

55 MINUTES - € 60

MOUNTAIN AND HERB HOT STONES

Heated stones, sourced from the surrounding Bavarian Alps, and hot organic coconut oil infused with local herbs combine to help release stress, jet-lag, and fatigue.

60 MINUTES - € 85

WINTER WARMER

Keep the body warm during Bavaria's chilly winter months. We start with a back, leg and neck exfoliation and a warm aromatic compress infused with anti-inflammatory Melissa essential oil. Next, a full body massage uses almond oil to soothe away stress. More herbal compresses reduce any tension. Lastly, we apply warm body butter to leave your skin feeling smoother than a Bavarian ski run. Depart feeling toasty warm and grounded.

75 MINUTES - € 75

SCHLIERSEE SIGNATURE - FOOT RITUAL

Rest those weary feet! Our foot ritual is ideal after a day of skiing or hiking. It includes a relaxing goat milk foot bath to soften your skin, rub away tensions and pain, and conclude with a nourishing body butter.

45 MINUTES - € 45

KARMA DISCOVERIES

AROMATHERAPY BODY SCRUB

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

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

55 MINUTES - € 55

LEARN THE ART OF MASSAGE

Curious about massage? Why not book our massage class, and learn the art (and techniques) involved. Our instructors will demonstrate safe and easy massage techniques, including basic foot, leg, and back massage. Enjoy a fresh fruit platter and glass of prosecco each on us!

120 MINUTES - € 120

MEDITATION STATION

Let our qualified experts guide you through simple meditation techniques, followed by your choice of either a nurturing body treatment or bespoke facial.

Select from:

Deep Tissue Massage delivered with a warm herbal-infused massage oil to nourish and restore the body and mind

120 MINUTES - € 120

OR

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

90 MINUTES - € 90

KIDS AND TEENS

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. We'll give your little one 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 - € 30

GROWING BODIES

Kids enjoy an occasional massage too! This gentle massage is designed to help realign and relax their growing body, using organic grapeseed oil. Ideal for kids between 5-12 years of age.

20 MINUTES - € 20

HIGH FIVE RITUAL

Whether it's writing at school or too many video games, kids hands need rest also. We apply a gentle hand, and arm massage using natural Dr Eckstein products and pure Austrian rose essential oil.

20 MINUTES - € 20

GROOM AND GLOW

Let your inner light shine

YOGA FACIAL

Relax into this slow-moving facial massage which utilises lymphatic drainage techniques. Includes gentle cleanse, scrub and concentrated to regenerate your skin, and a nourishing mask to firm and tone. Includes a neck, head and shoulder massage. Products sourced locally, beauty to you.

55 MINUTES - € 55

Suitable for people of all ages, women, and men. Our specialists will help select the best products for your skin type and condition.

NATURAL FACIAL

Ideal for younger skin types*, our Natural Facial includes a gentle cleanse, facial exfoliation and mask, followed by an uber-relaxing foot massage using Dr Eckstein body butter to leave the skin silky smooth.

**For ages 12 onwards.*

45 MINUTES - € 45

GET THE GLOW - make-up application

You're going out. You look fabulous. Everything's just right. You just need to put on your makeup... wait! We'll do that for you.

20 MINUTES - € 20

SPA RETREATS

Programs to enhance your wellbeing

2-DAY SPA ESCAPE

Day 1 - 60 minutes Sacred Balinese Massage

Day 2 - 90 minutes Bavarian Hot Stone Massage

€ 135

3-DAY KARMA REBALANCE

Day 1 - 60 minutes Mountain and Herb Hot Stones

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 Karma 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 Mountain and Herb Hot Stones

Day 5 - 80 minutes Karma Bespoke Facial

€ 350

SPA ETIQUETTE

hours of nurture: 10 am to 6 pm daily

ARRIVAL

We recommend you arrive ten minutes before your scheduled treatment begins. Pre-treatment relaxation prepares the body better for the journey ahead.

YOUR HEALTH MATTERS

It's mandatory to let us know if you suffer from any pre-existing health conditions, such as high blood pressure, pacemakers, allergies, injuries, fractures, bruises or if you are pregnant, as well as any other health considerations not mentioned herein.

SPA ATTIRE

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

ETIQUETTE

Kindly do not consume alcohol or coffee 3 hours before your treatment. We also recommend turning off your mobile phone before entering the spa.

TIPPING

Enjoyed your Karma Spa experience? Our staff will happily accept a tip.

VALUABLES

We advise you not to carry any valuables during your spa visit. Karma Spa does not accept responsibility for loss of any valuables, cash, or any other personal belongings.

TREATMENT PRICES

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

CANCELLATION

Should you wish to cancel your appointment, we request 4-hours before your appointment time. Karma Spa reserves a right to deduct 50% cancellation fee, which will be charged to your room in cases where a cancellation has not been made.

RETAIL THERAPY

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





A misty, golden-hour landscape of a snowy forest and mountains. The scene is bathed in a warm, yellowish-gold light, likely from a low sun. In the foreground, a dense forest of evergreen trees is covered in a layer of snow. The middle ground shows rolling hills and more forest, also dusted with snow. In the background, a range of mountains is visible, their peaks softened by a thick mist or low clouds. The overall atmosphere is serene and peaceful.

KARMA SPA @ KARMA BAVARIA

Kirchbichlweg 18, 83727 Schliersee, Germany

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

www.karmagroup.com