

# SPA, YOGA, AND WELLBEING

## SEASONAL OFFERINGS

<b>BALINESE HEALING RITUAL</b>	IDR 1,500++	IDR 2,9ml++ per couple
<b>BALINESE BLESSING CEREMONY</b>	IDR 1,700++	IDR 3ml++ per couple
<b>ROMANTIC SPA &amp; DINE</b>		IDR 4,500++ per couple
<b>COUPLES OCEAN RITUAL</b>	2 hours	IDR 1,850++ per couple

## ISLAND RITUALS

<b>DETOX BY THE SEA</b>	120 minutes	IDR 1,500++
<b>TROPICAL JOURNEY</b>	120 minutes	IDR 1,500++
<b>ISLAND ESCAPE</b>	120 minutes	IDR 1,500++
<b>SIESTA TIME</b>	120 minutes	IDR 1,500++

## BALINESE WELLNESS

<b>SACRED BALINESE MASSAGE</b>	75 minutes	IDR 1,250++ per couple
	90 minutes	IDR 1,350++ per couple
<b>BALINESE MASSAGE + WARM HERBAL COMPRESS</b>	75 minutes	IDR 1,250++ per couple
	90 minutes	IDR 1,350++ per couple
<b>BALINESE MASSAGE + WARM RIVER STONES</b>	75 minutes	IDR 1,250++ per couple
	90 minutes	IDR 1,350++ per couple
<b>BALINESE MASSAGE + HEALING JADE STONES</b>	75 minutes	IDR 1,250++ per couple
	90 minutes	IDR 1,350++ per couple
<b>BALINESE MASSAGE + WARM SEA SALT COMPRESS</b>	75 minutes	IDR 1,250++ per couple
	90 minutes	IDR 1,350++ per couple
<b>BALINESE MASSAGE + FACIAL MASSAGE</b>	75 minutes	IDR 1,250++ per couple
	90 minutes	IDR 1,350++ per couple

## MASSAGE & BODYWORK

<b>KARMA SURRENDER - NECK &amp; SHOULDER</b>	45 minutes	IDR 750++
<b>BE IN THE MOMENT - BESPOKE</b>	60 minutes	IDR 1,150++
<b>DEEP TISSUE RELEASE</b>	90 minutes	IDR 1,350++
<b>LAZY YOGI MOVEMENT MASSAGE</b>	90 minutes	IDR 1,350++
<b>KARMA RHYTHM MASSAGE</b>	75 minutes	IDR 1,250++
	90 minutes	IDR 1,350++

## DETOX & CLEANSE

<b>DETOX, SALT SEA &amp; OIL EXPERIENCE</b>	2.5 hours	IDR 1,900++
<b>INFRARED DETOX SAUNA</b>	60 minutes	IDR 550++ (1-2 pax)

# SPA, YOGA, AND WELLBEING

## WELLNESS DAY PROGRAMS

<b>YOGA + SPA</b>		IDR 5.5ml++ per couple
<b>BEAUTY + ANTI-AGING</b>		IDR 4.5ml++ per couple
<b>YOGA + CLEANSE</b>		IDR 4.5ml++ per couple
<b>FITNESS + SPA</b>		IDR 5ml++ per couple

## KARMA FACIAL BAR

<b>KARMA YOGA FACIAL</b>	60 minutes	IDR 750++
<b>KARMA HOLISTIC FACIAL</b>	90 minutes	IDR 950++
<b>NEW YORK FACIAL</b>	120 minutes	IDR 1,450++
<b>REJUVENATE OXYGEN FACIAL</b>	60 minutes	IDR 850++
<b>EXPRESS OXYGEN FACIAL</b>	30 minutes	IDR 750++

## SKIN BOOSTERS

<b>MICRO-EXFOLIATION</b>	60 minutes	IDR 650++
<b>LED LIGHT THERAPY</b>	30 minutes	IDR 550++
<b>GOLD COLLAGEN MASK</b>	30 minutes	IDR 450++

## KARMA MAN

<b>DEEP CALM MENS FACIAL</b>	90 minutes	IDR 950++
<b>GROOMED FOR SUCESS - MENS MANI + PEDI</b>	60 minutes	IDR 550++ combined
<b>MENS RETREAT</b>	2.5 hours	IDR 1,900++

## HANDS & FEET

<b>REFLEXOLOGY RECHARGE</b>	60 minutes	IDR 950++
<b>SHELLAC - MANI OR PEDI</b>	60 minutes	IDR 650++
<b>SALTY GLOW MANI OR PEDI</b>	60 minutes	IDR 500++
<b>EXPRESS MANI OR PEDI</b>	45 minutes	IDR 400++

## OCEAN 'SEGARA' SPA

<b>OCEAN HEALING JOURNEY</b>	2.5 hours	IDR 1,500++ per couple
<b>SPA SAFARI + MEDITERRANEAN LUNCH</b>	3 hours	IDR 4,500++ per couple

## YOGA BALE - SCHEDULED CLASSES

**COMPLIMENTARY KARMA YOGA** (Wednesday & Sunday 8-9 am)

<b>TAI CHI</b>		IDR 500++ per couple
<b>BALINESE MEDITATION</b>		IDR 500++ per couple
<b>PRIVATE YOGA SESSIONS</b>		IDR 750,000++ (1-2 pax)



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

WE CREATE... WELLNESS