


# KARMA KANDARA

SPA, YOGA, AND WELLBEING



*K*  
*Karma Spa*

WE CREATE... WELLNESS



WHAT IF WE RECHARGED  
OURSELVES AS MUCH  
AS OUR PHONES



# SPA ETHOS

Karma Spa offers sublime experiences to nourish, heal and cure. Our spa consists of traditional thatched-roof bales set into ragged limestone cliffs with 180 degrees of ocean views. The centerpiece is an open-air cliff top Infrared Detox Sauna and Soaking Pool. Journey down to Karma Beach and experience our Ocean 'Segara' Spa and seaside Yoga Bale. Our spa team of anatomy-trained bodyworkers deliver treatments slowly to ease you into a state of deep healing. Enjoy!

**karmagroup.com**



karmaspas



karmaspas

**#experiencekarma**



# BALINESE WELLNESS

*Time-honored rituals passed down over generations are performed with homegrown aromatherapy oils, healing stones and herbal poultices.*

75 minutes - IDR 1,250++ / 90 minutes - IDR 1,350++

## **SACRED BALINESE MASSAGE**

This relaxing massage is delivered slowly and mindfully to help you deeply rest in mind and body. We pour warm coconut oil gently from coconut shells along your body followed by soothing strokes and gentle acupressure to heal, nourish and nurture. Depart feeling restored and balanced.

## **BALINESE MASSAGE + WARM HERBAL COMPRESS**

Feeling tight in your body and out of balance? This massage is enhanced with warm herbal packs pressed on specific parts of your body to reduce tension. The warmth from the heated herbs improves circulation and blood flow. Recommended for computer fatigue and jet lag.

## **BALINESE MASSAGE + WARM RIVER STONES**

There's nothing quite like heat therapy to soothe your mind and muscles. Surrender to bliss as warm stones are massaged along your body that help to loosen any knots and tightness – feels so good. Recommended for chronic stress, jet lag and fatigue.

## **BALINESE MASSAGE + HEALING JADE STONES**

During your Sacred Balinese Massage, we massage heated Jade stones on specific points in your body to stimulate chi flow and circulation. Concludes with a Jade Stone facial massage.

## **BALINESE MASSAGE + WARM SEA SALT COMPRESS**

During your Sacred Balinese Massage, we press warm sea salt compresses along specific points in your body to stimulate chi and circulation. The affects of the salt with essential oils and fresh ginger will leave you feeling cleansed and regenerated.

## **BALINESE MASSAGE + FACIAL MASSAGE**

Your deeply relaxing Balinese Massage is enhanced with a facial massage and gentle acupressure to nourish and nurture your skin and mind. It is a deeply restorative treatment that helps to slow down a busy and stressed mind. Recommended for jet lag and sleep issues.



# MASSAGE & BODYWORK

*Strengthen your mind and muscles*

## **KARMA SURRENDER**

This therapy focuses on releasing all the tension stored in the upper areas of our body. It consists of a warm aromatherapy compress to soften tight muscles including a beautiful neck and shoulder release.

Surrender into deep relaxation. Ease into deep surrender - enjoy!

45 minutes - IDR 750++

## **BE IN THE MOMENT - BESPOKE MESSAGE**

Every day is different. Every body is unique. Seeking more attention on your back and neck area? Only desire a mind-soothing face massage? This personalized massage is tailored to you. The session time is also flexible.

60-minutes - IDR 1,150++

## **SIGNATURE KARMA RHYTHM**

This 'wow' massage therapy is a stand-out for anyone who feels exhausted and overloaded. It is an award-winning massage loaded with extra back, neck, shoulder and lower back focus. Devised by the renowned TCM practitioner, Joko tri Li, Karma's bodyworkers work to boost circulation, energy and oxygen flow. Feel all your stress melt away.

75 minutes - IDR 1,250++ / 90 minutes - IDR 1,350++

## **DEEP TISSUE RELEASE**

This massage is ideal if you live an active lifestyle and need recovery time. We focus on your tension areas by using stress-relieving pressure point, acupressure and gentle stretching to increase flexibility and range of motion. range of motion. Depart feeling energised.

90 minutes - IDR 1,350++

## **LAZY YOGI MOVEMENT MESSAGE**

This is a fully clothed and oil-free therapeutic massage consisting of stretches and acupressure to boost circulation and energy flow. It feels so good for unlocking tightness and releasing tension in the body. A reboot for your brain and body - you'll feel renewed and recharged.

75 minutes - IDR 1,250++ / 90 minutes - IDR 1,350++

# DETOX & CLEANSE

*Clean skin, clear mind*

## **DETOX, SALT, SEA & OIL EXPERIENCE**

*Purifying \* Circulation Booster \* Fluid Retention*

Our body tells us when we need a deep cleanse – common symptoms include exhaustion, dry skin, muscle pain and sleep issues.

Begins with an Infrared Detox Sauna followed by a warm sea salt scrub and ocean power body wrap. Your Deep Tissue Massage is enhanced with a tension-releasing warm sea salt compress focused on your lower back, neck and shoulder area (feels so good). Concludes with a mini-hydration facial to leave you fresh, glowing and rejuvenated.

*Infrared Detox Sauna + Soaking Pool  
Warm Sea Salt Scrub | Ocean Body Wrap  
Deep Tissue Release + Sea Salt Compress + Mini- Facial*

2.5 hours - IDR 1,900++

## **INFRARED DETOX SAUNA + CLIFF SOAKING POOL - 60 minutes**

*Chronic Tension \* Deep Detox \* Recharge*

Situated on the cliff overlooking the Indian Ocean, our glass-walled Infrared Sauna is an incredible location to cleanse and regenerate. Considered one of the best modern health regimes, a sauna session has many health benefits including:

*Releases toxins from the skin  
Soothes aches and pains in muscles and joints  
Releases stress from the body  
Recovery from physical activity  
Improves circulation  
Boosts collagen in the skin  
Burns calories*

60 minutes - IDR 550++ (1-2 pax)





# WELLNESS SPA DAY ESCAPES

Explore our half and full day programs that consist of two spa treatments, infrared detox sauna, yoga/ fitness, and a 3-course wellness lunch.

## YOGA + SPA

60-minute private Yoga Session  
1 x 2-hour Detox, Sea, Salt and Oil Experience  
45-minute Infrared Detox Sauna  
3-course wellness lunch with healthy juice  
1 x 60-minute Yoga Facial with LED

IDR 4.5++ per couple

## YOGA + BEAUTY

60-minute core-strength yoga class  
45-minute Infrared Detox Sauna  
60-minute Bespoke Massage  
3 course wellness lunch with healthy juice  
2-hour The New York Facial with manicure  
Young Coconut Water + refreshments

IDR 2.5ml++per person/ 4.5++ per couple

## YOGA + CLEANSE

60-minute Yoga Session  
45-minute Infrared Detox Sauna  
60-minute Lazy Yogi Movement Massage  
3-course wellness lunch with healthy juice  
90-minute Feel Clear – sea salt scrub + steam  
Ginger Tea + refreshments

IDR 2.1 ml++/IDR 4ml ++ per couple

## FITNESS + SPA

60-minute HIT workout or personal training  
45-minute Infrared Detox Sauna  
1 x 75-minute Karma Rhythm Massage  
3-course wellness lunch with healthy juice  
1 x 60-minute Holistic Facial

IDR 2.1 ml ++/4ml++ per couple

# KARMA FACIAL BAR

*Holistic and Advanced Beauty*

## KARMA YOGA FACIAL

A beautifully slow facial sequence to nurture your skin and nourish your mind. We combine facial release massage to stimulate our often-ignored facial muscles, kickstart lymphatic drainage and improve circulation. The highpoint is deeply restorative Ayurvedic marma-point therapy that will leave you calm, rested and glowing.

60 minutes - IDR 750++

## KARMA HOLISTIC FACIAL

We bestow a neck and shoulder massage followed by a deep cleanse, scrub, hydration mask and serums. The facial massage helps to release tension in the face, forehead and jaw area that feels deeply relaxing the mind. Depart clear and glowing.

90 minutes - IDR 950++

## NEW YORK FACIAL + FOOT REFLEXOLOGY

This 5-star luxe will give you an instant luminous complexion for the evening ahead. We begin with a neck and shoulder massage followed by a Micro-Exfoliation to deeply cleanse followed by a skin-toning Facial Release massage and Rejuvenate Oxygen Infusion for advanced hydration. This concludes with a collagen-boosting LED Light Therapy.

Your skin will look plumped and glowing for the next few days.

2.5 hour - IDR 1,950++

## EXPRESS OXYGEN FACIAL

Smooth out the appearance of fine lines around the eyes, forehead and mouth area in particular. For enhanced results, pair with our Micro-exfoliation and Rejuvenate Oxygen Facial.

30 minutes - IDR 750++

## REJUVENATE OXYGEN FACIAL

The ultimate hydration booster! Your skin is drenched with moisture, vitamins and antioxidants resulting in instant hydration. Helps to reduce the appearance of fine lines and leaves your skin looking firm and toned.

60 minutes - IDR 850++

# SKIN BOOSTERS

## **MICRO-EXFOLIATION FACIAL**

This gentle machine-based exfoliation reduces acne and fine lines. A gentle tip is smoothed around the facial area, neck and décolleté area to remove dead skin, stimulate collagen and enhance a clear complexion. Sunscreen is applied after the treatment.

60 minutes - IDR 650++

## **LED LIGHT THERAPY - *all lights on you!***

This mood-enhancing, skin-restoring treatment is based on breakthrough technology where specific frequencies of light energise cells to stimulate collagen production and increase tissue growth. LED also boosts blood circulation and oxygen flow resulting in glowing skin.

30 minutes - IDR 550++

## **GINGKO + CRYSTAL EYES TREATMENT**

We apply a Pevonnia Gingko Biloba mask to the area around your eyes that will tone down dark circles and leave your eyes bright and fresh. Concludes with a cold Rose Quartz Crystal roller to tighten and tone the skin. Ideal for jet lag!

30 minutes - IDR 450++

## **GOLD COLLAGEN MASK**

Does your skin feel dehydrated and need a quick booster? We cleanse your skin and apply a chilled Gold Collagen Mask to refresh and hydrate. During the mask, we bestow a sublime hand and arm reflexology. You can also enhance this booster with a chilled Rose Quartz Beauty Roller.

30 minutes - IDR 450++



# KARMA MAN

*Slow down, be present, be you.*

## DEEP CALM MENS FACIAL

This facial is designed to deeply cleanse the skin and calm your mind. We use a gentle facial cleanser and exfoliation followed by a cooling gel mask for deep hydration. The highlight is a 30-minute *Karma Surrender* neck and shoulder release therapy. Depart feeling relaxed and recharged.

90 minutes - IDR 950++

## GROOMED FOR SUCCESS

Relax into a soothing foot soak followed by nourishing scrubs, oils and creams. Includes clipping, trimming and shaping to leave your digits looking brand new. Delivered with a lower feet & leg and hand & arm massage.

60 minutes - IDR 550++ combined

## MENS RETREAT

Sometimes the best way to get back to balance is having some well-deserved downtime. This mini-retreat is designed to cleanse and restore your energy levels – emerge feeling clear and invigorated.

*30 - minute Infrared Detox Sauna*

*75 - minute Karma Rhythm Massage*

*30 - minute Deep Mens Facial*

*Complimentary express mani or pedi*

2.5 hours - IDR 1.900++

# HANDS & FEET

*Be soothed and groomed*

## **REFLEXOLOGY RECHARGE**

We massage your lower legs and feet to induce you into deep rest. Warm ginger compresses help to soothe chronic tension and inflammation. Depart feeling grounded and invigorated.

60 minutes - IDR 950++

## **SHELLAC - 14 DAY MANI AND PEDI**

Look polished during your entire vacation. The Shellac technology creates long-lasting and chip-free nails. It consists of UV light to fast-track perfectly dry and glossy nails. Hypoallergenic and free of formaldehyde and other chemicals. Recommended for weddings, events and parties!

60 minutes - IDR 650++

## **SALTY GLOW MANICURES AND PEDICURES**

Well-executed and 100% hygienic. Delivered with fresh lime and sea salt with heavenly scrubs, creams and polishes. Includes nail filing trimming, shaping and professional nail polish application. Enhanced with a luxurious hand and arm or lower leg and foot massage.

60 minutes - IDR 500++

## **EXPRESS MANICURES & PEDICURES - 45 minutes**

Let your hands and feet be soaked and gently scrubbed before you nails are shaped and filed.

45 minutes - IDR 400++



## OCEAN 'SEGARA' SPA

Welcome to Segara, a Karma Spa. Set into the rugged limestone cliffs along the sandy shores of Karma Beach. Segara offers restorative and relaxing spa and wellness treatments from dawn 'til dusk. A few steps away is our open-air seaside Yoga Bale - experience complimentary yoga every Wednesday and Sunday 8-9am.

### **SEGARA 'PAGI' SIGNATURE OFFERINGS**

#### **SUNRISE SEGARA**

Experience a one - hour personal yoga or meditation session in our seaside Yoga Bale, followed by a two hour spa journey of your choice of massage cures, sublime facials, sea salt scrubs and manicures. Concludes with a fresh young coconut water.

3 hours IDR 2ml ++ / 3.5ml ++ per couple

#### **SPA SAFARI WITH MEDITERRANEAN CUISINE**

Choose from unlimited spa therapies then drift away on a sea of relaxation. Our spa team will co-create a divine three-hour spa journey for you both followed by a 3-course Mediterranean lunch - sublime.

3 - 4 hours IDR 4.500++ per couple



## **SEGARA 'SIANG' AND 'SORE' ALL DAY TREATMENTS**

### **ME TIME**

A massage tailored specifically to your needs. The treatment duration, naturally, is also flexible.

45 minutes - IDR 650++

### **COCONUT BLESSING**

Warm Coconut Sea Salt Scrub + Coconut Oil massage. Divine relaxation.

90 minutes IDR 1.150++ / IDR 1.650++ per couple

### **COOL IT**

Lay off the rays and grab a full body aloe application and mini hydration facial.

45 minutes - IDR 650++

### **FEEL-GOOD FACIAL**

Your mind-soothing facial massage with neck and shoulder release is delivered with organic oils.

45 minutes - IDR 650++

### **SALTY GLOW MANI & PEDI'S**

Look after your digitals and feel good about it. We use local scrubs and creams.

45 minutes - IDR 450++ each



## ISLAND RITUALS

*120-minutes rituals to regenerate.*

IDR 1.700++ per person / 3ml++ per couple

### DETOX BY THE SEA

An invigorating journey to leave you fresh, cleansed and hydrated.

**Cleansing Foot Ritual + Deep Tissue Massage + Warm Sea Salt Back Compress + Hydration Facial Booster + Tea & Refreshments**

### TROPICAL JOURNEY

A nurturing journey to leave you hydrated, polished and glowing.

**Warm Compress Foot Ritual + Salt Mouse Body Scrub + Mango Passion Yoghurt Body Wrap+ Healing Massage + Tea & Refreshments**

### ISLAND ESCAPE

A nourishing journey to leave you feeling relaxed, restored and rested.

**Warm Coconut Oil Customized Massage + Hydration Facial Booster + Pedicure + Tea & Refreshments**

### SIESTA TIME

A restorative journey to help you slow down, unwind, and ease into deep rest.

**Reflexology + Warm Sea Salt Compress Back Massage + Yoga Facial + Tea & Refreshments**

## SEGARA “MALAM” EVENING TREATMENTS

### SUNSET SEGARA

Complete your day and prepare for the evening ahead with a nourishing candlenut and coconut milk ‘Santan Kelapa’ body wrap, followed by an *Sacred Balinese Massage*. Also includes a Feel-Good Facial, and Balinese-inspired dinner and bottle of wine under the stars.

4 hours. IDR 4,500++ per couple



## SUNDAY WELLNESS AT KARMA

Join us for our luxury R&R Sunday Wellness program to help you recharge you for the week ahead.

8 - 9am Complimentary yoga + coconut water.

Why not book a *Lazy Yogi Movement Massage* with a complimentary Infrared Detox Sauna - you'll feel so regenerated!

90 minutes IDR 950++/ per person



# SPA BLAH

*Hours of nature : 9am - 8pm*

## LOOKING AFTER YOU

Do let us know if you are pregnant or have any health conditions, high blood pressure, allergies or injuries.

## SPA ATTIRE

Get comfy. Robes and disposable underwear are available. Feel free to wear your own underwear during treatments.

## SPA ETIQUETTE

Time on the devices, coffee and alcohol before your treatment is not recommended. Use this time for rest and restoration.

## VALUABLES

We advise you not to carry valuables with you during your spa visit. Karma Spa accepts no responsibility for loss of valuables of any kind.

## GRATUITY

If you enjoyed your experience, then why not?

## TREATMENT PRICES

All treatments are subject to a 21% total of government tax and service charge.

## CANCELLATIONS

Please note that we require a minimum of four hours notice to cancel your reservations otherwise a 50% cancellation fee will be charged. No shows will be charged the full price.

## RETAIL THERAPY

We offer a boutique collection of locally made skin care, body, bath & massage oils, hats, boho-chic bags and spiritual jewellery.

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