

KARMA ST. MARTIN'S

SPA AND WELLBEING



K
Karma Spa

WE CREATE... WELLNESS

SPA ETHOS

Karma Spa is the soul of our resort and offers experiences to nourish, heal and nurture. We create experiences for you that enhance your inner health and external beauty. All Karma Spa treatments are curated from ingredients sourced from ethical and sustainable growers and are paraben-free. Our highly-trained team offer treatments to ease you into a state of deep healing. Depart transformed.

ASIAN MESSAGES & BODYWORK

Soothe your mind & muscles

AROMATHERAPY RELAXATION MASSAGE

De-Stress • Mind-soothing • Sleep Remedy

Feeling fatigued and overtired? This full body treatment is delivered with aromatherapy blends that nourish the skin and uplift your mood. Feel any stress and tiredness melt away.

60 MINUTES £80

90 MINUTES £110

ABHYANGA - AYURVEDIC BODY MASSAGE

Rejuvenating • Grounding • Detoxifying

This is a customized holistic massage where the combination of warm medicated oils and long strokes helps to reduce pain and remove toxins from the body. Depart feeling clear and with more energy.

60 MINUTES £80

90 MINUTES £110

SACRED BALINESE MASSAGE

Nurturing • Soothing • Nourishing

Originating from the island of Bali, this full body massage is a must-try for those who love a slow and soothing massage with gentle stretches and light acupressure. Delivered with warm nourishing oil infused with essential oils.

60 MINUTES £80

90 MINUTES £110

WE CREATE... EXPERIENCES

LOMI LOMI ISLAND MASSAGE

Soothing • Circulation Booster • Healing

This traditional full body healing massage derives from the islands of Hawaii and beyond. This massage consists of various techniques including forearm long strokes to help clear blockages in the body, Feel soothed and relaxed.

60-MINUTES £80

MASSAGE WITH WARM GINGER PACKS

Sleep Better • Computer Fatigue • Jet Lag

Feeling stressed and out of balance? This full body massage is enhanced with warm ginger packs body to reduce inflammation and tension. The warmth from the heated ginger improves circulation and oxygen flow. Depart grounded.

60-MINUTES £80

90-MINUTES £110

BACK THERAPY WITH WARM RIVER STONES

**Sleep Well *De-Stress *Back Issues*

There's nothing quite like heat to soothe your neck, shoulder and back area. Surrender to calm as heated stones and herbal oils are gently massaged along your body.

60-MINUTES £80

90-MINUTES £110

BE IN THE MOMENT - BESPOKE MASSAGE

Every day is different. Each body is unique, and sometimes we need a little TLC. Your massage is tailored to specific points and areas on your face and neck. The session time, naturally, is also flexible.

60-MINUTES £80

90-MINUTES £110

WE CREATE... EXPERIENCES

120-MINUTE LOCAL ISLAND RITUALS

Clean Skin, Clear mind

ISLAND JOURNEY

An energizing journey to leave you feeling recharged and restored.

Lomi Lomi Massage + Warm Sea Salt Scrub + Hydration Facial + Tea & Refreshments

120-MINUTES £140

ISLAND CLEANSE

A detoxifying journey to leave you feeling fresh, cleansed and invigorated.

Cleansing Foot Ritual + Warm Sea Salt Body Scrub + Sacred Lomi Lomi Massage + Tea & Refreshments

120-MINUTES £140

ISLAND NURTURE

A restorative ritual to help you unwind and leave you calm and nourished.

Cleansing Foot Ritual + Warm Sea Salt Compress + Head and Scalp Therapy + Tea and Refreshments

120-MINUTES £140

ISLAND BEAUTY

A relaxing journey to cleanse your skin and leave you fresh, hydrated and groomed.

Sea Salt Foot Ritual + Warm Oil Bespoke Massage + Hydration Facial + Pedicure + Tea & Refreshments

120-MINUTES £140

WE CREATE... EXPERIENCES



WE CREATE... EXPERIENCES

GROOM AND GLOW

Let your inner light shine

KARMA BESPOKE FACIAL

Hydrating • Firming • Nurturing

Your customized facial is delivered using organic ilapothecary skincare made from British grown herbs, essential oils, vitamins plant stem cells, homeopathic remedies and medicinal flowers. Delivered with a nurturing facial massage to firm and tone your skin and a warm aromatherapy compress with neck and shoulder release.

60-MINUTES £65

NATURAL FACIAL FOR YOUNGER SKIN

Gentle • Nourishing • Cleansing

This facial is ideal for teenager complexions. It includes a gentle cleanse and facial exfoliation. A soothing mask made is then applied to the skin. Concludes with a relaxing foot and leg massage.

60-MINUTES £60

SPA MANICURE & PEDICURES

Well-executed and 100% hygienic. Delivered with heavenly scrubs, creams and polishes. Includes a luxurious hand and arm massage or lower leg and foot massage. We use professional nail polish application.

60-MINUTES £60 EACH

EXPRESS MANI & PEDI COMBO

60-MINUTES £75

WE CREATE... EXPERIENCES

EXPRESS BOOSTERS

ROSEHIP FACIAL OIL MASSAGE

Need an instant glow? This facial massage is delivered with vitamin-c rich organic Rosehip oil and gentle acupressure to release tension and tone the skin. You'll feel fabulous!

KARMA SURRENDER - *Neck and shoulder therapy*

This signature 'wow' therapeutic massage consists of a warm aromatherapy compress and deeply nurturing massage to release all the tension in your upper body - enjoy!

IT'S ALL IN YOUR MIND - *Head & Scalp massage*

This wonderfully soothing head and scalp massage is delivered with medicated oils to improve circulation and promote hair growth. Will leave you feeling calm and invigorated.

REFLEXOLOGY RECHARGE - *Foot & leg soother*

Through the pressing of specific points in your feet, tension and energy is released and circulation is improved. Recommended for jet lag, or after a day of walking.

45-MINUTES £75

KARMA MAN

MUSCLE-MELT BACK & NECK THERAPY

Release Tension De-Stress • Soother

This treatment is designed to relax and release tightness in the shoulder, lower back and neck area. Ideal if you spend lengthy time on the devices and sitting down – a digital detox therapy!

60-MINUTES £75

WARM COFFEE & SEA SALT SCRUB + MASSAGE

Rejuvenation • Invigorating • Cleansing

A warming and rejuvenating full body scrub to cleanse and replenish your skin. Coffee is rich in antioxidants and works to stimulate and improve circulation..

60-MINUTES £75

DEEP CALM MEN'S FACIAL

Cleansing • Calming • Hydration

A facial to deeply cleanse the skin and calm the mind. It begins with a gentle facial cleanser and exfoliation followed by a firming mask for deep hydration. Includes a Karma Surrender massage - you'll feel so relaxed!

60-MINUTES £65

GENTLMENS MANI AND PEDI

Begins with a relaxing foot and hand soak followed by a sequence of nourishing scrubs, oils and creams. Includes clipping, trimming and shaping and is delivered with a lower leg, hand and arm massage.

60-MINUTES £65

WE CREATE... EXPERIENCES

HIGH VIBRATIONS

Programs to enhance your wellbeing

2-DAY ASIAN FUSION - £135

Day 1 - Sacred Balinese massage

Day 2 - Ayurveda Body Massage

3-DAY AYURVEDA WELLBEING - £215

Day 1 - 75-minute Ayurveda Body Massage

Day 2 - 45-minute Indian Head Massage

Day 3 - 75-minute Massage with Warm Ginger Packs

4-DAYS REJUVENATION - £350

Day 1 - 90-minute Aromatherapy Massage

Day 2 - 75-minute Massage with Warm Ginger Packs

Day 3 - 90-minute Holistic Facial

Day 4 - 75-minute Sacred Balinese Massage

5-DAY YOGA DETOX - £350

Day 1 - 60-minute Warm Sea Salt Body Scrub

Day 2 - 75-minute Ayurveda Body Massage

Day 3 - 45-minute Yoga Facial

Day 4 - 45-minute Reflexology Session

Day 5 - 75-minute Sacred Balinese Massage

WE CREATE... EXPERIENCES

SPA BLAH

Hours of nurture : 10am until late

ARRIVAL TIME

Try to arrive at least ten minutes before your scheduled treatment to enjoy our welcome refreshments. Pre-treatment relaxation prepares your body better for the journey ahead.

LOOKING AFTER YOU

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

SPA ATTIRE

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

ETIQUETTE

Drinking coffee, alcohol or too much time on the digital devices before your treatment is not advised. Use this sacred time for a mini digital-detox!

VALUABLES

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

TIPPING

If you enjoyed your experience, then why not?

CANCELLATIONS

You may cancel a maximum of 48 hours before your scheduled treatment. Any Cancellations or amendments within this period may result in a full charge. Our team will do their utmost to resell the scheduled appointment to minimise the cancellation fee.

WE CREATE... EXPERIENCES





KARMA ST. MARTIN'S

Isles of Scilly, Lower Town, St Martin's, TR25 0QW, England
T: +44 (0)1720 422 368 | E: reception@karmastmartins.com

KARMAGROUP.COM

WE CREATE... EXPERIENCES