

Karma Spa offers sublime experiences to nourish, heal and nurture. The spa consists of rustic-luxe huts set seductively into ragged limestone cliffs. The centerpiece, an open-air platform, features an Infrared Detox Sauna and Himalayan Crystal Salt pool. A white stone healing space is where Reiki and Oxygen Facials are delivered or journey down to Karma Beach and experience back-to-earth massages at our Sea Spa. Karma treatments are curated from GMO-free ingredients sourced from ethical and sustainable farmers and growers. our anatomy-trained team of bodyworkers perform treatments slowly to ease you into an authentic state of deep healing.

www.karmakandara.com

Dear Guest,

Our intention is to heal, nurture and cure. To provide you with a memorable spa experience do let us know in advance if you are pregnant or have any health concerns or specific issues you would like us to address.

We suggest you arrive at least ten minutes before your scheduled treatment to relax and enjoy your welcome refreshments. Pre-treatment relaxation prepares you better for your spa journey. No need to bring anything as we provide all the comfortable attire you need during your spa experience. We advise you to avoid drinking caffeine or alcohol before your treatment. For young travellers we prefer an adult is present.

All treatments are subject to 21% government tax and service charge. Cancellations of treatments need to be communicated at least 24 hours prior to the appointment to avoid a 100% charge of the booked treatment. Tipping is acceptable. Many of our treatments can also be performed in your own villa.

We thank you for your attention and wish you a beautiful time in Bali.

Dewi Jackson
Spa Manager, Karma Resorts

MASSAGE CURATIVES

Karma's spa team of bodyworkers train year-round with certified massage experts, health practitioners, yoga masters, reflexologists and healers to deliver deeply therapeutic experiences. They have studied cranio-sacral therapy and Level 1 Reiki and are certified by Glo Day Spa to deliver topnotch manicures and pedicures.

INTUITIVE BALINESE MASSAGE

This sacred massage is delivered deeply and slowly to help you relax in mind and body. Imagine the sensation of warm herbal oils pouring gently over your skin. Fresh flowers are presented on a Canang Sari daily offering with incense and the sound of chime bells to clear the atmosphere. Delivered with certified organic oils made from herbs, spices and essential oils grown in Bali.

75 minutes - IDR 1,150++

95 minutes - IDR 1,350++

KARMA RHYTHM MASSAGE

Mind-melting movements. Lingering neck and shoulder massage. Extra focus on back area. Thick luscious indigenous oils. This signature massage is co-created by renowned healer, Joko tri Li, who has trained in Traditional Chinese Medicine. Karma bodyworker's press all the right points to boost circulation and wellbeing.

75 minutes - IDR 1,150++

95 minutes - IDR 1,350++

KARMA WOW

Ease into deep relaxation and let go of any tension held in your muscles. Karma's signature neck & shoulder therapy is a results orientated massage comprising of warm aromatherapy compress and memorable neck massage.

30 minutes - IDR 550++

MUSCLE-MELT REFLEXOLOGY

Mind-soothing leg & foot massage. Skillful acupressure. Warm ginger compress. Infusions of rare medicinal herbs. Concludes with a therapeutic Karma Wow neck & shoulder massage. Recommended for jet lag.

30 minutes - IDR 550++ | 75 minutes - IDR 1,100++

HIMALAYAN OIL WARM STONE MASSAGE

The warmth from the river stones combined with the rhythm of massage delivered with a signature Himalayan Healing Massage oil feels so nurturing for mind and muscles. Surrender as warm rocks are placed along your spine, from the lower back to the neck area. Concludes with a 'wow' warm stone Rosehip Glow facial massage.

60 minutes - IDR 1,100++ | 90 minutes - IDR 1,500++

YOUR TIME - BESPOKE MASSAGE

Every day is different. Every body is unique. Seek more attention on your back & neck area? Only desire a mind-soothing face & neck massage? This personalized massage is tailored to those who would like to have therapists focus on specific areas of their body. The session time, naturally, is also flexible.

Crown Chakra - scalp & head

Sacrum Rolls - lower back relief

Karma Wow - neck & shoulder therapy

30 minutes - IDR 550++ | 45 minutes - IDR 750++

60 minutes - IDR 950++ | 90 minutes - IDR 1,350++

CLEAR - DETOX & CLEANSE

it's a new day

DETOX SALT, SEA & OIL EXPERIENCE

Regenerate and purify your beautiful being. Tone and firm your skin. A detox Infrared Detox Sauna is followed by a cleansing sea salt scrub infused with mango & passion fruit extract. The highlight, a full body massage, is delivered with invigorating aromatherapy oils. Depart cleansed and invigorated.

2 hours - IDR 1,500++

DETOX CLEANSE

The ultimate answer to effectively treat cellulite, increase metabolism and eliminate water retention. This treatment starts with a full body scrub crafted from Jojoba beads, Rosemary, Sage, and Allantoin. A sumptuous body wrap, made from organic green coffee, will help detoxify and tone your skin as well as reduce fluid retention. A steam ritual follows to deeply cleanse your skin. Concludes with a full body massage.

2.5 hours - IDR 1,800++

INFRARED DETOX SAUNA

Situated on the cliff overlooking the Indian ocean, the glass-walled Infrared Sauna is an incredible location to detox and regenerate. Considered one of the best health regimes today, a 30-minute session is said to increase blood and nutrient supply to the capillaries through increased circulation leaving the skin radiant. Includes a soak in the cliff-hanging Himalayan Crystal Salt Pool.

Benefits of infrared sauna include :

- reduce stress & fatigue
- weight loss & reduction of cellulite
- plumps collagen
- eases joint pain and stiffness
- helps remove toxin and mineral waste

Infrared sauna session & playtime in a Himalayan Crystal Salt pool

45 minutes - IDR 480++

RITUALS - SPA JOURNEYS

time for nurture

TRADITIONAL BALINESE SPA RITUAL

Created from locally grown ingredients, your begins with a divine Candlenut Body Scrub followed by a Javanese Jasmine Luluran ancient beauty wedding ritual where your skin is coated with a blend of turmeric, spice and powders. A cleansing Infrared Detox Sauna and a soak in Himalayan Pool followed by a deeply relaxing Intuitive Balinese Massage. Concludes with a Kunyit Asam Jamu tonic refreshment.

Candlenut Body Scrub

Javanese Jasmine Lulur

Infrared Detox Sauna

Intuitive Balinese Massage

2.25 hours - IDR 1,500++ per person

HIMALAYAN CRYSTAL HEALING JOURNEY

Regenerate your body, mind and soul. Allow your body to be cleansed with a specially formulated de-aging body polish. A seaweed body wrap is applied to refine and contour. Concludes with a Healing Massage and customized facial to leave you glowing with radiance.

Infrared Detox Sauna

Saltmouse Body Scrub

Algae Body Wrap

Healing Massage

Cleansing Facial

2.5 hours - IDR 1,800++

SACRED JADE STONE RITUAL

There's nothing quite like the subtle seduction of heat therapy to melt your mind & muscles. Chunks of warm jade are placed along your chakra points to stimulate chi flow throughout. Emotionally balancing, green is the colour of the heart chakra. Concludes with a jade stone facial massage delivered with Rosemary, basil and lemon extract.

Full Body Scrub

Jade Stone Chi Massage

Jade Stone Facial

2 hours - IDR 1,500++

HERE COMES THE SUN

Cool & replenish your face and body with this gentle wrap of skin-quenching aloe vera, lavender, green tea, cucumber, & chamomile. A soothing treatment for sunburnt and dehydrated skin, your healing journey concludes with a sun-soothing facial gently delivered with a calming neck, shoulder & scalp massage. Depart feeling cleansed and invigorated.

90 minutes - IDR 1,100++

KARMA MAN

relax & be

BACK MASSAGE WITH WARM STONES

Created to slow down your mind and ease you into balance, Karma Man begins with a cleansing back exfoliation and warm aromatic compress followed by a nourishing warm oil back massage. Heated stones massaged over your lower back, neck & shoulder area will soften tight and tense muscles. Depart relaxed and stress-free.

60 minutes - IDR 950++

DEEP CALM FACIAL

A deeply relaxing facial that will calm your mind as your skin is cleansed, refreshed and hydrated. Starts with a gentle facial cleanser and exfoliation made with organic jojoba and chamomile essential oils. A cooling Water lily gel mask is then applied for hydration includes Karma's wow signature neck, shoulder and soothing scalp massage.

90 minutes - IDR 900++

THE GENTLEMANS MANICURE/PEDICURE

A relaxing foot or hand soak is followed by a sequence of nourishing scrubs oils and creams. Includes clipping, trimming and shaping to leave your nails anew. Delivered with a soothing lower leg and reflexology or hand and arm massage.

60 minutes - IDR 600++ each

MEN'S RETREAT

Begins with a 30 minute infrared detox sauna followed by a well-deserved one-hour deeply relaxing massage style of your choice. A Deep Calm Facial is delivered with a generous neck and shoulder massage. Concludes with an express manicure or pedicure - all of which will leave you looking well-groomed and most significantly, feeling great.

Infrared Detox Sauna

Full Body Massage

Deep Calm Facial

Pedicure or Manicure

2.5 hours - IDR 1,500++

OUR EXCLUSIVE COLLECTION DESIGNED FOR TEENS

allow our friendly team to introduce your youngest beauties to the joys and benefits of Karma Spa...

TEEN SPA ESCAPE

Rich with Vitamin E, this treatment starts with a gently polishing body scrub followed by a nourishing massage containing Hybrida Oil, which is good for enriching the skin with anti-oxidants and helping to improve blood circulation. The treatment culminates in a balancing facial and relaxing scalp massage.

Delivered with your choice of Chocolate or Strawberry.

Body Scrub

Body Massage

Facial

2 hours - IDR 1,550++

STRAWBERRY HYDRA-BOOST FACIAL

Intensive treatment helps to heal existing blemishes and prevent new ones from forming. This intensive treatment helps to heal existing blemishes and prevent new ones from forming. Strawberry mask infusing your skin with fabulous soothing and hydrating benefits for a phenomenal glow. Recommended for all Skin Types.

60 minutes - IDR 750++

PRINCESS MANICURE

Deliciously clean and gentle, our Princess Manicure offers a choice of scrubs and lotions in strawberry or chocolate. Includes a luxurious hand and arm massage with professional nail polish application.

60 minutes - IDR 400++

PRINCESS PEDICURE

Enjoy a relaxing foot soak followed by a soothing foot scrub and foot massage. Delivered with your choice of strawberry or chocolate scrubs and lotions, our Princess Pedicure includes nail clipping, trimming, shaping and professional nail polish application.

60 minutes - IDR 400++

YOUR YOUNGEST CONNOISSEURS (children under 10)

ICE-CREAM FOOT & LEG MASSAGES

Natural ice-cream foot massages - select from yummy flavours including coconut & vanilla, mint, berry & cocoa & ginger. Served with your choice of Coconut or Banana Smoothie

45 minutes - IDR 500++

GLOSS & GLAMOUR

let your inner light shine

HOLISTIC FACIAL

Experience the essence of youthful skin with this specially designed treatment to strengthen, smooth and rejuvenate your skin. A cutting-edge Enzymo – Spherides peeling application will eliminate blackheads, dulling dead skin cells and toxins. A lightening mask reveals a more radiant and younger looking complexion with Age – Defying Marine Collagen cream to pump fine lines and wrinkles. Nutrient rich propolis, lavender & vetiver serum results in deep cell hydration.

To ensure that you're inner beauty is also nurtured, your treatment concludes with skin-lifting acupressure techniques and a relaxing neck, shoulder, scalp, and facial massage.

90 minutes - IDR 900++

REIKI STILLNESS FACIAL

This mind-melting luxurious treatment is comprised of healing reiki, cranio-sacral therapy and a beautiful slow moving facial massage to take you to a place of deep stillness. Delivered with pure ingredients such as marine elastin, sorghum, organic white water lily and green tea. Includes focus on lifting the skin around your jaw area and reducing fine lines. Depart radiant.

90 minutes - IDR 900++

SUN SOOTHING FACIAL

Soothes, hydrate and heals sunburn skin. Instantly restores deep moisture loss, and stinging burnt skin. Using the soothing, strengthening and repairing benefits of the White Lotus and powerful balancing extracts of essential oils and plant elixirs combine to replenish and rejuvenate skin. No face scrub and face massage performed. Includes a soothing neck and shoulder therapy. Depart feeling replenished and rehydrated.

60 minutes - IDR 500++

COSMETIC FACIAL ACUPUNCTURE

Considered a healthier alternative to Botox, fine needles are placed into key points to encourage circulation that in turn stimulates collagen and cell re-growth. This is a long-term yet pure and powerful journey for visible skin rejuvenation and a series of 6-12 sessions is recommended. Immediate results can include a healthy glow and a feeling of wellbeing.

45 minutes - IDR 1,100++

(includes consultation and diagnosis)

Series of 3 Cosmetic Facial Acupuncture - IDR 3,000++

Series of 5 Cosmetic Facial Acupuncture - IDR 4,750++

Series of 10 Cosmetic Facial Acupuncture - IDR 9,000++

Advanced booking is required.

INCREDIBLE RESULTS ORIENTATED FACIALS

Seek hydrated, plumped and dewy looking skin? The revolutionary Intraceuticals Oxygen Infusion Facials delivers therapeutic grade oxygen along with rejuvenating serums made from hyaluronic acid, aloe vera, vitamin A, E and C. Ideal for weddings, functions and glam parties.

INTRACEUTICALS HAS A HOST OF CELEBRITY DEVOTEES :

"The treatments are a necessity before every major event." - Eva Longoria, actress.

"I am very excited about Intraceuticals and how fantastic the treatments make the skin look. On "Sex and the City" the movie, I did treatments on Sarah Jessica Parker and Kristen Davis, and the results were fantastic." - Kris Evans, Hollywood Makeup Artist.

ULTIMATE OXYGEN INFUSION

Pure luminosity and skin transformation. The lamborghini of Oxygen Facials that immediately plumps and hydrates. The blend of therapeutic oxygen delivered with rejuvenating serums and vitamins reduces the appearance of fine lines and deep wrinkles and results in younger looking skin. Delivered with your choice of optional reflexology or a manicure/2 therapists.

90 minutes - IDR 1,250++

REJUVENATE OXYGEN INFUSION

Skin quenching treatment delivered with infusions of moisture, vitamins and antioxidants. Reduces the appearance of fine lines and wrinkles. Your skin will feel instantly hydrated with improved firmness and a noticeable lift.

60 minutes - IDR 900++

EXPRESS OXYGEN FACIAL

Visibly smooths out the appearance of fine lines and deep wrinkles. Recommended for use around the eyes, forehead and lips. This application can be taken on its own and works really well after the Microdermabrasion exfoliator or in conjunction with our Rejuvenate Oxygen Infusion or Holistic Facial.

30 minutes - IDR 750++

MICRODERMABRASION FACIAL

Recommended for lightening pigmentation, acne, scars and fine lines. Stimulates collagen production and enhances smooth skin. A gentle tip is smoothed around your face, neck and décolleté area to remove dead skin. Apply sunscreen after this treatment.

45 minutes - IDR 550++

LED LIGHT THERAPY FACIAL

This results facial treatment is based on breakthrough technology where specific frequencies of light energize cells to stimulate collagen production and increase new tissue growth. LED light will assist to increase blood circulation and oxygen flow in your skin. Recommended for healing acne, sun damage and fine lines.

90 minutes - IDR 1,250++

BEAUTY & GROOM

let your inner light shine

WAXING

We use the GIGI brand of soft nourishing honey wax that is very gentle and soothing for your skin. Our spa team of bodyworkers have been well-trained and deliver 100% hygienic high quality waxing services.

FULL LEG	45 minutes - IDR 500++
HALF LEG	30 minutes - IDR 400++
FULL ARM	45 minutes - IDR 400++
HALF ARM	30 minutes - IDR 350++
UNDER ARM	30 minutes - IDR 300++
BACK	45 minutes - IDR 500++
CHEST	45 minutes - IDR 400++
EYEBROWS	30 minutes - IDR 200++
UPPER LIP	30 minutes - IDR 200++
BRAZILIAN	30 minutes - IDR 550++
BIKINI LINE	30 minutes - IDR 300++

SHELLAC – 14 DAY MANICURES & PEDICURES

Long-lasting chip-free glossy nails. Curated by UV light, within minutes your nails are completely dry. Hypoallergenic and free of formaldehyde, toluene or DBP. Our spa team are certified to deliver well-executed 100% hygienic treatments. Recommended for wedding, parties and everything.

60 minutes - IDR 600++ each

Additional IDR 100++ for taking off previous shellac or gel nail polish.

SPA MANICURE

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

75 minutes - IDR 500++

SPA PEDICURE

A relaxing foot soak is followed by a soothing foot scrub and foot massage. Delivered with soothing scrubs and creams. Includes nail clipping, trimming, shaping and professional nail polish application.

75 minutes - IDR 500++

WELLNESS DAYS

wonderlust

COUPLES CHAKRA BLESSING

A sharing journey created for pure joy and relaxation.

60 minutes Himalayan Crystal Salt Scrub

45 minutes Infrared Detox Sauna & Himalayan Salt Pool

Couple 95 minutes Intuitive Balinese Massage

IDR 4,550++ per couple

YOGA DETOX

Cleanse, renew and improve your energy levels.

Morning :

60 minutes Yoga session

30 minutes Himalayan Salt Scrub

30 minutes Infrared Detox Sauna

Evening :

75 minutes Karma Rhythm Massage

IDR 1,800++ per person

IDR 3,500++ per couple

BALINESE WELLNESS

Experience authentic indigenous and deep healing.

30 minutes Reiki session

75 minutes Intuitive Balinese Massage

30 minutes Detox Sea Salt scrub

30 minutes Infrared Detox Sauna

2.75 hours - IDR1,500++

SCULPT & SHAPE

Enhance muscle-tone, flexibility and stamina.

60 minutes Karma Yoga Session

75 minutes Karma Rhythm Massage

2 hours Detox Sea Salt & Oil Experience

60 minutes Personal Training Work-out

IDR 4,050++

SLEEP-WELL TONIGHT

Recommended for jet lag and insomnia.

Morning:

60 minutes Restorative Yoga

60 minutes Cranio Sacral Therapy

Evening :

30 minutes Muscle-Melt Reflexology

IDR 3,000++

SOUL - HEALERS & MASTERS

Bali is bountiful with incredible healers and masters who work deeply on your mind, body and consciousness. These practitioners are passionate about their craft and have spent years self-training to cultivate their modalities. From cardio box fit to beach power walks, we can arrange specific disciplines for your needs.

BALINESE REIKI

Restore balance to your mind and calmness throughout your body. Deeply restful and centering. Renew your energy levels. This empowering healing treatment delivered by a Balinese healer. Reiki is a fully-clothed treatment whereby the healer focuses on drawing positive energy into your body. Depart connected.

60 minutes - IDR 1,150++

SUNRISE TAI CHI

Start your day with good energy & inspiration. Tai Chi is a traditional Chinese modality regarded for its physical, emotional & longevity benefits. Be gently guided through a series of movements to improve circulation and energy flow. Feel the beauty of life against a backdrop of warm breezes and waves.

60 minutes - IDR 950++

CRANIO SACRAL HEALING THERAPY

Close your eyes, let go and be present. Move forward with clarity and authenticity. This energy healing modality offers a deep experience to transform mind, body and emotions. Can assist in releasing accumulated stress held in the body from physical injuries to headaches and symptoms of insomnia.

60 minutes - IDR 1,750++

SUP YOGA - Stand-Up Paddleboard yoga

A floating yoga session on water. Experience a rejuvenating core-body workout as expert instructors gently guide you around the shallow waters, leading you through a series of fun movements and postures. This experience is tide dependent so please consult spa & concierge in advance.

60 minutes - IDR 450++ (minimum 2 pax).

YOGA THERAPY - OM AWAY FROM HOME

Maintain core strength, muscle tone and good energy levels whilst on vacation. These private sessions are appropriate for all levels - from the novice to the experienced practitioner. Breathe fully and reap the therapeutic benefits in sublime surrounds. Sunrise and sunset communal classes are held every week - please consult spa for more details.

RESTORATIVE YOGA

A personalized session tailored to your body. Recommended for those who would like to address specific health issues or physical challenges. Concludes with sitting meditation to relax your mind.

CORE STRENGTH

Our core is the foundation for strength in our mind and body. This slow style of hatha yoga includes postures and movements focused on enhancing muscle tone, focus and balance.

DETOX YOGA

This practice consists of twists and postures to help squeeze out the toxins from your digestive and lymphatic system as well as improve circulation. Includes powerful and deep breathing exercises to oxygenate the blood and help clear away stress in mind and body.

POWER YOGA

A Vinyasa style of practice. Starts with a series of invigorating movements to warm up your body and get the circulation moving. Concludes with a quiet meditation.

FULL MOON YOGA

Experience inner peace on a magical full moon eve. Held at Karma Beach, the sound of gentle waves complemented by soothing music and slow restorative movements will take you on an inward journey of self discovery.

KIDS YOGA

Kids love to learn and move. A great way to introduce young one's to the benefits of yoga. These classes are light and playful - just the way life is supposed to be!

IDR 750++ per person • IDR 1,000++ per couple
Advanced booking is required

TRADITIONAL CHINESE MEDICINE

optimize your emotional, physical and mental wellbeing

Drawing on the principles of ancient Traditional Chinese Medicine (TCM), these wellness therapies offer results for more chronic health issues. Karma Spa has partnered with a fully registered and accredited practitioner who specializes in pain management, sleep issues, digestive disorders and other conditions, as well as dietary and nutritional advice.

ACUPUNCTURE TREATMENT

Restore healthy Qi, energy flow and calmness to your being. During this treatment, fine needles are inserted into specific points on your body that enhances circulation and wellbeing. Acupuncture is a natural immune booster and is highly recommended for anxiety, back pain, women's health issues and sleep challenges.

CUPPING THERAPY

During this session, small suction cups are placed on your body to stimulate circulation through your body. Recommended for alleviating symptoms of cold and flu.

ELECTRO ACUPUNCTURE

Highly effective for chronic pain in the body, this therapy involves the application of gentle current to the acupuncture needles. Deepens the flow of circulation and chi.

TRIGGER POINT/MYOFASCIAL

This therapy focuses on relieving chronic pain in the body and is a combination of Acupuncture, Deep Tissue Massage and Cupping. Highly recommended for release of tight muscles, tension and blockages in your body.

60 minutes - IDR 1,100++
Advanced booking is required

SPA BLAH

hours of nurture : 9:00am - 9:00pm

LOOKING AFTER YOU

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

SPA ATTIRE

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

SPA ETIQUETTE

Drinking coffee or alcohol three hours prior to treatments is not advised. Ensure your mobile is switched off prior to your arrival.

VALUABLES

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

TIPPING

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 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 organic skin care, body, bath & massage oils, pure handmade soaps, spiritual gemstone & mala bead jewelry.

KARMA SPA EXPANSION

We create innovative spas - Karma Spa is a young, dynamic and result-orientated spa brand. We specialize in unique resort, hotel and day spas with our menu of innovative treatments and retail collection.

