

KARMA ROTTNEST

SPA AND WELLBEING



K
Karma Spa

WE CREATE... WELLNESS

MASSAGE & BODYWORK

soothe & cure

60 minutes \$110 | 75 minutes \$130 | 90 minutes \$150

SACRED BALINESE

This traditional massage originating from Bali 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.

BALINESE HERBAL

We massage and use herbal compresses to beat jetlag and computer fatigue, increase blood flow reduce tightness and tension. Feel all your stress melt away.

BALINESE THERAPY + FACE MASSAGE

Combines soothing massage, facial, and gentle facial acupressure to nourish and nurture the skin and mind. Deeply restorative.

BALINESE MASSAGE + WARM SEA SALT COMPRESS

We enhance your Sacred Balinese Massage with a warm sea salt compress pressed along specific points in your body to stimulate chi and circulation – you'll feel cleansed and regenerated.

SIGNATURE KARMA RHYTHM

When you are feeling stressed and fatigued, Karma's signature massage will sort you out. It's loaded with neck, shoulder and lower-back focus and includes warm aromatherapy warm towel compress. Feel all your tension melt away.

HIMALAYAN SALT STONE MASSAGE

Warm Himalayan salt stones with your bespoke massage oil flow along your body to melt away any tension. Recommended for sleeplessness, stress and fatigue.

BE IN THE MOMENT - CUSTOMIZED 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.

WE CREATE... EXPERIENCES

LOCAL RITUALS

We use local salts, herbs and oils.

120 minutes - \$165

BALINESE WELLNESS

Your Sacred Balinese Massage is enhanced with a 60-minute Karma Bespoke Facial. The ideal relaxation vacation therapy!

HIMALAYAN HEALING

Your warm Himalayan Salt Stone Massage is enhanced with a Karma Yoga Facial. Recommended for sleep deprivation and fatigue.

DETOX BY THE SEA

We gently cleanse your skin with warm sea salt and coconut oil that slough away dead skin cells. This is followed by a full body customized massage and concludes with a mini hydration facial booster.

ISLAND ESCAPE

A tailored massage with your chosen oil is enhanced with a Karma Bespoke Facial and express manicure and pedicure to leave you fresh and glowing.

SLEEP WELL

We deliver a warm stone back, neck and shoulder massage with organic coconut oil to ground the mind and body. This is followed by a Karma Yoga Facial with lower leg and foot reflexology.

WE CREATE... EXPERIENCES

BEAUTY + GROOM

We use local salts, herbs and oils.

45 minutes \$100 / 60 minutes \$125

KARMA BESPOKE FACIAL

We blend ingredients, techniques and a nurturing facial massage to hydrate, firm and tones your skin. Each facial includes a warm towel foot compress and neck and shoulder release.

MOKOSH HERBAL FACIAL

Your deeply nourishing facial therapy is delivered using a homegrown ayurvedic-inspired brand. Made from certified ingredients of pomegranate, sesame, frankincense and coconut oils with rosewater, elderberry and raspberry.

KARMA YOGA FACIAL

A slow and mindful sequence to nourish the skin and nurture your mind. We blend divine massage with acupressure and organic facial oils. Depart centered and clear.

MAN ABOUT TOWN

Combines facial with a neck and shoulder massage. Cleanse the skin and chill out, we got this.

TEENAGER MOKOSH FACIAL

We apply gentle products made from certified organic ingredients to your skin. Includes a mind-soothing face, neck and shoulder massage.

LUXE MANI or PEDI - 60 minutes - \$90 each

100% hygienic. Heavenly scrubs, creams and polishes. Includes a luxurious hand and arm, or lower leg and feet, massage as well as warm heat packs to soothe and nurture.

WE CREATE... EXPERIENCES

THE WAX EMPORIUM

Eyebrow wax	\$15	Half arm	\$25
Bikini	\$25	Face lip chin	\$35
Eyebrow reshape	\$20	Full arm	\$40
G-string	\$35	Nasal	\$12
Lip/chin wax	\$12	Half leg	\$30
Brazilian from	\$60	Underarm	\$18
Lip/chin eyebrow wax	\$30	Full leg	\$60

FACIAL ENHANCEMENTS

LED LIGHT THERAPY - 20 minutes - \$45

Based on breakthrough technology. Specific frequencies of light energise cells to stimulate collagen production. LED light boosts blood circulation and oxygen flow in your skin - depart glowing.

BRIGHT EYES - 15 minutes - \$35

This refreshing treatment utilises Ginko Biloba to stimulate lymphatic capillaries and drain excess fluid. Recommended for tired and puffy eyes.

VITAMIN C BOOSTER - 15 minutes - \$35

We apply an c-enriched WHAT to quench our skin with hydration. Recommended when you need an instant glow.

KEEP CALM - BREAKOUT SOOTHER - 15 minutes - \$45

Recommended for stressed looking and sensitive skin. Ingredients of propolis bee extract with soothing lavender calms the skin.

WE CREATE... EXPERIENCES

ON THE RUN - EXPRESS BOOSTERS

EXPRESS MANI & PEDI - *60 minutes combined - \$90*

When time is of the essence, we'll scrub you up to a presentable standard. Includes nail filing, trimming and shaping.

IT'S ALL IN THE MIND - *30 minutes - \$70*

We massage your head, scalp, neck and shoulders with organic coconut oil. Helps to improve circulation and reduce a busy mind.

HAPPY FEET FOOT THERAPY - *30 minutes - \$70*

Through the pressing of specific points in your lower legs and feet using Dr Eckstein body butter, energy is released, and circulation is improved.

KARMA SURRENDER - *45 minutes - \$85*

Neck and Shoulder Release

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

BACK MASSAGE WITH WARM STONES

When you are in need for extra work on your back, neck and shoulder area. this treatment soothes tired muscles while the heat induces deeper relaxation.

APOTHECARY MASSAGE BAR

Select from a range of original organic blends and let us co-curate a customized massage for you.

60 minutes \$110 | 75 minutes \$130 | 90 minutes \$150

RELAX

Enter the chillout room and let it all go.

DE-STRESS

Life's hectic, our de-stress blend helps to take the edge off.

ACTIVATE

Designed for those who live active lifestyles.

MEDITATE

Calm the mind, soothe the soul.

MOOD BOOSTER

The perfect pick-me-up blend.

ENERGISE

Feeling sluggish? This blend will lift you up!

SPA ESCAPE

2-DAY

WEEKEND WARRIOR

Day 1 - 60-minute
Karma Rhythm
Day 2 - 60-minute
Bespoke Facial

\$210

3-DAY

HOLISTIC BEAUTY

Day 1 - 90-minute
Sacred Balinese
Day 2 - 60-minute
Mokosh Facial
Day 3 - Mani & Pedi combo

\$325

2-DAY

DETOX & CLEANSE

Day 1 - 60-minute
Warm Salt Scrub
Day 2 - 90-minute
Himalayan Salt Stones

\$230

3-DAY

KARMA RECHARGE


Day 1 - 90-minute
Karma Rhythm
Day 2 - 60-minutes
Bespoke Facial
Day 3 - 60-minute
Sacred Balinese

\$345

WE CREATE... EXPERIENCES

Karma Spa is the soul of Karma - a sanctuary where you can slow down, breathe, and be at ease. Karma Spa offers locally inspired rituals, 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

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#experiencekarma

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