

KARMA ROTTNEST

SPA AND WELLBEING



K
Karma Spa

WE CREATE... WELLNESS

MASSAGE & BODYWORK

soothe & cure

60 minutes \$115 | 75 minutes \$135 | 90 minutes \$155

SIGNATURE KARMA RHYTHM

When you are feeling stressed and fatigued, this signature massage will sort you out. Loaded with extra neck, shoulder and lower-back focus. Feel all your tension melt away.

SACRED BALINESE

We combine traditional relaxation massage techniques with gentle stretches, light acupressure with warm coconut oil to nourish and nurture your mind and body.

BALINESE HERBAL

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

BALINESE THERAPY + FACIAL 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.

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.

WE CREATE... EXPERIENCES

ISLAND RITUALS

We use local salts, herbs and oils.

120 minutes - \$175

BALINESE WELLNESS

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

Sacred Balinese Massage + Karma Bespoke Facial + Herbal Tea

DETOX BY THE SEA

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

**Warm Sea Salt Scrub + Warm Coconut Oil Massage + Hydration Facial Booster
+ Herbal Tea**

SURFERS RETREAT

A magnesium-rich muscle-warming remedy to boost your flexibility and energy.

Deep Tissue Massage + Head & Scalp Soother + Herbal Tea

ISLAND ESCAPE

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

Customized Massage + Karma Bespoke Facial + Herbal Tea

HIMALAYAN HEALING

A cleansing journey recommended to combat fatigue, jet lag and digital overload.

Himalayan Salt Stone Massage + Karma Yoga Facial + Herbal Tea

SLEEP WELL

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

**Warm Salt Stone Back Massage with Magnesium Balm + Karma Yoga Facial +
Reflexology + Herbal Tea**

WE CREATE... EXPERIENCES

BEAUTY + GROOM

Let your inner light shine

45 minutes \$120 | 60 minutes \$150 | 90 minutes \$165

KARMA BESPOKE FACIAL

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

KARMA YOGA FACIAL

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

AYURVEDA MOKOSH FACIAL

Your facial therapy is delivered using certified organic ingredients of pomegranate, sesame, frankincense and coconut oil with rosewater, elderberry and raspberry. Divine.

MAN ABOUT TOWN

We enhance your facial with a calming neck and shoulder massage. Cleanse the skin and chill out, we've got this.

MOKOSH TEENAGER FACIAL

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

SALTY GLOW MANI or PEDI'S - 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.

WAXING SERVICES are available seasonally at Karma Spa.

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 - *45 minutes - \$80*

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 - *45 minutes - \$80*

Through the pressing of specific points in your lower legs and feet using organic
oils, energy is released and circulation is improved. Feels good!

KARMA SURRENDER - *45 minutes - \$80*

We'll knead away hard knots and aches using oils from our Apothecary Bar.
Leaves the skin soft and nourished. Depart feeling relaxed and recharged.

MAGNESIUM WARM STONE BACK REMEDY - *5-minutes - \$80*

When you need for extra focus on your back, neck and shoulder area. We apply
magnesium oil to help soothe and softens tense and tired muscles to leave you
rested and restored.

BE IN THE MOMENT

Every day is different. Each body is unique, and sometimes we need a little
TLC. This customized massage is tailored to you. The session time, naturally,
is also flexible.

APOTHECARY MASSAGE BAR

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

60 minutes \$115 | 75 minutes \$135 | 90 minutes \$155

RELAX

Enter the chillout room and let it all go.

MEDITATE

Calm the mind, soothe the soul.

DE-STRESS

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

MOOD BOOSTER

The perfect pick-me-up blend.

ACTIVATE

Designed for those who live active lifestyles.

ENERGISE

Feeling sluggish? This blend will lift you up!

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

We apply propolis bee extract with lavender to calm sensitive skin types.

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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