

IN-VILLA EXPERIENCES

ARRIVAL REVIVAL

Through the pressing of specific points in your lower legs and feet, energy is released, and circulation is improved. Recommended after long-haul flights!

60 minutes - IDR 600++

SLEEP WELL

River stones, sourced from Bali, and warm organic coconut oil infused with local herbs help release stress, anxiety and enhance healthy sleep patterns. Suggest to complete with a warm bath.

90 MINUTES - IDR 800++

DAY SPA RETREATS

2-DAY REST + RECOVERY

Day 1 - 90-minute Karma Rhythm Massage

Day 2 - 90-minute Balinese + Herbal Compress

IDR 1,400 ++

3-DAY YOGA JOURNEY

Day 1 - 90-minute Karma Rhythm Massage

Day 2 - 45-minute Karma Yoga Facial

Day 3 - 75-minute Reflexology Recharge

IDR 1,800++

3-DAY WEEKEND WARRIOR

Day 1 - 75-minute Karma Rhythm Massage

Day 2 - 2.5 hour Sea 'Detox' Ritual

Day 3 - 90-minute Holistic Facial

IDR 1,950++

4 DAY - BALINESE JOURNEY

Day 1 - 60 minutes Balinese Coffee and Cocoa Scrub

Day 2 - 75-minute Balinese Massage + Herbal Compress

Day 3 - 75-minutes Sacred Balinese Massage

Day 4 - 90-minute Balinese + Warm Stones

IDR 2,500 ++

You can enhance your Day Spa Retreats with wellness cuisine from Jimbaran Bay

HIGH VIBRATIONS

yoga, movement & meditation

YOGA FLOW

AQUA YOGA/FITNESS

BALINESE MEDITATION

FITNESS ASSESSMENT

LEARN PILATES

LEARN MUAY TAI BOXING

TAI CHI

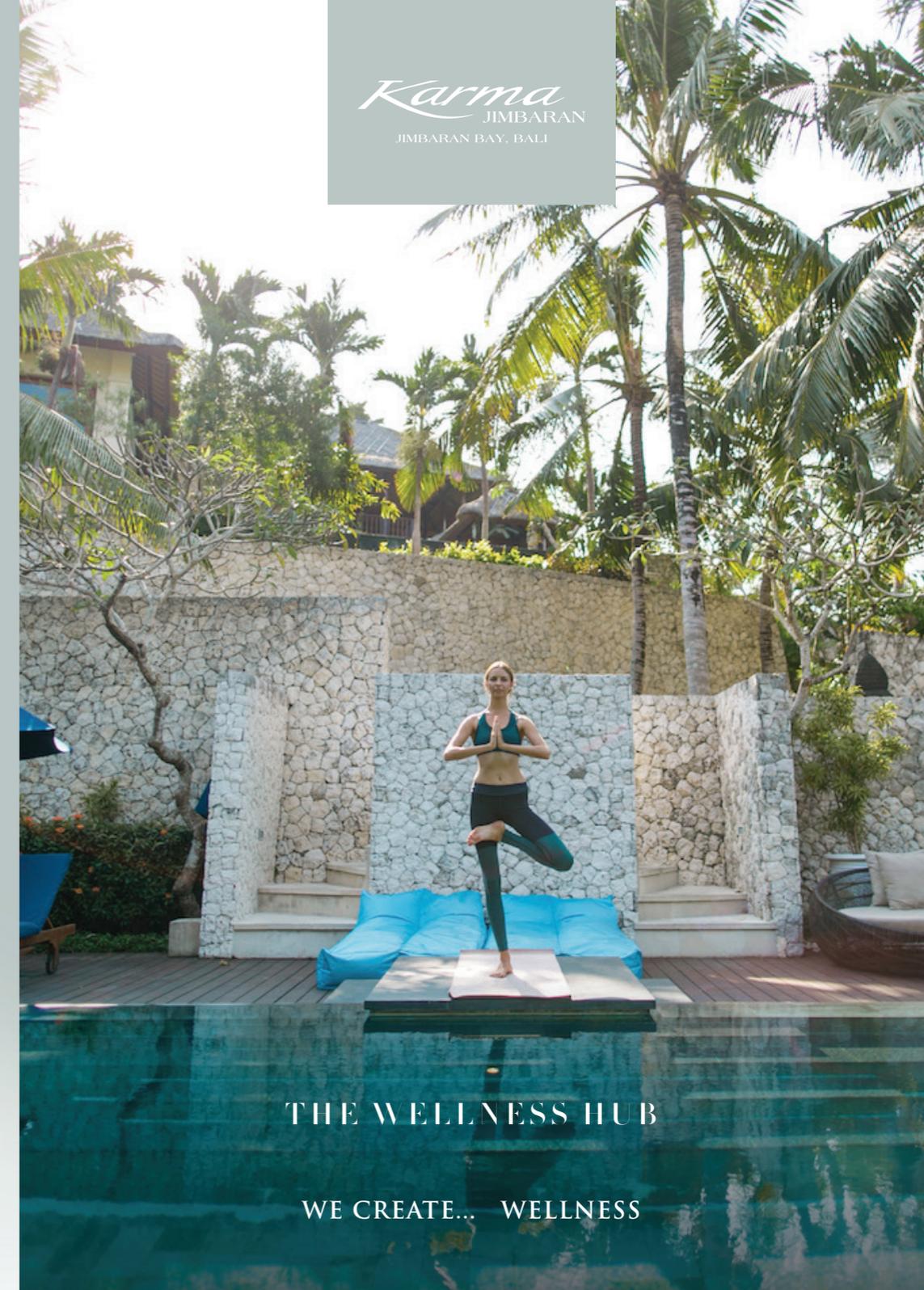
PERSONAL TRAINING

KARMA WELLNESS HUB @ KARMA JIMBARAN

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KARMAGROUP.COM

Karma
JIMBARAN
JIMBARAN BAY, BALI



THE WELLNESS HUB

WE CREATE... WELLNESS

BALINESE MASSAGE BAR

Select your booster - all our blends are created with oils homegrown in Indonesia!

JAMU TONIC BLEND

Feeling sluggish? This anti-inflammatory blend with boost circulation and flow!

Created with Turmeric, Ginger, Black Pepper and Lemon

SACRED BALINESE BLEND

Calm the mind, soothe your soul.

Created with Sandalwood, Ginger, Jasmine and Ylang Ylang essential oils.

EAST JAVA CITRUS

Get active. Invigorating!

Created with Vetiver, Clove, Lime & Lemongrass essential oils.

VIRGIN COCONUT OIL

Organic. Raw, Pure - so nourishing for the skin!

MASSAGE & BODYWORK

Unwind in style

75 MINUTES - IDR 700++ | 90 MINUTES - IDR 800++

KARMA RHYTHM

Feeling stressed or fatigued? Our award-winning signature massage is loaded with extra neck, shoulder and lower back focus. Devised by a renowned TCM practitioner. Feel all your stress melt away.

KARMA SURRENDER

We'll knead away hard knots and aches in your neck and shoulder area using local warm coconut oil. Includes a warm compress application. Will leave you feeling relaxed and tension-free. 45-minutes - 600++

DEEP TTISSUE RECHARGE

When you live an active lifestyle and need a stronger massage on tight areas of the body. Helps to increase flexibility and range of motion.

BE IN THE MOMENT

Every day is different. Everybody is unique.? This personalised massage is tailored to specific regions of the body. The session time, naturally, is also flexible.

BALINESE WELLNESS

Time-honoured rituals delivered with homegrown oils, healing stones and herbal poultices

75 MINUTES - IDR 700++ | 90 MINUTES - IDR 800++

SACRED BALINESE

We blend a traditional massage techniques, gentle stretches, and light acupressure, and pour organically grown warm coconut oil to nourish and nurture the skin.

BALINESE HERBAL

We massage and use warm herbal compresses to reduce inflammation, boost circulation and oxygen flow. Recommended for jet lag and exhaustion.

BALINESE RIVER STONES

Warm river stones flow along your body to melt away any tension. Recommended for chronic stress, jetlag and fatigue.

BALINESE + FACIAL MASSAGE

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

LOCAL RITUALS

We use local salts, herbs and oils.

EARTH 'grounding' RITUAL

When your skin needs nourishing and your mind needs deep rest. Includes a full body coffee & coca scrub to cleanse the skin and boost circulation. Concludes with a Karma Surrender neck and shoulder release. Depart feeling clear and rested.

120 MINUTES - IDR 1,175++ | IDR 2,350++ per couple

SEA 'detox' RITUAL

Begins with a warm sea salt body scrub and marine body wrap to cleanse and detoxify. Includes a Karma Surrender neck and shoulder release with skin-toning facial massage. Recommended for jet lag, sluggishness and fluid retention. Depart cleansed and rejuvenated.

120 MINUTES - IDR 1,175++ | IDR 2,350++ per couple

COUPLES BLESSING CEREMONY

A once-in-a-lifetime experience only offered in beautiful Bali. Your ritual starts with a partner yoga class after which you are escorted our temple to receive a priest holy water blessing. This includes with a couples 90-minute *Sacred Balinese Massage*.

IDR 2,600++ per couple

ROMANTIC SPA & DINE

Your romantic journey begins with a 90-minute couples massage followed by a candle-lit dinner. Our chefs indulge you with a seductive 3-course 'Journey of the Senses' with a shared dessert platter and bottle of wine - *divine!*

IDR 2,500++ per couple

OXYGEN FACIAL BAR

We use high-performance results Intraceuticals brand. P.S Madonna loves these!

EXPRESS OXYGEN BOOSTER

This helps to smooth out the appearance of fine lines, in particular, the lines around the eyes, forehead and mouth area. For enhanced results, pair with our Rejuvenate Oxygen Facial.

30 MINUTES - IDR 750++

REJUVENATE OXYGEN INFUSION

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. Leaves your skin dewy and glowing.

60 MINUTES - IDR 950++

ULTIMATE OXYGEN FACIAL

The crème de la crème of oxygen facial recommended for weddings, parties and glam events. The oxygen infusion will smooth out he fine lines leaving your complexion looking plump, hydrated and luminous. Includes a Micro-Exfoliation treatment.

120 MINUTES - IDR 1,350++

MICRO-EXFOLIATION FACIAL

A gentle tip is smoothed around your face, neck and décolleté area to remove dead skin, stimulate collagen, reduce pigmentation and enhance a clear complexion.

45 MINUTES - IDR 550++

GROOM AND GLOW

Let your inner light shine

KARMA BESOKE FACIAL

We curate specialised facials tailored to your skin type. Includes a *Karma Surrender* neck and shoulder release and sublime facial massage to lift and tone your facial muscles.

60 MINUTES - IDR 650++

KARMA YOGA FACIAL

This beautifully slow facial treatment will nourish your skin while slowing down a busy mind. Delivered with high-c Pomegranate facial oil.

45 MINUTES - IDR 450++

MAN ABOUT TOWN

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

60 MINUTES - IDR 550++

TEENS NATURAL FACIAL

Ideal for younger skin types*, our Natural Facial includes a gentle cleanse, facial exfoliation and mask, followed by an uber-relaxing foot massage to leave the skin silky-smooth. *For ages 12 onwards.

45 MINUTES - IDR 450++

SPA MANI + PEDI

100% hygienic. Heavenly scrubs, creams and polishes. Includes a luxurious hand and arm, or lower leg and feet, massage. Includes nail filing, trimming, shaping and nail polish application.

60 MINUTES - IDR 600++ each (300++ combined)

GOLD MASK HYDRA BOOSTER

We cleanse your skin and apply a gold mask with optional hand/arm or foot/leg massage. Ideal for jet lag!

25 MINUTES - IDR 400++

Located in 10 countries and 30 destinations, Karma Spas are simple sanctuaries where you can slow down, breathe and be at ease. We offer local rituals, Balinese treatments, and results-oriented therapies. Our team of treatment specialists know how to set you at ease. Enjoy!

Be You. Be Free.

 karmaspas

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#experiencekarma