

# SPA, FITNESS AND WELLBEING

KARMA JIMBARAN



*K*  
*Karma Spa*

WE CREATE... WELLNESS

# SPA ETHOS

Karma Spa offers sublime experiences to nourish, heal and nurture. Our spa consists of traditional thatched-roof bales set into ragged limestone cliffs with 180 degrees of ocean views. The centerpiece is an open-air cliff top Infrared Detox Sauna and Soaking Pool. Journey down to Karma Beach and experience back-to-nurture massages at our Sea Spa Suite. Our spa team of anatomy-trained bodyworkers deliver treatments slowly to ease you into a state of deep healing. Enjoy!

[www.karmagroup.com](http://www.karmagroup.com)

 [karmaspas](#)  [karmaspas](#)

[#experiencekarma](#)

THERE WILL BE 'FLAP' HERE

# SIGNATURE LOCAL RITUALS

*Our collection of salts, clays and scrubs are all made in Bali.*

## **NISKALA 'romantic' RITUAL**

Be treated to two hours of blissful connection time. Begins with a deeply relaxing Balinese Massage followed by a sublime facial massage that will calm your mind and hydrate your skin. Your ritual completes with our signature neck and shoulder release. *Reconnect!*

**75-minute Warm Coconut Oil Balinese Massage + 30-minute Facial Acupressure + 30-minute Karma Surrender neck and shoulder release.**

120 minutes - IDR 2,250++ per couple

## **SEGARA 'ocean' RITUAL**

This signature treatment will cleanse your skin, increase metabolism and reduce fluid retention. It begins with a warm sea salt scrub followed by marine wrap to firm and tone the skin. Includes our signature facial oil massage and concludes with the Karma Surrender neck and shoulder release. Depart feeling cleansed and energized.

**45-minute warm sea salt scrub + 30-minute marine body wrap delivered with facial massage + 45-minute Karma Surrender**

120 minutes - IDR 1,125,00++ per person | IDR 2,250,00++ per couple

## **SAKALA 'earth' RITUAL**

When you are feeling tired from travelling and need to rebalance, this ritual is for you. Begins with a foot and leg massage to boost blood circulation and oxygen flow. Your scrub is delivered with homegrown coffee and cocoa to nourish the skin. Concludes with our wow neck and shoulder massage depart rejuvenated!

**50-minute Foot and Leg Therapy + 40-minute Grounding Coffee & Cocoa Body Scrub + 30-minute Karma Surrender neck and shoulder release.**

120 minutes - IDR 1,125,00++ per person | IDR 2,250,00++ per couple





# MASSAGE THERAPY AND BODYWORK

*Soothe your mind & muscles*

## **KARMA SURRENDER**

This signature 'wow' neck and shoulder therapy is designed to release all the tension in your upper body, neck and shoulders. It consists of a warm aromatherapy compress to help ease you into deep surrender -- drift away!

45 minutes - IDR 550++

## **KARMA RHYTHM MASSAGE**

Need a recharge? Our award-winning signature massage is loaded with extra back, neck, shoulder and lower back focus. Karma's bodyworkers press the key points to boost circulation and flow. This treatment was devised by Traditional Chinese Medicine practitioner, Joko tri Li. Feel all your tension melt away.

75 minutes - IDR 650++ | 90 minutes - IDR 700++

## **THERAPEUTIC JET LAG CURE**

When you are feeling drained from the digital devices. Include a signature Karma Surrender neck and shoulder release enhanced with warm ginger compresses to reduce tension and inflammation. Designed to counter issues caused from staring down at our devices. Depart feeling happy and free.

60 minutes - IDR 600++

## **BE IN THE MOMENT - BESPOKE MASSAGE**

Every day is different. Every body is unique. Seek more attention on your back and neck area? Only desire a mind-soothing face and neck massage? This personalized massage is tailored to specific points and areas on your body. The session time, naturally, is also flexible.

30 minutes - IDR 450++ | 60 minutes - IDR 600++

# BALINESE WELLNESS

*These time-honored rituals passed down over generations are performed with homegrown aromatherapy oils, healing stones and herbal poultices.*

## **INTUITIVE BALINESE MASSAGE**

This sacred massage is delivered slowly to help you deeply relax. Warm coconut oil is gently poured from coconut shells to nourish and nurture. Delivered with soothing strokes and gentle acupressure. A must-try when visiting the islands of the gods!

75 minutes - IDR 600++ | 90 minutes - IDR 700++

## **BALINESE MASSAGE WITH WARM HERBAL COMPRESS**

Feeling stressed or anxious? This deeply soothing massage is enhanced by warm herbal packs that work to melt any muscle tension. Highly recommended for computer fatigue.

75 minutes - IDR 650++ | 90 minutes - IDR 750++

## **BALINESE MASSAGE WITH FACIAL MASSAGE**

Your deeply relaxing Balinese Massage is enhanced with a facial massage to nourish and tone your skin. Recommended for slowing down busy mind, stress, and sleep issues.

75 minutes - IDR 650++ | 90 minutes - IDR 750++

## **BALINESE MASSAGE WITH WARM RIVER STONES**

There's nothing like heat therapy to soothe your mind and muscles. Surrender as warm stones are massaged along your body to melt away all the tension. Recommended for chronic stress, jet lag and fatigue.

75 minutes - IDR 650 ++ | 90 minutes - IDR 750++

# GET THE GLOW

*let your inner light shine*

## **YOGA ACUPRESSURE FACIAL**

A beautifully slow facial treatment to nourish your skin and nurture your mind. Includes a mind-soothing facial massage with acupressure. Delivered with Pomegranate and nourishing facial oils.

45-minutes - IDR 450 ++

## **HOLISTIC FACIAL**

This pure facial consists of a deep cleanse and exfoliation followed by hydration mask, creams and serums. It begins with a Karma Surrender neck and shoulder massage therapy. The highpoint is a mind-melting acupressure-style facial massage that is designed to release tension around the jaw area and smooth out fine lines.

60 minutes - IDR 550++ | 90 minutes - IDR 700++

## **MICRO-EXFOLIATION FACIAL**

This is a gentle machine-based exfoliation recommended for reducing pigmentation, acne and fine lines. A gentle tip is smoothed around your face, neck and décolleté area to remove dead skin, stimulate collagen and enhance a clear complexion. Sunscreen is applied after this treatment.

45 minutes - IDR 450++

## **INTRACEUTICALS EXPRESS OXYGEN INFUSION**

A quick and instant results facial. It will 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++

## **INTRACEUTICALS REJUVENATE OXYGEN INFUSION**

This facial is 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 to leave your skin looking firm and toned.

60 minutes - IDR 1,000++

## **INTRACEUTICALS ULTIMATE OXYGEN FACIAL**

The ultimate facial ideal that will give you an instant luminous complexion. It is a non-invasive, machine-based facial that begins with a deeply calming neck and shoulder massage. The applications and oxygen infusion will smooth out the fine lines, plump and hydrate your skin.

2 hours - IDR 1,350++

## KARMA MAN

### **SLOW DOWN - warm oil back massage with heated stones**

Created to slow down your mind and return you to balance, this treatment begins with a cleansing back exfoliation followed by an aromatic compress and warm oil back massage. Heated stones are massaged over your lower back, neck and shoulder area to melt away tight and tense muscles. Depart feeling restored and rested.

60 minutes - 600++

### **DEEP CALM - men's facial with neck and shoulder release**

This deeply relaxing facial is designed to clean the skin and calm your mind. It begins with a gentle facial cleanser and scrub followed by a mask to firm and tone the skin. The high-point is our Karma Surrender neck and shoulder release - you'll feel so good!

90 minutes - 750++

### **GET GROUNDED - the ultimate men's retreat**

This journey begins with a warm coffee scrub to leave your skin cleansed and rejuvenated. Your Deep Calm Facial is delivered with generous neck and shoulder massage. The finale is your choice of an express manicure or pedicure to leave you looking and feeling well-groomed.

2.5 hours - 1,250 ++

## BEAUTY & GROOM

### **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 - 400++ each

### **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 - 450++ each

### **MENS GROOMING**

A relaxing foot or hand soak is followed by the application 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.

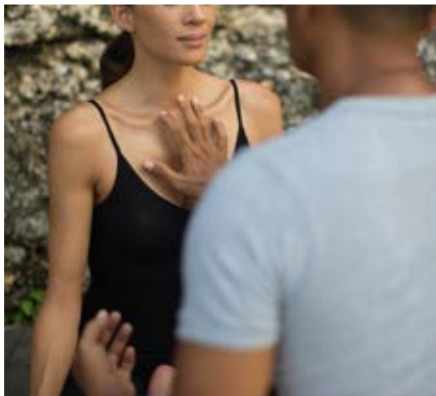
60 minutes - 300++ each/550++ combined

### **MANICURE & PEDICURE EXPRESS**

60 minutes - IDR 550++

# MINI-RETREATS

*spa programs to enhance your wellbeing*



## **2-DAY WEEKEND WARRIOR**

Day 1 - 90-minute Karma Rhythm Massage  
Day 2 - 90-minute Balinese Massage with Warm Herbal Compress

IDR - 1,050 ++

## **3-DAY YOGA JOURNEY**

Day 1 -90-minute Karma Rhythm Massage  
Day 2 - 45-minute Yoga Facial  
Day 3 - 75-minute Therapeutic Ginger Massage

IDR - 2,500++

## **3-DAY THE RECHARGE**

Day 1 - 75-minute Karma Rhythm Massage  
Day 2 - 2.5 hour Detox, Salt, Sea & Oil Experience  
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 with Herbal Compress  
Day 3 - 75 minutes Intuitive Balinese Massage  
DAY 4 - 90-minute Balinese Massage with Warm River Stones

IDR - 1,800 ++

# SPA BLAH

*hours of nurture : 9:00am - 8:00pm*

## **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**

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 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, hats, boho-chic bags and spiritual jewelry.





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