

# KARMA KANDARA

SPA, YOGA, AND WELLBEING



*K*  
*Karma Spa*

WE CREATE... WELLNESS

# SPA ETHOS

Karma Spa offers sublime experiences to nourish, heal and cure. 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 our Ocean 'Segara' Spa and seaside Yoga Bale. Our spa team of anatomy-trained bodyworkers deliver treatments slowly to ease you into a state of deep healing. Enjoy!

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

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[#experiencekarma](https://www.instagram.com/hashtag/experiencekarma)

# WELLNESS SPA DAYS

Explore our half and full day programs that consist of two spa treatments, infrared detox sauna, yoga/ fitness, and a 3-course wellness lunch.

## YOGA + SPA

60-minute private Yoga Session  
Young Coconut Water  
1 x 2-hour Detox, Sea, Salt and Oil Experience  
45-minute Infrared Detox Sauna  
3-course wellness lunch with healthy juice  
1 x 60-minute Yoga Facial with LED  
**3ml per person/5.5ml per couple**

## YOGA + BEAUTY

60-minute core-strength yoga class  
Young Coconut Water  
45-minute Infrared Detox Sauna  
60-minute Bespoke Massage  
3 course wellness lunch with healthy juice  
2-hour The New York Facial with manicure  
Young Coconut Water + refreshments  
**3ml per person/5.5ml per couple**

## YOGA + CLEANSE

60-minute Yoga Session  
Young Coconut Water  
45-minute Infrared Detox Sauna  
60-minute Lazy Yogi Movement Massage  
3-course wellness lunch with healthy juice  
90-minute Feel Clear - sea salt scrub + steam  
Ginger Tea + refreshments  
**2.7ml per person/5ml per couple**

## FITNESS + SPA

60-minute HIT workout or personal training  
Young Coconut Water  
45-minute Infrared Detox Sauna  
1 x 75-minute Karma Rhythm Massage  
3-course wellness lunch with healthy juice  
1 x 60-minute Holistic Facial  
**3ml per person/5.5ml per couple**

# BALINESE WELLNESS

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

75 minutes IDR 1,250++ & 90 minutes 1,350++

## **SACRED BALINESE MASSAGE**

This relaxing massage is delivered slowly and mindfully to help you deeply rest in mind and body. We pour warm coconut oil gently from coconut shells along your body followed by soothing strokes and gentle acupressure to heal, nourish and nurture. Depart feeling restored and balanced.

## **BALINESE MASSAGE + WARM HERBAL COMPRESS**

Feeling tight in your body and out of balance? This massage is enhanced with warm herbal packs pressed on specific parts of your body to reduce tension. The warmth from the heated herbs improves circulation and blood flow. Recommended for computer fatigue and jet lag.

## **BALINESE MASSAGE + WARM RIVER STONES**

There's nothing quite like heat therapy to soothe your mind and muscles. Surrender to bliss as warm stones are massaged along your body that help to loosen any knots and tightness – feels so good. Recommended for chronic stress, jet lag and fatigue.

## **BALINESE MASSAGE + HEALING JADE STONES**

During your Sacred Balinese Massage, we massage heated Jade stones on specific points in your body to stimulate chi flow and circulation. Concludes with a Jade Stone facial massage.

## **BALINESE MASSAGE + WARM SEA SALT COMPRESS**

During your Sacred Balinese Massage, we press warm sea salt compresses along specific points in your body to stimulate chi and circulation. The affects of the salt with esseential oils and fresh ginger will leave you feeling cleansed and regenerated.

## **BALINESE MASSAGE + FACIAL MASSAGE**

Your deeply relaxing Balinese Massage is enhanced with a facial massage and gentle acupressure to nourish and nurture your skin and mind. It is a deeply restorative treatment that helps to slow down a busy and stressed mind. Recommended for jet lag and sleep issues.



# MASSAGE & BODYWORK

*Strengthen your mind and muscles*

## **KARMA SURRENDER**

This therapy focuses on releasing all the tension stored in the upper areas of our body. It consists of a warm aromatherapy compress to soften tight muscles including a beautiful neck and shoulder release.

Surrender into deep relaxation. Ease into deep surrender - enjoy!

45 minutes - IDR 750++

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

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

60 minutes - IDR 1,150++

## **SIGNATURE KARMA RHYTHM**

This 'wow' massage therapy is a stand-out for anyone who feels exhausted and overloaded. It is an award-winning massage loaded with extra back, neck, shoulder and lower back focus. Devised by the renowned TCM practitioner, Joko tri Li, Karma's bodyworkers work to boost circulation, energy and oxygen flow. Feel all your stress melt away.

75 minutes - IDR 1,250++ & 90 minutes - 1,350++

## **DEEP TISSUE RELEASE**

This massage is ideal if you live an active lifestyle and need recovery time. We focus on your tension areas by using stress-relieving pressure point, acupressure and gentle stretching to increase flexibility and range of motion. range of motion. Depart feeling energised.

90 minutes - IDR 1,350++

## **LAZY YOGI MOVEMENT MASSAGE**

This is a fully clothed and oil-free therapeutic massage consisting of stretches and acupressure to boost circulation and energy flow. It feels so good for unlocking tightness and releasing tension in the body. A reboot for your brain and body - you'll feel renewed and recharged.

90 minutes - IDR 1,350++



## OCEAN VIEW INFRARED SAUNA

*Situated on the cliff overlooking the Indian Ocean, our Infrared Detox Sauna and open-air Soaking Pool is an incredible location to recharge and regenerate.*

**Individual Sauna Sessions 60 minutes - IDR 650++ (1-2 pax)**  
**Includes a 30-45 minute infrared sauna with open-air cliff soaking pool experience**

Just some of the wellness benefits include:

*Releases toxins from the skin*  
*Burns calories and weight loss*  
*Soothes aches and pains*  
*Hangover curative*  
*Reduces stress*  
*Recovery from physical activity*  
*Improves circulation and energy*  
*Boosts collagen and skin glow*

**DETOX, SALT, SEA & OIL EXPERIENCE**

*Purifying \* Circulation Booster \* Fluid Retention*

Our body tells us when we need a deep cleanse - common symptoms include exhaustion, dry skin, muscle pain and sleep issues. Begins with an Infrared Detox Sauna followed by a warm sea salt scrub and ocean power body wrap. Your Deep Tissue Massage is enhanced with a tension-releasing warm sea salt compress focused on your lower back, neck and shoulder area (feels so good). Concludes with a mini-hydration facial to leave you fresh, glowing and rejuvenated.

*Infrared Detox Sauna + Soaking Pool*  
*Warm Sea Salt Scrub | Ocean Body Wrap*  
*Deep Tissue Massage + Sea Salt Compress + Mini- Facial*

2.5 hours - IDR 2ml ++ /3.5ml++ per couple

**SAUNA WORSHIPPERS - cliff sauna parties!**

*Gather your friends and unwind in style!*

We co-create a sauna event for you - mixing it up with Infrared Sauna sessions, magnesium salt scrubs, muscle-melting massages, Oxygen Facials, refreshments and more.



# SAUNA WELLNESS RITUALS

## THE DEEP DETOX

**60-minute Infrared Detox Sauna + Soaking Pool**  
**60-minute Warm Sea Salt Scrub + Marine Body Wrap**  
**60-minute Deep Tissue or Customized Massage**  
**30-minute Facial Release Massage + Young Coconut Water**

3.5 hours - IDR 2,5ml ++

## HANGOVER HYDRATION

**60-minute Infrared Detox Sauna + Soaking Pool**  
**30-minute Foot Reflexology + 30-minute Hydration Facial Booster**  
**Young Coconut Water**

120 minutes - IDR 1,500++

## SPORTS RECOVERY

**60-minute Infrared Sauna Soaking Pool**  
**60-minute Deep Tissue Massage with Magnesium Balm**  
**Young Coconut Water**

120 minutes - IDR 1,500++

## COLLAGEN BOOSTER

**60-minute Infrared Detox Sauna + 30-minute Express Oxygen Facial**  
**30-minute LED Light Therapy Facial with Foot**  
**Reflexology + Young Coconut Water**

120 minutes - IDR 1,950++



## OCEAN 'SEGARA' SPA

*Welcome to Segara, a Karma Spa. Set into the rugged limestone cliffs  
along the sandy shores of Karma Beach...*

Price are listed in '000' Indonesian Rupiah and subject to 10% service charge & 11% government tax

## ISLAND RITUALS

*120-minutes rituals to regenerate.*

IDR 2ml++ per person / 3.5ml++ per couple

### DETOX BY THE SEA

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

**Cleansing Foot Ritual + Deep Tissue Massage + Warm Sea Salt Back Compress + Hydration Facial Booster + Tea & Refreshments**

### TROPICAL JOURNEY

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

**Warm Compress Foot Ritual + Salt Mouse Body Scrub + Mango Passion Yoghurt Body Wrap+ Healing Massage + Tea & Refreshments**

### ISLAND ESCAPE

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

**Warm Coconut Oil Customized Massage + Hydration Facial Booster + Pedicure + Tea & Refreshments**

### SIESTA TIME

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

**Reflexology + Warm Sea Salt Compress Back Massage + Yoga Facial + Tea & Refreshments**

## **SPA SAFARI WITH MEDITERRANEAN CUISINE**

Choose from unlimited spa therapies then drift away on a sea of relaxation. Our spa team will co-create a divine three-hour spa journey for you both followed by a 3-course Mediterranean lunch – sublime.

3 - 4 hours - IDR 4,500++ per couple

## **SEGARA 'PAGI' SIGNATURE OFFERINGS**

### **SUNRISE SEGARA**

Experience a one - hour personal yoga or meditation session in our seaside Yoga Bale, followed by a two hour spa journey of your choice of massage cures, sublime facials, sea salt scrubs and manicures. Concludes with a fresh young coconut water.

3 hours - IDR 2ml ++ / 3.5ml ++ per couple

## **SEGARA "MALAM" EVENING TREATMENTS**

### **SUNSET SEGARA**

Complete your day and prepare for the evening ahead with a nourishing candlenut and coconut milk 'Santan Kelapa' body wrap, followed by an *Sacred Balinese Massage*. Also includes a Feel-Good Facial, and Balinese-inspired dinner and bottle of wine under the stars.

4 hours - IDR 4,500++ per couple



## **SEGARA 'SIANG' AND 'SORE' ALL DAY TREATMENTS**

### **ME TIME**

A massage tailored specifically to your needs. The treatment duration, naturally, is also flexible.

45 minutes - IDR 650++

### **COCONUT BLESSING**

Warm Coconut Sea Salt Scrub + Coconut Oil massage. Divine relaxation.

90 minutes - IDR 1.150++ / IDR 1.650++ per couple

### **COOL IT**

Lay off the rays and grab a full body aloe application and mini hydration facial.

45 minutes - IDR 650++

### **FEEL-GOOD FACIAL**

Your mind-soothing facial massage with neck and shoulder release is delivered with organic oils.

45 minutes - IDR 650++

### **SALTY GLOW MANI & PEDI'S**

Look after your digitals and feel good about it. We use local scrubs and creams.

45 minutes - IDR 450++ each



## KARMA FACIAL BAR

*Holistic and Advanced Beauty*

### **KARMA YOGA FACIAL**

A beautifully slow facial sequence to nurture your skin and nourish your mind. We combine facial release massage to stimulate our often-ignored facial muscles, kickstart lymphatic drainage and improve circulation. The highpoint is deeply restorative Ayurvedic marma-point therapy that will leave you calm, rested and glowing.

60 minutes - IDR 750++

### **KARMA HOLISTIC FACIAL**

We bestow a neck and shoulder massage followed by a deep cleanse, scrub, hydration mask and serums. The facial massage helps to release tension in the face, forehead and jaw area that feels deeply relaxing the mind. Depart clear and glowing.

60-minutes IDR 950++

### **NEW YORK FACIAL + FOOT REFLEXOLOGY**

This 5-star luxe will give you an instant luminous complexion for the evening ahead. We begin with a neck and shoulder massage followed by a Micro-Exfoliation to deeply cleanse followed by a skin-toning Facial Release massage and Rejuvenate Oxygen Infusion for advanced hydration. This concludes with a collagen-boosting LED Light Therapy.

Your skin will look plumped and glowing for the next few days

120 minutes - IDR 1,950++

### **EXPRESS OXYGEN FACIAL**

Smooth out the appearance of fine lines around the eyes, forehead and mouth area in particular. For enhanced results, pair with our Micro-exfoliation and Rejuvenate Oxygen Facial.

30 minutes - IDR 750++

### **REJUVENATE OXYGEN FACIAL**

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 and leaves your skin looking firm and toned.

60 minutes - IDR 850++



# SKIN BOOSTERS

## **MICRO-EXFOLIATION FACIAL**

This gentle machine-based exfoliation reduces acne and fine lines. A gentle tip is smoothed around the facial area, neck and décolleté area to remove dead skin, stimulate collagen and enhance a clear complexion. Sunscreen is applied after the treatment.

60 minutes - IDR 950++

## **LED LIGHT THERAPY - *all lights on you!***

This mood-enhancing, skin-restoring treatment is based on breakthrough technology where specific frequencies of light energise cells to stimulate collagen production and increase tissue growth. LED also boosts blood circulation and oxygen flow resulting in glowing skin.

30 minutes - IDR 550++

## **GINGKO + CRYSTAL EYES TREATMENT**

We apply a Pevonnia Ginkgo Biloba mask to the area around your eyes that will tone down dark circles and leave your eyes bright and fresh. Concludes with a cold Rose Quartz Crystal roller to tighten and tone the skin. Ideal for jet lag!

30 minutes - IDR 450++

## **GOLD COLLAGEN MASK**

Does your skin feel dehydrated and need a quick booster? We cleanse your skin and apply a chilled Gold Collagen Mask to refresh and hydrate. During the mask, we bestow a sublime hand and arm reflexology. You can also enhance this booster with a chilled Rose Quartz Beauty Roller.

30 minutes - IDR 550++

# KARMA MAN

*Slow down, be present, be you.*

## **DEEP CALM MENS FACIAL**

This facial is designed to deeply cleanse the skin and calm your mind. We use a gentle facial cleanser and exfoliation followed by a cooling gel mask for deep hydration. The highlight is a 30-minute *Karma Surrender* neck and shoulder release therapy. Depart feeling relaxed and recharged.

90 minutes - IDR 950++

## **GROOMED FOR SUCCESS**

Relax into a soothing foot soak followed by nourishing scrubs, oils and creams. Includes clipping, trimming and shaping to leave your digits looking brand new. Delivered with a lower feet & leg and hand & arm massage.

60 minutes - IDR 550++

## **MENS RETREAT**

Sometimes the best way to get back to balance is having some well-deserved downtime. This mini-retreat is designed to cleanse and restore your energy levels – emerge feeling clear and invigorated.

*30 - minute Infrared Detox Sauna*

*75 - minute Karma Rhythm Massage*

*30 - minute Deep Mens Facial*

*Complimentary express mani or pedi*

2.5 hours - IDR 1,900++

# HANDS & FEET

*Be soothed and groomed*

## **REFLEXOLOGY RECHARGE**

We massage your lower legs and feet to induce you into deep rest. Warm ginger compresses help to soothe chronic tension and inflammation. Depart feeling grounded and invigorated.

60 minutes - IDR 950++

## **SHELLAC - 14 DAY MANI AND PEDI**

Look polished during your entire vacation. The Shellac technology creates long-lasting and chip-free nails. It consists of UV light to fast-track perfectly dry and glossy nails. Hypoallergenic and free of formaldehyde and other chemicals. Recommended for weddings, events and parties!

60 minutes - IDR 650++

## **SALTY GLOW MANICURES AND PEDICURES**

Well-executed and 100% hygienic. Delivered with fresh lime and sea salt with heavenly scrubs, creams and polishes. Includes nail filing trimming, shaping and professional nail polish application. Enhanced with a luxurious hand and arm or lower leg and foot massage.

60-75 minutes - IDR 500++

## **EXPRESS MANICURES & PEDICURES**

Let your hands and feet be soaked and gently scrubbed before you nails are shaped and filed.

45 minutes - IDR 400++



## HIGH VIBRATIONS

*Yoga, movement and meditation*

## **KARMA YOGA FLOW**

Ground your body and center your mind in our open-air seaside Yoga Bale at Karma Beach. There's nothing quite like moving and stretching to the view and sounds of lapping waves.

**We offer complimentary  
Karma Yoga Flow every Wednesday and Sunday 8-9am**

## **PERSONAL TRAINING**

Customized to suit your goals and needs, Trainers are well-qualified to create a dynamic personalized workout. Includes bodyweight exercises with cardio training and stretching.

## **LEARN MUAY THAI BOXING**

A combat-style of boxing that will make you sweat and burn fat. Originating from Thailand, Muay Thai is an invigorating and fun way to get into shape.

## **TAI CHI**

This ancient Chinese discipline is designed to create a positive mindset. Be gently guided through a series of movements to improve circulation and energy flow - you'll flow through the day.

**PRIVATE SESSIONS IDR 1,150++**

# SPA BLAH

*Hours of nature : 9am - 8pm*

## LOOKING AFTER YOU

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

## SPA ATTIRE

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

## SPA ETIQUETTE

Time on the devices, coffee and alcohol before your treatment is not recommended. Use this time for rest and restoration.

## 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.

## GRATUITY

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 your 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 skin care, body, bath & massage oils, hats, boho-chic bags and spiritual jewellery.

**KARMA SPA @ KARMA KANDARA**

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