

# KARMA REEF

SPA AND WELLBEING



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*Karma Spa*

GILI MENO, INDONESIA

WE CREATE... WELLNESS



## KARMA SEA SPA

*Set in a natural luxury sea spa tent, we offer massage cures and treatments made from pure and local ingredients. Our spa team deliver treatments slowly to ease you into deep surrender.*

### BALINESE WELLNESS

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

#### SACRED BALINESE

We blend traditional massage techniques, gentle stretches, and light acupressure. Enhanced by warm coconut oil to nourish and nurture the skin.

#### BALINESE + SEA SALT COMPRESS

We enhance your Balinese Massage with a warm sea salt compress to reduce any tight knots and tension. Will leave you feeling so soothed.

#### SACRED BALINESE + FACIAL MASSAGE

Your relaxing massage is enhanced with a soothing facial delivered with acupressure techniques to nurture and nourish your skin and mind.

#### BALINESE RIVER STONES

Your Balinese massage is enhanced with warm river stones that flow along your body to melt away any tension. Recommended for chronic stress, jetlag and fatigue.

*60 minutes - IDR 375++*

*75 minutes - IDR 450++*

*90 minutes - IDR 500++*

### LOCAL RITUALS

*We use local salts, herbs and oils.*

#### KARMA BESPOKE 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 450++*

#### EARTH GODDESS

We apply a full body scrub made from coffee and cocoa to warm your skin and boost circulation. This is followed by a full body 90-minute Karma Rhythm Massage to leave you feeling recharged.

*120 minutes - IDR 600++*

#### DETOX BY THE SEA

We gently cleanse your skin with a warm magnesium-rich sea salt scrub. This is followed by a full body 60-minute massage. Concludes with a karma Bespoke Facial to leave you cleansed and glowing.

*120 minutes - IDR 600++*

## MASSAGE & BODYWORK

*Unwind in style*

#### KARMA SURRENDER

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

*45 minutes - IDR 300++*

#### KARMA RHYTHM MASSAGE

Feeling stressed or fatigued? Our award-winning signature massage concentrates on the neck, shoulder and lower-back. Devised by a renowned TCM practitioner. Feel all your stress melt away.

*75 minutes - IDR 400++ | 90 minutes - IDR 450++*

#### 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.

*60 minutes - IDR 350++*

#### SALTY GLOW MANICURES AND PEDICURES

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 300++ each*

KARMAGROUP.COM

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