

KARMA KANDARA

SPA, YOGA, AND WELLBEING



K
Karma Spa

WE CREATE... WELLNESS

WHAT IF WE RECHARGED
OURSELVES AS MUCH
AS OUR PHONES

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 back-to-nurture massages at our Ocean 'Segara' Spa. Our spa team of anatomy-trained bodyworkers deliver treatments slowly to ease you into a state of deep healing. Enjoy!

karmagroup.com

 [karmaspas](https://www.facebook.com/karmaspas)  [karmaspas](https://www.instagram.com/karmaspas)

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

ISLAND RITUALS

120-minutes rituals with optional herbal steam

DETOX BY THE SEA

An invigorating and cleansing journey to leave you fresh 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 feeling relaxed with polished and glowing skin.

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

ISLAND ESCAPE

A relaxing journey to cleanse your skin and leave you feeling relaxed and recharged.

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

SIESTA TIME

A grounding journey to slow down a busy mind, alleviate any tension in the body and ease you into deep rest.

Reflexology + Warm Stone Back Massage + Karma Yoga Facial + Tea & Refreshments



BALINESE WELLNESS

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

75 minutes & 90 minutes

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 - 45 minutes

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!

BE IN THE MOMENT - BESPOKE MASSAGE - 60-minutes

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.

SIGNATURE KARMA RHYTHM - 75 & 90-minutes

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.

DEEP TISSUE RELEASE - 90 minutes

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

LAZY YOGI MOVEMENT MASSAGE - 90-minutes

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.

DETOX & CLEANSE

Clean skin, clear mind

DETOX, SALT, SEA & OIL EXPERIENCE - 2.5 hours

*Adrenal Fatigue *Purifying *Mind-awakening*

The ideal choice for when you know your body needs a mini detox. This signature ritual will cleanse your skin, increase circulation and help reduce fluid retention. Your Infrared Detox Sauna is followed by a warm salt scrub and ocean power body wrap. We apply heated salt compress on your lower back and neck and shoulder during your 90-minute deep tissue massage to deepen your detox. Concludes with a mini-hydration facial to leave you fresh and invigorated.

Infrared Detox Sauna + Soaking Pool

Warm Sea Salt Scrub | Ocean Body Wrap

Deep Tissue Massage + Sea Salt Compress | Mini-hydration Facial

INFRARED DETOX SAUNA + CLIFF SOAKING POOL - 60 minutes

*Chronic tension * Deep Detox *Recharge*

Situated on the cliff overlooking the Indian Ocean, our glass-walled Infrared Sauna is an incredible location to cleanse and regenerate. Considered one of the best modern health regimes, a 45-minute session has many health benefits including:

Flush toxins from the body

Soothes aches and pains in muscles and joints

Reduces chronic stress

Recovery from physical activity

Improves circulation

Boost collagen in the skin

Burn calories



WELLNESS SPA PROGRAMS

Explore Karma's full day wellness programs that consist of two spa treatments, infrared detox sauna, yoga or fitness, and a 3-course wellness lunch.

YOGA + SPA

60-minute private Yoga Session
1 x 2-hour Detox, Sea, Salt and Oil Experience
3-course wellness lunch with healthy juice
1 x 60-minute Yoga Facial with LED

IDR 5.5++ per couple

BEAUTY + ANTI-AGING

60-minute core-strength yoga class
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

IDR 2.5ml++per person/ 4.5++ per couple

YOGA + CLEANSE

60-minute Yoga Session
45-minute Infrared 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

IDR 2.5ml ++/4.8++ per couple

FITNESS + SPA

60-minute HIT workout or personal training
1 x 75-minute Karma Rhythm Massage
3-course wellness lunch with healthy juice
1 x 60-minute Holistic Facial

IDR 2.7ml++/5ml++ per couple

KARMA FACIAL BAR

Holistic and Advanced Beauty

KARMA YOGA FACIAL - 60 minutes

Enjoy a beautifully slow facial sequence to nourish your skin and nurture your mind. We apply a mind-soothing blend of lymphatic drainage and facial acupressure techniques delivered with pure organic coconut and facial oils. Depart feeling balanced, centred and clean. You can enhance this facial with a Gold Collagen Mask or chilled Rose Quartz or warm Jade facial beauty roller.

KARMA HOLISTIC FACIAL - 90 minutes

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.

NEW YORK FACIAL + MANICURE

Big City techniques and 5-star luxe give you an instant luminous complexion. We begin with a deeply calming neck and shoulder massage followed by a Micro-Exfoliation and Rejuvenate Oxygen Infusion. This concludes with a collagen-boosting LED Light Therapy. Your skin will feel hydrated, plumped and glowing for the next few days. Includes a complimentary express manicure or pedicure.

EXPRESS OXYGEN FACIAL - 30 minutes

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

REJUVENATE OXYGEN FACIAL - 60 minutes

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.

SKIN BOOSTERS

MICRO-EXFOLIATION FACIAL - 60 minutes

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 to protect.

LED LIGHT THERAPY - *all lights on you!* - 30 minutes

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 in your skin leaving you glowing.

GINGKO + CRYSTAL EYES TREATMENT - 30 minutes

We apply a Pevonnia Gingko 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!

GOLD COLLAGEN MASK - 30 minutes

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 Rose Quartz or Jade Beauty Roller application.

KARMA MAN

Slow down, be present

DEEP CALM MENS FACIAL - 90 minutes

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.

GROOMED FOR SUCCESS - 60 minutes

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.

MENS RETREAT - 2.5 hours

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 Calm Facial

Complimentary express mani or pedi

HANDS & FEET

Be soothed and groomed

REFLEXOLOGY RECHARGE - 60 minutes

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 present.

SHELLAC - 14 DAY MANI AND PEDI - 60 minutes

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!

SALTY GLOW MANICURES AND PEDICURES - 60 - 75 minutes

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.

EXPRESS MANICURES & PEDICURES - 45 minutes

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



OCEAN 'SEGARA' SPA

Journey down to Karma Kandara's new Ocean 'Segara' Spa. Situated right on the beach, it's a thousand miles from care. While you take in the sparkling splendour of the vast Indian Ocean, our treatment specialists will co-curate an experience for you. Explore our range of local sea salts and sea-infused scrubs and wraps. Experience laid-back massages delivered with organic coconut oil, soothing foot massages, and mini facials.

OCEAN HEALING JOURNEY - 2 hours

A reboot for your mind and body! We apply a full body warm sea salt body scrub to exfoliate the skin followed by our signature Karma Rhythm Massage delivered with warm nourishing oils. This concludes with a hydration facial booster to leave you cleansed and energized.

SPA SAFARI WITH MEDITERRANEAN CUISINE - 3 hours

Choose from unlimited spa therapies then drift away on a sea of relaxation. Our spa team will cocreate a spa journey just for you and recommend organic ingredients including warm coconut oil, pure aloe vera, nourishing facial oils, algae body wraps and east coast Balinese sea salt scrubs. Includes a Mediterranean or wellness lunch.

Spa Safari can be booked for 2, 3 or 4 hours or all day!



SUNDAY WELLNESS AT KARMA

Join us for our luxury R&R Sunday Wellness program to help you recharge you for the week ahead.

8 - 9am Complimentary yoga + coconut water.

Why not book a *Sunday Thai-fusion massage* with a complimentary Infrared Detox Sauna - you'll feel so regenerated!

90 minutes IDR 950++/ per person

SPA BLAH

Hours of nature : 9am - 8pm

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

Too much time on the devices and excess coffee and alcohol is not advised. We suggest you use this time for a mini digital detox!

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

KARMA SPA @ KARMA KANDARA

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