

K
Karma Spa



WE CREATE... WELLNESS

Dear Guest,

Our intention is to heal, nurture and cure. To provide you with a memorable spa experience do let us know in advance if you are pregnant or have any health concerns or specific issues you would like us to address.

We suggest you arrive at least ten minutes before your scheduled treatment to relax and enjoy your welcome refreshments. Pre-treatment relaxation prepares you better for your spa journey. No need to bring anything as we provide all the comfortable attire you need during your spa experience. We advise you to avoid drinking caffeine or alcohol before your treatment. For young travellers we prefer an adult is present.

All treatments are subject to 11% government tax and 10% service charge. Cancellations of treatments must be communicated at least 24 hours prior to the appointment to avoid a 100% charge of the booked treatment. Tipping is acceptable. Many of our treatments can also be performed in your own villa.

We thank you for your attention and wish you a beautiful time in Bali.

Dewi Jackson

Area Spa Manager, Karma Resorts

MESSAGE CURATIVES

Karma's spa team of bodyworkers train year-round with certified massage experts, health practitioners, yoga masters, reflexologists and healers to deliver deeply therapeutic experiences. They have studied cranio-sacral therapy and Level 1 Reiki.

INTUITIVE BALINESE MASSAGE

This sacred massage is delivered deeply and slowly to help you relax in mind and body. Imagine the sensation of warm herbal oils pouring gently over your skin. Fresh flowers are presented on a Canang Sari daily offering with incense and the sound of chime bells to clear the atmosphere. Delivered with certified organic oils made from herbs, spices and Balinese essential oils.

75 minutes - IDR 1,250++

95 minutes - IDR 1,350++

KARMA RHYTHM MASSAGE

Mind-melting movements. Lingering neck and shoulder massage with extra focus on the back area. Thick luscious indigenous oils. This signature massage is co-created by renowned healer, Joko tri Li, who has trained in Traditional Chinese Medicine. Karma bodyworkers press all the right points to boost circulation and wellbeing.

75 minutes - IDR 1,250++

95 minutes - IDR 1,350++

LYMPHATIC DRAINAGE MASSAGE

Karma Spa's Lymphatic Drainage Massage is a results-driven therapy that stimulates circulation, detoxification and overall wellbeing. Utilizing a gentle pressure technique that lulls you into a deep state of relaxation, this 90 - minute full body treatment, is an easy way to boost your immune system while on holiday.

15 minutes Infrared Detox Sauna

75 minutes Lymphatic Drainage Massage

90 minutes - IDR 1,400++

DETOX - CELLULITE MASSAGE

Our specially designed Detox Cellulite Massage makes sure there's no need to worry about having that extra cocktail or dessert. Gain the benefits of weight loss, cellulite reduction and reduced fluid retention while enjoying 90 minutes of pure bliss.

15 minutes Infrared Detox Sauna

75 minutes Detox Cellulite Massage

90 minutes - IDR 1,400++

MUSCLE-MELT REFLEXOLOGY

Mind-soothing leg & foot massage, skillful acupressure and warm ginger compress and infusions of rare medicinal herbs. Concludes with a therapeutic Karma Wow neck & shoulder massage. Recommended for jet lag.

75 minutes - IDR 1,150++

WARM STONE SOOTHING MASSAGE

The warmth from specially selected river stones, combined with the rhythm of massage delivered with Spalassium Massage Oil, feels so nurturing for mind and muscles. Surrender as warm rocks are placed along your spine, from the lower back to the neck area. Concludes with an alternating cold and warm stone facial massage.

60 minutes - IDR 1,100++

90 minutes - IDR 1,500++

YOUR TIME - BESPOKE MASSAGE

Every day is different. Every body is unique. Seeking more attention on your back & neck area? Only desire a mind-soothing face & neck massage? This personalized massage is tailored to those who would like to have therapists focus on specific areas of their body. The session time, naturally, is also flexible.

Crown Chakra - scalp & head

Sacrum Rolls - lower back relief

Karma Wow - neck & shoulder therapy

60 minutes - IDR 1,150++

90 minutes - IDR 1,350++

RITUALS - SPA JOURNEYS

time for nurture

TRADITIONAL BALINESE SPA RITUAL

Created from locally grown ingredients, your treatment begins with a divine Candlenut Body Scrub followed by a Javanese Jasmine Luluran ancient beauty wedding ritual, where your skin is coated with a blend of turmeric, spice and powders. A cleansing Infrared Detox Sauna session, and relaxing soak in our Himalayan Pool, is followed by a deeply relaxing Intuitive Balinese Massage. Concludes with a Kunyit Asam Jamu tonic refreshment.

Candlenut Body Scrub

Javanese Jasmine Lulur

Infrared Detox Sauna

Intuitive Balinese Massage

2.5 hours - IDR 1,700++ per person

SACRED JADE STONE RITUAL

There's nothing quite like the subtle seduction of heat therapy to melt your mind & muscles. Chunks of warm jade are placed along your chakra points to stimulate chi flow throughout. Emotionally balancing, green is the colour of the heart chakra. Concludes with a jade stone facial massage.

Full Body Scrub

Jade Stone Chi Massage

Jade Stone Facial

2 hours - IDR 1,650++

TROPICAL HEALING JOURNEY

Regenerate your body, mind and soul. Allow your body to be cleansed with a specially formulated de-aging body polish. A tropical mango - passion fruit yoghurt body wrap is applied to refine and contour. Concludes with a Healing Massage and customized facial to leave you glowing with radiance.

Infrared Detox Sauna and Himalayan Pool

Saltmousse Body Scrub

Mango - Passion Fruit Yoghurt Body Wrap

Healing Massage

Cleansing Facial

2.5 hours - IDR 1.900++

HERE COMES THE SUN

Cool & replenish your face and body with this gentle wrap of skin-quenching aloe vera, lavender, green tea, cucumber, & chamomile. A soothing treatment for sunburnt and dehydrated skin, your healing journey concludes with a sun-soothing facial gently delivered with a calming neck, shoulder & scalp massage. Depart feeling cleansed and invigorated.

90 minutes - IDR 1,200++

CLEAR - DETOX & CLEANSE

it's a new day

DETOX SALT, SEA & OIL EXPERIENCE

Designed to effectively combat cellulite, as well as increase metabolism and eliminate water retention, your retreat includes 30 minutes in our internationally renowned Infrared Detox Sauna and Himalayan Salt Pool, followed by a moisturizing and toning Detox Massage, Mystique Escape Salt Scrub with essential oils, and algae body wrap is applied to refine and contour. Dry Body Oil is then applied to seal in your new found glow.

Infrared Detox Sauna and Himalayan Pool

Detox - Cellulite Body Massage

Sea Salt Body Scrub

Algae Body Wrap

2.5 hours - IDR 1,900++

DETOX CLEANSE

Our New Detox Cleanse Package invites you to indulge in a guilt-free holiday experience that will leave you feeling refreshed and ready to dance the night away. Your 2 1/2 hour spa escape begins with a cleansing Infrared Detox Sauna and a soak in our Himalayan Pool followed by Lymphatic Drainage Massage, Green Coffee Body Wrap and Cleansing Facial. An application of our specially formulated Dry Body Oil ensures your glow lasts all day and night.

Infrared Detox Sauna and Himalayan Pool

Lymphatic Drainage Massage

Green Coffee Body Wrap

Cleansing Facial

2.5 hours - IDR 1,900++

INFRARED DETOX SAUNA

Situated on the cliff overlooking the Indian Ocean, the glass-walled Infrared Sauna is an incredible location to detox and regenerate. Considered one of the best health regimes today, a 30-minute session is said to increase blood and nutrient supply to the capillaries through increased circulation leaving the skin radiant. Includes a soak in the cliff-hanging Himalayan Crystal Salt Pool.

Benefits of infrared sauna include :

- helps remove heavy metals
- reduce stress & fatigue
- weight loss & reduction of cellulite
- plumps collagen
- eases joint pain and stiffness
- helps remove toxins and mineral waste

Infrared Sauna session & relaxation time in a Crystal Salt Pool

45 minutes - IDR 550++

(maximum 2 persons)

KARMA MAN

Relax & be

WARM STONE BACK MASSAGE

Created to slow down your mind and ease you into balance, treatment begins with a cleansing back exfoliation and warm aromatic compress followed by a nourishing warm oil back massage. Heated stones are massaged over your lower back, neck & shoulder area, softening tight and tense muscles. Depart relaxed and stress-free.

60 minutes - IDR 1,100++

DEEP CALM FACIAL

A deeply relaxing facial that will calm your mind as your skin is cleansed, refreshed and hydrated. Starts with a gentle facial cleanser and exfoliation made with organic jojoba and chamomile essential oils. A cooling Water lily gel mask is then applied for hydration, followed by Karma's 'WOW' signature neck, shoulder and soothing scalp massage.

90 minutes - IDR 950++

THE GENTLEMAN'S MANICURE/ PEDICURE

A relaxing foot or hand soak is followed by a sequence 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 - IDR 600++ each

MEN'S RETREAT

Begins with a 30-minute infrared detox sauna followed by a Karma Rhythm Massage. A Deep Calm Facial is delivered with a generous neck and shoulder massage. Concludes with an express manicure or pedicure - all of which will leave you looking well-groomed and most significantly, feeling great.

Infrared Detox Sauna and Himalayan Pool

Karma Rhythm Body Massage

Deep Calm Facial

Pedicure or Manicure

2.5 hours - IDR 1,900++

OUR EXCLUSIVE COLLECTION DESIGNED FOR TEENS

*allow our friendly team to introduce your youngest beauties to the joys and benefits of
Karma Spa...*

TEEN SPA ESCAPE

Rich with Vitamin E, this treatment starts with a gently polishing body scrub followed by a nourishing massage containing Hybrida Oil, which is good for enriching the skin with anti-oxidants and helping to improve blood circulation. The treatment culminates in a balancing facial and relaxing scalp massage.

Delivered with your choice of Chocolate or Strawberry.

Body Scrub

Body Massage

Facial

2 hours - IDR 1,550++

STRAWBERRY HYDRA-BOOST FACIAL

Intensive treatment helps to heal existing blemishes and prevent new ones from forming. This intensive treatment helps to heal existing blemishes and prevent new ones from forming. A strawberry mask infuses your skin with fabulous soothing and hydrating benefits for a phenomenal glow. Recommended for all Skin Types.

60 minutes - IDR 750++

PRINCESS MANICURE

Deliciously clean and gentle, our Princess Manicure offers a choice of scrubs and lotions in strawberry or chocolate. Includes a luxurious hand and arm massage with professional nail polish application.

60 minutes - IDR 400++

PRINCESS PEDICURE

Enjoy a relaxing foot soak followed by a soothing foot scrub and foot massage. Delivered with your choice of strawberry or chocolate scrubs and lotions, our Princess Pedicure includes nail clipping, trimming, shaping and professional nail polish application.

60 minutes - IDR 400++

YOUR YOUNGEST CONNOISSEURS (children under 10)

ICE CREAM FOOT & LEG MASSAGES

Natural ice cream foot massages - select from yummy flavours including coconut & vanilla, mint, berry & cocoa & ginger. Served with your choice of Coconut or Banana Smoothie.

45 minutes - IDR 500++

GLOSS & GLAMOUR

let your inner light shine

HOLISTIC FACIAL

Experience the essence of youthful skin with this specially designed treatment to strengthen, smooth and rejuvenate your skin. A cutting-edge Enzymo - Spherides peeling application will eliminate blackheads, dulling dead skin cells and toxins. A lightening mask reveals a more radiant and younger looking complexion with Age - Defying Marine Collagen cream to pump fine lines and wrinkles. Nutrient rich propolis, lavender & vetiver serum results in deep cell hydration.

To ensure that your inner beauty is also nurtured, your treatment concludes with skin-lifting acupressure techniques and a relaxing neck, shoulder, scalp and facial massage.

90 minutes - IDR 1,050++

REIKI STILLNESS FACIAL

This mind-melting luxurious treatment is comprised of healing reiki, cranio-sacral therapy and a beautiful slow moving facial massage to take you to a place of deep stillness. Delivered with pure ingredients such as marine elastin, sorghum, organic white water lily and green tea. Includes focus on lifting the skin around your jaw area and reducing fine lines. Depart radiant.

90 minutes - IDR 1,050++

SUN SOOTHING FACIAL

Soothes, hydrates and heals sunburnt skin. Instantly restores deep moisture loss, and stinging skin. Using the soothing, strengthening and repairing benefits of the White Lotus and powerful balancing extracts of essential oils and plant elixirs combined to replenish and rejuvenate skin. No facial scrub or face massage is performed. Includes a soothing neck and shoulder therapy. Depart feeling replenished and rehydrated.

60 minutes - IDR 650++

LED LIGHT THERAPY FACIAL

This results-driven facial treatment is based on breakthrough technology where specific frequencies of light energize cells to stimulate collagen production and increase new tissue growth. LED light will assist to increase blood circulation and oxygen flow in your skin. Recommended for healing acne, sun damage and fine lines.

90 minutes - IDR 1,400++

INCREDIBLE RESULTS ORIENTATED FACIALS

Seek hydrated, plumped and dewy looking skin? The revolutionary Intraceuticals Oxygen Infusion Facials deliver therapeutic grade oxygen along with rejuvenating serums made from hyaluronic acid, aloe vera, vitamin A, E and C. Ideal for weddings, functions and glam parties.

INTRACEUTICALS HAS A HOST OF CELEBRITY DEVOTEES :

"The treatments are a necessity before every major event." - Eva Longoria, actress.

"I am very excited about Intraceuticals and how fantastic the treatments make the skin look. On "Sex and the City" the movie, I did treatments on Sarah Jessica Parker and Kristen Davis, and the results were fantastic." - Kris Evans, Hollywood Makeup Artist.

ULTIMATE OXYGEN INFUSION

Pure luminosity and skin transformation. The Lamborghini of Oxygen Facials that immediately plumps and hydrates. The blend of therapeutic oxygen delivered with rejuvenating serums and vitamins reduces the appearance of fine lines and deep wrinkles and results in younger looking skin. Delivered with your choice of optional reflexology or a manicure. Two therapists.

90 minutes - IDR 1,400++

REJUVENATE OXYGEN INFUSION

Skin quenching treatment delivered with infusions of moisture, vitamins and antioxidants. Reduces the appearance of fine lines and wrinkles. Your skin will feel instantly hydrated with an improved firmness and a noticeable lift.

60 minutes - IDR 1,000++

EXPRESS OXYGEN FACIAL

Visibly smoothe the appearance of fine lines and deep wrinkles. Recommended for use around the eyes, forehead and lips. This application can be taken on its own and works well after our Microderm-abrasion exfoliator or in conjunction with our Rejuvenate Oxygen Infusion or Holistic Facial.

30 minutes - IDR 950++

MICRODERM-ABRASION FACIAL

Recommended for lightening pigmentation, acne, scars and fine lines. Stimulates collagen production and enhances smooth skin. A gentle tip is smoothed around your face, neck and décolleté area to remove dead skin. Apply sunscreen after this treatment.

45 minutes - IDR 750++

BEAUTY & GROOM

let your inner light shine

WAXING

We use the GIGI brand of soft nourishing honey wax that is very gentle and soothing for your skin. Our spa team of bodyworkers have been well-trained and deliver 100% hygienic high quality waxing services.

FULL LEG	45 minutes - IDR 500++
HALF LEG	30 minutes - IDR 400++
FULL ARM	45 minutes - IDR 400++
HALF ARM	30 minutes - IDR 350++
UNDER ARM	30 minutes - IDR 300++
BACK	45 minutes - IDR 500++
CHEST	45 minutes - IDR 500++
EYEBROWS	30 minutes - IDR 200++
UPPER LIP	30 minutes - IDR 200++
BRAZILIAN	30 minutes - IDR 550++
BIKINI LINE	30 minutes - IDR 300++

SHIMMER & GLOW

Express manicure or pedicure with foot soak and polish.

45 minutes - IDR 500++

SHELLAC - 14 DAY MANICURES & PEDICURES

Long-lasting chip-free glossy nails. Curated by UV light, within minutes your nails are completely dry. Hypoallergenic and free of formaldehyde, toluene or DBP. Our spa team is certified to deliver well-executed 100% hygienic treatments. Recommended for weddings, parties and every other occasion.

60 minutes - IDR 650++ each

Additional IDR 100++ for removal of previous shellac or gel nail polish.

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 - IDR 600++

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 - IDR 600++

COUPLES RETREATS

Wanderlust

CHAKRA BLESSING

A shared journey created for pure joy and relaxation.

30 minutes Reiki session

30 minutes Candlenut Body Scrub

30 minutes Bali Boreh Body Wrap

30 minutes Infrared Detox Sauna & Himalayan Pool

Couple 95 minutes Intuitive Balinese Massage

3.5 hours - IDR 4,750++ per couple

YOGA DETOX

Cleanse, renew and improve your energy levels.

60 minutes Yoga session

30 minutes Coffee Body Wrap

30 minutes Infrared Detox Sauna & Himalayan Pool

75 minutes Karma Rhythm Massage

3.25 hours - IDR 4,000++ per couple

BALINESE WELLNESS JOURNEY

Experience authentic indigenous and deep healing.

30 minutes Cranio session

75 minutes Intuitive Balinese Massage

30 minutes Detox Sea Salt scrub

30 minutes Infrared Detox Sauna & Himalayan Pool

2.75 hours - IDR 3,500++ per couple

SLEEP-WELL TONIGHT

Recommended for jet lag and insomnia.

75 minutes Intuitive Balinese Massage

30 minutes Chocolate Body Wrap

30 minutes Infrared Detox Sauna & Himalayan Pool

60 minutes Balinese Reiki Session

3.25 hours - IDR 4,000 ++ per couple

SOUL - HEALERS & MASTERS

Bali is bountiful with incredible healers and masters who work deeply on your mind, body and consciousness. These practitioners are passionate about their craft and have spent years self-training to cultivate their modalities. From cardio box fit to beach power walks, we can arrange specific disciplines for your needs.

BALINESE REIKI

Restore balance to your mind and calmness throughout your body. Deeply restful and centering. Renew your energy levels. This empowering healing treatment delivered by a Balinese healer. Reiki is a fully-clothed treatment whereby the healer focuses on drawing positive energy into your body. Depart connected.

60 minutes - IDR 1,150++

SUNRISE TAI CHI

Start your day with good energy & inspiration. Tai Chi is a traditional Chinese modality regarded for its physical, emotional & longevity benefits. Be gently guided through a series of movements to improve circulation and energy flow. Feel the beauty of life against a backdrop of warm breezes and waves.

60 minutes - IDR 950++

CRANIO SACRAL HEALING THERAPY

Close your eyes, let go and be present. Move forward with clarity and authenticity. This energy healing modality offers a deep experience to transform mind, body and emotions. Can assist in releasing accumulated stress held in the body from physical injuries to headaches and symptoms of insomnia.

60 minutes - IDR 1,750++

SEVEN CHAKRA SACRED JOURNEY

Your session commences with a blessing, meditation and chanting followed by a meditative journey through every chakra. This ritual is perfect for clearing old traumas, emotions and spiritual blockages.

90 minutes - IDR 1,900++

Advanced booking is required

YOGA THERAPY - OM AWAY FROM HOME

Maintain core strength, muscle tone and good energy levels whilst on vacation. These private sessions are appropriate for all levels - from novice to the experienced practitioner. Breathe fully and reap the therapeutic benefits in sublime surrounds. Sunrise and sunset communal classes are held every week - please consult spa for more details.

RESTORATIVE YOGA

A personalized session tailored to your body. Recommended for those who would like to address specific health issues or physical challenges. Concludes with sitting meditation to relax your mind.

CORE STRENGTH

Our core is the foundation for strength in our mind and body. This slow style of hatha yoga includes postures and movements focused on enhancing muscle tone, focus and balance.

DETOX YOGA

This practice consists of twists and postures to help squeeze out the toxins from your digestive and lymphatic system as well as improve circulation. Includes powerful and deep breathing exercises to oxygenate the blood and help clear away stress in mind and body.

POWER YOGA

A Vinyasa style of practice. Starts with a series of invigorating movements to warm up your body and get the circulation moving. Concludes with a quiet meditation.

FULL MOON YOGA

Experience inner peace on a magical full moon eve. Held at Karma Beach, the sound of gentle waves complemented by soothing music and slow restorative movements will take you on an inward journey of self discovery.

KIDS YOGA

Kids love to learn and move. A great way to introduce young ones to the benefits of yoga. These classes are light and playful - just the way life is supposed to be!

IDR 750++ per person ▪ IDR 1,000++ per couple

Advanced booking is required

TRADITIONAL CHINESE MEDICINE

optimize your emotional, physical and mental wellbeing

Drawing on the principles of ancient Traditional Chinese Medicine (TCM), these wellness therapies offer results for more chronic health issues. Karma Spa has partnered with a fully registered and accredited practitioner who specializes in pain management, sleep issues, digestive disorders and other conditions, as well as dietary and nutritional advice.

ACUPUNCTURE TREATMENT

Restore healthy Qi, energy flow and calmness to your being. During this treatment, fine needles are inserted into specific points on your body that enhances circulation and wellbeing. Acupuncture is a natural immune booster and is highly recommended for anxiety, back pain, women's health issues and sleep challenges.

60 minutes - IDR 1,250++

CUPPING THERAPY

During this session, small suction cups are placed on your body to stimulate circulation through your body. Recommended for alleviating symptoms of cold and flu.

60 minutes - IDR 1,250++

COSMETIC FACIAL ACUPUNCTURE

Considered a healthier alternative to Botox, fine needles are placed into key points to encourage circulation that in turn stimulates collagen and cell re-growth. This is a long-term yet pure and powerful journey for visible skin rejuvenation and a series of 6-12 sessions is recommended. Immediate results can include a healthy glow and a feeling of wellbeing.

45 minutes - IDR 1,100++

(includes consultation and diagnosis)

Series of 3 Cosmetic Facial Acupuncture - IDR 3,000++

Series of 5 Cosmetic Facial Acupuncture - IDR 4,750++

Advanced booking is required

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 any 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, pure handmade soaps, spiritual gemstone & mala bead jewelry.

KARMA SPA EXPANSION

We create innovative spas - Karma Spa is a young, dynamic and result-orientated spa brand. We specialize in unique resort, hotel and day spas with our menu of innovative treatments and retail collection.