**Yoga & Fitness by the Sea**

We invite you to join us for yoga, fitness and core-booty by the sea in our unique Yoga Bale by the sea.

**TUESDAY**
9-10am Core Booty  
In-house guests IDR 100,000++

**WEDNESDAY**
8-9am Ocean Flow Yoga  
In-house guests complimentary

**FRIDAY**
9-10am Core Booty  
In-house guests IDR 100,000++

**SUNDAY**
8-9am Ocean Flow Yoga  
In-house guests complimentary

Outside guests - all classes IDR 150,000++ per person includes complimentary access to Karma Beach Club - all day!

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**Ocean ‘Segara’ Spa – Relax, Reset, and Recharge**

Situated at Karma Beach, our Ocean ‘Segara’ Spa is set into the rugged limestone cliffs in a converted old fishing hut. Explore a menu of wild, raw and magnesium-rich treatments including hydrating skin boosters, alkalizing body wraps, muscle-warming massages with Balinese spiritual sea rituals - all delivered to the gentle rhythm of lapping waves.

A few steps away is our open-air Yoga Bale here you can experience yoga, tai chi, dance, sound gong baths, and high-intensity fitness sessions to keep you recharged during your relaxation vacation.

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**Karma Spas**

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Banjar Wijaya Kusuma  
Ungasan, Bali 80362 Indonesia

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[www.karmagroup.com/karma-spa](http://www.karmagroup.com/karma-spa)
**SEGARA SIGNATURE OFFERINGS**

**SUNRISE SEGARA - 3 HOURS**
Experience a one-hour personal yoga or meditation session in our seaside Yoga Bale, followed by a two-hour sea journey of your choice of massage cures, sublime facials, sea salt scrubs and manicures. Concludes with a fresh young coconut water.

IDR 2,000++ per person | IDR 3,500++ per couple

**SPA SAFARI WITH MEDITERRANEAN CUISINE**
Experience 2.5 hours of unlimited spa therapies then drift away on a sea of relaxation. Our spa team will co-create a spa journey just for you and recommend organic ingredients including warm coconut oil, nourishing facial oils, algae body wraps and east coast Balinese sea salt scrubs. Includes a sublime 3-course seafood lunch at Karma Beach Club.

2.5 HOURS IDR 4,500++ per couple including lunch

**DETOX BY THE SEA**
An invigorating journey to leave you fresh, cleansed and hydrated.

Ocean Foot Ritual + Deep Tissue Massage + Warm Sea Salt Back Compress + Hydration Facial Booster + Young Coconut Water

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

Sacred Balinese Massage + Hydration Facial Booster + Salty Glow Mani or Pedi + Young Coconut Water

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

Warm Compress Foot Ritual + Warm Sea Salt Body Scrub + Marine Body Wrap + Sacred Balinese Massage + Young Coconut Water

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

Reflexology + Warm Stone Back Massage + Karma Yoga Facial + Young Coconut Water

**COUPLES OCEAN RITUAL**
Feel renewed and regenerated to the sound of lapping waves.

Ocean Foot Wash Ritual + Warm Sea Salt Body Scrub + Karma Rhythm Massage + Mini Karma Yoga Facial