

# KARMA KANDARA

SPA, YOGA, AND WELLBEING



*K*  
*Karma Spa*

WE CREATE... WELLNESS

# OUR ETHOS

*health is wealth*

Karma Spa offers sublime experiences to nourish, heal and cure. Our spa consists of traditional thatched-roof bales set into limestone cliffs with 180 degrees of ocean views. The centerpiece is an open-air cliff top Infrared Detox Sauna. Our spa team of anatomy-trained bodyworkers deliver treatments slowly to ease you into a state of deep healing. Journey down to Karma Beach and experience our Ocean 'Segara' Spa and seaside Yoga Bale. Enjoy!

**karmagroup.com**



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**#experiencekarma**

# OCEAN VIEW INFRARED DETOX SAUNA

*Situated on the cliff overlooking the Indian Ocean, our Infrared Detox Sauna is an incredible location to cleanse, recharge and regenerate.*

## WELLNESS BENEFITS INCLUDE:

*Releases toxins from the skin*

*Burns calories and weight loss*

*Soothes aches and pains*

*Improves circulation and energy*

*Boosts collagen and skin glow*

*Sauna Sessions - 30 minutes - IDR. 300++ (1-2 pax)*

## ISLAND RITUALS

*120-minutes IDR 850++/1,500++ per couple*

### THE DEEP DETOX

*30-minute Infrared 60-minute Infrared Detox Sauna + Warm Sea Salt Scrub + 60-minute Customized Massage + 30-minute Facial Massage + Young Coconut Water*

### ISLAND BEAUTY

*Feel empowered, relaxed and glowing.*

*Coffee Body Scrub + Warm Coconut Oil Back Massage + Express Mani or Pedi*

### ISLAND ESCAPE

*A cleansing journey to combat fatigue, tension and digital overload.*

*Warm Sea Salt Scrub + Sacred Balinese Massage + Karma Yoga Facial + Herbal Tea*

### ISLAND SIESTA

*Unwind, slow down and ease into deep rest.*

*Sacred Balinese Massage + Karma Yoga Facial + Reflexology Recharge + Herbal Tea*

# MASSAGE & BODYWORK

*Strengthen your mind and muscles*

*45 minutes IDR. 400++ | 60 minutes IDR. 500++  
75 minutes IDR. 600++ | 90 minutes IDR. 700++*

## **KARMA SURRENDER - NECK & SHOULDER**

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.

Ease into deep surrender - enjoy!

## **SIGNATURE KARMA RHYTHM MASSAGE**

This massage therapy is tailored to remedy exhausted and overloaded. Loaded with extra back, neck, shoulder and lower back focus. Devised by TCM practitioner, Joko tri Li, to boost circulation, energy and oxygen flow. Feel all your stress melt away.

## **DEEP TISSUE RELEASE**

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 energized.

## **THAI YOGA MASSAGE**

This is a fully clothed and oil-free therapeutic massage consisting of stretches and acupressure to boost circulation and energy flow. Unlocks tightness and releases tension. A reboot for your brain and body - you'll feel renewed and recharged.

## **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.

## **REFLEXOLOGY RECHARGE**

We massage your lower legs and feet to boost blood and circulation flow. Warm ginger compresses are applied to soothe chronic tension and inflammation. Depart feeling grounded and restored.

# BALINESE WELLNESS

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

60 minutes IDR. 500++ | 75 minutes IDR. 600 ++ | 90 minutes IDR. 700++

## **SACRED BALINESE MESSAGE**

This relaxing massage is delivered slowly and mindfully to help you deeply rest in mind and body. We pour warm coconut oil gently along your body and combine this with soothing strokes and gentle acupressure. Depart feeling restored and balanced.

## **BALINESE MESSAGE + WARM HERBAL COMPRESS**

When you are feeling tight in your body. This massage is enhanced with warm herbal packs pressed on specific parts of your body to melt away any tension. The warmth from the heated herbs improves circulation and blood flow. Recommended for sleep issues.

## **BALINESE MESSAGE + 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 MESSAGE + WARM SEA SALT SCRUB**

Before your Sacred Balinese Massage, we gently purify your skin with warm sea salt and oil. Leaves your skin feeling cleansed and renewed. Depart feeling relaxed and refreshed.

## **BALINESE MESSAGE + FACIAL MASSAGE**

Your deeply relaxing Sacred Balinese Massage is enhanced with an amazing facial massage to tone and sculpt your skin. This is a deeply restorative treatment that helps to slow down a busy and stressed mind.

# HOLISTIC & ADVANCED FACIALS

## **KARMA YOGA FACIAL MASSAGE** - 45 minutes IDR. 650++

We combine facial release massage to stimulate the often-ignored facial muscles, kickstart lymphatic drainage and improve circulation. The highpoint is deeply restorative Ayurvedic marma-point therapy to promote calm and vitality.

## **KARMA HOLISTIC FACIAL** - 60 minutes IDR. 850++

We bestow a neck and shoulder massage followed by a sequence of deep cleanse, exfoliation, hydration mask and serums. The facial massage helps to release tension in the face, forehead and jaw area. Depart glowing.

## **DELUXE NEW YORK FACIAL** - 120 minutes IDR. 1.500++

Your ultimate facial for events, parties, weddings and special evenings! Begins with a Micro-exfoliation to deeply cleanse and clear and smooth your skin. We then apply Intraceuticals Oxygen infusion to help smooth out the appearance of fine lines around your eyes, forehead and mouth area. Concludes with a Led Light Therapy Facial – your skin will look amazing!

## **DEEP CALM MENS FACIAL** - 60 minutes IDR. 850++

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

## **EXPRESS OXYGEN FACIAL** - 30 minutes IDR. 750++

We use Intraceuticals Oxygen infusion to help smooth out the appearance of fine lines around your eyes, forehead and mouth area. For enhanced results, pair with our Micro-exfoliation and Led Light Therapy Facial – your skin will look youthful and glowing!

**MICRO-EXFOLIATION FACIAL** - 45 minutes IDR. 650++

A gentle tip is smoothed around the facial area, neck and décolleté area to remove dead skin, stimulate collagen and enhance a clear complexion. Recommended for pigmentation and sun-damaged skin. Sunscreen needs to be applied after this treatment.

*\*We recommend you add on Light Therapy Facial for enhanced results.*

**LED LIGHT THERAPY** - 30 minutes IDR. 450++

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.

## **BEAUTY & GROOM**

*For Men and Women*

**PROFESSIONAL MANICURES AND PEDICURES**

*60 minutes IDR 350++ each/550++ combination*

We deliver your professional manicure and pedicure with a cleansing fresh lime and sea salt with scrubs and hydrating creams. Enhanced with a luxurious hand and arm or lower leg and foot massage. Our spa team are certified to deliver hygienic treatments.

**OPI GEL MANICURES AND PEDICURES** - 60 minutes IDR. 350++ each

Look polished during your entire vacation. The OPI Gel application is long-lasting, giving the top coat that ultra-durable wear. and chip-free nails. Recommended for weddings, events and parties!

**EXPRESS MANI AND PEDI'S** - 45 minutes IDR. 300++ each

We clean, trim, shape and file your nails – perfect when you are on the run!



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