

*K*  
*Karma Spa*



WE CREATE... WELLNESS

# SPA ETHOS

We offer an array of bespoke therapies, healing and seasonal treatments designed to embody the climate, beauty and rhythm of India. Every sensory spa experience has been created to soothe and nurture. Our spa professionals are devoted to gently easing you into a state of deeper healing.

[www.karmagroup.com](http://www.karmagroup.com)

 karmaspas  karmaspas

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

# ASIAN & WESTERN TREATMENTS

Express Bar

Restorative Massage

Balinese Wellbeing

Scrubs

Karma Blessings

Spa Journey

# EXPRESS BAR

## **VERVE**

A rejuvenating marma-point face massage using pure organic coconut oil

30 minutes - ₹1,500

## **PEDI - PRESS**

Focused on your feet, this ancient reflexology treatment is designed to release tension, improve circulation and promote wellbeing. Ideal for jet lag, or after a long day of shopping.

30 minutes - ₹1,500

## **RELEASE**

A relaxing hand and arm massage designed to alleviate the strain of digital device use.

30 minutes - ₹1,500

## **LIBERATION**

A soothing massage designed to release tension in your head, scalp and neck area using nourishing pure coconut oil.

45 minutes - ₹2,000

# RESTORATIVE MASSAGE

*soothe & cure*

## **FRAGRANT REVIVAL**

Your choice of rejuvenating aromatherapy oil blends will nourish your skin and melt away the stress and tension.

60 minutes - ₹3,000 | 90 minutes - ₹3,600

## **KARMA RHYTHM**

Need a recharge? Our award-winning signature massage is loaded with extra back, neck, shoulder and lower back focus. Karma's bodyworkers press the key points to boost circulation and flow. Feel all your tension melt away.

90 minutes - ₹3,800

## **KARMA SURRENDER**

Ease into a deep state of relaxation with our signature neck and shoulder therapy using Aroma oils to soothe muscle strain and stress.

30 minutes - ₹1,500

# BALINESE WELLBEING

*Deeper Freedom*

## **SACRED MESSAGE**

A deeply relaxing massage using emollients sourced from herbs, spices and essential oils grown in Bali. Treatment includes the ritual of warm virgin coconut oil drizzled from the shell.

60 minutes - ₹3,000 | 90 minutes - ₹3,600

## **SACRED SPICES**

Enhance your massage and soothe away tension with a warm compress featuring clove, cinnamon, turmeric, lemongrass and tamarind. Ideal for your lower back, neck and shoulders, Sacred Spices will improve blood and oxygen flow.

45 minutes - ₹2,200

## **SACRED STONES**

Surrender to the warmth of our Sacred Stones heat therapy and soothe your mind as well as tired, tense muscles. Recommended for stress and fatigue.

60 minutes - ₹3,200 (Back area Head to Toe)

90 minutes - ₹3,800 (Full Body)

## **SACRED SOUNDS**

Originating from the Himalayas, this full body warm Sandalwood oil massage is enhanced with the sound of Tibetan Singing Bowls. During the treatment, Tibetan Singing bowls are placed on specific parts of your body to ground and rebalance. Surrender to the blend of soothing massage and sound.

90 minutes - ₹3,800

# SCRUBS

## **BRAZILIAN COFFEE SCRUB**

Coffee is the new buzz word in beauty! Known for its invigorating properties, this coffee scrub will stimulate your circulation, improve your skin texture and will make you feel rejuvenated .

45 minutes - ₹2,200

## **ALOE LAVENDER SCRUB**

A perfect scrub for those with sensitive skin. A very gentle and soft scrub that combines the restorative qualities of Aloe Vera and the soothing abilities of the lavender plant. A scrub that not only improves skin texture but moisturizes.

45 minutes - ₹2,200

## **UBTAN SCRUB**

A rejuvenating scrub made from healing spices, pulses, herbs and flowers. This full body treatment is said to stimulate the metabolism and help to detoxify and tone the body.

60 minutes - ₹2,500

# KARMA BLESSING

*Soulful Journey*

## **\*HIMALAYAN BEAUTY**

Beginning with a warm Himalayan salt scrub, this beautiful treatment involves a steam ritual and a revitalising one hour massage.

2 hrs - ₹4,500

## **\*SHAKTI**

This divine deeply feminine ritual will rejuvenate your whole soul. Begin with a candlelit foot flower bath followed by an aromatherapy massage with your choice of aromatic oil blend. Complete and awaken your goddess within, complete your treatment with an Aroma Radiance Facial.

2 hrs - ₹4,500

## **\*SHIVA**

Bespoke men's facial begins with a warm coffee body scrub followed by a one-hour Sacred Balinese Massage to deeply relax the mind and body. A marma-point facial massage is delivered with neck and shoulder focus to reinvigorate your life force.

2 hrs - ₹4,500

\*No discounts applicable on above packages.



# SPA JOURNEYS

*Soulful Journey*

## **\*3 DAYS - KARMA REVIVAL**

DAY 1 - 30min Sacred Spices

DAY 2 - 30min Back Massage

DAY 3 - 30min Sacred Stones

₹4,000

## **\*4 DAYS - KARMA RE-CHARGE**

DAY 1 - 60min Sacred Massage

DAY 2 - 60min Fragrant Revival

DAY 3 - 60min Karma Rhythm

DAY 4 - 60min Sacred Stones

₹10,000

## **\*5 - DAY - KARMA DETOX**

DAY 1 - 45min Coffee Scrub

DAY 2 - 45min Sacred Spices

DAY 3 - 60min Pomegranate Facial

DAY 4 - 60min Sacred Massage

DAY 5 - 90min Karma Rhythm

₹12,000

## **\*7 - DAYS - KARMA RETREAT**

DAY 1 - 45min Himalayan Beauty

DAY 2 - 45min Sacred Spices

DAY 3 - 45min Coffee Scrub

DAY 4 - 60min Sacred Sounds

DAY 5 - 60min Sacred Massage

DAY 6 - 90min Karma Rhythm

DAY 7 - 90min Sacred Stones

₹17,000

\*No discounts applicable on above packages.

prices inclusive of all government taxes

# LOOKING AFTER YOU

hours of nurture : 9:00am - 8:00pm

## ARRIVAL

Arrive ten minutes before your scheduled treatment.

## YOUR HEALTH MATTERS

It's mandatory to let us know if you suffer any health condition, high blood pressure, allergies, injuries or are pregnant.

## SPA ATTIRE

Robes and disposable underwear are available. Feel free to wear your own underwear during treatment but do inform your therapist prior to your treatment.

## ETIQUETTE

Kindly do not consume alcohol or coffee 3 hours prior to your treatment. We also recommend you to turn off your mobile before entering the spa.

## TIPPING

Enjoyed your experience, then why not?

## VALUABLES

We advise you not to carry any valuables with you during your spa visit. Karma spa accepts no responsibility for loss of any valuables.

## CANCELLATION POLICY

Please note we require a minimum of 3-hours notice prior to your reservation to cancel your appointment, otherwise a 50% cancellation fee will be charged to your room if there is case of no show.

## TREATMENT PRICES

All spa service are inclusive of all taxes as applicable by the government.



## PURE & ORGANIC

Karma Spa treatments & retail products are  
FDA certified, petrochemical-free, allergen free and contain no additives, harmful preservatives,  
synthetic fragrances or parabens.

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