

THERAPIES FROM EAST AND WEST

soothe your mind & muscles

ASIAN FUSION THERAPY

Slip off your shoes and relax as your therapist massages your feet and lower legs to get circulation moving through your body. Concludes with our Karma Wow neck & shoulder therapy. Leaves you feeling soothed and energized. Recommended for jet lag.

45 minutes – € 70

BALINESE HEALING MASSAGE

Experience the Island of the Gods with incense, chimes and Balinese offerings. This deeply relaxing massage with sacred rituals is delivered with gentle stretching, palm pressure and long soothing strokes, with warm herbal oil to leave your skin feeling soft and nourished.

60 minutes – € 78

90 minutes – € 110

AYURVEDA WELLBEING MASSAGE

This full body holistic massage derives from ancient India and is one of the most healing massage styles today. Relax as an infusion of warm herbal oils are massaged into your body, designed to work deeply to improve circulation and create all over wellbeing.

60 minutes - € 78

90 minutes - € 110

MUSCLE-MELT BACK THERAPY

During this treatment your therapist focuses on your lower back, neck and shoulder area that will help unlock tight muscles and soothe any tension. Includes our signature Karma Wow neck and shoulder massage therapy that will leave you feeling relaxed and stress-free.

45 minutes - € 70

HEAD, SCALP & SHOULDER THERAPY

This slow and rhythmic massage attends to your scalp, neck and shoulder area, restful for mind & body. Relax, rest and enjoy.

45 minutes - € 70

BODY GYM AND BATH CEREMONIES

curated with local Haslauer products that are handmade with ingredients including Almond oil, Sesame oil, Bolus alba clay / Himalayan salt, herbs and essential oils

BAVARIAN DETOX

The Bavarian region is known for its mineral – rich clay and salts found deep in the rocks of the Alps. This purifying ritual is designed to help reduce fluid retention and tone your skin. Begin your journey with a relaxing foot soak followed by a skin-soothing Bavarian Bolus Alba Clay Wrap. After a shower experience a full body moisturizing that will leave you fresh and renewed. Recommended for all skin types.

90 minutes - € 110

HIMALAYAN CRYSTAL HEALING JOURNEY

Begin your journey with a relaxing foot soak followed by a cleansing Himalayan salt exfoliation created from the purest salts on earth. Then take a rest in a Wrap and sweat out all detox. After a shower experience a full body moisturizing to leave you feeling fresh and invigorated.

90 minutes - € 110

VELVET AND SILK – A SEDUCTIVE BATH

Spoil yourself in a magnificent milk bath, enriched with fresh goats milk and exquisite oils from the east, your skin will feel velvety and silky, incl. rest period and a little gift.

60 minutes - € 85

SWISS STONE PINE BATH – A ROYAL FEELING

Enjoy a calming autumn scented bath – feel smell of the Pine soothe your heartbeat and experience a new calmness... incl. rest period and a little gift.

60 minutes - € 85

FACIAL FITNESS

we use a blend of the bio plant-based Dr. Eckstein products for facials – specially designed for women's skin...

FACE HYDRATION BOOSTER

The perfect treatment for dehydrated skin caused by jet lag, hangovers and especially our Bavarian winter. A potent blend of peptide serum is massaged into your skin followed by a series of gentle water massage applications, plumping the skin with hydration and nutrients as well as AHA (Alpha hydroxyl acids). Helps to smooth away fine lines and promote a youthful and moist complexion.

60 minutes - € 80

HEIKE LEHNER SCULPTING FACIAL

Heike Lehner is a qualified practitioner who delivers a results-driven "face-lift" treatment that will leave you looking and feeling younger. After a skin analysis, Heike deeply cleanses and tones your skin to prepare for moisture and muscle toning. Her unique customized facial includes a firming massage to lift and sculpt as well as an eye treatment.

60 minutes – € 80

HOLLYWOOD GLAMOUR FACIAL

This treatment begins with a skin analysis, deep cleanse and exfoliation. Followed by sculpting eyebrows, remove fine hairs, tint lashes and eyebrows, remove blackheads and application of concentrated ampoules. At last a facial massage and nourishing mask to firm and tone your skin, incl. express manicure or optional light day make-up.

60 minutes - € 90 (without tint lashes and eyebrows, express manicure or light day make-up)

90 minutes - € 110

DETOXING FACIAL

After a deep cleanse and application of concentrated, rejuvenating ampoules enjoy a wonderful soothing face massage to improve lymphatic circulation. Reduce swelling and puffiness around eyes and cheeks. See and feel the difference.

45 minutes - € 70

KARMA MAN

Dr. Ecksteins specially formulated facial products for Men

MENS RETREAT

Begins with deeply relaxing facial massage to improve lymphatic circulation delivered with de-stress neck and shoulder massage to rest the busy mind. Relax and feel great.

45 minutes - € 70

BOLLYWOOD

This facial for the man who wants to look polished and groomed in minimal time. Consists of a deep cleanse and exfoliation, firming mask and moisturizing serums. Includes a soothing face, head and scalp massage. This service includes hair grooming of ears, nose and brows.

Will leave you fresh and hydrated.

60 minutes - € 80

BAVARIAN WHITE BEER RITUAL

Inspired from the middle ages when monks bathed in wheat beer and medicinal oils for health and rejuvenation. This treatment is uses yeast, barley, malt and hops, containing minerals to help boost metabolism and leave your skin feeling soft and smooth. Includes a full body warm oil massage to freshen up your skin. The final, a relaxing and fragrant, white beer bath – while enjoying a chilled Bavarian white beer – what else!

90 minutes - € 110

TEENAGER COLLECTION

Select from these gentle enhancing treatments customized for youthful skin aged 10-17 years. All ingredients used in our teenager range are paraben and cruelty-free, safe and gentle for all skin types.

YOUTHFUL GLOW FACIAL with MANICURE

Enjoy a deep cleanse and gentle exfoliation tailored to your skin type. Followed by lash and eyebrow tint, a special massage and a nourishing mask. We can give you valuable information how to care for your unique skin. Includes a complimentary manicure.

60 minutes - € 78

PAPAYA & MANGO DREAM

Ayurvedic therapies have been used for centuries to help nurture the body. This full body massage is delivered with a gentle oil composition infused with tropical fruits of Papaya and Mango – perfect for your young soul!

45 minutes - € 68

MOTHER & CHILD NURTURE*

Throughout history, mothers from cultures around the world gently bathe and massage their children to soothe and soften. Treat your beautiful one to a twenty-minute gentle back massage whilst you enjoy a complimentary warm goatsmilk foot soak.

20 minutes - € 38

* For children aged 6-9 years. A parent/guardian must be present during this treatment.

COUPLES CONNECT – TIME TOGETHER

Learn how to indulge your partner and show your appreciation, love and attention. Our Spa Team will show you how to give your loved one a relaxing warm oil massage made from skin-softening Oil-Composition infused with pure essential aromatherapy oils. Learn basic easy-to-remember techniques. Concludes with a glass of Prosecco and fresh fruit platter.

120 minutes – € 150

HANDS – FEET – NAILS

maintained Hands and Feet are your personal business card – for men and women...

THE MEDICAL PEDICURE*

The ultimate pedicure for anyone with feet and nail issues with long-lasting results delivered by Heike Lehner, a specialist in the Medical Pedicure treatment. During this treatment, Heike Carefully and safely removes all the dry and dead skin inclusive of callus and corns. Your Nails are shaped, buffed and your feet transformed to smooth an hydrating feet.

Begins with a soothing foot bath.

30 minutes - € 45

* Extra Nail Polish - € 6

FOOT MASSAGE

Experience a deeply relaxing foot massage. This treatment begins with a warm foot soak followed by a gentle and soothing massage. Treat your feet...

45 minutes - € 70

FOOT REFLEXOLOGY THERAPY

Listen to your feet - they know best how you feel....

Our therapists apply pressure to your trigger points to bring your natural energy into balance.

After this treatment you believe you can fly...

45 minutes - € 70

HEALING HANDS SPA MANICURE*

Return your hands to new with this treatment that includes a gentle hand bath followed by a professional manicure.

30 minutes - € 45

* Extra Nail Polish - € 6

For bookings and enquiries, please call Karma Spa at Karma Bavaria:

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