

*K*  
*Karma Spa*



WE CREATE... WELLNESS

## OUR ETHOS

Karma Spa is the soul of our resort and a sanctuary where you can slow down, breathe, and be at ease. An oasis of nurture.

All of our treatments are curated from ingredients sourced from ethical farmers and growers. Our spa team of bodyworkers perform treatments slowly and mindfully to ease you into a state of deep healing.

Awaken. Heal. Transform.

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

 karmaspas    karmaspas

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

## OUR OFFERINGS

Therapeutic & Asian Massages

Karma Blessings

Express Bar

## COMPLIMENTARY WELLNESS CONSULTATIONS

Prior to booking, we invite you to take a complimentary lifestyle consultation. Your consultation includes a basic analysis of your lifestyle.

To book your complimentary consultation please call 5164

# THERAPEUTIC & ASIAN MASSAGES

*soothe & cure*

## AROMATHERAPY MASSAGE

Feeling fatigued and overtired? This full body relaxing treatment is delivered with your choice of aromatherapy blends that nourish the skin and uplift your mood. Select from calming, relaxing, uplifting and rejuvenating oil blends. Feel any stress and tiredness melt away.

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

## BALINESE MASSAGE

This sacred massage originating from the island of Bali is a must-try for those who love a slow and soothing massage blended with gentle stretches and light acupressure. During this treatment, we pour warm coconut oil infused with Lavender or Geranium over your body to nourish and nurture your skin. Emerge feeling relaxed in mind and body.

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

## MASSAGE WITH WARM GINGER PACKS

Feeling stressed and out of balance? This full body massage is enhanced with warm ginger packs that are placed on specific parts of the body to reduce tightness and tension. The warmth from the heated ginger improves circulation. Recommended for computer fatigue and jet lag.

90 minutes - ₹3,600

## KARMA WELLBEING MASSAGE

This signature treatment begins with a cleansing tea tree foot soak followed by a full body therapeutic massage delivered with skin-nourishing almond and rose oil blend. Various techniques including lymphatic drainage are applied to release tension and toxins. Completes with a soothing scalp and head massage. You'll feel sensational!

90 minutes - ₹3,600

### MASSAGE WITH WARM STONES

There's nothing quite like heat therapy to soothe your mind and muscles. Surrender to deep calm as heated stones blended with Olive oil infused with healing herbs and oils are gently massaged along your body. Concludes with a warm stone face and neck massage. Recommended for chronic stress, jet lag and fatigue.

90 minutes - ₹3,800

### TIBETIAN SINGING BOWL MASSAGE

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. Allow the deep sounds to resonate through your body and tune into the peace within.

90 minutes - ₹3,600

# BODY RITUALS

*Clean skin, clear mind*

## ALOE AND LAVENDER SCRUB

This gentle full body polish is ideal for sensitive skin. Both the aloe vera and lavender help to calm and cool the skin. Emerge feeling both relaxed and energized.

45 minutes - ₹2,200

## COFFEE BODY SCRUB

A warming and rejuvenating full body scrub to cleanse and replenish your skin. Coffee is rich in antioxidants and works to stimulate and improve circulation. Emerge feeling cleansed and renewed.

45 minutes - ₹2,200

## HIMALAYAN SALT SCRUB

This full body exfoliation will deeply cleanse the skin. Himalayan salts help remove the dead skin cells that will leave your skin feeling smooth and renewed.

45 minutes - ₹2,200

*For enhanced results, we recommend you pair your body scrub  
with a massage or steam ritual.*

# KARMA BLESSINGS

*Journeys, rituals and ceremonies for the soul*

## HEART CHAKRA CRYSTAL RITUAL

Your ritual begins with a flower foot ritual followed by a floral salt scrub to cleanse your skin. A Rose Quartz Facial is delivered to leave you feeling nurtured and connected.

2 hours - ₹4,800

## HIMALAYAN HEALING JOURNEY

This beautiful ritual begins with a warm himalayan salt scrub to deeply cleanse and polish your skin. A steam ritual follows to further cleanse your being. This ritual concludes with a one-hour customized massage. So revitalizing!

2 hours - ₹4,400

## SACRED WARRIOR

This ritual is tailored to men and starts with a warm coffee body scrub followed by a one-hour *Sacred Balinese Massage* to deeply relax the mind and body. This concludes with a *Marma-Point Facial massage* delivered with a neck and shoulder massage. You'll feel so invigorated!

2 hours - ₹4,400

## GODDESS RITUAL

A divine ritual to bring glow and radiance to your inner and outer self. In a candle-lit room, your ritual begins with a luxurious foot flower wash to ground your being. This is followed by an *Aromatherapy Massage* with your choice of aromatic oil blend. Your ritual concludes with an *Aroma Radiance Facial* to leave you looking luminous. Emerge feeling like the goddess that you truly are!

2 hours - ₹4,400

# EXPRESS BAR

*when time is of the essence*

## REFLEXOLOGY

Through the pressing of specific points in your feet, tension and energy is released and circulation is improved. Reflexology is an ancient technique known to release blockages and promote all-over wellbeing. Recommended for jet lag, or after a long day of shopping – feels so good!

30 minutes - ₹1,300

## BACK & NECK THERAPY

This treatment is delivered to soothe and relax any tightness and tension held in specific areas of your body. Ideal for people who spend too much time on the digital devices.

30 minutes - ₹1,500

## ORIENTAL SCALP MASSAGE

This treatment begins with a rhythmic massage to release any tension in your head, scalp and neck area. Your nourishing massage is delivered with pure coconut oil.

30 minutes - ₹1,300 | 60 minutes - ₹2,200 (MASSAGE+SHAMPOO)



# SPA ETIQUETTE

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

## ARRIVAL

Arrive ten minutes before your scheduled treatment. Pre - treatment relaxation prepares your body better for the journey ahead.

## 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 valuable, cash or any other personal belongings.

## OUR THERAPIST

We select our therapist for their healing skill and talent and not all of them have mastered the English language. Please consult our spa concierge should you have any specific questions or needs.

## TREATMENT PRICES

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

## CANCELATION

We request all our guest to give us a 3-hour notice to cancel reservations. Karma Spa reserves a right to deduct 50% cancellation fee that will be charged to your room if there is a case of no show.

## RETAIL THERAPY

We offer a boutique collection of locally made natural skin care, body, bath & massage oils.

## 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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