



*K*  
*Karma Spa*

WELLNESS OVERLOOKING  
THE INDIAN OCEAN

WE CREATE... WELLNESS

# SPA ETHOS

The award-winning Karma Spa offers sublime experiences to nourish, nurture, and cure. The spa features stunning. Spa Huts set into the rugged limestone cliffs with 180 degrees of views across the Indian ocean.

At the heart of our spa is the Ocean Spa Suite featuring an open-air massage bale with bio - hacking therapies including an Infrared Sauna, Ice Bath, Ocean Shower, and a warm magnesium pool.

Be nurtured by our spa team of anatomy-trained bodyworkers who deliver treatments that restore and replenish.

**karmagroup.com**

**f** karmaspas    **@** karmaspas

**#experiencekarma**

Price are listed in '000' Indonesia Rupiah  
and subject to 10% service charge & 11% government tax



## A DAY OF WELLNESS AT KARMA

Slow down and surrender to the rhythm of the island at Karma's iconic clifftop spa

Begin your wellness day with a soul-nourishing Yoga or a Personal Training functional fitness session, followed by a Contrast Therapy circuit of Infrared Sauna and Cold Plunge on the cliff with panoramic ocean views.

Melt into a 2-hour *Ocean Spa Ritual*, a deeply restorative 90-minute massage paired with mineral-rich body scrubs, reflexology or sculpting facial with red light therapy for the ultimate renewal.

Savor the experience with complimentary refreshments. Robes and towels are provided for your comfort. Wrap up your wellness journey with a leisurely lunch by the sea. Your experience includes an IDR 500,000 voucher per person and access to Karma Beach.

IDR 3,650++ per person • IDR 5,400++ per couple

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# OCEAN SPA SUITE

## WELLNESS IN PARADISE

Situated on the cliff, our Ocean Spa Suite is one of the most beautiful locations in the world. The open-air space features biohacking recovery therapies including Infrared Sauna, Cold Plunge, Ocean Shower and a Warm Magnesium Pool.

All packages include complimentary refreshments.

### **FIRE + ICE - INFRARED SAUNA AND ICE BATH IMMERSION**

Optimize your mood, vitality and dopamine levels with contrast therapy featuring sessions in the Infrared Sauna and Cold Plunge complimented with ocean shower and warm magnesium pool – you'll feel so invigorated.

60 minutes - IDR 785++ per person • IDR 950++ per couple

### **3 HOURS COUPLES CONNECT JOURNEY**

Enjoy two hours of divine treatments with your choice of massage, body scrubs and holistic facials. Includes 60 minute Infrared Sauna and Cold Plunge contrast therapy circuit. A bottle of Karma Signature Reserva Sparkling Wine completes your relaxation vacation experience.

180 minutes • IDR 5.500++ per couple

*includes a bottle of Reserva Sparkling Wine*

### **FEEL LIBERATED - DETOX MASSAGE + SCULPTING FACIAL**

An empowering journey to activate and detoxify your body. Paired with an Infrared Sauna and Cold Plunge contrast therapy session. Completes with a lift and sculpt Gua Sha facial massage. Feel the glow inside and out.

120 minutes – IDR 2,350++ per person • IDR 4,450 for two

# TAKE YOUR TIME

## ISLAND RITUALS

Slow down and surrender to the rhythm of the island in our ocean-view spa bales. Our gifted bodyworkers blend intuitive touch using natural, locally sourced oils, herbs, mineral salts. Each ritual is a sensory journey - nourishing body, mind and spirit in harmony with the sea.

### 2 HOURS ISLAND DETOX

*A sea ceremony of purification and renewal*

Cleansing and replenishing for your skin, mind and energy. We treat you to a full body scrub followed by a massage infused with cellulite and toning techniques. Feel invigorated and renewed.

30 minutes Sea Salt Body Scrub + 60 minutes Detox Massage  
+ 30 minutes Warm Magnesium Pool

120 minutes - IDR 2,350 ++ per person • IDR 4,400 ++ for 2 people

### 2 HOURS ISLAND UNWIND

*A coastal retreat for deep release*

Give your being a blissful vacation. Drawing inspiration from the rhythmic flow of the tides, your traditional massage is followed by a skin-cleansing body scrub, ocean shower and skin lifting and toning facial.

60 minutes Sacred Balinese Massage + 30 minutes Warm Sea Salt  
Body Scrub + 30 minutes Sculpting Facial Massage

120 minutes - IDR 2,350 ++ per person • IDR 4,400 ++ for 2 people

### 2 HOURS ISLAND SIESTA

*A sacred pause by the sea*

Let the ocean take your stress away. A deeply restorative massage to anchor your mind and body is followed with a signature facial and soothing leg and foot massage to bring you into stillness. Feels like a long exhale.

60-minute Karma Rhythm Massage + 30 minutes Karma  
Signature Facial + 30 minutes Reflexology

120 minutes - IDR 2,350 ++ per person • IDR 4,200 ++ for 2 people

# INDIVIDUAL MASSAGE & BODYWORK

Karma's spa team are certified in Anatomy & Physiology and healing Reiki. All massages can be tailored to your needs.

In-villa massages available.

## KARMA RHYTHM SIGNATURE MASSAGE

We blend long and flowing massage movements with deep therapeutic bodywork and accupressure to return you to blissful balance. Experience mind-melting neck, head, scalp and shoulder massage with facial accupressure. Boosts circulation, vitality and oxygen flow.

60 minutes - IDR 1,375++ • 90 minutes - IDR 1,650++

## SACRED BALINESE MASSAGE

This time-honoured massage originates from the Balinese village healing traditions and has evolved over time. Delivered with relaxing movements and Balinese oils of Coconut oil, Jasmine and Ylang Ylang and Candlenut (kuki) seed oil. Feel relaxed and restored.

60 minutes - IDR 1,375++ • 90 minutes - IDR 1,650++

## YOUR TIME - BESPOKE MASSAGE

Need more focus on your neck and shoulders? How about more lower leg and feet massage? Every day is different, every body is unique.

Our skilled bodyworkers will tailor this massage to your needs.

60 minutes - IDR 1,375++ • 90 minutes - IDR 1,650++

## KARMA SURRENDER

A focused back, neck and shoulder therapy to release tightness and tension in the upper areas of the body. Slow down and surrender into the softness of your being. Delivered with a wildflower blend of Lavender, Jasmine and Ylang Ylang oils. Feels so good!

60 minutes - IDR 1,300++

### **KARMA FIT – DEEP TISSUE RECOVERY**

The ideal post work-out treatment for recovery and repair. We blend pressure point, acupressure, and gentle stretching to activate circulation, blood flow and oxygen flow. Enhances flexibility, mobility and range of motion.

45-minutes - IDR 1,200 • 60-minutes - IDR 1,350++

### **BODY SCULPTING WOOD THERAPY MASSAGE**

This full body aesthetic massage blends invigorating movements with Maderotherapy (wood therapy tools) to sculpt, tone and rejuvenate your body. Designed to break down toxins and fats, promoting circulation, lymphatic drainage and cellulite reduction. Feel vital and radiant.

60 minutes - IDR 1,350++ • 90 minutes - IDR 1,575++

*including Sculpting Gua Sha Face Massage*

### **REFLEXOLOGY – ANCHOR & GROUND**

Offered in our Spa Lounge overlooking the ocean or inside our Healing Suite only. We massage your lower legs and feet to boost circulation and oxygen flow. Then, a back, neck and shoulder therapy to release any tension in the upper body. Highly recommended for jet lag, fatigue and sleep issues.

60 minutes - IDR 1,150++

### **WARM STONE BACK, NECK & SCALP – NERVOUS SYSTEM REGULATOR**

When you are experiencing chronic stress, tension or sleep issues this therapy will sort you out. The warm and weight from the stones feel so relaxing for mind and body, melting away tightness and easing you into grounded bliss.

Concludes with a mind-soothing head and scalp therapy.

60 minutes - IDR 1,300++



# HOLISTIC + NEW AGE FACIALS

## THE KARMA SIGNATURE

We begin with a soothing neck and shoulder massage to help you unwind. A deep cleanse and exfoliation follows with layerings of hydrating oils, creams and serums. A divine sculpting facial massage smooths out fine lines, lifts and tones the skin. Includes Red Light Therapy booster to boost radiance and glow.

75 minutes - IDR 1,300++ - *includes Red Light Radiance Therapy*

## SCULPTING FACE MASSAGE

A slow and meditative facial massage to nurture your skin and spirit. We blend Ayurvedic marma point therapy with acupressure to stimulate the facial muscles, activate lymphatic flow, and improve circulation. Feel calm, connected and radiant.

60 minutes - IDR 1,200++

## MICRO-EXFOLIATOR - FACE, NECK & DECOLLETE

The Athena Micro Exfoliator is an advanced machine-based gentle exfoliation treatment for exfoliation of the upper level of the epidermis. Effective for lifting away dry and flaky, dead skin and pigmentation. Activates collagen, enhancing smoothness and radiance, and reducing acne, scars and fine lines. Sunscreen is applied after this treatment.

60 minutes - IDR 1,200++

## FIRE & ICE GUA SHA FACIAL

Experience the skin sculpting and tightening benefits of contrast therapy. We combine wild rose skincare with alternate applications of ice globes and warm rose quartz gua sha face massage. Brings circulation and vitality to the skin, reducing puffiness and inflammation while plumping and firming. An instant skin booster!

60 minutes - IDR 1,200++

## RED LIGHT THERAPY RADIANCE (RLT)

Experience the benefits of low-level wavelengths of red light therapy upon the skin. Boosting for circulation and collagen, bringing glow and vitality to your complexion. Recommended for reducing the appearance of fine lines.

30 minutes - IDR 700++ - *includes lower leg and foot massage*



# INTRACEUTICALS OXYGEN FACIALS

We offer the high-performance, celebrity-endorsed Oxygen Infusion Facials that bring hydration and radiance to your skin. Zero Downtime, Instant Glow.

## ULTIMATE OXYGEN FACIAL

The ultimate luxurious facial for skin luminosity. and the cream of the crop of oxygen facials. We begin with an upper body neck and shoulder massage followed with cleansing and an infusion of oxygen, hyaluronic acid and vitamins. Smooths away the fine lines, plumping and hydrating the skin. Emerge gorgeous and glowing.

90 minutes - IDR 1,575++

## CRYO LIFT OXYGEN INFUSION

We apply an infusion of oxygen that cools and plumps the skin texture, smoothing out fine lines, in particular around the eyes, forehead and mouth area. Your skin will appear smoother, fresher and glowy.

*Includes a complimentary Red Light Therapy to bring circulation and vitality to the skin.*

Depart holiday ready - hydrated and glowing!

60 minutes - IDR 1,300++ | *For enhanced results, level-up with a Micro- exfoliation and or Rejuvenate Oxygen Infusion.*

## OPULENT OXYGEN INFUSION

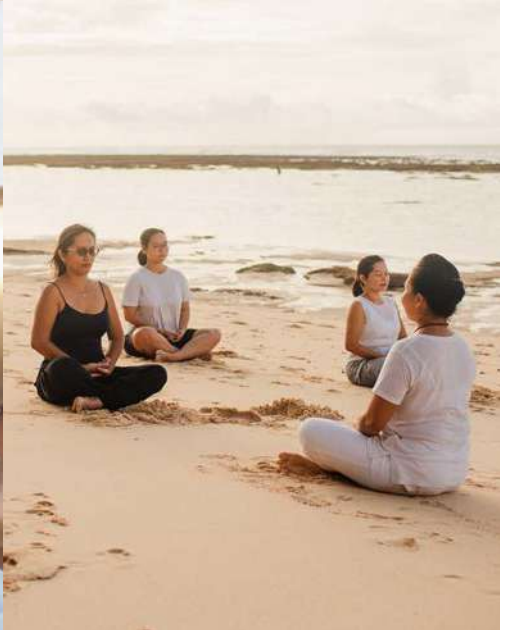
Brightens, lightens and smooths the skin. Recommended for skin experiencing sun damage and pigmentation. We combine oxygen infusion with vitamin-c enriched skin care to illuminate the skin while reducing the appearance of uneven skin tone.

60 minutes - IDR 1,300++

## REJUVENATE OXYGEN INFUSION

The ultimate hydration booster! During this facial treatment, we apply a potent blend of Hyaluronic acid and vitamins to give your skin instant moisture. Helps to reduce the appearance of fine lines and promote hydrated and glowing skin.

60 minutes - IDR 1,300++



# UNIQUE TO BALI

## LOCAL PRACTITIONERS, MASTERS & HEALERS

Experience this rare opportunity to have a session with a real-life Balinese master. We have connected with Bali's most renowned practitioners who are revered in their craft. Healing offers a pathway to clear the energy and return to your heart and positive balance.

These healings are offered in our Healing Vibrations Suite

### BALINESE TEMPLE BLESSING CEREMONY

Experience an authentic and traditional Balinese priest blessing performed with flowers, holy water and prayer, Includes a 2-hour massage, scrub and facial. A beautiful way to honour your anniversary, wedding – and self!

3 hours - IDR 2,650 ++ per person / IDR 4,750 ++ per couple

### DAYU CITRA - SOUND HEALING OR TAROT

*Sound Healer, Meditation & Tarot Readings*

Meet Citra Kusuma Ida Ayu who is born into a lineage of Balinese healers. Dayu blends Tibetan sound bowls with chakra balancing and crystal therapy. Dayu is also a revered Tarot Reader and hosts private, family, couples and group Sound Healing Meditations.

60 minutes - IDR 1,500 ++ per person

### ERYKA - REIKI, HYPNOTHERAPY & HEART HEALING

Meet Balinese-born Eryka who has a natural gift for healing. She blends reiki energy healing work with heart activation healing. Recommended to help release traumas, anxiety and blocked energy. Her 'Heart Healing Activation' includes a beautiful spirit-softening chakra opening facial massage.

60 minutes - IDR 1,500 ++ per person

### **MADE WARMANA - BALINESE REIKI HEALER**

Meet I Made Warmana, one of Bali's most renowned and powerful reiki healers. Made will help to release energies such as negativity, anxiety, and trauma trapped in the body. Recommended for better sleep, clarity, emotional and mental support.

60 minutes - IDR 1,500++ per person

### **SHELA - TAROT MASTER**

When you need clear guidance in areas of life such as love, career, finance and family. Shela's readings offer a rare opportunity to reflect and reset your life. They are deeply supportive and solution-oriented, giving you the opportunity to begin anew!

60 minutes - IDR 1,800++ per person

### **PUTRA - BALINESE REIKI MASTER**

Introducing I Kadek Putra, a renowned yoga and reiki master. Putra blends energy clearing with reiki healing and prana breathwork - complimented with sound bowls and chanting mantras.

60 minutes - IDR 1,500++ per person



# KARMA FIT

Discover new ways to move, strengthen, build muscle and enhance your energy, vitality, health and happiness.

## KARMA YOGA STRETCH

Everyday 8-9am

Maintain core strength, muscle tone and energy levels on your vacation. Join us at our spa lounge overlooking the Indian ocean. Feel inspired as our expert instructors lead you through flowing and restorative movements tailored to all levels.

60 minutes - IDR 160++ per person (bookings essential)

## DAILY BOXING + MUAY THAI

Tuesday - Sunday 9.30 - 10.30am

Experience the ultimate workout. Muay Thai is also known as 'Thai boxing' is a full body workout fusing dynamic punches, upper cuts, kicks, elbows and knees. Hosted at the Rooftop Mentari Residences where we have our very own boxing ring.

60 minutes - IDR 175++ per person (Private sessions available)

## KARMA E-BIKE ADVENTURE

Every Friday from 8 - 9.30am

Join us for a safe and relaxing guided journey through some of Southern Bali's most picturesque and secluded coastal roads. Experience a connection to this unique island and its natural beauty.

IDR 750++ per person



## **MICRO FITNESS WORK-OUTS**

*Every Tuesday-Saturday*

Experience 45 minutes boosters to build strength, muscle and cardio health

**1pm** - beginners class – learn to lift weights, improve strength and tone up

**2pm** – advanced class – weight class and whole-body functional fitness

Available to in-house guests only IDR 200++

*Classes limited to 5 pax*

## **PRIVATE YOGA**

Treat your sacred being to a personal yoga tailored to your body's needs. We guide you through postures, movements, stretches and meditation to enhance your complete wellbeing.

60 minutes - IDR 550++ (1-2 pax)

## **FITNESS ASSESSMENT**

*Every Tuesday-Saturday*

It's never too late to upgrade your fitness goals. Our manual Fitness Test includes flexibility and range of motion, resting heart rate, muscular strength, and cardiovascular endurance. We help you identify areas for improvement for your health journey ahead.

30 minutes - IDR 350++

## **PERSONAL TRAINING**

Upgrade your fitness levels, flexibility and range of motion, cardiovascular health. Your PT session includes a Fitness Assessment followed with a personalized exercise program tailored to your lifestyle and needs.

60 minutes - IDR 550++

## **LEARN TO MEDITATE**

Learn the empowering practice of meditation. A regular practice will rebalance and settle the nervous system, boosting feelings of happiness and wellbeing. What's not to love about that!

60 minutes - IDR 650++ (1-2 pax)



# GROOM & GLOW

Our spa team has been certified by Glo Day Spa to deliver a high standard of hygienic nail care. We use the professional OPI brand for lasting results.

## LUXE MANICURES

Relax in bliss with views overlooking the Indian ocean. Your hands are soaked, cleansed and exfoliated, then expertly filed, shaped and buffed and polished to perfection. Select the colour of your choice. Includes a soothing hand and arm massage.

75 minutes IDR 650++ each

## LUXE PEDICURES

Relax in bliss with views overlooking the Indian ocean. Your feet are soaked, cleansed, and exfoliated with expert nail shaping, file, buff and polish. Select the colour of your choice. Includes a soothing foot and leg massage.

75 minutes - IDR 700++ each

## LONG-LASTING GEL MANICURES OR PEDICURES

Feel holiday ready with our signature high-gloss Gel Manicures and Pedicures. We apply OPI Gel to give you luxuriously long-lasting and shiny nails. Includes a relaxing foot soak and scrub. Recommended for weddings, events, and vacations!

75 minutes - IDR 850++

## MEN'S MANI OR PEDI

Relax in style as your feet are soaked, cleansed, and scrubbed using natural products. We groom your nails to perfection with a clean, cut, trim and shape.

60 minutes - IDR 650++ each | IDR 1,250++ combination

# UNION – FAMILY TIME

## KIDS FUN & MOVEMENT + YOGA

Introduce the young ones to the benefits of moving and stretching. The classes are light and playful - just the way life is meant to be.

IDR 250++ including a fresh juice and gift. (*under 12 years old*)

## YOU GLOW MANI or PEDI

Treat your little ones to a gorgeous mani and pedi overlooking the ocean!

Ideal for kids under 12 years old.

60 minutes - IDR 650++

## FEEL CALM SEASIDE FOOT MASSGE

Your kids will love this gentle yet grounding lower leg and foot massage with views across the ocean - calming for mind and energy.!

45 minutes - IDR 650++

## MOTHER + DAUGHTER PEDI (or MANI) TIME

Experience sacred connection time. Your feet are soaked, scrubbed, filed and polished to brand new. Served with refreshments.

For teenagers under 12 years old only.

75 minutes - IDR 1.100++ (2 pax)

# OPTIMAL PROGRAMS

## REVITALIZE, ELEVATE, OPTIMIZE

Elevate your wellbeing with these protocols promoting wellbeing, energy and performance. IV Vitamin Therapy boosts immunity, supports recovery during stress, jet lag, and overall vitality.

### OPTIMAL BEAUTY

Glow from the inside out

30 minutes Unwind Reflexology (during IV)

Anti Aging Drip (500 ml Infusion, Vitamin C, Antioxidant drip)

90 minutes Supreme Oxygen Infusion Facial + Red Light Therapy

IDR 2,750++

### OPTIMAL RECOVERY

Restore your Vitality

30 minutes Unwind Reflexology (during IV)

Super Immune Booster (500 ml Infusion, Complete Vitamin A, B, C, D, E drip)

60 minutes Bespoke Massage

IDR 2,500++

### OPTIMAL DETOX

Purify from Within

60 minutes Infrared Sauna + Cold Plunge Circuit

60 minutes Lymphatic Drainage Massage

Jet Lag Recovery (500 ml Infusion, Stomach Protector, Vitamin C, Antioxidant, Complete Vitamin B drip)

IDR 2,600++

# INDIVIDUAL IV VITAMIN THERAPY

Intended to restore your vitamin and nutrition level,  
refresh your physical appearance and to revitalize your overall well-being.

## BASIC IMMUNE BOOSTER

500ml Infusion + Complete Vitamin B drip - IDR 1,200++

## PREMIUM IMMUNE BOOSTER

500ml Infusion + Complete Vitamin B drip + Vitamin C drip - IDR 1,600++

## SUPER IMMUNE BOOSTER PACKAGE

500ml Infusion + Complete Vitamin A, B, C, D, E drip - IDR 1,675++

## ANTI AGING DRIP

500ml Infusion + Vitamin C + Antioxidant drip - IDR 1,250++

## PREMIUM HANGOVER

500ml Infusion + Stomach protector + Painkiller + Anti Nausea - IDR 1,650++

## TRAVELER PACKAGE

500ml Infusion + Vitamin B + Anti Oxidant - IDR 1,500++

## BALI BELLY CURE PACKAGE

500ml Infusion + Stomach Protector + Anti Cramps Injection  
+ Anti Nausea/Vomit + Vitamin B - IDR 2,700++

## JET LAG RECOVERY

500ml Infusion + Stomach Protector + Vitamin C Injektion  
+ Antioxidant injection + Complete Vitamin B drip - IDR 2,250++

## FLU RELIEVER PREMIUM MYERS COCKTAIL

500ml Infusion + Stomach Protector + Antioxidant Injection  
+ Multivitamin drip (Vit. A, B, C, D, E) - IDR 2,500++

**Adds On :** Saline IDR 100++ • Anti Vomiting IDR 100++ • Pain Killer IDR 150++ • Antioxidant IDR 250++  
Energy Booster IDR 250++ • Stomach Protector IDR 350++ • Zinc IDR 100++

# ACUPUNCTURE TREATMENT SERVICES

## INTRODUCING JOE PUTRA

Joe Putra is a certified Acupuncturist with extensive experience in wellness clinics and spas. He trained at the University of Traditional Medicine in Mandalay and specializes in personalized acupuncture treatments to restore balance, health and inner harmony

## CLASSIC BODY ACUPUNCTURE

Tailored to address stress, insomnia, emotional, hormonal and nervous system issues. This treatment begins is tailored to your needs, focusing on bringing your whole-body system into beautiful balance.

## MASSAGE THERAPY + ACUPUNCTURE

A personalized massage combined with acupuncture targets your specific needs, relieving tension and promoting holistic healing. Recommended for relieving muscle tension and chronic pain and inflammation.

## ACUPUNCTURE + MOXA

Recommended for conditions related to cold or energy deficiencies, improve blood flow, relieve pain, and strengthening overall health. This therapy involves burning dried mugwort (moxa) near or on specific acupuncture points. Stimulates circulation, promoting the flow of qi (energy), and restoring the body's balance of yin and yang.

## ELECTRIC ACUPUNCTURE

Electric stimulation of acupoints unblocks stagnate energy, regenerates nerve cells, and improves blood circulation. Intensifies traditional acupuncture benefits, promoting faster healing and relief from pain and neurological conditions.

60 minutes - IDR 1,500++ per person



## SPA & DINE

### LOVE ON THE EDGE OF PARADISE

Perched high on the cliffs, your journey begins with a soul-soothing couples massage in our Ocean Bales, where the sound of the sea ushers you into pure bliss.

Serenity continues with our sunset wellness ritual: unwind in an infrared sauna, refresh in an ice bath, and soak in a warm magnesium pool.

As night falls, indulge in a romantic three-course culinary journey prepared by our world-class chefs. Begin with shareable starters - tomato and burrata, calamari, and beef carpaccio, and a vibrant superfood salad. For mains, choose between pomfret filet in “crazy water” or braised beef short ribs with Barolo and polenta, with vegetarian and vegan options available.

Toast to love with a bottle of sparkling wine, and end on a sweet note: rustic tiramisu and velvety vanilla panna cotta with a zesty orange granita.

From a massage table to candlelit dinner - passion meets paradise at Karma Spa

**IDR 6,500++ PER COUPLE**

Price are listed in '000' Indonesian Rupiah and subject to 10% service charge & 11% government tax

## HOW TO SPA

We suggest you arrive fifteen minutes before your scheduled treatment to unwind and immerse in the incredible cliff ambience and enjoy our welcome refreshments. Pre-treatment relaxation prepares you better for your spa journey.

No need to bring anything as we provide all the comfortable attire you need during your wellness experience. We advise you to avoid drinking caffeine or alcohol before your treatment.

Do let us know in advance if you are pregnant or have any health concerns or specific issues you would like us to address. For young travelers we prefer an adult to be present.

All treatments are subject to 21% government tax and service charge. Cancellations of treatments need to be communicated at least 24 hours prior to the appointment to avoid a 100% charge of the booked treatment. Tipping is acceptable. Many of our treatments can also be performed in your own villa.

WE WISH YOU A SOUL-NOURISHING STAY IN BALI.



## ACCOLADES

### KARMA SPA



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