

## MEET BALI'S RENOWNED HEALERS

### BUDIADA - Acupressure Master

Introducing Budiada, Karma Spa's Head Trainer who is masterful in acupressure massage and reflexology. He is sought after for his high-level, intricate bodywork - recommended for sports recovery, fatigue and sleep issues.

60 minutes - 1.250++ per person

### PUTRA - Reiki Master

Introducing I Kadek Putra, a renowned yoga and reiki master. He combines his reiki energy healing with prana breathwork, healing sound bowls and chanting mantras. Most guests who book a session with Putra book another one!

60 minutes - IDR 1.500++ per person

### NI WAYAN WIRATI - Tai Chi and Yoga

Meet the vibrant Wayan Wirati, a practitioner of meditation who leads inspiring yoga and tai chi classes. She has received holy knowledge with Jhana Buda Shiva and blessing from Sri Jaya Shakti (Master Ketut Arsana).

60 minutes - IDR 950++ per person

### ERYKA

Reiki, Hypnotherapy & Heart Healing

Meet Balinese-born Eryka who has a natural talent for healing on multiple levels. Hypnotherapy works to reset your life by clearing unresolved traumas, wounds, anxiety and releasing negative patterns. Her 90-minute Heart Activation blends healing reiki with chakra opening facial massage. She also offers Healing Reiki and Hypnotherapy sessions to help one reset unhealthy patterns and clear unresolved emotions, issues and traumas.

60 minutes - IDR 1.500++ per person

### MADE WARMANA - Balinese Reiki Healer

Meet Made I Warwmana, Bali's renowned reiki healer who has worked all over the world. Made will help release negative thoughts, anxiety, insomnia and trauma from your body. Recommended for energy clearing and bringing positivity to your life.

60 minutes - IDR 1.500++ per person

### I WAYAN NANIK ANTARA

Yoga, Personal Training and Martial Arts

Meet the spiritual Nanik, an amazing yoga and personal training instructor and student of martial arts since he was 10 years old. Nanik is highly regarded for his professional, motivating and fun classes.

60 minutes - IDR 950++ per person

### DAYU CITRA

Sound Healer, Meditation & Tarot Readings

Meet Citra Kusuma Ida Ayur born into a lineage of Balinese healers. She blends Tibetan sound bowls with chakra balancing using crystal therapy. Dayu is a revered Tarot Reader and hosts private and group Sound Healing Meditations.

60 minutes - IDR 1.500++ per person

### SHELA - Tarot Master

Feel supported with Shela's deep and solution-oriented readings relating to romance, family, career, finance and so much more. Shela's readings give you a rare opportunity to focus, reflect, take charge of your life and begin anew.

60 minutes - IDR 1.500++ per person

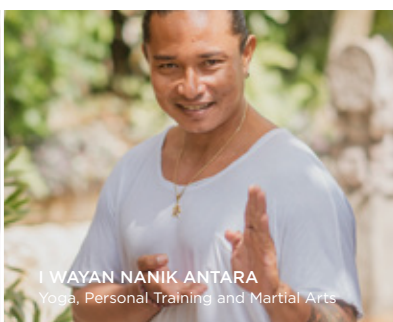
Price are listed in '000' Indonesian Rupiah and subject to 10% service charge & 11% government tax



**BUDIADA**  
Acupressure Master



**MADE WARMANA**  
Balinese Reiki Healer



**I WAYAN NANIK ANTARA**  
Yoga, Personal Training and Martial Arts



**NI WAYAN WIRATI**  
Tai Chi and Yoga



**PUTRA**  
Reiki Master



**ERYKA**  
Reiki, Hypnotherapy & Heart Healing



**DAYU CITRA**  
Sound Healer, Meditation & Tarot Readings



**SHELA**  
Tarot Master

# KARMA SPA

TREATMENTS, YOGA, HEALING & WELLBEING



*K*  
*Karma Spa*

WE CREATE... WELLNESS



# SPA ETHOS

Karma Spa offers sublime experiences to nourish, nurture, and cure. Our spa features traditional thatched-roof bales set into rugged limestone cliffs with 180 degrees of ocean views.

The centerpiece is our cliff Ocean Spa Suite featuring an open-air massage bale with private Infrared Sauna and Soaking Pool. Be nurtured by our spa team of anatomy-trained bodyworkers who deliver treatments that restore and replenish.

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

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**#experiencekarma**

# TREATMENT HIGHLIGHTS

Couples Ocean Spa Suite

Island Rituals

Massage + Bodywork

Sacred Balinese

Balinese Healers & High Vibrations

Holistic + New Age Facials

Intraceuticals Oxygen Infusions Facials

Groom + Glow

Yoga + Movement

Family Spa Time

In Villa Spa Treatments





# COUPLES OCEAN SPA SUITE

## AN INVITATION TO CONNECT

Situated on the cliff overlooking the Indian Ocean, your private open air cliff spa suite is one of the most beautiful locations in the world.

This space features a glass-walled Infrared Sauna and Shower and Soaking Pool - and is the ideal playground to explore, connect and be.

Infrared Sauna is recommended for releasing toxins through the skin, cell detoxification, hangover, skin glow and relaxation.

All packages include complimentary coconut water and refreshments.

### **JUST BE SAUNA ESSENTIAL**

60 minutes - IDR 650++ per couple

### **FEEL LIBERATED - SAUNA, SCRUB + MASSAGE TIME**

120 minutes - IDR 2.700++ per couple

### **COUPLES CONNECT**

3 Hours of unlimited treatments and connection time  
with Karma Signature Reserva Sparkling Wine.

IDR 4.500++ naturally, is also flexible.

# NOURISH - MASSAGE + BODYWORK

karma's spa team train year-round with certified massage experts, health practitioners and healers and deliver deeply therapeutic experiences. They have trained in Anatomy and Reiki. All massages can be tailored to your individual needs.

## KARMA SURRENDER

This therapy focuses on releasing stressors, tightness and tension stored in the upper areas of our body. We integrate warm aromatherapy compress to soften tight muscles with a soul-enriching neck and shoulder release. Surrender into the softness of being.

30 minutes - 650++ / 45 minutes - 750++

## KARMA RHYTHM MASSAGE

A divine full body massage weaving together mind-melting neck, shoulder and upper back bodywork. Layered with luscious indigenous oils, this signature massage is co - created by the renowned TCM practitioner, Joko Tri Li. Karma bodyworker's press all the key points to activate circulation and oxygen flow. Feel transformed.

60 minutes - 950++ / 90 minutes - 1.250++

## YOUR TIME - BESPOKE MASSAGE

Every day is different. Everybody is unique. Seek more attention on your back, upper body and shoulder area? Only desire mind-soothing face and neck therapy? This artisanal massage is personalized for your needs. The session time, naturally, is also flexible.

60 minutes - 950++ / 90 minutes - 1.250++

### **WARM STONE BACK, NECK & SHOULDER REMEDY**

Surrender into soothe as warm river stones are massaged along key stressor points - lower back, back, neck and shoulder area. The warmth and weight of the stones combined with massage feels divinely relaxing.

Concludes with a tension- releasing face, head and scalp massage.

60 minutes - 950++

### **FEEL GOOD - FOOT + LEG MASSAGE**

Mind-nourishing lower leg and feet with hand and arm massage.

Skillful acupressure bodywork to boost circulation and oxygen flow.

Concludes with a therapeutic Karma Wow neck and shoulder therapy.

Feels blissful and relaxing.

60 minutes - 950++ / 90 minutes - 1.250++

### **DEEP TISSUE RECOVERY**

The ideal massage if you live an active lifestyle and need muscle repair and recovery time. We focus on your tension areas by using stress - relieving pressure point, acupressure, and gentle stretching. Tailored to enhance flexibility, range of motion and energy levels.

60 minutes - 950++ / 90 minutes - 1.250++





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# TAKE YOUR TIME

## ISLAND RITUALS

Relax and let us treat you to the best of island Bali – using local coconut oil, sea salt, herbs and essential oils. We can pair this with a complimentary steam in our private Healing Vibrations Suite

### ISLAND DETOX

30 minutes Infrared Detox Sauna + Warm Sea Mineral Scrub  
+ 60 minutes Bespoke Massage

### ISLAND ESCAPE

60 minutes Balinese massage + 30 minutes Warm Sea Salt Scrub  
+ 30 minutes Karma Yoga Facial Massage

### ISLAND SIESTA

60 minutes Balinese Massage + 30 minutes Karma Yoga Facial  
+ 30 minute Feel Good Foot + Leg Massage

120 minutes IDR 1.500++ per person  
IDR 2.500++ per couple



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# SACRED - BALINESE MESSAGES

This time - honored message has been passed down over generations throughout the villages of Bali. We pour warm coconut oil along your body with long and flowing movements to bring balance to body, being and energy.

**We invite you to upgrade your 60 minute Sacred Balinese Massage ...**

## ***with* WARM COCONUT OIL**

Your massage is enhanced with more focus on the tight spots - upper back, neck, shoulder and scalp.

## ***with* WARM RIVER STONES**

Your massage is enhanced with a grounding warm stone back, neck and shoulder massage to melt away the stressor points, aches and pains.

## ***with* HEATED SALT POULTICES**

Your massage is enhanced with warm salt poultices pressed along the spine, neck and shoulder. Cleansing and alkalizing. Boost circulation and energy flow.

## ***with* HEALING FACIAL MASSAGE**

Your massage is enhanced with a signature Karma Yoga Facial massage. Calming intervention for a busy mind and sleep issues

75 minutes - 1.150++ / 90 minutes - 1.250++

# HOLISTIC + NEW AGE FACIALS

## THE KARMA SIGNATURE

We begin with a sublime neck and shoulder massage followed by a deep cleanse, scrub, moisturizer and serum. At the heart of this signature massage is a facial massage to release tension in the face, smooth out fine lines and bring relaxation to the mind. Depart clear and glowing.

60 minutes - IDR 950++

**Level-Up** - 30 minutes - IDR 500++ extra

**Anti Aging Oxygen Infusion** - smooth away fine lines around the mouth, forehead and eyes.

## DETOX SCULPT FACIAL

We begin with a deep cleanse for your face, neck and décolleté to lift away flaky and dry skin. Includes a scrub, mask and serums. The highlight is a sculpting facial massage to tone and firm the skin. Depart feeling fresh and revived.

**Neck + Shoulder Massage + Skin Exfoliation + Hydration Mask  
+ Facial Massage + Sunscreen Application**

90 minutes - IDR 1.100++

## KARMA MARMA YOGA FACIAL MASSAGE

Inspired by Ayurvedic wisdom, this is a slow style facial massage to nurture and nourish your skin and mind. We combine gentle acupressure with facial massage to stimulate those often-ignored facial muscles, activate lymphatic flow, and improve circulation and vitality. Feel calm and glowing.

45 minutes - IDR 650++

# INTRACEUTICALS OXYGEN INFUSIONS

## THE ULTIMATE OXYGEN INFUSION

The cream of the crop in advanced skin care – giving your skin a boost of hydration, plump, and luminosity. A deep cleanse is followed with an infusion of hyaluronic acid and vitamins. Smooths away the appearance of fine lines and wrinkles. Zero downtime. Emerge gorgeous and glowing.

*\*Recommended for weddings, parties and events.*

### Micro-Exfoliator + Rejuvenate Oxygen Infusion + Anti Aging Oxygen Infusion

120 minutes - IDR 1,500++

## REJUVENATE OXYGEN INFUSION

The ultimate hydration booster! During this facial treatment, we apply a potent blend of Hyaluronic acid with antioxidant-rich vitamins to give your skin an instant lift. Helps to reduce the appearance of fine lines and wrinkles. Embody super hydrated and glowing and skin.

60 minutes - IDR 850++

## ANTI AGING OXYGEN INFUSION

A fabulous facial to smooth the appearance of fine lines around the eyes, forehead, and mouth area. Your skin will appear younger, fresher and hydrated. \*For enhanced results, we suggest you pair with our Micro- exfoliation and/or Rejuvenate Oxygen Infusion.

30 minutes - IDR 750++

## MICRO-EXFOLIATOR - DEEPER CLEANSE

When your skin feels dry and flaky, and you need a deeper cleanse. This is a machine-based exfoliation where a tip is gently smoothed around your face, neck, and décolleté area to lift away dead skin cells. Activates collagen. Sunscreen is applied after the treatment.

45 minutes - IDR 650++





# ATTUNE – HEALERS AND HIGH VIBRATIONS

Om away from home - we have connected with the best healers on the island to help you realign and live at your highest vibration. Our Healing Vibrations Suite features a private steam room.

## **SALT + STONE RITUAL**

Sage Energy Clearing + Karma Rhythm Massage with Warm Salt Herbal Poultices + Balinese Salt Scrub + Steam + Shower + Karma Yoga Facial

120 minutes - IDR 1,500++ per person / IDR 2,500++ per couple

## **MADE WARMANA**

BALINESE REIKI HEALER

Meet Made I Warmana, a renowned Balinese reiki healer who has worked all over the world. We recommend Made for powerful energy clearing and bringing more positivity to your life.

60 minutes - IDR 1.500++ per person

## **I WAYAN NANIK ANTARA**

YOGA, PERSONAL TRAINING & MARTIAL ARTS

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60 minutes - IDR 1.500++ per person



# BE COCOONED IN VILLA TREATMENTS

When you need the ultimate privacy, our team of skilled bodyworkers will create and deliver a memorable experience in your own villa

## **IN-VILLA COUPLES ESCAPE**

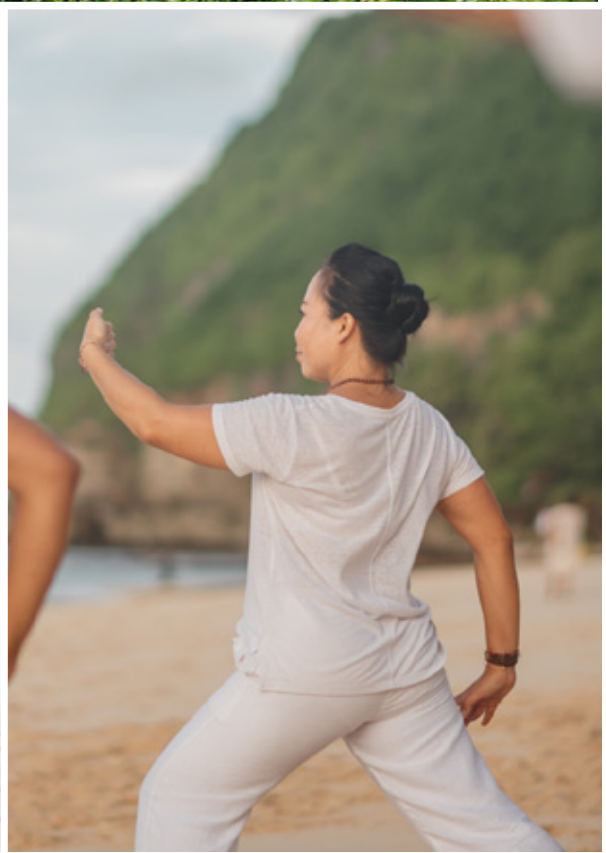
Experience a soothing couples massage in the privacy of your own villa. We set up the space – all you need to do is relax and let our expert team artfully massage your body to bliss.

60 minutes - IDR 2.100++ per couple

## **MASTER ACUPRESSURE WITH BUDIADA**

Introducing Budiada, Karma Spa's Head Trainer who is masterful in acupressure massage and reflexology. He is sought after for his high-level, intricate bodywork – recommended for sports recovery, fatigue and sleep issues.

60 minutes - 1.250++ per person



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# ELEVATE - YOGA + MOVEMENT

## SUNRISE TAI CHI

Awaken your body and energy feeling more powered and inspired. Tai Chi is a traditional Chinese discipline regarded for its physical, emotional and longevity benefits. Be guided through a series of movements to improve circulation and chi energy flow. Tune in and embrace the beauty of your life against the backdrop of warm tropical air and healing waves.

60 minutes - IDR 950++ (1-2 pax)

## PRIVATE YOGA SESSIONS

Maintain core strength, muscle tone and positive vibration during your vacation. Your instructor will lead you through a series of restorative movements to strengthen and lengthen the body. Sessions are appropriate for all levels, from the novice to the experienced practitioner.

Breathe fully and feel radiant and empowered.

60 minutes - 950++ (1-2 pax)

## PERSONAL TRAINING

Maintain your muscle tone, energy, and fitness while on vacation. Our Personal Trainer is a yoga instructor, martial arts practitioner and fitness trainer and can blend weights, cardio, martial arts, yoga and stretching, boxing and more. Our Personal Trainer will tailor the workout to your needs.

60 minutes - 950++ (1-2 pax)

## LEARN TO MEDITATE

The art of stilling our mind is one of the best self-care practices for lasting mental and emotional wellbeing. Tuning inward and listening to the wisdom of our own breath and being can invoke profound transformation. A regular meditation practice is thought to lower heart rate and blood pressure, enhancing memory function, empathy and a stronger sense of self.

60 minutes - 950++ (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 professional OPI Products that work well in the humidity.

### HIGH GLOSS GEL MANICURES OR PEDICURES

Get holiday ready with our signature OPI Gel Manicures and Pedicures. After your foot soak, cleanse, and exfoliation, we apply an OPI Gel to give you five- star long lasting shiny nails. Recommended for weddings, events, and vacations!

60 minutes - IDR 650++ each

### OCEAN-VIEW MANICURES OR PEDICURES

Experience your manicure and/or pedicure overlooking the Indian ocean. Your feet are soaked, cleansed, and exfoliated then shaped, filed and buffed to new with an optional polish of your choice. Includes a soothing foot and leg or hand and arm massage.

60 minutes - IDR 750++ each / IDR 1.400++ combination  
French Polish IDR 850++

### SPRUCE UP MEN'S MANI OR PEDI

Your feet are soaked, cleansed, and exfoliated.  
We then groom your nails to new - cleaned, cut and trimmed.

60 minutes - IDR 750++ each

### EXPRESS MANI OR PEDI'S

When time is of the essence. Let your hands and feet be soaked, cleansed and gently scrubbed. Includes clipping, trimming, file, cut and shape.

45 minutes - IDR 400++ each

# UNION – FAMILY SPA TIME

## **KIDS YOGA**

Kids love to learn and move. A great way to introduce young ones to the benefits of stretching. These classes are light and playful - just the way life is supposed to be.

60 minutes - IDR 570++ (1-2 kids)

## **YOU GLOW MANI + PEDI**

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

60 minutes - IDR 600++

## **FEEL CALM FOOT MASSGE**

Your kids will love their lower leg and gentle foot massage overlooking the ocean – helps to calm down a mind and help them sleep well.

45-minutes - IDR 500++

## **MOTHER DAUGHTER PEDI TIME**

Spend time together having your toes soaked, scrubbed filed and polished.

60 minutes - IDR 1,350++

This treatment be swapped for a manicure.



## ROMANTIC CANDLELIT DINNER ON THE EDGE OF PARADISE

Situated on the cliff overlooking the vast Indian Ocean, your Karma experience begins with a deeply relaxing full body couples massage, followed by a detoxifying Infrared Sauna session. Known as one of the best health regimes today, a 75 minute session is said to increase blood and nutrient supply leaving the skin radiant and purified. In a state of total serenity, soak in a Himalayan crystal salt Jacuzzi with a breathtaking sunset as a backdrop.

After sunset, our Executive Chef prepares one of his specialties, a Seductive Seafood Dinner for Two with the perfect complement such tea tower with canape starter, two types of salad, main course option of chicken or rack of lamb and signature desserts. A bottle of sparkling wine rounds up the perfect evening. Karma Kandara's Romantic Candlelit Dinner intertwines the best of natural beauty and culinary excellence.

IDR 4,500++ Per Couple

## HOW TO SPA

We suggest you arrive at least ten minutes before your scheduled treatment to relax and enjoy your welcome refreshments. Pre-treatment relaxation also prepares you better for your spa journey.

No need to bring anything as we provide all the comfortable attire you need during your spa experience. We advise you to avoid drinking caffeine or alcohol before your treatment. For young travelers we prefer an adult is present.

Do let us know in advance if you are pregnant or have any health concerns or specific issues you would like us to address.

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 50% 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.



**KARMA SPA @ KARMA KANDARA**

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**KARMAGROUP.COM**