

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 the cliff Ocean Spa Suite featuring an open-air massage bale with ocean-view Infrared Sauna, Ice Bath, Ocean Shower, and Warm Soaking Pool. Be nurtured by our spa team of anatomy-trained bodyworkers who deliver treatments that restore and replenish.

karmagroup.com

f [karmaspas](#) **@** [karmaspas](#)

#experiencekarma

TREATMENT HIGHLIGHTS

Ocean Spa Suite - Infrared Sauna + Ice Bath

Unique to Bali - Healers

Island Rituals

Massage + Bodywork

Sacred Balinese

Holistic + New Age Facials

Groom + Glow

Yoga + Movement

Family Spa Time

In Villa Spa Treatments

Spa & Dine

Blue Zone Wellness Day Retreat



OCEAN SPA SUITE

AN INVITATION TO CONNECT...

Situated on the cliff overlooking the Indian Ocean, our Ocean Spa Suite is one of the most beautiful locations in the world. The open-air space features an Infrared Sauna, Ice Bath, Ocean Shower and Cliff Soaking Pool - the ideal playground to explore, connect and be. Infrared Sauna is recommended for detoxification, skin glow and relaxation while Ice Bathing helps for muscle recovery, mental focus, reducing inflammation, jet lag, sleep and wellbeing.

All packages include complimentary refreshments.

JUST BE - FIRE + ICE INFRARED SAUNA + ICE BATH IMMERSION

Level up your mood and energy levels with this signature hot and cold therapy Journey between sessions in the Infrared Sauna and Ice Bath with Ocean Shower and warm Cliff Soaking Pool - feel invigorated.

60 minutes - IDR 750++ per person / IDR 850++ per couple

COUPLES CONNECT

Enjoy three hours of unlimited treatments of your choice complimented with a bottle of Karma Signature Reserva Sparkling Wine.

IDR 4.500++ per couple

OCEAN SPA RETREAT

Enjoy four hours of unlimited treatments of your choice complimented with a bottle of Karma Signature Reserva Sparkling Wine.

IDR 5.500++ per couple

FEEL LIBERATED - SAUNA + ICE BATH + DETOX SCRUB + MASSAGE

Treat yourselves to a warm sea salt scrub and full body massage of your choice complimented with a signature Fire + Ice Infrared Sauna + Ice Bath Ritual.

120 minutes - IDR 2.900++ per couple



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. Our Ocean Spa Suite features an Infrared Sauna, Ocean Shower, Ice Bath and warm Soak Pool - you'll feel so invigorated!

ISLAND DETOX

30 minutes Infrared Detox Sauna + Warm Sea Salt 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 1.900++ per person
IDR 2.900++ per couple

UNIQUE TO BALI

LOCAL HEALERS

Experience a once-in-a-lifetime opportunity to have a healing with a real-life Balinese healer or master. We have connected with the best local healers on the island to bring you back to your heart, center and balance. These healings are offered in our Healing Vibrations Suite, a cave-like haven featuring a private shower and steam.

BALINESE TEMPLE BLESSING CEREMONY

Celebrate love and gratitude with this traditional Balinese ritual. A beautiful way to honour your anniversary, wedding - and self! Your Balinese priest blessing is performed with flowers and holy water.

120-minute Sacred Balinese Massage with Cleansing Scrub + Facial + Sarong Dressing + Canang Offering + Priest Temple Blessing + Ginger Tea Refreshments

3 hours - IDR 2,500 ++ per person /IDR 3,5ml per couple

BALINESE SOUND HEALING MASSAGE

Experience the amazing sensation of a beautiful soothing massage delivered to a gentle live sound healing session performed by Dayu Citra. This is a high-touch, high-vibration treatment that consist of a Chakra clearing and balancing - feel transformed.

90-minutes - IDR 2.250++ per person

BUDIADA - ACUPRESSURE MASTER

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

60 minutes - IDR 1.250++ per person

MADE WARMANA - BALINESE REIKI HEALER

Meet Made I Warwmana, one of Bali's most renowned reiki healer who has worked all over the world. Made will help release any negativity, anxiety, insomnia and trauma trapped in the body. Recommended for energy clearing and enhancing positivity and wellbeing.

60 minutes - IDR 1.500++ 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. Most guests who book a session with Putra book a repeat session!

60-75 minutes - IDR 1.500++ per person

ERYKA - REIKI, HYPNOTHERAPY & HEART HEALING

Meet Balinese-born Eryka who has a natural gift for healing on multiple levels. She uses both Reiki and Hypnotherapy to clear any unresolved traumas, anxiety and release negative and unhealthy thoughts and lifestyle habits. Her 90-minute 'Heart Healing Activation' blends healing reiki with a beautiful chakra opening facial massage.

60-75 minutes - IDR 1.500++ per person

DAYU CITRA

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 a revered Tarot Reader and hosts both private, family, couples and group Sound Healing Meditations.

60-75 minutes - IDR 1.500++ per person

SHELA - TAROT MASTER

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

60-75 minutes - IDR 1.500++ per person

MASSAGE + BODYWORK

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

KARMA RHYTHM SIGNATURE MASSAGE

Restore. Replenish. Rejuvenate

This unique full body massage weaves long, flowing and fluid movements with deep therapeutic bodywork, Swedish and Balinese. Co-created with TCM practitioner, Joko Tri Li. Boosts circulation and oxygen flow.

60 minutes - IDR 1,150++ / 90 minutes - IDR 1,350++

SACRED BALINESE MASSAGE

Relaxation. Nurturing. Nourishing

This time-honoured massage originated from the Balinese village massage and has evolved over time. We use warm coconut oil from Bali to bring soothe to your mind and body. Feel relaxed and restored.

60 minutes - IDR 1,150++ / 90 minutes - IDR 1,350++

YOUR TIME - BESPOKE MASSAGE

Unique. Individual. Personalized

Every day is new, everyone is unique! Need more attention on your upper body area? Only desire mind-soothing face and neck therapy?

This artisanal massage is tailored to you.

60 minutes - IDR 1,150++ / 90 minutes - IDR 1,350++

KARMA SURRENDER

Destress. Release. Unwind

A focused back, neck and shoulder therapy to release all your tightness and tension in the upper areas of the body. Slow down and surrender into the softness of your being. Feels so good!

60 minutes - IDR 1,150++

KARMA FIT MASSAGE

Anti-inflammatory. Deep Tissue. Energy Replenish

The ideal massage to support and active lifestyle. We blend pressure point, acupressure and gentle stretching to activate circulation, blood flow, muscle repair and recovery. Enhances flexibility and range of motion.

60 minutes - IDR 1,150++ / 90 minutes - IDR 1,350++

UNWIND FOOT + LEG MASSAGE

Jet Lag. Boosts Circulation. Fluid Retention

Unwind as our skillful bodyworkers treat you to a mind-melting and blissfully relaxing lower leg and feet massage. Includes hand and arm massage as well as a therapeutic neck and shoulder therapy.

45 minutes - IDR 950++

CELLULITE MASSAGE

When you want to improve the appearance of your skin.

Your full body massage is delivered with sweeping, circular, kneading, skin rolling, palm pinching and squeezing techniques. Embody glowing and vital skin texture.

60 minutes - IDR 1,150++

TCM MODERN WELLNESS

When your body needs extra TLC, try these Traditional Chinese Medicine (TCM) therapies for sleep, skin and stress recovery.

LOWER BACK, NECK & SHOULDER TCM ACUPUNCTURE + MOXA + DEEP TISSUE

A targeted treatment to provide deep pain relief and wellbeing. Our TCM practitioner, Joe Putra integrates Acupuncture with Electroacupuncture, Moxa therapy and Deep Tissue massage. Recommended for chronic lower back pain and tightness in the neck and shoulder area.

SLEEP WELL TCM ACUPUNCTURE + MOXA + REFLEXOLOGY

A targeted treatment to assist with insomnia, jet lag and sleep health. Our TCM practitioner, Joe Putra integrates Acupuncture with Electroacupuncture, Moxa therapy and Reflexology to rebalance the nervous system, support relaxation and still the mind.

REMEDIAL HEALING MASSAGE + TCM ACUPUNCTURE THERAPY

A blend of healing massage bodywork with acupuncture and meridian therapy. We tailor this treatment to get to the root and help to resolve the cause of the issue. Release stagnation, boost circulation and oxygen flow in the body. Begin the journey to feel, function and live at your optimum health.

60 minutes - IDR 1,250 ++ / 90 minutes IDR 1,500

HOLISTIC + NEW AGE FACIALS

KARMA SIGNATURE FACIAL TREATMENT

We begin with a tension-releasing neck and shoulder massage followed by a deep cleanse and exfoliation. Layers of oils and hydrating creams and serums are applied for deep nourishment. At the heart, a divine facial massage smooths out fine lines and brings radiance to the skin.

Depart clear and glowing.

60 minutes - IDR 950++

30 minute Anti Aging Oxygen Infusion

30 minute Gua Sha Facial Massage

30 minute Micro-Exfoliator

IDR 500++ extra

DETOX GLOW 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 hydration serums. The highlight, a sculpting facial massage to tone and firm the skin. Depart feeling fresh, radiance and glowing.

90 minutes - IDR 1.100++

KARMA 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 750++

GUA SHA FACIAL

A beautiful slow sequence delivered with our signature Rose-infused skincare and a Rose Quartz Crystal and Gua Sha facial massage. We use warm Rose quartz crystals and a Gau Sha massage tool to lift, tone and sculpt the skin. As well, a cold beauty tool to revive the skin. Embody radiant and vibrant skin.

60 minutes - IDR 950++

90 minutes - with Hydration Mask and Arm + Hand Massage - IDR 1.100++

INTRACEUTICALS OXYGEN FACIALS

THE ULTIMATE OXYGEN FACIAL

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++

ELEVATE - YOGA + MOVEMENT

KARMA YOGA CLASSES - Om Away From Home

Join us at our spa lounge for these inspiring movement classes that awaken, stretch and replenish. Feel inspired as our expert instructors lead you through fun, flowing movements and postures tailored to your level. All are welcome!

Every Tuesday, Thursday and Sunday 8-9am.

60-minutes - IDR 100++ per person

I WAYAN NANIK ANTARA

Yoga, Personal Training & Martial Arts

Meet the spiritually positive Nanik who is an amazing yoga and personal training instructor as well as being a 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 couple

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) and hosts both private and group classes.

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

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 KARMA 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 - IDR 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 - IDR 950++ (1-2 pax)

LEARN TO MEDITATE

The art of stilling our mind is one of the best self-care practices for long-term wellbeing. Our instructor guides you through the class with ease and relaxation. A regular meditation practice is thought to lower the heart rate and blood pressure, and boost feelings of happiness, resilience and wellbeing.

60 minutes - IDR 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

OCEAN-VIEW MANICURES AND 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 650++ each / IDR 1.200++ combination
French Polish IDR 100++ extra per treatment

HIGH GLOSS GEL MANICURES OR PEDICURES

Get holiday ready with our signature Gel Manicures and Pedicures. Experience a relaxing foot soak and scrub. We apply OPI Gel to give you five- star long lasting shiny nails. Recommended for weddings, events, and vacations!

60 minutes - IDR 750++ each

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 550++ each / IDR 1.000++ combination

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

We offer a weekly complimentary Kids Yoga class at Three Monkeys Kids Club. Our classes are a fun way to introduce young ones to the benefits of moving and stretching. These classes are light and playful - just the way life is supposed to be.

Private Kids Yoga Class - 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 SEASIDE 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.

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

KARMA RESERVA COUPLES TREATMENT

Be treated to the ultimate luxury as we deliver your 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 you into bliss. Served with a bottle of Karma Signature Reserva Sparkling Wine.

90 minutes - IDR 3.500++ per couple

SLEEP WELL - MASTERFUL MASSAGE WITH BUDIADA

Experiencing sleep issues, jet lag or restless legs? We invite you to have a session with Budiada, Karma Spa's Head Trainer, who is masterful in acupressure and reflexology. He is sought after for his high-level bodywork to help remedy sports recovery, aches and pains, fatigue and sleep issues.

60 minutes - 1.250++ per person

LIVE IT UP - MARTINI & MANICURES and PINOT & PEDICURES

More joy is our mantra for 2023! Experience fabulous fun within your sanctuary villa as our spa team treat you to a choice of a manicure or pedicure (or both) complimented with a cocktail or glass of Pinot! All, this plus we give you an additional 15-minute lower leg and foot massage or neck and shoulder – just because you deserve it.

Martini & Manicure – IDR 845++ • Pinot & Pedicure – IDR 945++

Opi Gel & French Polish additional IDR 100++ per treatment



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 couples massage, followed by a detoxifying Infrared Sauna session. Continue your serenity with a plunge Cliff Soaking Pook with a breathtaking sunset as your 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, seafood 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

Jalan Villa Kandara, Banjar Wijaya Kusuma, Ungasan, Bali, Indonesia

Whatsapp: +62(0) 811 3821 5287 | E: spareception@karmakandara.com

KARMAGROUP.COM