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Karma Spa

TREATMENT MENU



Karma Spa offers sublime experiences to nourish, heal and nurture. Select from a variety of Asian-fusion, western and healing experiences. All treatments are performed slowly to ease you into an authentic state of deep healing.

SPA & WELLNESS CURATOR

ASIAN & WESTERN MASSAGES

soothe your mind & muscles

RELAX - SWEDISH MASSAGE

A gentle relaxing massage delivered with long & flowing strokes to ease you into a place of deep relaxation. Just some of the health benefits include detoxification in the muscles, improved circulation and relaxation.

60 minutes - ₹2,500

90 minutes - ₹3,500

CURE - AROMATHERAPY MASSAGE

This full body exquisite massage is delivered with a blend of massage techniques and pure Aromatherapy essential oils. Includes soothing foot reflexology, head and scalp massage to relieve tension and ease you into balance.

60 minutes - ₹2,500

90 minutes - ₹3,500

KARMA RHYTHM MASSAGE

Mind-melting movements. Lingering neck and shoulder massage. Extra focus on back areas. Thick luscious indigenous oils. This signature massage is co-created by renowned healer, Joko tri Li, who has trained in Traditional Chinese Medicine. Karma bodyworker's press all the right points to boost circulation and wellbeing.

90 minutes - ₹4,000

INTUITIVE BALINESE MASSAGE

Imagine the sensation of warm herbal oils from a traditional spouted tihanting pouring gently over your skin, the sent of indigenous insence stick fresh flowers presented on the Canang Sari daily offering and the sound of chime bells clearing your mind before your massage. This sacred massage is delivered deeply and slowly to help you relax in mind and body

60 minutes - ₹2,500

90 minutes - ₹3,500

SOOTHE -BACK MASSAGE

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

30 minutes - ₹1,750

WARM HERBAL COMPRESS

During this therapeutic treatment, steaming bundles of warm medicated herbs are pressed gently along your spine, neck and lower back to soothe and nurture. The warmth of the herbal compress works deeply to calm your nervous system and treat any muscle pain. Depart transformed.

30 minutes back & neck - ₹1,750

KARMA WOW

This slow and rhythmic neck and shoulder massage feels so restful. During this treatment your therapist works deeply to release any tension held in these areas of your body. Relax and allow all your tension to melt away.

30 minutes - ₹1,750

SOUL -FOOT REFLEXOLOGY

Slip off your shoes and relax as your therapist massages your feet and lower legs that will get circulation moving through your body. Helps to soothe and revitalize your body. Excellent for jet lag.

30 minutes - ₹1,750

DEEP CALM FACIAL

Relax as therapists treat you to our Karma Wow signature neck and shoulder massage to release any tight muscles and tension. A deep cleanse exfoliation and skin firming masque follows completing with a hydration moisturizer. Includes a soothing face and scalp massage.

60 minutes - ₹3,000

RETREAT TIME (2 Day Package)

Begins with a body massage of your choice followed by generous neck & shoulder massage. Conclude with your choice of foot massage.

60 – minutes – Balinese Massage

30 – minutes – Foot Massage

2 ½ hours - ₹5,000

RITUAL

time for self - nurture

DETOX COFFEE SCRUB, STEAM & MASSAGE

Regenerate via this purifying sequence of invigorating coffee scrub and steam for rejuvenation. Coffee is known for stimulating circulation and improving the skin texture. Results include smooth and firmer skin.

60 Minutes - ₹3,000

LAVENDER SCRUB & STEAM

A powerful scrub formula that gently exfoliates and soothes & calms the face & body. This face & body scrub reduces dead skin cells, leaving your skin smooth and supple.

60 minutes - ₹3,000

GODDESS RITUAL

Bestowed in candle-lit surrounds, the two-hour experience begins with a luxurious foot ritual, followed by your choice of Aromatherapy or Balinese massage. Completes with an Aromatherapy glow facial to leave you smoothed and radiant. Depart feeling soft and radiant.

2 hours - ₹4,000

AYURVEDIC WELLBEING

ABHYANGA AYURVEDIC MASSAGE

This full body massage is considered one of the most holistic styles today. Relax as an infusion of warm herbal oils are massaged into the body. The selection of oils works to deeply to improve circulation and relax your mind.

60 minutes - ₹2,500

90 minutes - ₹3,500

PODIKKIZHI - WARM HERBAL COMPRESS

During this therapeutic treatment, steaming bundles of warm medicated powdered herbs are pressed gently along the spine, neck and body to nurture. This herbal reviver works to calm your nervous system and treat muscle pain. Incredibly soothing for stiff necks, back pain and arthritis.

60 minutes back & neck- ₹3,000

AYURVEDIC UBTAN BODY SCRUB & MASSAGE

A full body scrub made from a paste of healing spices, pulses, herbs and flowers will cleanse and tone your skin. Includes a cleansing steam ritual.

60 minutes - ₹3,000

SHIRODHARA

The ultimate Ayurvedic therapy where warm herbal oils are poured rhythmically on your third eye 'chakra' area to soothe and calm the whole body. Shirodhara is recommended for stress, insomnia, hypertension and neurological problems. Completes with a gentle head and scalp massage.

60 minutes - ₹3,000

90 minutes with body massage - ₹4,000

PADABHYANGA

A soothing lower leg and foot massage that combines pressure point massage and long strokes. The pressing of acupressure points helps detoxify corresponding organs in the body and improves circulation. A great remedy for jet lag.

30 minutes - ₹1,750

UDVARTHANAM

Massage with special herbal powder after 40 minutes of oil massage. This is done like a scrub for exfoliation; breaks cellulite, depletes the fat, strengthens the muscles.

60 Minutes – ₹4,000/-

KAUMARA ABHYANGAM (Massage for Kids)

Basic Ayurvedic massage specially for the children. Special oils and massage techniques are followed in this massage. This will enhance the circulation, remove dryness of skin and nourish the body tissues.

40 Minutes – ₹4,000/-

BEAUTY & GROOM

let your inner light shine

AROMATHERAPY GLOW FACIAL

During this exquisite facial, 100% pure Aromatherapy oils are delivered with luxurious creams, scrubs and masks to leave your skin clean, hydrated and radiant. Includes a nurturing facial massage and warm lavender oil compresses.

60 minutes - ₹2,500

KARMA AYURVEDA FACIAL

Exquisite Ayurvedic ingredients of pure Indian natural plant extracts are applied for deep cleansing, exfoliation and toning. Includes a divine facial massage to soften fine lines and plump your skin to radiance.

60 minutes - ₹2,500

DELUXE MANICURES & PEDICURES

Well-executed and 100% hygienic, these treatments are delivered with heavenly scrubs and creams and include luxurious massage.

60 minutes - ₹2,500 each

KARMA MADHUMOHINI

A truly soothing treatment that celebrates the natural goodness of Honey & coconut. A revitalising massage with honey, followed by deep scrub with organic coconut which will detoxifies the skin & body tissues with a young vibrant glow.

60 Minutes – ₹4,000/-

SPA DAYS

indulgent wellness

KARMA DETOX (2 Day Package)

60 minutes Lavender Scrub and Steam
Ritual 30 minutes
Soothing Back Massage 60 minutes
Customized Facial

2 ½ hours - ₹4,500

BACK DE-STRESS

30 Minutes soothe back massage followed by
30 minutes warm herbal compress

1 hours – ₹2,000/-

AYURVEDA WELLNESS (2 Day Package)

60 minutes Ubtan Body Scrub & Steam Ritual
60 minutes Abhyanga Ayurvedic Massage
30 minutes Warm Herbal Back Compress

2 ½ hours - ₹5,000

MEN'S GROOMING

60 minutes Balinese Massage 30 minutes
Mini Facial 30 minutes
Foot Reflexology

2 hours - ₹4,500

ROMANTIC RITUAL (2 Day Package)

30 minutes Foot Reflexology
90 minutes Balinese Massage
60 minutes Customized Facial

3 hours - ₹6,000

SHIRO ABHYANGA

Massaging the head, neck and shoulders with
warm herbalised oil to calm and balance your
mind and nervous system.

30 minutes – ₹1,750/-

SPA JOURNEYS

retreats & programs for your wellbeing

3 - KARMA BACK CURE

DAY 1 30 minutes Soothing Back Massage

DAY 2 30 minutes Podikizhy Warm Herbal
Back & Neck treatment

DAY 3 60 minutes Warm Herbal Compress

₹5,000/-

4 - DAY ASIAN FUSION

DAY 1 60 minutes Podikizhy

DAY 2 60 minutes Aromatherapy Massage

DAY 3 60 minutes Abhyanga Ayurvedic
Massage

DAY 4 60 minutes Relaxing Shirodhara

₹8,000

7 - DAY AYURVEDA WELLNESS

DAY 1 60 minutes Abhyanga Ayurvedic
Massage

DAY 2 60 minutes Shirodhara with Head
Massage

DAY 3 60 minutes Podikkizy Warm Herbal
Compress

DAY 4 60 minutes Abhyanga Ayurvedic
Massage

DAY 5 60 minutes Shirodhara with Head
Massage

DAY 6 90 minutes Ubtan Body Scrub with
Steam and Back Massage

DAY 7 90 minutes Shirodhara with Body
Massage

₹18,000

5 - DAY AYURVEDA REJUVENATION

DAY 1 60 minutes Abhyanga Ayurvedic
Massage

DAY 2 60 minutes Shirodhara with Head
Massage

DAY 3 60 minutes Podikkizy Warm Herbal
Compress

DAY 4 90 minutes Shirodhara with Body
Massage

DAY 5 60 minutes Abhyanga Ayurvedic

₹12,000

SPA BLAH

hours of nurture : 9. 00 am to 8. 00 pm

ARRIVAL

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

HEALTH MATTERS

Do let us know if you suffer any health conditions, high blood pressure, allergies, injuries or are pregnant.

SPA ATTIRE

Wear comfy attire. Sarongs, robes and disposable underwear are available. Feel free to wear your own underwear during treatments.

ETIQUETTE

Drinking coffee or alcohol three hours prior to treatments is not advised. Turn off your mobile before entering the spa area.

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 valuables, cash or any other personal belongings.

OUR THERAPISTS

We select our body workers 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.

CANCELLATIONS

We require a minimum of three hours notice to cancel reservations, 50% cancellation fee will be charged thereafter. No shows will be charged the full price.

RETAIL THERAPY

We require a minimum of three hours notice to cancel reservations, 50% cancellation fee will be charged thereafter. No shows will be charged the full price.