

## YOUNG TRAVELLERS

*a vibrant way to connect*

### ICE-CREAM FOOT MASSAGES

Soothing foot & leg massages are delivered with yummy balms of mint, berry, cocoa, ginger, coconut and vanilla.

60 minute - IDR 300++ per person

### SHIMMER & GLOW

Kids & teenagers manicure or pedicure with foot soak, polish & optional flower art.

45 minutes - IDR 250++ per person

### MOTHER & DAUGHTER

Experience a mini-manicure or pedicure together.

60 minutes - IDR 350++ for two

### FATHER & SON CHILL OUT

Foot, leg, neck & shoulder massage.

45 minutes - IDR 300++ for two

\*adult supervision required for children under 16

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

## HOW TO SPA

Your health matters.

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

## VALUABLES

We advise you not to carry any valuables with you during your spa visit. K spa accepts no responsibility for loss of valuables of any kind.

## TREATMENT PRICES

All treatments are subject to a 21% total of government tax and service charge.

## CANCELLATIONS

Please note that we require a minimum of three hours notice to cancel reservations otherwise a 50% cancellation fee will be charged. No shows will be charged the full price

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# K

*Karma Spa*

SEA SPA AT GILI MENO ISLAND, LOMBOK

hours of nurture 11am - 8pm

Karma Spa offers sublime experiences to nourish, heal and nurture. Our boutique menu of curative therapies are created from ingredients sourced from ethical farmers and sustainable growers. Karma's spa team of bodyworkers train year-round with certified massage experts, health practitioners, yoga masters and healers and deliver deeply therapeutic experiences. Karma treatments are performed slowly to ease you into a state of deep healing.

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@karmaspas

## MASSAGE CURATIVES

*soothe your mind & muscles*

### INTUITIVE BALINESE MASSAGE

A deeply relaxing massage delivered with oils made from herbs, spices and essential oils grown in Bali. Our bodyworkers deliver their own mixed bundle of techniques to return you to center.

60 minutes - IDR 350++ per person

90 minutes - IDR 450++ per person

### DETOX – CELLULITE MASSAGE

Our specially designed Detox Cellulite Massage makes sure there's no need to worry about having that extra cocktail or dessert. Gain the benefits of weight loss and cellulite reduction while enjoying 60 minutes of pure bliss.

60 minutes - IDR 350++ per person

90 minutes - IDR 400++ per person

### THE BEACH

Awesome location. Great massage. Drift & dream to the sounds of the waves as Karma bodyworkers focus on your back, neck, legs & feet.

45 minutes - IDR 300++ per person

### BESPOKE MASSAGE

Every day is different. Every body is unique. This massage is tailored to those who prefer therapists to focus on specific areas of their body.

75 minutes - IDR 350++ per person

### KARMA RHYTHM MASSAGE

This full body massage is all you need to feel grounded in your being. Delivered with slow-moving long strokes, our bodyworkers press all the correct points to ease your body into deep relaxation.

60 minutes - IDR 350++ per person

90 minutes - IDR 400++ per person

### SIESTA TIME

Slip off your shoes and zone out to the sounds of the waves as our bodyworkers skillfully attend to your lower legs and feet. Feels sensational.

45 minutes - IDR 300++ per person

### KARMA WOW

A deeply therapeutic head, neck & shoulder massage to return you to balance.

45 minutes - IDR 300++ per person

## RITUALS

### GILI ISLAND ESCAPE

Tone and firm your skin. A cleansing sea salt scrub followed by a full body massage and concludes with hydrating facial

2 hours - IDR 700++ per person

### HERE COMES THE SUN

A soothing treatment for sunburnt and dehydrated skin, your healing journey concludes with a sun-soothing facial gently delivered with a calming neck, shoulder & scalp massage.

60 minutes - IDR 350++

## SPA BAR

*where pleasure is part of your cure*

### YOUNG COCONUT & MANICURES

60 minutes - IDR 350++ per person

### SMOOTHIES & PEDICURES

60 minutes - IDR 350++ per person

## BEAUTY AND GROOM

*let your inner light shine*

### ALOE VERA DEEP CALM FACIAL

Deeply hydrating and nourishing. Comprises of skin-lifting acupressure techniques. Nurturing neck, shoulder, scalp and facial massage. Delivered with a deeply soothing neck, shoulder, scalp and facial massage to enhance results. Leaves your skin with a healthy glow.

90 minutes - 300++ per person

### SUNBURN FACIAL

90 minutes - 300++ per person

### SPA MANICURE

Well-executed and 100% hygienic. Delivered with heavenly scrubs, creams and polishes. Includes a luxurious hand and arm massage with professional nail polish application.

60 minutes - 300++ per person

### SPA PEDICURE

A relaxing foot soak is followed by a soothing foot scrub and reflexology massage. Delivered with soothing scrubs and creams. Includes nail clipping, trimming, shaping and professional nail polish application.

60 minutes - 300++ per person

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