

YOGA THERAPY OM AWAY FROM HOME

Maintain core strength, muscle tone and good energy levels whilst on vacation. These private sessions are appropriate for all levels - from the novice to the experienced practitioner. Breathe fully and reap the therapeutic benefits in sublime surrounds.

RESTORATIVE YOGA

A personalized session tailored to your body. Recommended for those who would like to address specific health issues or physical challenges. Concludes with sitting meditation to relax your mind.

CORE STRENGTH

Our core is the foundation for strength in our mind and body. This slow style of hatha yoga includes postures and movements focused on enhancing muscle tone, focus and balance.

DETOX YOGA

This practice consists of twists and postures to help squeeze out the toxins from your digestive and lymphatic system as well as improve circulation. Includes powerful and deep breathing exercises to oxygenate the blood and help clear away stress in mind and body.

FULL MOON YOGA

Experience inner peace during a magical full moon. Soothing music and slow restorative movements will take you on an inward journey of self-discovery.

KIDS YOGA

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

60 minutes - IDR 300++ per person
IDR 500++ per couple
(advanced booking necessary)

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

SPA BLAH

hours of nurture : 9:00am - 8:00pm

LOOKING AFTER YOU

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

SPA ATTIRE

Get comfy. Robes and disposable underwear are available. Feel free to wear your own underwear during treatments.

SPA ETIQUETTE

Drinking coffee or alcohol three hours prior to treatments is not advised. Ensure your mobile is switched off prior to your arrival.

VALUABLES

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

TIPPING

If you enjoyed your experience then why not?

TREATMENT PRICES

All treatments are subject to a 11% total of government tax and 10% service charge.

CANCELLATIONS

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

RETAIL THERAPY

We offer a boutique collection of locally made organic skin care, body, bath & massage oils, pure handmade soaps, spiritual gemstone & mala bead jewelry.

KARMA SPA EXPANSION

We create innovative spas - Karma Spa is a young, dynamic and result-orientated spa brand. We specialize in unique resort, hotel and day spas with our menu of innovative treatments and retail collection.

PURE & ORGANIC

Karma Spa treatments & retail products are FDA certified, petrochemical-free, allergen free and contain no additives, harmful preservatives, synthetic fragrances or parabens.

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K
Karma Spa



SPA AT MAYURA A KARMA RETREAT

hours of nurture 9am - 8pm

Holistic therapies. Massage curatives. Personalized experiences. Karma Spa is the soul of our resort and offers guests a sanctuary where they can slow down, breathe and be at ease. All of Karma treatments and retail products are curated from ingredients sourced from ethical and sustainable farmers and growers, are GMO-free and made without any parabens or petrochemicals. Karma's anatomy-trained team of bodyworkers perform treatments slowly to ease you into an authentic state of deep healing.

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MASSAGE CURATIVES

soothe your mind and muscles

HEAVENLY BALINESE MASSAGE

This sacred massage is delivered deeply and slowly to help you relax in mind and body. Imagine the sensation of warm herbal oils pouring gently over your skin. Fresh flowers are presented on a Canang Sari daily offering with incense and the sound of chime bells to clear the atmosphere. Delivered with certified organic oils made from herbs, spices and essential oils grown in Bali. 75 min - IDR 350++ per person
90 min - IDR 400++per person

ROYAL ENERGY MASSAGE

Mind-melting movements. Lingering neck and shoulder massage. Extra focus on back area. Thick luscious indigenous oils. This signature massage is co-created by renowned healer, Joko Tri Li, who has trained in Traditional Chinese Medicine. Karma bodyworkers press all the right points to boost circulation and wellbeing. 75 min - IDR 350++ per person
90 min - IDR 400++ 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 and reduced fluid retention while enjoying 90 minutes of pure bliss. 90 min - IDR 450++ per person

MAYURA RIVER STONE HEALING MASSAGE

The warmth from the river stones combined with the rhythm of massage delivered with a signature Bali Healing Massage oil feels so nurturing for mind and muscles. Surrender as warm rocks are placed along your spine, from the lower back to the neck area. 90 min - IDR 500++ per person

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MUSCLE MELT REFLEXOLOGY

Slip off your shoes, zone out to the sounds of the waves, and let Karma bodyworkers skillfully attend to your feet and legs. Our reflexology encompasses soothing lower leg massage and the gentle pressing of acupressure points that improves circulation and energy flow throughout your body. A great remedy for jet lag. 60 min - IDR 300++ per person

RITUAL

time for self-nurture

DETOX SCRUB AND MASSAGE

Regenerate and purify your beautiful being. Tone and firm your skin. Starts with a cleansing sea salt scrub known for stimulating circulation and strengthening the skin tissues. The highlight, a full body massage delivered with invigorating aromatherapy oils. Depart cleansed and invigorated.

Sea Salt Body Scrub
Coffee Body Wrap
Detox Body Massage
Pevonia Cleansing facial
2.5 hours - IDR 800++

BALINESE SPA RITUAL

Created from locally grown ingredients, your treatment begins with a divine Candlenut Body Scrub followed by a Balinese Boreh Body Masque, a traditional village remedy that warm and relieve aching muscles and joints. Followed by a deeply relaxing Intuitive Balinese Massage and a customised facial. Concludes with a Kunyit Asam Jamu tonic refreshment.

Candlenut Body Scrub
Bali Boreh Body Masque
Intuitive Balinese Massage
Express Manicure or Pedicure
2.5 hours - IDR 750++

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KSPA MAN

WARM STONE BACK MASSAGE

Created to slow down your mind and ease you into balance. Starts with a cleansing back exfoliation and warm aromatic compress followed by a nourishing warm oil back massage. Heated stones massaged over your lower back, neck & shoulder area will soften tight and tense muscles. Mind-melting neck & shoulder treatment. Depart relaxed and stress-free. 60 minutes - IDR 300++

DEEP REPAIR FACIAL

Relax as therapists treat you to our 'wow' neck massage to release any tight muscles and tension, the facial includes deep cleanse & exfoliation followed by nourishing masque and hydrating serum. 90 minutes - IDR 450++

THE GENTLEMAN'S MANICURE/PEDICURE

A relaxing foot or hand soak is followed by a sequence of nourishing scrubs, oils and creams. Includes clipping, trimming and shaping to leave your nails anew. Delivered with a soothing lower leg and reflexology or hand and arm massage. 60 minutes - IDR 200++

♂ RETREAT

Begins with a well-deserved one-hour deeply relaxing massage style of your choice. A Deep Calm Facial is delivered with generous neck and shoulder massage. Concludes with an express manicure or pedicure - all of which will leave you looking well-groomed and most importantly, feeling great.

Full Body Massage
Deep Calm Facial
Pedicure or Manicure
2 hours - IDR 750++

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BEAUTY AND GROOM

let your inner light shine

PEVONIA ORGANIC FACIAL

Restore a healthy skin balance with pure essential oil blends and rich multi-vitamin masks to restore freshness and radiance. Pure essential oils and blended plant extracts are massaged into the skin, customized for your individual skin type. Water lily mask to soothe, nourish and balance, leaving the skin radiant, healthier and softer. Delivered with a deeply soothing neck, shoulder, scalp and facial massage to enhance results. 90 minutes - IDR 450++

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 - IDR 300++

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 - IDR 300++

WAXING

We use the GIGI brand of soft nourishing honey wax that is very gentle and soothing for your skin. Our spa team of bodyworkers have been well-trained and deliver 100% hygienic high quality waxing services.

FULL LEG	BACK
45 minutes - IDR 300++	45 minutes - IDR 250++
HALF LEG	CHEST
45 minutes - IDR 200++	45 minutes - IDR 250++
FULL ARM	FACE
45 minutes - IDR 200++	45 minutes - IDR 150++
HALF ARM	BRAZILIAN
45 minutes - IDR 100++	45 minute - IDR 350++
UNDER ARM	BIKINI LINE
45 minutes - IDR 100++	45 minutes - IDR 250++

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