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Karma Spa
BAVARIA, GERMANY

TREATMENT MENU



WE CREATE... WELLNESS



DEAR GUEST

Karma Spa is the soul of our resort and offers experiences to nourish, heal and nurture. From the moment you enter our Spa you are enveloped in a haven of calm and relaxation. We seek to create experiences for you that enhance your inner health and external beauty. All KARMA SPA treatments are curated from ingredients sourced from ethical and sustainable growers and are paraben-free. Our highly-trained team offer treatments to ease you into a state of deep healing.

KARMA SPA

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THERAPIES FROM EAST TO WEST

Soothe your mind & muscles

ASIAN FUSION THERAPY

Our trained therapists pamper your toes, feet and legs first. This stimulates your blood and your energy cycle. Afterwards, tense shoulder and neck areas are carefully stretched and massaged through our Karma Spa therapy. Experience an incredibly calming wellness treatment, which is relaxed and refreshing at the same time - especially suitable for stressed persons or after a jet lag.

60 Minutes – 90 €

90 Minutes – 120 €

BALINESE MASSAGE

Experience the island of the gods. With incense glockenspiel and Balinese treatment methods. This deeply relaxing massage is performed in a sacred ritual. Gentle stretches, special massage handles and long soothing soaps with warm herbal oil bring body, soul and spirit back into harmony.

60 Minutes – 80 €

90 Minutes – 110 €

AYURVEDA WELL-BEING MASSAGE

This full body, holistic massage comes from ancient India and is one of the best healing massages of today. Your body relaxes under long massaging with warm herbal oil. This specially developed massage technique has a deep effect on the entire body, strengthens

the blood, lymph and energy circuits and contributes to a great improvement in your well-being.

60 Minutes – 90 €

90 Minutes – 120 €

BACK - NECK - SHOULDER MASSAGE

This combined treatment serves to relax and soothe tense and painful muscles. Experience a powerful, Analgesia Massage.

45 Minutes – 60 €

HEAD - NECK - SHOULDER MASSAGE

Special massage techniques solve severe tensions in the sensitive head and neck area. Enjoy the recaptured freedom of movement of your head.

45 Minutes – 60 €



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KARMA SPA
MEDICINAL MASSAGE

NURTURING
ROSE & SANDALWOOD

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KARMA SPA
MEDICINAL MASSAGE

SKIN REPLENISH
REPAIR & RE-HYDRATE

K
KARMA SPA
MEDICINAL MASSAGE

CALM
LAVENDER & CHAMOMILE

FACIAL FITNESS FITNESS FOR FACE & DECOLLETÉ

KARMA SPA exclusively uses products from Dr. Eckstein for all cosmetic treatments. All products are based on pure plant production.

KARMA SPA MOISTURIZER

The perfect treatment for dry skin, long nights or weather changes. A special peptide serum is first applied to the skin, followed by a gentle massage with the help of warm water. The facial and décolleté skin is filled with moisture. Conclusion: Your complexion reappears, smoothed and youthfully fresh.

60 minutes - 75 €

KARMA SPA FACELIFTING

After an exact skin analysis, our team ensures a deep cleansing of your face and cleavage skin. A special serum is applied, also around the eye area. The special feature of the Karma Spa Facelift is the uniquely tightening massage, in order to lift and strengthen already relaxed skin conditions. A final package allows a visibly rejuvenating success.

60 minutes - 90 €

HOLLYWOOD GLAMOR - »THE« COSMETIC TREATMENT

This cosmetic treatment includes skin analysis, deep cleansing, scrubbing, cleansing, eyebrow trowelling or putting into shape, dyeing eyebrows and / or eyelashes, ampoule, massage or lymph drainage, mask with products depending on skin type. Including simple manicure or pedicure and, if desired, day or evening make-up.

90 minutes - 110 €

FACE LYMPH DRAINAGE

Swollen tear sacks and water deposits on the face are not beneficial. We have the solution for this! After facial cleansing, you can get to know the gentle yet incredibly effective massage technique. Feel how your lymph system regains momentum and congestion is carried away via the lymphatics.

45 minutes - 70 €



KARMA SPA MAN

KARMA SPA EXTENDED

After a facial treatment, you will experience a gorgeous pampering massage for neck, shoulder and face area, which brings back the lymphatic circulation. The perfect anti-stress treatment!

45 minutes - 70 €

HOLLYWOOD

First, relax at our Karma Spa neck and shoulder massage. Then we will make you a star. Experience a cosmetic treatment specially adapted to the sensitive men's skin. Cleansing, peeling, toning, trimming of ear and nose hair, eyebrow shaping and a relaxing facial massage.

And the Oscar goes to...

60 minutes - 80 €

COSMETIC TREATMENT FOR THE SMART MAN

Facts - figures - time - The maximum result with minimum time expenditure.

During this cosmetic treatment your skin will be treated according to type, it will have an efficient massage and finally an unobtrusive care fluid.

Conclusion: see for yourself...

45 minutes - 55 €



TEENAGER COLLECTION FOR TEENAGERS FROM 10 TO 17 YEARS

Gentle, precious treatments and products for youthful skin. All products used are free from parabenes and above all without animal experiments.

YOUTHFUL GLOW

THE YOUTH BEAUTY TREATMENT INCLUDING MANICURE

Enjoy a wonderful cosmetic treatment: skin analysis, deep cleansing, gentle peeling, cleansing, ampoule, pack, massage or lymph drainage - with selected products depending on skin type. Includes a simple manicure.

60 minutes - 80 €

PAPAYA & MANGO DREAM

Every day is different. Each body is unique. You are unique ... Does your soul need more attention? Is it the neck, back or feet which need more pampering time?

A completely invented whole body massage - slightly scented almond oil mixed with passed papaya and mango - a tropical massage pleasure.

45 minutes - 75 €

HEAD, NECK & SHOULDER TREATMENT

This slow and rhythmic massage is dedicated exclusively to the entire head, neck and shoulder area. A relaxing experience for body and mind. Enjoy pure relaxation.

30 minutes - 40 €



MOTHER & CHILD

For hundreds of years, in many cultures around the world, mothers bath and massage their children - to nurture and soothe them.

Give your treasure a soothing back massage and enjoy a warm foot bath of goat's milk with rose petals and a fragrant oil.

20 minutes - 45 €

* For children between 6 and 9 years.

A parent should be present during the treatment period.

COUPLES CONNECT - TIME TOGETHER

Want to give your partner recognition, love and attention? And in a very special way?

Our KARMA SPA team introduces you both into the world of wellness massages in an empathetic way. Learn basic, easy-to-remember warm oil massage techniques that will allow you to pamper your beloved ones.

Each pair is given a glass of Prosecco and fresh fruit - a tingling experience for two.

120 minutes - 150 €

HANDS › FEET › NAILS

AESTHETIC FOOTWEAR

We begin with a warm, softening foot bath. This is followed by careful and prudent foot care according to aesthetic criteria. Including clear lacquer.

45 minutes - 40 €

* Painting the toenails costs 6 € extra

FITTING MASSAGE

Experience a fantastic, deeply relaxing massage. After an unifying, well-being foot bath, your feet will experience a special kind of care. Do your feet a little better - they will carry you all your life...

45 minutes - 40 €

FOOT REFLEXOLOGY

Let your feet do the talking instead of the walking!

All organs can be mobilized via the soles of the feet. A very targeted acupressure on the respective reflex zones ensures a pleasant well-being and brings your body energy back into the right balance.

45 minutes - 70 €

BEAUTIFUL HANDS

Experience a professional manicure, followed by a nourishing hand pack and a gentle hand massage. Including clear lacquer or nail polish.

45 minutes - 50 €





SIMPLY BOOK YOUR APPOINTMENT WITH
OUR RECEPTION TEAM!

We look forward to seeing you!

Karma Spa

In the Karma Bavaria

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KARMA SPA FAQ

ARRIVAL TIME

Please wait 10 minutes before the start of the treatment in the waiting area of the KARMA SPA. Relaxed waiting is better suited to the upcoming application, rather than hustle and bustle.

RELEASE

Please let us know your health. We need to know about high blood pressure, catheters, pacemakers, allergies, injuries, fractures, bruises or existing pregnancies.

SPA CLOTHING

Please come in a bathrobe or in comfortable clothes. For all treatments underpants should be kept on.

ETIQUETTE

Please do not drink alcohol or large amounts of coffee 3 hours before the treatment. Mobile phones stay off in KARMA SPA please!

GRATUITIES

If you liked the treatment - why not?

VALUABLES

Please do not bring any valuables with you. KARMA SPA cannot take responsibility for lost items. Thank you!

CANCELLATION

You may cancel a maximum of 4 hours before your scheduled treatment. Otherwise, we charge a 50% cancellation fee. In case of non-arrival we charge the full price.

KARMA SPA

We create innovative SPAs - KARMA SPA is a young, dynamic and result-oriented brand. With our range of unique treatments and care products, we are specialized in exclusive resorts, hotel and day SPAs.

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