

KARMA JIMBARAN

SPA AND WELLBEING



K
Karma Spa

WE CREATE... WELLNESS

SPA ETHOS

Karma Spa is the soul of our resort and a sanctuary where you can slow down, breathe, and be at ease. An oasis of nurture, Karma Spa offers authentic Balinese and Indonesian healing therapies with aromatherapy and modern wellbeing - all curated from local ingredients sourced from ethical farmers and growers and crafted with care. Our spa team of anatomy - trained bodyworkers perform treatments slowly and mindfully to ease you into a state of deep healing.

Awaken. Heal. Transform

www.karmagroup.com

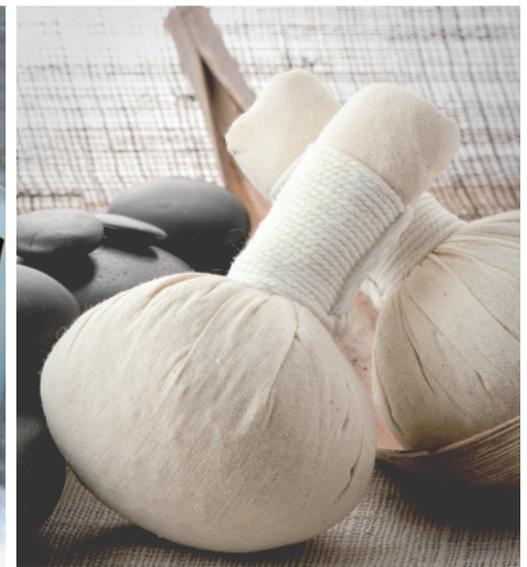
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#experiencekarma

Our intention is to heal, nurture and cure. To provide you with a memorable spa experience do let us know in advance if you are pregnant or have any health concerns or specific issues you would like us to address.

We suggest you arrive at least ten minutes before your scheduled treatment to relax and enjoy your welcome refreshments. Pre-treatment relaxation 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 travellers, we need an adult to be present.

Many of our treatments can also be performed in your own villa. We thank you for your attention and wish you a beautiful time in Bali.

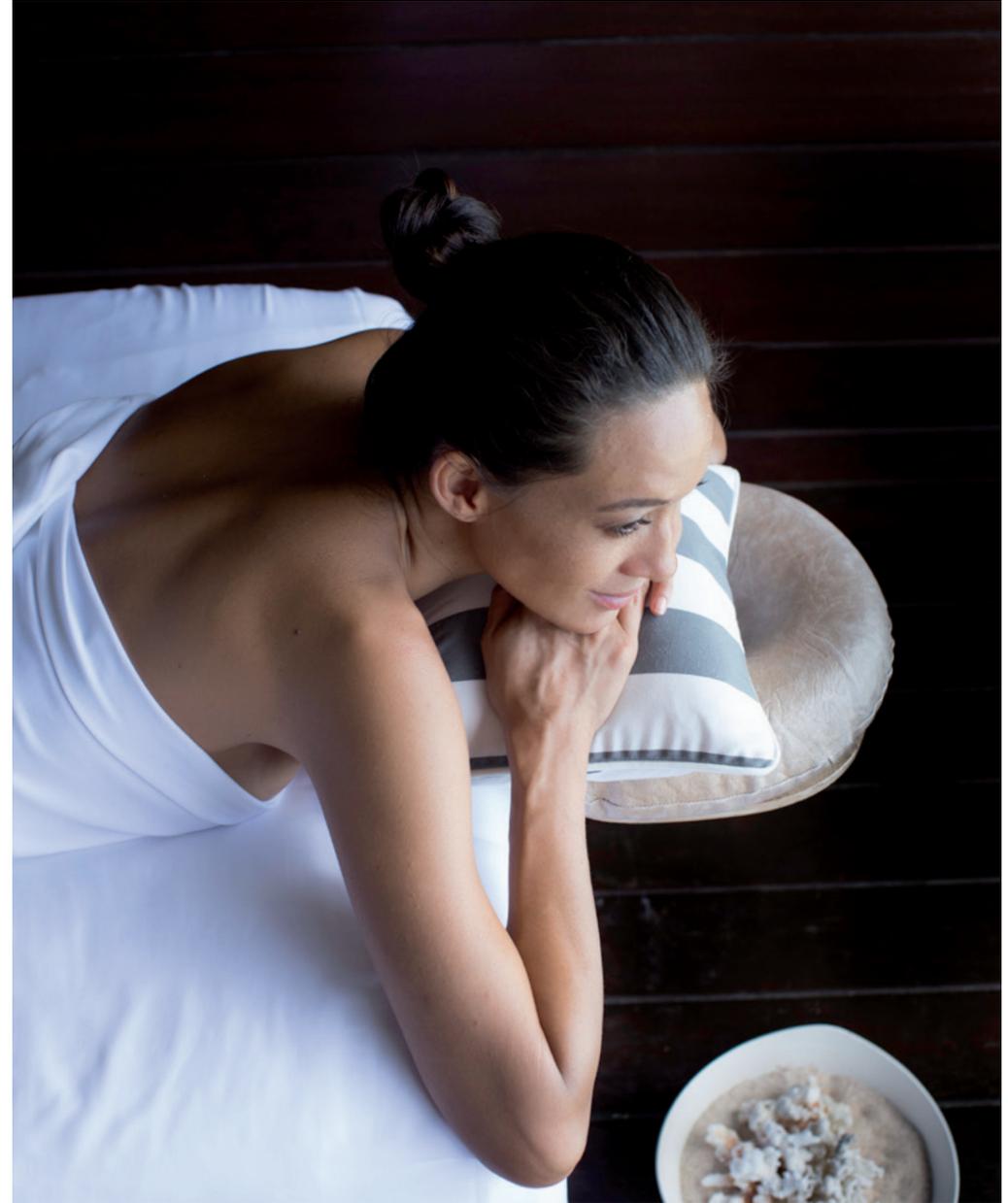


JIMBARAN SPA SAFARI

Book wellness time in our spa and allow our team of bodyworkers to curate a personal experience for you both. Divine time together will deeply relax and restore, bringing radiance to your inner and outer selves. In a candle-lit room, your journey begins with a luxurious Flower Foot Wash to ground your being. This is followed by your choice of a 75 or 90-minute healing massage to soothe and nurture. You are free to add on a nourishing body scrub or why not sample his and hers mini-facial delivered with loads of neck and shoulder therapy - this is your time to be creative, playful and go with the flow. Emerge feeling relaxed and connected. Includes warm ginger teas and vegan refreshments.

Price on application.

You can also pair this experience with a 3-course lunch or dinner and in-villa bath cure - *so romantic!*



BALINESE WELLNESS

These time-honored rituals passed down over generations are performed with homegrown aromatherapy oils, healing stones and herbal poultices.

INTUITIVE BALINESE MASSAGE

This sacred massage is delivered slowly to help you deeply relax. During your treatment, warm coconut oil is gently poured from coconut shells to nourish and nurture. This is enhanced with soothing strokes and gentle acupressure. A must-try when visiting the islands of the gods!

75 minutes - IDR 550++ | 90 minutes - IDR 650++

BALINESE MASSAGE WITH WARM HERBAL COMPRESS

Feeling stressed or anxious? This deeply soothing massage is enhanced by warm herbal packs that work to melt any muscle tension. Highly recommended for computer fatigue.

75 minutes - IDR 550++ | 90 minutes - IDR 650++

BALINESE MASSAGE WITH FACIAL MASSAGE

Your deeply relaxing Balinese Massage is enhanced with a facial massage to nourish and tone your skin. Recommended for slowing down busy minds stress, and sleep issues.

75 minutes - IDR 550++ | 90 minutes - IDR 650++

BALINESE MASSAGE WITH WARM RIVER STONES

There's nothing like heat therapy to soothe your mind and muscles. Surrender as warm stones are massaged along your body to melt away all the tension. Recommended for chronic stress, jet lag and fatigue.

75 minutes - IDR 550 ++ | 90 minutes - IDR 650++

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

MASSAGE THERAPY AND BODYWORK

Soothe your mind & muscles

KARMA RHYTHM MASSAGE

Need a recharge? Our award-winning signature massage is loaded with extra back, neck, shoulder and lower back focus. Karma's bodyworkers press all the key points to boost circulation and oxygen flow This treatment was devised by practitioner, Joko tri Li, who is trained in Traditional Chinese Medicine. throughout. Feel all your tension melt away.

60 minutes - IDR 550++ | 90 minutes - IDR 650++

THERAPEUTIC GINGER MASSAGE

When you are feeling drained from too much time on the digital devices, this massage will sort you out. It includes a mind-soothing *Karma Surrender* neck and shoulder massage enhanced with a warm ginger compresses to soothe tension and calm inflammation. The movements are designed to counter the issues caused by staring down at digital devices.

75 minutes - IDR 550++

BE IN THE MOMENT - BESPOKE MASSAGE

Every day is different. Every body is unique. Seeking more attention on your back and neck area? Only desire a mind-soothing face and neck massage? This personalized massage is tailored to specific points and areas on your body. The session time, naturally, is also flexible.

Crown Chakra - scalp & head

Sacrum Rolls - lower back relief

Karma Surrender - neck & shoulder therapy

30 minutes - IDR 450++ | 60 minutes - IDR 500++

KARMA SURRENDER

This signature 'wow' neck and shoulder therapy is based on the knowledge that we increasingly hold most of our tension in upper areas of our body. It consists of a warm aromatherapy compress and nurturing massage and is designed to ease you into deep surrender - enjoy!

30-minutes - 350++

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

DETOX AND CLEANSE

clear skin, clear mind

DETOX SALT, SEA AND OIL EXPERIENCE

This treatment is created to cleanse the skin of toxins, increase metabolism and reduce fluid retention. A warm salt scrub is applied to exfoliate your skin after which you are cocooned in a marine-infused wrap to firm and tone the body. This concludes with a min-hydration facial and nurturing body oil application. Depart feeling cleansed and invigorated.

2.5 hours - IDR 1,150++

DETOX, CLAY & OIL EXPERIENCE

Inspired by the old bathing practices of Indonesia, this ritual starts with a full body warm Boreh Scrub from native spices of cinnamon, nutmeg and cloves. A 75-minute Balinese Massage with Warm River Stones is delivered to body to soothe and soften any tense muscles. This concludes with a signature Karma Wow neck and shoulder therapy delivered with warm virgin coconut oil. Recommended for stress, tension, and fatigue.

2.5 hours - IDR 1,150 ++

LOCAL RITUALS

Our collection of salts, clays and scrubs are all made in Bali.

WARM SEA SALT SCRUB

Your treatment begins with a warm sea salt body scrub made from sea salt harvested on the East Coast of Bali. After your shower, we apply a refreshing body butter made with wild Javanese lemongrass, virgin coconut oil, cocoa butter and shea butter. You'll depart feeling both relaxed and invigorated.

BALINESE COFFEE & COCOA SCRUB

This full body warming body scrub is infused with local Virgin Coconut Oil, Balinese vanilla oil, ylang ylang flower oil, Javanese Sandalwood oil, Balinese wildflower honey, cocoa seed extract and coffee oil. After your shower, we apply a nourishing body butter to hydrate your skin. Emerge feeling cleansed and grounded.

SEA SALT ISLAND SPICE

A refreshing full body scrub is made from organic sea salt infused with papaya extract and uplifting essential oils of lime, lemongrass, grapefruit, orange, nutmeg and patchouli. It will deeply cleanse the skin leaving it feeling smooth and renewed. Concludes with a cooling aloe vera body gel application.

60 minutes - IDR 500 ++

For enhanced results, we recommend you pair your body scrub with a massage

KARMA MAN

THE STRESS-BUSTER

Created to slow down your mind and return you to balance, this treatment begins with a cleansing back exfoliation followed by an aromatic compress and warm oil back massage. Heated stones are massaged over your lower back, neck and shoulder area to melt away tight and tense muscles. Depart feeling restored and rested.

60 minutes - 600++ per person

DEEP CALM FACIAL

This deeply relaxing facial is designed to clean the skin and calm your mind. It begins with a gentle facial cleanser and scrub followed by a mask to firm and tone the skin. The high-point is our Karma Wow therapeutic neck, shoulder massage - you'll feel so good!

90 minutes - 750++ per person

MENS RETREAT

Your journey begins with a warm coffee scrub to leave your skin cleansed and rejuvenated. Your Deep Calm Facial is delivered with generous neck and shoulder massage. The finale is your choice of an express manicure or pedicure to leave you looking and feeling well-groomed.

2.5 hours - 1,150 ++ per person

BEAUTY & GROOM

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.

75 minutes - 300++ each

SPA PEDICURE

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

75 minutes - 350++ each

MENS GROOMING

A relaxing foot or hand soak is followed by the application 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 - 300++ each/550++ combined

MANICURE & PEDICURE EXPRESS

60 minutes - IDR 550++

GET THE GLOW

let your inner light shine

YOGA FACIAL

A beautifully slow sequence to nourish your skin and nurture your mind. Includes a mind-soothing facial massage consisting of lymphatic drainage and facial acupressure techniques. Delivered with virgin coconut oil.

45-minutes - IDR 450 ++

HOLISTIC FACIAL

This pure facial consists of a deep cleanse and exfoliation followed by hydration mask, creams and serums. It begins with a Karma Wow neck and shoulder massage therapy. The highpoint is a mind-melting acupressure-style facial massage that is designed to release tension around the jaw area, smooth out fine lines.

60 minutes - IDR 500++ (without Karma Wow)

90 minutes - IDR 750++

INTRACEUTICALS ULTIMATE OXYGEN FACIAL

The ultimate facial ideal that will give you an instant luminous complexion. It is a non-invasive, machine-based facial that begins with a deeply calming neck and shoulder massage. The applications and oxygen infusion will smooth out the fine lines, plump and hydrate your skin. Concludes with an LED Light, a high-tech collagen-boosting therapy to add the final glow

2 hours - IDR 1,350++

INTRACEUTICALS EXPRESS OXYGEN INFUSION

A quick and instant results facial. It will smooth out the appearance of fine lines, in particular, the lines around the eyes, forehead and mouth area. For enhanced results, pair with our Micro-exfoliator, Rejuvenate Oxygen Facial.

30 minutes - IDR 750++

INTRACEUTICALS REJUVENATE OXYGEN INFUSION

This facial is the ultimate hydration booster! Your skin is drenched with moisture, vitamins and antioxidants resulting in instant hydration. Helps to reduce the appearance of fine lines and leaves your skin looking firm and toned.

60 minutes - IDR 1,000++

MICRO-EXFOLIATION FACIAL

This is a gentle machine-based exfoliation recommended for reducing pigmentation, acne and fine lines. A gentle tip is smoothed around your face, neck and décolleté area to remove dead skin, stimulate collagen and enhance a clear complexion. Sunscreen is applied after this treatment.

45 minutes - IDR 450++



HIGH VIBRATIONS

Yoga, movement and meditation

YIN

SLOW YOGA

A slow-moving yin sequence designed to stretch out your body and slow down a busy mind. Breathe fully and reap the benefits in sublime surrounds.

FLOW YOGA

A vinyasa-style practice that consists of flowing movements to warm up the body and get circulation moving. You'll feel so good!

SUNRISE TAI CHI

Start your day with positive energy. Be gently guided through a series of movements to improve circulation and chi - you'll flow through the day.

60 minutes - IDR 500 ++ | IDR 650 ++ per couple

HIGH VIBRATIONS

Yoga, movement and meditation

YANG

HIT TRAINING

This high-intensity interval training work-out with exercises that are intense, without the burnout. Consists of ultra-intensity exercises in on and off intervals. Includes 15-minutes of stretch and flexibility movements.

45-60 minutes

AQUA FITNESS

A fun work-out in water that begins with a gentle warm-up and ease into exercises using your own body weight, weights and water. Ideal for all ages and levels of fitness.

LEARN MUAY THAI BOXING

This vigorous combat-style of boxing that will make you sweat and burn. Originating from Thailand, Muay Thai consists of various movements and is a great way to get into shape.

PERSONAL TRAINING

Customized to suit your goals and needs, the trainers are well-qualified to create dynamic workout. Includes bodyweight exercises to lifting weights and are balanced with cardio training and stretching.

BEACH BOOT CAMP

A high-intensity, tough and sandy work-out! Consists of a fun mix of cardio, strength and interval training using sacks of sand, battle ropes, tires and your own bodyweight. What a positive way to start your day!

PILATES SESSION

Be guided through a series of movements and postures designed to stretch, strengthen and lengthen your body. Pilates helps to improve posture and flexibility and is recommended for improving core strength and back muscles.

60 minutes - IDR 850 ++ | IDR 950 ++ per couple

FITNESS ASSESSMENT WITH PERSONAL TRAINING

Starts with a 30-minute fitness consultation inclusive of body measurements, fitness test, muscular strength and flexibility test and a conditioning assessment. This is followed by a 30-minute personal training session tailored to your needs.

30-minutes - IDR 350++

MINI-RETREATS

spa programs to enhance your wellbeing

2-DAY WEEKEND WARRIOR

Day 1 - 90-minute Karma Rhythm Massage

Day 2 - 90-minute Balinese Massage with Warm Herbal Compress

IDR - 1,050 ++

3-DAY YOGA JOURNEY

Day 1 -90-minute Karma Rhythm Massage

Day 2 - 45-minute Yoga Facial

Day 3 - 75-minute Therapeutic Ginger Massage

IDR - 2,500++

3-DAY THE RECHARGE

Day 1 - 75-minute Karma Rhythm Massage

Day 2 - 2.5 hour Detox, Salt, Sea & Oil Experience

Day 3 - 90-minute Holistic Facial

IDR - 1,950++

4 DAY - BALINESE JOURNEY

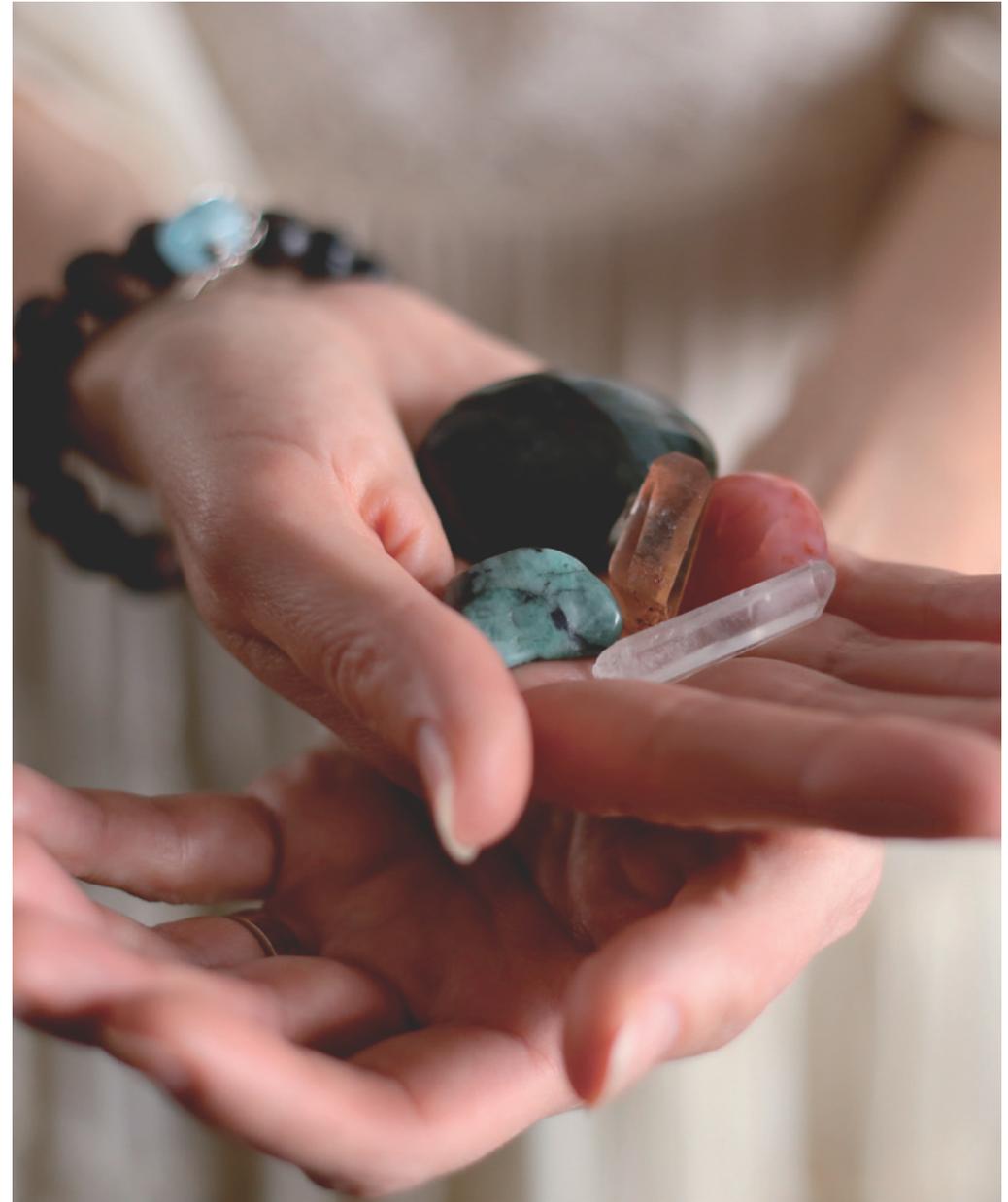
Day 1 - 60 minutes Balinese Coffee and Cocoa Scrub

Day 2 - 75 minute Balinese Massage with Herbal Compress

Day 3 - 75 minutes Intuitive Balinese Massage

DAY 4 - 90-minute Balinese Massage with Warm River Stones

IDR - 1,800 ++



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 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 21% total of government tax and 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, hats, boho-chic bags and spiritual jewelry.

KARMA SPA @ KARMA JIMBARAN

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