

# KARMA JIMBARAN

THE WELLNESS HUB



*K*  
*Karma Spa*

WE CREATE... WELLNESS

# MASSAGE & BODYWORK

*Unwind in style*

60 MINUTES - IDR 750++ | 75 MINUTES - IDR 850++ | 90 MINUTES - IDR 900++

## **KARMA RHYTHM MASSAGE**

Feeling stressed or fatigued? Our award-winning signature massage is loaded with extra neck, shoulder and lower back focus. Devised by a renowned TCM practitioner. Feel all your stress melt away.

## **KARMA SURRENDER**

We'll knead away hard knots and aches in your neck and shoulder area using local warm coconut oil. Includes a warm compress application. Will leave you feeling relaxed and tension-free.

45-MINUTES - 600++

## **DEEP TTISSUE RECHARGE**

When you live an active lifestyle and need a stronger massage on tight areas of the body. Helps to increase flexibility and range of motion.

## **BE IN THE MOMENT**

Every day is different. Everybody is unique.? This personalised massage is tailored to specific regions of the body. The session time, naturally, is also flexible.

# BALINESE WELLNESS

*Time-honoured rituals delivered with homegrown oils, healing stones and herbal poultices*

60 MINUTES - IDR 750++ | 75 MINUTES - IDR 850++ | 90 MINUTES - IDR 900++

## **SACRED BALINESE**

We blend traditional massage techniques with gentle stretches and soothing strokes. Delivered with warm coconut oil to nourish and nurture your skin.

## **BALINESE HERBAL**

We enhance your massage with warm herbal compresses to soothe muscle aches and pains, boost circulation and reduce inflammation. Recommended for stress and jet lag, fatigue and computer tension.

## **BALINESE RIVER STONES**

Warm river stones flow along your body to melt away any tension. Recommended for chronic stress, jetlag and fatigue.

## **BALINESE + FACIAL MASSAGE**

Combines massage, facial, and gentle acupressure to nourish and nurture the skin and mind. Deeply restorative. Depart glowing.

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WE CREATE... EXPERIENCES

# COUPLES RITUALS

## ROMANTIC SPA & DINE

Your romantic journey begins with a 90-minute couples massage followed by a candle-lit dinner. Our chefs indulge you with a three-course romantic candle-lit dinner with a shared dessert platter and bottle of wine – divine!

IDR 2,500++ PER COUPLE

## COUPLES BLESSING CEREMONY

A once-in-a-lifetime experience only in Bali.

Your ritual begins with a 90-minute *Sacred Balinese Massage* after which you are escorted to our temple to receive a priest holy water blessing – feel cleansed and renewed. Includes tea & refreshments.

IDR 2,400++ PER COUPLE

# LOCAL RITUALS

*We use local salts, herbs and oils.*

120 MINUTES - IDR 1,250++ | IDR 2,250++ PER COUPLE

## ISLAND JOURNEY

A refreshing journey to leave you feeling recharged and relaxed.

**Warm Sea Salt Body Scrub + Sacred Balinese Massage + Hydration Facial  
+ Young Coconut Water**

## ISLAND BEAUTY

A relaxing journey to leave you fresh, hydrated and glowing.

**Warm Oil Coconut Massage + Karma Yoga Facial with Gold Collagen Mask + Pedicure  
+ Young Coconut Water**

## ISLAND DETOX

A detoxifying journey to leave you feeling fresh, cleansed and invigorated.

**Warm Sea Salt Body Scrub + Marine Body Wrap + Head & Scalp Massage + Hydration Facial  
+ Young Coconut Water**

## ISLAND NURTURE

A restorative ritual to help you unwind and leave you calm and rested.

**Foot Reflexology + Sacred Balinese Massage + Karma Yoga Facial + Young Coconut Water**

## COCONUT BLESSING

Pure and nourishing for body, mind and soul – divine relaxation.

**Coconut Body Scrub + Warm Coconut Oil Massage + Coconut Oil Facial Massage  
+ Young Coconut Water**

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WE CREATE... EXPERIENCES

# GROOM AND GLOW

*Let your inner light shine*

## KARMA BESPOKE FACIAL

We curate specialised facials tailored to your skin type. Includes a Karma Surrender neck and shoulder release and sublime facial massage to lift and tone your facial muscles.

60 MINUTES - IDR 650++

## KARMA YOGA FACIAL

This beautifully slow facial treatment will nourish your skin while slowing down a busy mind. Delivered with high-c Pomegranate facial oil.

60 MINUTES - IDR 450++

## MAN ABOUT TOWN

Combines facial with a neck and shoulder massage. Cleanse the skin and chill out, we've got this.

60 MINUTES - IDR 550++

## TEENS NATURAL FACIAL

Ideal for younger skin types, our Natural Facial includes a gentle cleanse, facial exfoliation and mask, followed by an uber-relaxing foot massage to leave the skin silky-smooth.

\*For ages 12 onwards.

45 MINUTES - IDR 450++

# HIGHER VIBRATIONS

## BALINESE REIKI HEALER

Made is a highly-sought after reiki healer in Bali. His unique style is to release any negative energy, thoughts and emotions that are building up in our body. Made's reiki sessions work well for sleep issues, jet lag recovery and chronic stress.

60 MINUTES - IDR 950++

## KARMA YOGA WITH LUZI

We invite you to join us for our weekly Karma Yoga Flow by the pool. Luzi is a highly-qualified instructor in Hatha, Vinyasa, Yin, SUP Yoga, Kids Yoga, Prenatal and Wheel Yoga.

**Every Tuesday 4.30 - 5.30**

**complimentary for in-house guests/includes Jamu Wellness Tonic.**

IDR 150,000++ OUTSIDE GUESTS

## ACUPUNCTURE WITH ADI NUGRAHA

We are proud to collaborate with Chinese-Indonesian born, Adi Nugraha who has been working as a practitioner for ten years and is a certified Acupuncturist.

60 MINUTES - BODY ACUPUNCTURE - IDR 1,150++

60 MINUTES - FACIAL ACUPUNCTURE - IDR 1,150++

60 MINUTES - DEEP TISSUE ACUPRESSURE BODYWORK - IDR 950++

## ULTIMATE DETOX WELLBEING PACKAGE

30-minute Reflexology + 60-minute Body Acupuncture and 30-minute Facial Acupuncture

120 MINUTES - IDR 2ML ++


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WE CREATE... EXPERIENCES

Located in 10 countries and 30 destinations, Karma Spas are simple sanctuaries where you can slow down, breathe and be at ease. We offer local rituals, Balinese treatments, and results-oriented therapies. Our team of treatment specialists know how to set you at ease. Enjoy!

Be You. Be Free.

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## KARMA WELLNESS HUB @ KARMA JIMBARAN

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