

# KARMA ROYAL

SPA, YOGA AND WELLBEING



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*Karma Spa*

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WE CREATE... WELLNESS

# BALINESE & LOCAL HEALERS

*We've collaborated with some of Bali's most amazing healers.  
Please check with each spa to find out which Balinese Healers are  
available - advanced notice recommended.*

## **BALINESE REIKI WITH MADE I WARMANA**

We are proud to collaborate with Made I Warmana, a renowned Balinese Reiki healer. Reiki is a fully-clothed healing treatment. During this session, Made works deeply to help clear and release any negative thoughts and tension from your body. Reiki is recommended for sleep issues, chronic stress, jet lag and fatigue.

**60 MINUTES IDR 950++**

## **ADI NUGRAHA - ACUPUNCTURIST**

We are proud to collaborate with Chinese-Indonesian born Adi Nugraha, who offers Acupuncture, Facial Cosmetic Acupuncture, Reflexology and Deep Tissue Bodywork. Adi has been a practitioner for over ten years and is a certified Acupuncturist.

**BODY ACUPUNCTURE 60 MINUTES IDR 750+**

**BODY ACUPUNCTURE + FACIAL ACUPUNCTURE 90 MINUTES IDR 950++**

**MASTER REFLEXOLOGY 60 MINUTES IDR 550++**

**DEEP TISSUE BODYWORK IDR 600++**

## **KASNA - HEALING ENERGY BODYWORK**

Kasna is a Balinese healer whose treatments and recipes have been passed down through generations from his ancestors. What makes Kasna's treatments sacred is that he infuses healing energy transfer work that helps to bring positivity to your mind and body. Kasna hand creates his own herbal oils and boreh blends from over 21 local herbs and spices.

**KASNA HEALING MASSAGE 60 MINUTES IDR 650++**

**KASNA AURA CLEANSING FACIAL 90 MINUTES IDR 800++**

**KASNA HEALING MASSAGE + DETOX BOREH 2 HOURS IDR 900++**

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# LOCAL RITUALS

*Inspiring spiritual harmony*

## SIGNATURE ROYAL MASSAGE

This signature therapeutic massage is designed to boost circulation, energy flow and reduce inflammation in the body. Our massueses therapeutically focus on your back, shoulders and neck area - feel all your stress melt away.

**75 MINUTES** IDR 350++

**90 MINUTES** IDR 400++

## BALINESE BLESSING

Beginning with a nourishing body scrub and wrap made with locally-sourced spices, this treatment includes a 60-minute Sacred Balinese Massage and optional flower bath.

**30 MINUTES** - ISLAND SPICE BODY SCRUB

**30 MINUTES** - BALINESE BOREH

**60 MINUTES** - SACRED BALINESE MASSAGE

**30 MINUTES** - BALINESE FLOWER BATH

**2.5 HOURS** IDR 800++ | IDR 1,500++ PER COUPLE

## ISLAND CLEANSE

Your treatment begins with a magnesium-rich body scrub followed by our invigorating signature Royal Massage. Concludes with a facial massage to leave you relaxed and glowing.

**30 MINUTES** - BALINESE SEA SALT SCRUB

**90 MINUTES** - SIGNATURE ROYAL MASSAGE

**30 MINUTES** - MINI FACIAL BOOSTER

**2.5 HOURS** IDR 800++ | IDR 1,500++ PER COUPLE

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# BALINESE HEALING MESSAGES

*Soothe & Cure*

## SACRED BALINESE MASSAGE

A deeply relaxing massage using herbs, spices and essential oils grown in Bali. This treatment includes the ritual of warm virgin coconut shell that feels so soothing on your mind and body. Leaves your skin smooth and nourished.

**75 MINUTES** IDR 350++

**90 MINUTES** IDR 400++

## SACRED SPICES MASSAGE

Soothe away tension with a warm compress featuring clove, cinnamon, turmeric, lemongrass and tamarind. Ideal for your lower back, neck and shoulders. Recommended for improving circulation and flow.

**90 MINUTES** IDR 500++

## SACRED STONES MASSAGE

Surrender to the warmth of heated stones massaged across your body that will relax your mind as well as tired, tense muscles. Recommended for stress and fatigue.

**90 MINUTES** IDR 500++

## SACRED BALINESE + RADIANCE FACIAL

Your deeply relaxing Sacred Balinese Massage is enhanced with a facial massage to nourish and tone your skin. Emerge feeling rested and glowing.

**90 MINUTES** IDR 500++

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# CLEANSING SCRUB RITUALS

*Clean Skin, Clear mind*

## NOURISH

A hydrating body scrub infused with virgin coconut oil, Balinese wildflower honey, vanilla and ylang ylang flower oil, Javanese sandalwood, cocoa seed and coffee oil. This body scrub will leave your skin cleansed and renewed.

## RECHARGE

An invigorating scrub made from organic Balinese sea-salt blended with French clay, shea butter, aloe vera and essential lavender, rosemary and grapefruit oils. Ideal for dehydrated and sun burned skin.

## RENEW

A refreshing sea salt body scrub infused with papaya extract, shea butter and uplifting essential oils of lime, lemongrass, grapefruit, orange, nutmeg and patchouli. Leaves the skin feeling cleansed and renewed.

**30 MINUTES BODY SCRUB + 30 MINUTES BESPOKE MASSAGE**  
**60 MINUTES IDR 550++**

# FACIAL THERAPY

## GENTLE LIFT FACIAL

This relaxing facial is performed with a facial massage enhanced with acupressure techniques to lift and tone your skin. Select from our range of nourishing facial oils. Delivered with an exquisite Rosehip facial oil.

**60 MINUTES IDR 400++**

## KARMA YOGA FACIAL

This gentle facial therapy is designed to cleanse and restore your skin's natural healthy glow. We use nourishing oils to bring radiance to your skin. Includes a neck and shoulder massage. Depart radiant.

**60 MINUTES IDR 400++**

**90 MINUTES WITH RELAXING NECK AND SHOULDER MASSAGE IDR 550 ++**

## HIGH-PERFORMANCE MENS FACIAL

This men's facial includes a deep cleanse and exfoliation followed by a nourishing masque and hydrating serum. It also consists of a deeply relaxing face, neck and shoulder massage. You'll feel so regenerated.

**60 MINUTES IDR 400++**

# EXPRESS BAR

**30 MINUTES** IDR 350++

## **RADIANCE**

A mini-facial massage delivered with nourishing virgin coconut oil.

## **RELEASE**

A relaxing hand and arm massage designed to alleviate the strain of digital device use.

## **ESCAPE**

Ideal for jet lag, this neck, shoulder and scalp massage is ideal for computer tension and jet lag.

## **RECOVERY**

Focused on your lower legs and feet, this treatment boosts circulation. Ideal for jet lag and fatigue.

## **GLIMMER MANI & PEDI'S**

Let your hands and feet be soaked and gently scrubbed before your nails are shaped, filed and polished.

**30 MINUTES** IDR 250++

**60 MINUTES** IDR 300++

**NAIL POLISH APPLICATION ONLY** IDR 100++









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