

KARMA SPA @ KARMA CHAKRA, KERALA  
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# K

## *Karma Spa*

TREATMENT MENU



Karma Spa offers sublime experiences to nourish, heal and nurture. Select from a variety of Asian-fusion, western and healing experiences. All treatments are performed slowly to ease you into an authentic state of deep healing.

SPA & WELLNESS CURATOR

## ASIAN & WESTERN MASSAGES

*soothe your mind & muscles*

### RELAX - SWEDISH MASSAGE

A gentle relaxing massage delivered with long & flowing strokes to ease you into a place of deep relaxation. Just some of the health benefits include detoxification in the muscles, improved circulation and relaxation.

60 minutes - ₹2,500

90 minutes - ₹3,500

### DEEP - RIVERSTONE MASSAGE

There's nothing like heat therapy to melt your mind & muscles. During this relaxing session, heated stones are placed along the spine and massaged over your whole body to stimulate blood flow throughout your body. Concludes with a warm stone face and neck massage

60 minutes - ₹2,500

90 minutes - ₹3,500

### CURE - AROMATHERAPY MASSAGE

This full body exquisite massage is delivered with a blend of massage techniques and pure Aromatherapy essential oils. Includes soothing foot reflexology, head and scalp massage to relieve tension and ease you into balance.

60 minutes - ₹2,500

90 minutes - ₹3,500

### INTUITIVE BALINESE MASSAGE

Imagine the sensation of warm herbal oils from a traditional spouted tihanting pouring gently over your skin, the sent of indigenous insence stick fresh flowers presented on the Canang Sari daily offering and the sound of chime bells clearing your mind before your massage. This sacred massage is delivered deeply and slowly to help you relax in mind and body

60 minutes - ₹2,500

90 minutes - ₹3,500

### KARMA RHYTHM MASSAGE

Mind-melting movements. Lingering neck and shoulder massage. Extra focus on back areas. Thick luscious indigenous oils. This signature massage is co-created by renowned healer, Joko tri Li, who has trained in Traditional Chinese Medicine. Karma bodyworker's press all the right points to boost circulation and wellbeing.

90 minutes - ₹4,000

### SOOTHE -BACK MASSAGE

During this treatment your therapist focuses on your lower back, neck and shoulder area that will help unlock tight muscles and melt away any tension. Includes our signature neck and shoulder Karma Wow massage therapy that will leave you feeling relaxed and stress-free.

30 minutes - ₹1,750

### WARM HERBAL COMPRESS

During this therapeutic treatment, steaming bundles of warm medicated herbs are pressed gently along your spine, neck and lower back to soothe and nurture. The warmth of the herbal compress works deeply to calm your nervous system and treat any muscle pain. Depart transformed.

30 minutes back & neck - ₹1,750

### KARMA WOW

This slow and rhythmic neck and shoulder massage feels so restful. During this treatment your therapist works deeply to release any tension held in these areas of your body. Relax and allow all your tension to melt away.

30 minutes - ₹1,750

### SOUL -FOOT REFLEXOLOGY

Slip off your shoes and relax as your therapist massages your feet and lower legs that will get circulation moving through your body. Helps to soothe and revitalize your body. Excellent for jet lag.

30 minutes - ₹1,750

# KARMA FOR MEN

*relax & be*

## BACK MASSAGE WITH WARM STONES

Created to slow down your mind and ease you into balance. Starts with an aromatic compress and soothing back massage. Heated stones are then massaged over your lower back, neck and shoulder area to help soften tight muscles and melt away any tension. Leaves you relaxed and stress-free.

60 minutes - ₹3,000

## DEEP CALM FACIAL

Relax as therapists treat you to our Karma Wow signature neck and shoulder massage to release any tight muscles and tension. A deep cleanse exfoliation and skin firming masque follows completing with a hydration moisturizer. Includes a soothing face and scalp massage.

60 minutes - ₹3,000

## MEN'S RETREAT TIME (2 Day Package)

Begins with a body massage of your choice followed by a hydrating facial delivered with generous neck and shoulder massage. Concludes with your choice of foot massage.

60 minutes - Balinese massage

60 minutes - Deep Calm Facial

30 minutes - Foot Massage

2 ½ hours - ₹5,000

## RITUAL

*time for self - nurture*

### DETOX COFFEE SCRUB, STEAM & MASSAGE

Regenerate via this purifying sequence of invigorating coffee scrub and steam for rejuvenation. Coffee is known for stimulating circulation and improving the skin texture. The highlight, a 60-minute full body massage. Results include smooth and firmer skin.

2 hours - ₹4,000

### HIMALAYAN HEALING JOURNEY

This dreamy journey starts with a cleansing Himalayan crystal salt body exfoliation and steam and completes with a soothing full body massage. Himalayan crystal salts are considered the purest salts in the world sourced from the highest mountains on earth.

2 hours - ₹4,000

### ALOE VERA LAVENDER SCRUB & STEAM

A cooling blend of pure aloe and soothing lavender oils to exfoliate your skin texture followed by a steam ritual. Depart cleansed and renewed.

90 minutes - ₹3,500

### GODDESS RITUAL

Bestowed in candle-lit surrounds, the two-hour experience begins with a luxurious foot ritual, followed by your choice of Aromatherapy or Balinese massage. Completes with an Aromatherapy glow facial to leave you smoothed and radiant. Depart feeling soft and radiant.

2 hours - ₹4,000

# AYURVEDIC WELLBEING

## WELLNESS CONSULTATIONS

Pre-treatment consultation with our ayurvedic doctor allows you to experience a spa program tailored specifically to your body's needs. Our physician will check your body's constitution and recommend lifestyle changes and treatments -all geared to helping you live a more balanced lifestyle.

30 minutes - ₹500

## ABHYANGA AYURVEDIC MASSAGE

This full body massage is considered one of the most holistic styles today. Relax as an infusion of warm herbal oils are massaged into the body. The selection of oils works to deeply to improve circulation and relax your mind.

60 minutes - ₹2,500

90 minutes - ₹3,500

## AYURVEDIC UBTAN BODY SCRUB & MASSAGE

A full body scrub made from a paste of healing spices, pulses, herbs and flowers will cleanse and tone your skin. Includes a cleansing steam ritual.

60 minutes - ₹3,000

## PADABHYANGA

A soothing lower leg and foot massage that combines pressure point massage and long strokes. The pressing of acupressure points helps detoxify corresponding organs in the body and improves circulation. A great remedy for jet lag.

30 minutes - ₹1,750

## PODIKKIZHI - WARM HERBAL COMPRESS

During this therapeutic treatment, steaming bundles of warm medicated powdered herbs are pressed gently along the spine, neck and body to nurture. This herbal reviver works to calm your nervous system and treat muscle pain. Incredibly soothing for stiff necks, back pain and arthritis.

60 minutes back & neck- ₹3,000

## SHIRODHARA

The ultimate Ayurvedic therapy where warm herbal oils are poured rhythmically on your third eye 'chakra' area to soothe and calm the whole body. Shirodhara is recommended for stress, insomnia, hypertension and neurological problems. Completes with a gentle head and scalp massage.

60 minutes - ₹3,000

90 minutes with body massage - ₹4,000



## BEAUTY & GROOM

*let your inner light shine*

### AROMATHERAPY GLOW FACIAL

During this exquisite facial, 100% pure Aromatherapy oils are delivered with luxurious creams, scrubs and masks to leave your skin clean, hydrated and radiant. Includes a nurturing facial massage and warm lavender oil compresses.

60 minutes - ₹2,500

### DELUXE MANICURES & PEDICURES

Well-executed and 100% hygienic, these treatments are delivered with heavenly scrubs and creams and include luxurious massage.

60 minutes - ₹2,500 each

### KARMA ROSEWATER FACIAL

Exquisite Ayurvedic ingredients of pure Indian rosewater and natural plant extracts are applied for deep cleansing, exfoliation and toning. Includes a divine facial massage to soften fine lines and plump your skin to radiance.

60 minutes - ₹2,500

## SPA DAYS

*indulgent wellness*

### KARMA DETOX (2 Day Package)

60 minutes Coffee Detox Scrub & Steam Ritual  
30 minutes Soothing Back Massage  
60 minutes Customized Facial

2 ½ hours - ₹4,500

### MEN'S GROOMING

60 minutes Balinese Massage  
30 minutes Mini Facial  
30 minutes Foot Reflexology

2 hours - ₹3,500

### BACK DE-STRESS

30 minute Back Body Scrub  
60 minute Back Massage with Warm stones  
30 minute Warm Herbal Compress

2 hours - ₹4,000

### ROMANTIC RITUAL (2 Day Package)

30 minutes Foot Reflexology  
90 minutes Balinese Massage  
60 minutes Customized Facial

3 hours - ₹8,000

### AYURVEDA WELLNESS (2 Day Package)

60 minutes Ubtan Body Scrub & Steam Ritual  
60 minutes Abhyanga Ayurvedic Massage  
30 minutes Warm Herbal Back Compress

2 ½ hours - ₹7,000

## SPA JOURNEYS

*retreats & programs for your wellbeing*

### 3 - KARMA BACK CURE

DAY 1 30 minutes Soothing Back Massage

DAY 2 30 minutes Podikizy Warm Herbal  
Back & Neck treatment

DAY 3 60 minutes Warm Stone Massage

₹4,000

### 4 - DAY ASIAN FUSION

DAY 1 60 minutes Balinese Massage

DAY 2 60 minutes Aromatherapy Massage

DAY 3 60 minutes Abhyanga Ayurvedic  
Massage

DAY 4 60 minutes Relaxing Shirodhara

₹8,000

### 7 - DAY AYURVEDA WELLNESS

DAY 1 60 minutes Abhyanga Ayurvedic  
Massage

DAY 2 60 minutes Shirodhara with Head  
Massage

DAY 3 60 minutes Podikkizy Warm Herbal  
Compress

DAY 4 60 minutes Abhyanga Ayurvedic  
Massage

DAY 5 60 minutes Shirodhara with Head  
Massage

DAY 6 90 minutes Ubtan Body Scrub with  
Steam and Back Massage

DAY 7 90 minutes Shirodhara with Body  
Massage

₹18,000

### 5 - DAY AYURVEDA REJUVENATION

DAY 1 60 minutes Abhyanga Ayurvedic  
Massage

DAY 2 60 minutes Shirodhara with Head  
Massage

DAY 3 60 minutes Podikkizy Warm Herbal  
Compress

DAY 4 90 minutes Shirodhara with Body  
Massage

DAY 5 60 minutes Abhyanga Ayurvedic

₹12,000

# SPA BLAH

*hours of nurture : 9.00 am to 8.00 pm*

## ARRIVAL

Try to arrive ten minutes before your scheduled treatment. Pre-treatment relaxation prepares your body better for the journey ahead.

## HEALTH MATTERS

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

## SPA ATTIRE

Wear comfy attire. Sarongs, robes and disposable underwear are available. Feel free to wear your own underwear during treatments.

## ETIQUETTE

Drinking coffee or alcohol three hours prior to treatments is not advised. Turn off your mobile before entering the spa area.

## TIPPING

Enjoyed your experience, then why not?

## VALUABLES

We advise you not to carry any valuables with you during your spa visit. Karma Spa accepts no responsibility for loss of valuables, cash or any other personal belongings.

## OUR THERAPISTS

We select our body workers for their healing skill and talent and not all of them have mastered the English language. Please consult our spa concierge should you have any specific questions or needs.

## TREATMENT PRICES

All spa service prices are inclusive of all taxes as applicable by the Government.

## CANCELLATIONS

We require a minimum of three hours notice to cancel reservations, 50% cancellation fee will be charged thereafter. No shows will be charged the full price.

## RETAIL THERAPY

We require a minimum of three hours notice to cancel reservations, 50% cancellation fee will be charged thereafter. No shows will be charged the full price.