



KARMA SPA TREATMENT MENU

AROMATHERAPY RELAXATION MASSAGE 60 MINUTES £90

De-Stress • Mind-soothing • Sleep Remedy

Feeling fatigued and overtired? This full-body treatment is delivered with aromatherapy blends that nourish the skin and uplift your mood. Feel any stress and tiredness melt away.

KARMA FULL BODY MASSAGE 60 MINUTES £90

Nurturing • Soothing • Nourishing

This full body massage works on the major areas of the body, such as the neck, shoulders, back, legs, arms, hands and feet. Helps to reduce tension, stress, improve circulation, eliminate toxins, helps reduce fatigue and improves sleep.

KARMA REFLEXOLOGY 60 MINUTES £90

Reflexology is the application of pressure to different areas of the feet. This can aid relaxation and promote healing to the corresponding area of the body.

KARMA INDIAN HEAD MASSAGE 45 MINUTES £75

A massage concentrating on the upper back, neck, shoulders & scalp helping to release tension built up in these areas & helps to improve general wellbeing.

KARMA BESPOKE FACIAL 60 MINUTES £80

Hydrating • Firming • Nurturing

Your customized facial is delivered using organic skincare made from British-grown herbs, essential oils, vitamins plant stem cells, homeopathic remedies and medicinal flowers. Delivered with a nurturing facial massage to firm and tone your skin and a warm aromatherapy compress with neck and shoulder release.

KARMA BODY SCRUB 55 MINUTES £85

A body treatment which removes dead skin cells whilst cleansing the skin and increasing blood circulation. Stimulating the skin cell turnover, leaving smoother brighter skin.

KARMA BAMBOO MASSAGE 55 MINUTES £85

A massage using the use of bamboo sticks provides a deep tissue massage. This massage can go as light or deep as wanted and helps release tension and help with the pain.

ARRIVAL TIME

Try to arrive at least ten minutes before your scheduled treatment to enjoy our welcome refreshments. Pre-treatment relaxation prepares your body better for the journey ahead.

SPA TREATMENT ETIQUETTE

Drinking coffee, alcohol or too much time on digital devices before your treatment is not advised. Use this sacred time for a mini digital detox!

CANCELLATIONS

You may cancel a maximum of 48 hours before your scheduled treatment. Any Cancellations or amendments within this period will result in a £25 charge per treatment.



✉ : reception@karmasalfordhall.com

☎ : +44 1386 871300

#ExperienceKarma

📘 KarmaSalfordHall

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KARMAGROUP.COM

