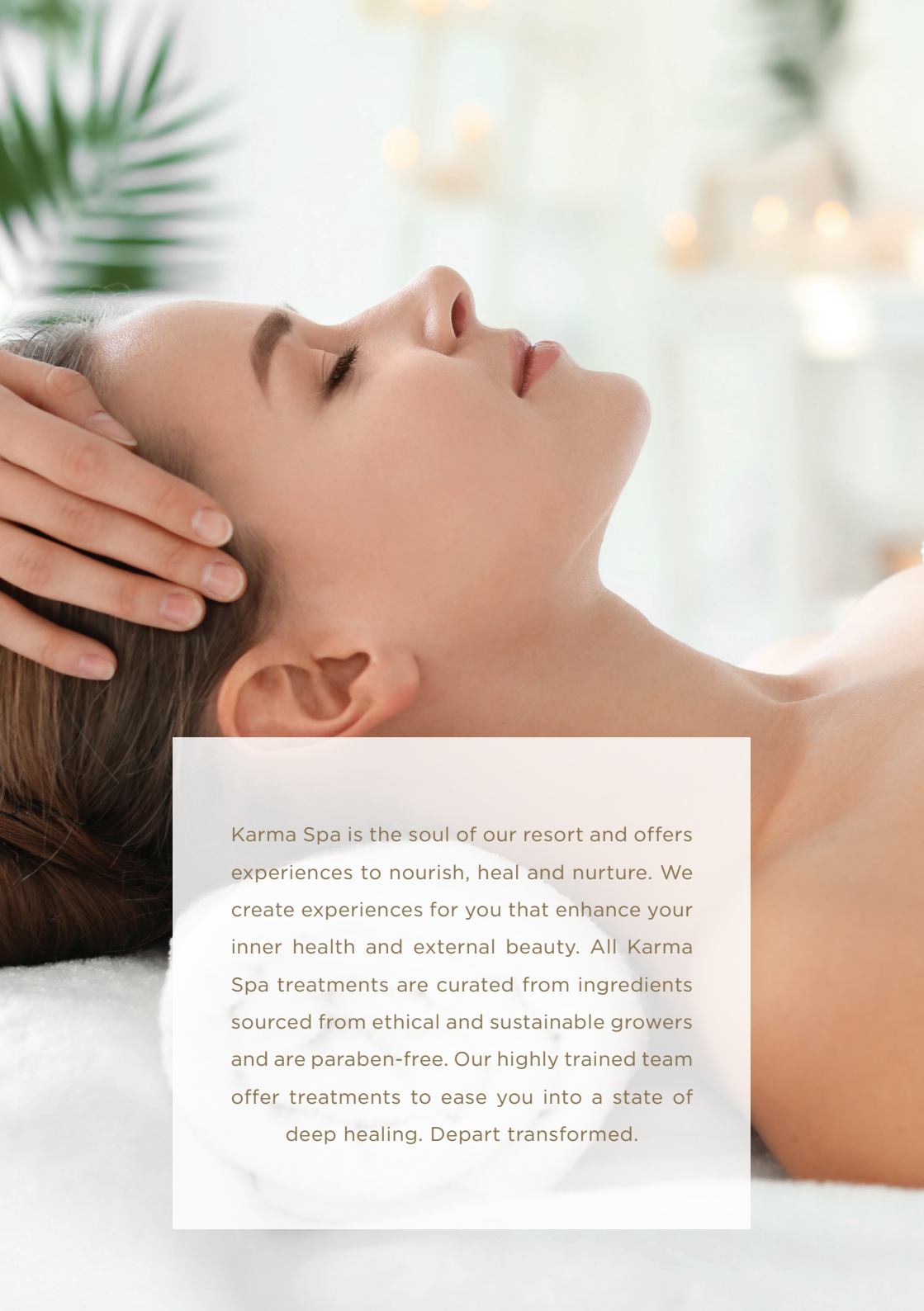




KARMA ST. MARTIN'S

SPA AND WELLBEING

WE CREATE... WELLNESS



Karma Spa is the soul of our resort and offers experiences to nourish, heal and nurture. We create experiences for you that enhance your inner health and external beauty. All Karma Spa treatments are curated from ingredients sourced from ethical and sustainable growers and are paraben-free. Our highly trained team offer treatments to ease you into a state of deep healing. Depart transformed.

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, arm, hands and feet. Helps to reduce tension, stress, improving circulation, eliminate toxins, helps reduce fatigue and improve 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 | £80

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

KARMA BESPOKE FACIAL | 60 MINUTES | £85

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 | 60 MINUTES | £90

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

KARMA HOT STONE MASSAGE - massage with warm stones | 60 MINUTES | £90

There's nothing quite like heat therapy to soothe your mind and muscles. Surrender to deep calm as heated stones and herbal oils are gently massaged along your body. Concludes with a warm stone face and neck massage. Recommended for chronic stress, jet lag and fatigue.

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.

ETIQUETTE

Drinking coffee, alcohol or too much time on the digital devices before your treatment is not advised.

Use this sacred time for a mini digital detox!

CANCELLATIONS

You may cancel a maximum of 72 hours before your scheduled treatment. Any Cancellations or amendments within this period may result in a full charge. Our team will do their utmost to resell the scheduled appointment to minimize the cancellation fee.

Karma
ST. MARTIN'S
ISLES OF SCILLY, UK

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