Karma Spa

Treatment Menu

YOUR HOSTS

Karma's spa team of bodyworkers train under the guidance of certified sports massage experts, health practitioners, reflexologists and healers and deliver deeply therapeutic experience.

SPA SUPERVISOR

Elizabeth

SPA THERAPIST

Suzie

Laxmikant

KARMA SPA

Karma Spa offers sublime experiences to nourish, heal and nurture. Our spa features modern & Asian style treatment rooms as well as and ayurvedic therapy room and herbal steam. Select from a variety of Asian-fusion, western and healing experiences for all body conditions. Our boutique menu of curative sessions are created from pure ingredients. All treatments are performed slowly to ease you into an authentic state of deep healing.

ASIAN & WESTERN MASSAGES

soothe your mind & muscles

KARMA WOW

This slow and rhythmic neck and shoulder massage feels so restfu for mind and body. 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 - ₹1000

INTUITIVE BALINESE MASSAGE

Imagine the sensation of warm herbal oils from a traditional spouted tihanting pouring gently over your skin, the sent of indigenous incense 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 - ₹3,000

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 renowed 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 - ₹3,000

CURE - AROMATHERAPY MASSAGE

This full body exquisite massage consisting of relaxing massage techniques is delivered with a beautiful blend of 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 - ₹3,000

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 - ₹1000

MUCLE MELT FOOT REFLEXOLOGY

Mind soothing leg and foot massage. Skillful accupressure. Warm herbal compress.Infusions of rare medicinal herbs. Concludes with a therapeutic Karma Wow Neck & Shoulder Massage. Recommemded for jet lag.

60 minutes - ₹2,000

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 - ₹1,100

DETOX SALT, SEA & OIL EXPEREINCE

Regenerate and purify your beautiful being. Tone and firm your skin. A detox steam is followed by a cleansing scrub to help stimulate circulation and strenghening the skin tissues. The highlight, a full body massage delivered with invigorating aromatherapy oils. Departs cleansed and invigorated.

90 minutes - ₹3,000

DEEP - WARM STONE 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 - ₹3,000

prices inclusive of all government taxes

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 - ₹1,800

THE GENTLEMEN'S PEDICURE

A relaxing foot soak is followed by a soothing foot scrub and reflexology massage. Includes cleaning, nail clipping, trimming and shaping for both feet and hands. Delivered with natural scrubs and creams.

60 minutes - ₹1000

MEN'S RETREAT TIME

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 pedicure or manicure - all of which will leave you looking well-groomed and feeling great.

60 minutes - Balinese massage

60 minutes - Rose Hip Facial

30 minutes - Express Gentlemen's Pedicure

2 ½ hours - ₹4,000

prices inclusive of all government taxes

RITUAL

time for self – nurture

DETOX COFFEE SCRUB & 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 is a 60-minute full body massage. Results include smooth and firmer skin.

2 hours - ₹3,500

ALOE VERA LAVENDER SCRUB & BACK MASSAGE

A cooling blend of pure aloe and soothing lavender oils to exfoliate your skin texture followed by a steam ritual. Concludes with a 45-minute back, neck and shoulder massage. Depart cleansed and renewed.

90 minutes - ₹2,500

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 radiant.

2 hours - ₹3,500

HIMALAYAN CRYSTAL HEALING JOURNEY

Regenerates your body, mind and soul. Allow your body to be cleansed in a Himalayan Crystal Salt body scrub infused with exquisite aromatherapy oils. A steam is followed by a relaxing Himalayan Shoulder Massage. The finale, a customized facial to leave you glowing with radiance

2 hours - ₹3,500

TIBETAN HEALING MASSAGE

A spiritual body massage with a difference. Designed to nurture, soothe and heal. Relax as therapist massage your body with herbal oils with sound therapy Tibetan singing bowls and generous amounts of neck and face massage.

90 minutes - ₹3,000

prices inclusive of all government taxes

AYURVEDIC WELLBEING

doctors consultations are complimentary

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.

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 your body. The specific oils made from medicinal ingredients works to deeply to improve circulation and relax your mind.

60 minutes - ₹2,500
90 minutes - ₹3,000

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 detox steam ritual and soothing back massage.

90 minutes - ₹2,500

PODIKKIZY – 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.

90 minutes back & neck- ₹3,000

prices inclusive of all government taxes

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 - ₹1000

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 - ₹2,500
90 minutes with body massage - ₹3,000

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 - ₹1,100

AYURVEDIC PANCHTATVA FACIAL

Ayurvedic Panchtatva facial is inspired by the five elements which reflects its synergy on the skin in a perfect balance. Based on an ancient therapy of treating skin with 5 ayurvedic herbs. This Panchtatva facial is detoxifying, destressing, toning & complexion enhancement which purifies the skin and maintains skin texture.

90 minutes - ₹3,000

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

ROSEHIP FACIAL

Relax as therapist 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 hydrating moisturizer. Includes a soothing face and scalp massage. Departs radiant.

60 minutes - ₹2,000

DELUXE MANICURES OR PEDICURES

Well-executed and 100% hygienic, these treatments are delivered with heavenly scrubs and creams and include a luxurious hand and arm or foot & leg massage

60 minutes - ₹1000

EXPRESS MANICURES & PEDICURES

60 minutes - ₹1000

prices inclusive of all government taxes

SPA DAYS

indulgent wellness

KARMA DETOX

60 minutes Coffee Detox Scrub & Ritual
60 minutes Aromatherapy Massage
60 minutes Customized Facial

3 hours - ₹4,500

BACK DE-STRESS

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

2 hours - ₹3,500

AYURVEDA WELLNESS

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

5 hours - ₹8,000 per couple

MEN'S GROOMING

60 minutes Balinese Massage
30 minutes Express Gentlemen's Pedicure
30 minutes Foot Reflexology

2 hours - ₹3,500

GLOSS & GLAMOUR

60 minutes Aromatherapy Massage
30 minutes Mini- facial
60 minutes Express Pedicure or Manicure
Eye Brow or Lip Threading

2 ½ hours - ₹3,500

ROMANTIC RITUAL

30 minutes Flower Foot Ritual with Reflexology
90 minutes Balinese Massage
60 minutes Customized Facial

3 hours - ₹8,000 per couple

prices inclusive of all government taxes

SPA JOURNEYS

retreats & programs for your wellbeing

3 - KARMA BACK CURE

DAY 1 30 minutes Soothing Back Massage
DAY 2 30 minutes Podikizzy Warm Herbal Back & Neck treatment
DAY 3 60 minutes Warm Stone Massage

₹3,500

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

₹14,000

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 Swedish Massage

₹8,000

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 Massage

₹9,000

prices inclusive of all government taxes

SPA BLAH

hours of nurture : 9.00 am to 6.00 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 offer a boutique collection of locally made natural skin care, body, bath & massage oils.

PURE & ETHICAL

Karma Spa products are full of good energy and contain pure essential oils sourced from sustainable farmers and growers. They contain nopetrochemical, harmful preservatives, synthetic fragrances or parabens

KARMA SPA @ ROYAL MONTERIO
Arpora, P.O. Calangute, Baga, Goa 403 516, India
T : +91 (0)832 671 6200 | E : mr-karmaspa@royalperspective.com

www.karmaspas.com