

K

Karma Spa

TREATMENT MENU

THE WORLD IS YOUR SPA



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.

COMPLIMENTARY WELLNESS CONSULTATIONS

Prior to booking the Ayurveda treatment of your choice, we recommend you take advantage of a free consultation with Dr Flossy, thus enabling us to recommend a spa Wellness program tailored to your needs. Dr Flossy will check your body's constitution via a especial analysis designed to understand the changes that your body will benefit from.

May these be lifestyle changes, dietary recommendations and dedicated spa treatments.

All this with the aim to help you enjoy a more balanced lifestyle.

An appointment is recommended – call 314

ASIAN & WESTERN TREATMENTS

Balinese Massage

Aromatherapy Massage

Karma Signature Massage

Deep Warm Stone Massage

Foot Reflexology

Back Massage

Oriental Scalp Massage

Indian Head Massage

Scrubs

Rituals

ASIAN & WESTERN TREATMENTS

BALINESE MASSAGE

Indulge in this holistic full body treatment that uses a combination of gentle stretches and pressure point stimulation to relax tense muscles and relieve tension. The result is an energised and relaxed new you

60 minutes - ₹2,700

90 minutes - ₹3,300

AROMATHERAPY MASSAGE

A full body massage with the natural aroma oil of your choice to dissolve all stress, improve circulation, relieve muscular tension and ease you into a state of relaxation and balance

60 minutes - ₹2,700

90 minutes - ₹3,300

KARMA SIGNATURE MASSAGE

A Karma especial just for you. Start by having a foot soak of tea tree oil that helps your body release toxins and be better prepared for the muscle de stressing massage that follows. Especial techniques will ease stiff necks, relax tight shoulders, ease a sore back and facilitate lymphatic drainage. Complete this ritual by enjoying a soothing scalp massage that completes the feeling of total wellness that this treatment brings.

90 minutes - ₹3,300

DEEP - WARM STONE MASSAGE

Choose this massage to melt tension and soothe your muscles. Water heated volcanic rocks smoothened by natural forces in the sea are placed at key points of your body followed by a stone massage. These stones have an energetic charge that stimulate circulation while their direct heat eases pain. Concludes with a warm stone face and neck massage.

90 minutes - ₹3,500

FOOT REFLEXOLOGY

Sit down, relax and let our therapist, massage and gently press specific points on your feet, that correspond to specific organs in your body. This very ancient technique will help release blocked energy, de stress and promote well being. Highly recommend for those experiencing jet lag, or a long day of shopping

30 minutes - ₹1,300

BACK MASSAGE

A treatment specially designed to sooth, relax and improve the tension on your shoulders, lower back and neck area. Ideal for those that spend a lot of time on their desks

30 minutes - ₹1,500

ORIENTAL SCALP MASSAGE

A rhythmic oriental scalp treatment that starts by dissolving the tension in your neck and shoulder area and moves on to a scalp treatment using aroma oils.

30 minutes - ₹1,200

INDIAN HEAD MASSAGE

Rich medicated oils are used in this treatment, that are believed to improve circulation and promote hair growth. The technique used is stimulating and leaves you feeling calm and invigorated.

30 minutes - ₹1,200

SCRUBS

Scrubs are carefully balanced to deep clean by gently scrubbing dead cells responsible for the loss of a healthy glow and help replenish the skin by allowing a better absorption of other treatments. Choose from one of our scrubs below and give yourself newly hydrated skin that is soft to the touch

45 minutes - ₹2,000

BRAZILIAN COFFEE SCRUB

Coffee is the new buzz word in beauty! Known for its rejuvenating and invigorating properties, this coffee scrub will stimulate your circulation, improve your skin texture and will make you feel rejuvenated.

ALOE LAVENDER SCRUB

A perfect scrub for those with sensitive skin. A very gentle and soft scrub that combines the restorative qualities of Aloe Vera and the soothing abilities of the lavender plant. A scrub that not only improves skin texture but moisturizes.

RITUALS

GODDESS RITUAL

Take sometime to heal, restore and give yourself the joy of a very special treatment. You are a goddess, we bring you a treatment fit for a goddess!. The goddess treatment is a 2 hour long experience, in a room lit by candle light where your treatment starts with a luxurious foot ritual, followed by an Aromatherapy massage with the oil of your choice. And concludes with an Aromatherapy facial. Leaving you relaxed, glowing and feeling like a Goddess

2 hours - ₹4,000

DETOX HEALING RITUAL

Floral Himalayan Salt is used in this ritual that cleanses, revives and restores dull skin to its natural glow, through gentle exfoliation, followed by 10 minutes in the steam room, to allow your body to release the toxins. A customised body massage completes this treatment

2 hours - ₹4,000

AYURVEDIC WELLBEING

In Sanskrit, Ayurveda means the science of life. This traditional system of Indian medicine is based on the principle that human beings, in order to feel and be healthy, must achieve a balance between body and soul.

The 5 elements of water, earth, fire air and space, are according to Ayurvedic principle found in both human beings and the cosmos, and have a fundamental influence on maintaining a healthy and balanced life.

Ayurveda teaches us, how to maintain and balance these elements, through diet, herbal treatments, therapies and when required Ayurvedic medicines

Abhyangam Massage

Podikkizy - Warm Herbal Compress

Shirodhara

Padabhyanga

Udhvarthanam

Pichu

Nasyam

AYURVEDIC WELLBEING

ABHYANGAM MASSAGE

This holistic and very popular full body massage uses an infusion of warm herbal oils, made from medicinal ingredients, that improve circulation and relax your mind

60 minutes - ₹2,700

90 minutes - ₹3,200

PODIKKIZY - WARM HERBAL COMPRESS

A 2 step massage that starts with medicated oils being used to massage the whole body and is then followed by warm herbal compress, that are gently pressed along your spine, neck and shoulders. A very powerful treatment that soothes your nervous system, relieves muscle and arthritis pain.

30 minutes (back/leg) - ₹1,500

90 minutes (full body) - ₹3,500

SHIRODHARA

The ultimate Ayurvedic treatment, where warm herbal oils are poured rhythmically on your third “eye” or chakra area. Shirodhara is recommended to treat stress, insomnia, hypertension and neurological problems. A gentle head and scalp massage completes the treatment

60 minutes with head massage - ₹3,000

90 minutes with body massage - ₹3,500

PADABHYANGAM

A soothing lower leg massage that uses medicated oils to deliver a combination of pressure points and long strokes. An ideal treatment to boost circulation and relieve fatigue.

30 minutes - ₹1,200

UDHVARTHANAM

An Ayurvedic scrub made from healing spices, pulses, herbs and flowers. This full body treatment is said to stimulate the metabolism and help to detoxify and tone the body

60 minutes - ₹2,500

PICHU

A gentle alternative to massage, ideal for those that suffer from chronic tendon pain, prolapsed discs and joint pain. Cotton pads soaked in hot medicated oils, are placed on those areas of the body, where pain and discomfort is experienced, bringing instant relief. A pre consultation with the Ayurvedic doctor is strongly recommended. For maximum benefit a minimum of 3 sessions is advised.

30 minutes - ₹1,200 (per part)

NASYAM

A perfect treatment for those suffering from allergies, migraines and sinusitis. Drops of medicated oil are placed in the nose, followed by a face and neck massage and completed with a herbal compress. A minimum of 3 sessions is recommended to experience maximum benefits

30 minutes - ₹1,100

FACIALS

AYURVEDIC PANCHTATVA FACIAL

The Panchtatva Ayurvedic facial is based on an ancient therapy that treats the skin with five Ayurvedic herbs and is inspired by the 5 elements, to create a balanced synergy with the skin. This ancient facial detoxes, de stresses and balances the skin. Leaving the complexion toned, soft to the touch and with a beautiful glow.

90 minutes - ₹3,000

AROMATHERAPY GLOW FACIAL

This glow facial commenses with a good cleansing, followed by a gentle scrub, a facial massage and finally a mask to give you a hydrated, glowing and radiant skin. Includes a nurturing head and shoulder massage. All products used in this facial contain pure aroma essentials oils.

60 minutes - ₹2,000

FRUIT KISSED FACIAL

A deep facial cleansing, followed by exfoliation and a soothing and restorative face massage using hydrating cream enriched with watermelon and cucumber. A foot massage completes the ritual.

60 minutes - ₹2,500

MANICURE & PEDICURE

Choose from our range of express, spa or deluxe, manicure or pedicures and be assured of a treatment that is well executed and 100% hygienic

EXPRESS MANICURE OR EXPRESS PEDICURE

Nail polish is removed, nail are cut and filled followed by 2 coats of the polish of your choice

30 minutes - ₹5,00

SPA MANICURE OR SPA PEDICURE

Old polish is removed, nails are cut and filled, followed by a luxurious foot or hand soaking , prior to cuticle removal. Enjoy a rejuvenating scrub, followed by a relaxing massage prior to the polish of your choice being applied

60 minutes - ₹1,000

DELUXE MANICURE OR DELUXE PEDICURE

Old polish is removed, followed by nail cutting and filling and a luxurious tea tree soak, followed by cuticl removal, prior to salt exfoliation. Enjoy a self-warming pack made of champa and gold, that brightens and nourishes your hands or feet. Finish with 2 coats of your favourites polish.

60 minutes - ₹1,500

NAIL POLISH APPLICATION - ₹200

FRENCH NAIL POLISH - ₹500

All our manicures and pedicures are followed by a foot and or hand massage prior to the application of the polish

SPA DAYS

indulgent wellness

KARMA DETOX

30 min Coffee Detox Scrub & Steam Ritual
60 min Aromatherapy Massage
60 min Customized Facial

2.5 hours - ₹5,500

MEN'S GROOMING

60 min Balinese Massage
60 min Gentlemen's Pedicure
60 min Herbal Facial

3 hours - ₹5,000

ANTI CELLULITE & FIRMING

60 min Anti Cellulite Massage
60 min Anti Cellulite Exfoliation
30 min Customized Facial

2.5 hours - ₹6,000

COUPLE'S AYURVEDA WELLNESS

60 min Udhvarthanam Body Scrub & Steam Ritual

60 min Abhyangam Ayurvedic Massage
30 min Panchatatva Facial

5 hours - ₹10,000 per couple

ROMANTIC RITUAL

30 min Flower Foot Ritual with Reflexology

60 min Balinese Massage
30 min Customized Facial

5 hours - ₹9,000 per couple

SPA JOURNEYS

retreats & programs for your wellbeing

3 - KARMA BACK CURE

DAY 1 - 30 minutes Back Massage

DAY 2 - 30 minutes Podikkizy Warm Herbal &
Neck Treatment

DAY 3 - 30 minutes Warm Stone Massage

₹4000

4 - DAY ASIAN FUSION

DAY 1 - 60 minutes Balinese Massage

DAY 2 - 60 minutes Aromatherapy Massage

DAY 3 - 60 minutes Abhyangam
Massage

DAY 4 - 60 minutes Relaxing Warm Stone
Massage

₹8000

5 - DAY AYURVEDIC REJUVENATION

DAY 1 - 60 minutes Abhyangam
Massage

DAY 2 - 45 minutes Udhvarthanam

DAY 3 - 60 minutes Podikkizy Warm herbal
Compress

DAY 4 - 90 minutes Shirodhara with Body
Massage

DAY 5 - 60 minutes Abhyangam Massage

₹10,000

7 - DAY REJUVENATION

DAY 1 - 60 minutes Aromatherapy Massage

DAY 2 - 60 minutes Shirodhara with Head
Massage

DAY 3 - 60 minutes Warm Stone Massage

DAY 4 - 60 minutes Abhyangam Massage

DAY 5 - 60 minutes Balinese Massage

Day 6 - 30 minutes Exfoliation

Day 7 - 90 minutes Shirodhara with Body
Massage

₹14,000

WAXING

Under Arms Waxing	₹150
Full Arms Waxing	₹650
Half Arm Waxing	₹500
Full Leg Waxing	₹650
Half Leg Waxing	₹500
Waxing Full Back	₹1000
Waxing Chest	₹750
Bikini Line	₹400
Full Body Waxing	₹2500

SPA ETIQUETTE

hours of nurture : 9.00 am to 8.00 pm

ARRIVAL

Arrive ten minutes before your schedule treatment. Pre - treatment relaxation prepares your body better for the journey ahead

HEALTH MATTERS

Its mandatory to let us know if you suffer any health condition, high blood pressure, allergies, injuries or are pregnant

SPA ATTIRE

Robes and disposable underwear are available. Feel free to wear your own underwear during treatment but do inform your therapist prior to your treatment

ETIQUETTE

Kindly do not consume alcohol or coffee 3 hours prior to your treatment. We also recommend you to turn off your mobile before entering the spa

TIPPING

Enjoyed your experience, then why not?

VALUABLES

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

OUR THERAPIST

We select our therapist 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

CANCELATION

We request all our guest to give us a 3 hour notice to cancel reservations. Karma Spa reserves a right to deduct 50% cancellation fee that will be charged to your room if there is case of no show

RETAIL THERAPY

We offer a boutique collection of locally made natural skin care, body, bath & massage oils.

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

www.karmagroup.com