



TREATMENT MENU



WE CREATE... WELLNESS



DEAR GUEST,

Karma Spa is the soul of our resort and offers experiences to nourish, heal and nurture. From the moment you enter our Spa you are enveloped in a haven of calm and relaxation. We seek to 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

MASSAGE	2
REFLEXOLOGY	4
DETOX AND CLEANSE	6
KARMA MAN	8
REIKI	10
RITUALS AND SPA JOURNEYS	10
SOUL HEALING	12
SPA BLAH	14



MASSAGE

Soothe your mind & muscles

ASIAN FUSION THERAPY

Slip off your shoes and relax as your therapist massages your feet and lower legs that will get circulation moving through your body. Includes our signature Karma Wow neck & shoulder therapy to leave you feeling soothed and energised. Recommended for jet lag.

45 Minutes - £70

INDIAN HEAD MASSAGE

This treatment recommended for unlocking stress and tension that often accumulates in the joints, muscles and tissues in the head, scalp, neck and shoulder area. Begins with our signature Karma Wow neck and shoulder therapy followed by scalp and head massage delivered with nourishing virgin organic coconut oil - you'll feel sensational!

45 Minutes - £60

HEAD/SCALP/NECK AND SHOULDER THERAPY (plus Reiki up to 90 mins)

This slow and rhythmic massage attends to your scalp, neck and shoulder area, restful for mind & body. Relax, rest and enjoy.

45 Minutes - £50

60 Minutes - £70

90 Minutes - £100

SWEDISH MASSAGE

Stimulating or relaxing to be specified.

60 Minutes - £80

90 Minutes - £100

AROMATHERAPY

60 Minutes - £80

90 Minutes - £110

HAND MASSAGE

45 Minutes - £30

HAND AND ARM MASSAGE

45 Minutes - £50

FACE AND DÉCOLLETAGE

Combination therapies available.

45 Minutes - £60



REFLEXOLOGY

REFLEXOLOGY ONLY

45 Minutes - £70

90 Minutes - £85

SOOTHING FOOT SOAK

AND REFLEXOLOGY

60 Minutes - £90

REFLEXOLOGY FOLLOWED BY

LUXURY FOOT MASSAGE

60 Minutes - £100

SOOTHING FOOT SOAK/ LUXURY FOOT/

LEG MASSAGE/REFLEXOLOGY

60 Minutes - £105

90 Minutes - £135

FOOT AND LEG MASSAGE/

REFLEXOLOGY

60 Minutes - £105

90 Minutes - £135

REFLEXOLOGY ONLY

45 Minutes - £60

90 Minutes - £75

FUSION REIKI AND REFLEXOLOGY/

LIGHT FOOT AND LEG MASSAGE WITH

LUXURIOUS MOISTURISING CREAM

90 Minutes - £180



DETOX AND CLEANSE

It's a new day!

PURIFYING

This full body treatment includes a skin-soothing Scilly sea salt body scrub shower and acupressure head & scalp massage. Leaves your skin feeling super smooth and cleansed.

45 Minutes - £70

ENRICHING

Created with a blend of anti-oxidant rich coffee, sea salt and coconut oil. Coffee is an amazing skin-detoxifier while coconut oil will leave your skin richly moisturised.

45 Minutes - £70

CLEANSING

This full body exfoliation created from a blend of pure Himalayan crystal salts and warm oil. Leaves your skin feeling smooth, cleansed and nourished.

45 Minutes - £70



KARMA SPA MAN

MUSCLE-MELT BACK THERAPY

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

45 Minutes - £65

60 Minutes - £85 plus Reiki

90 Minutes - £100 (45 Reiki)

MEN'S RETREAT

60 Minutes - £105

90 Minutes - £155 (\$5 mins)

REIKI

Restore balance to your mind and calmness throughout your body. Deeply restful and centring. Renew your energy levels. Reiki is a fully-clothed hands-free energy treatment whereby the healer focuses on drawing positive energy into your body to create wellbeing throughout.

USUI REIKI (Standard)

45 Minutes - £40

60 Minutes - £55

90 Minutes - £70

USUI REIKI (Specific)

45 Minutes - £60 As long energy Flows!

USUI REIKI (Intuitive)

45 Minutes - £55

60 Minutes - £80

90 Minutes - £100



KARMA SPA
MEDICINAL MASSAGE

NURTURING
ROSE & SANDALWOOD

KARMA SPA
MEDICINAL MASSAGE

SKIN REPLENISH
REPAIR & HYDRATE

KARMA SPA
MEDICINAL MASSAGE

CALM
RELAX & DE-STRESS

RITUALS AND SPA JOURNEYS

SCILLY DETOX AND SALT OIL EXPERIENCE

This purifying ritual is hand-blended from locally harvested salts. We hand-blend these with pure essential oils to create a potent blend to deeply exfoliate your skin. Helps to reduce fluid retention and tone your skin. Includes a deeply relaxing massage that will leave you fresh and renewed. Recommended for all skin types.

Sea Salt Foot Bath

Sea Salt Body Scrub

Full Body Massage

90 Minutes - £100

RYTHMIC MASSAGE TO MANTRA MUSIC

90 Minutes - £90



SOUL HEALING

SOUL HEALING REIKI

Body

60 Minutes - £85

Intuitive

60 Minutes - £90

*(Follow up recommendations on
Reflection of Therapists Assessment)*

FUSION REIKI AND AROMATHERAPY

60 Minutes - £100

N.B :

Please do not book a Reiki treatment if you have consumed ANY Alcohol Just Prior to Treatment.



SIMPLY BOOK YOUR APPOINTMENT WITH OUR RECEPTION TEAM!

We look forward to seeing you!

Karma Spa In Karma St. Martin's

Lower Town. St. Martin's Isles Of Scilly, Cornwall, TR25 0QW

email : fom@karmastmartins.com

ENQUIRIES : st.martins@karmaresorts.com or call : +44 (0)1720 422368

www.karmagroup.com

KARMA SPA FAQ

hours of nurture : 10am until late

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.

LOOKING AFTER YOU

Please arrive before your scheduled treatment to ensure you receive the entire experience. Do let us know if you suffer any health conditions, high blood pressure, allergies, injuries or are pregnant.

SPA ATTIRE

Wear comfy attire. 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. Ensure your mobile is switched off prior to your arrival.

TIPPING

If you enjoyed your experience, then why not? |

VALUABLES

Please note that we require a minimum of four hours notice to cancel reservations otherwise a 50% cancellation fee will be charged. No-shows will be charged the full price.

CANCELLATION

You may cancel a maximum of 24 hours before your scheduled treatment. Any cancellation or rescheduling within 24 hours may result in full charge.

KARMA SPA EXPANSION

We create innovative spas! Karma Spa is a unique spa brand delivering results-focused experiences. We specialise in resort, hotel and day spas with a menu of pure and bespoke treatments and retail products.



WE CREATE... WELLNESS