



THE WORLD IS YOUR SPA

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SPA

TREATMENT MENU

K SPA

AT ROYAL BALI BEACH CLUB JIMBARAN, BALI

organic therapies. limited edition product lines. seasonal treatments – ever changing and in rhythm with the climate, temperature & beauty of Bali. karma spa a boutique spa dedicated to offering spa therapies that soothe, nurture & cure.

our spa team trains under the guidance of certified massage therapists, chinese medical practitioners, reflexologists & healers to deliver deeply therapeutic experiences. ingredients used in the treatments are pure and natural.

MASSAGE CURATIVES

HEAVEN – BALINESE MASSAGE

restore calmness to the mind and wellbeing to the body through this relaxing massage style inspired by age-old balinese practices. delivered with nourishing organic coconut oils, this full body soothing therapy is all you need to return to balance. depart renewed.

60 minutes – 300,000++ / 90 minutes – 450,000++

WARM BAMBOO MASSAGE

A unique massage that is recommended for those with lower back, neck & shoulder pain. during this soothing experience bamboo is warmed and your therapist will knead and roll warm bamboo onto areas of your body to soothe & nurture. promotes improved circulation and a feeling of wellbeing.

75 minutes - 450,000++

ZEN – HEALING MASSAGE

a healing-focused massage whereby therapists blend a multiple of bodywork skills inclusive of pressure point, kneading and long strokes to release tension and return the body to wellbeing. tailored to increase circulation and blood flow that in turn energizes the whole body. depart invigorated.

45 minutes – 250,000++ / 90 minutes – 450,000++

ENERGY – REJUVENATION MASSAGE

a full body massage designed to awaken and energize. during this massage and infusion of antioxidant-rich oils are massaged rhythmically into your body. delivered with a signature blend of green tea and bamboo and refreshing oils of lime, grapefruit, clary sage and ylang ylang.

90 minutes – 450,000++

DEEP – WARM STONE MASSAGE

Deepen into relaxation as therapists massage warm stones over your whole body to induce soothe and calm. The warmth from the stones immediately soothes any sore or tight muscles and will leave you feeling so relaxed. Recommended for alleviating any pain and stress - especially around the neck, shoulder & lower back area.

90 minutes – 500,000++

HERE COMES THE SUN

Cool & replenish your face and body with this gentle cocoon wrap of deeply hydrating organic aloe vera, lavender, green tea, cucumber & chamomile. Completes with a relaxing neck, shoulder & scalp massage and a 30-minute aloe hydration facial and mist spray.

90 minutes – 500,000++

ASIAN FLAVOURS

samplers from the east

BALINESE BACK MASSAGE

a deep & nurturing stress relief massage

ORIENTAL HEAD MASSAGE

a heavenly neck, scalp & head massage

DETOX SALT, SEA & OIL EXPERIENCE

Regenerate via this purifying sequence of sea salt and seaweed exfoliation, herbal steam and full body detox massage. Sea salt is known for stimulating circulation, firming and strengthening the skin tissues while Kelp seaweed will boost metabolism and circulation. The highlight, a cleansing massage made from essentials oils known to reduce cellulite. Results include smooth, hydrated and firmer skin.

90 minutes – 500,000++

CHILL REFLEXOLOGY

a soothing foot & leg massage for deep relaxation

30 minutes - 150,000++

BEAUTY & GROOM

let your inner light shine

DREAM ORGANIC FACIAL

a luxurious facial to soften, moisturize and nourish. Pure ingredients of organic rosehip oil, rosewater and a rose-infused hydration gel mask are bestowed with a soothing facial massage to plump, firm and hydrate. Depart radiant.

75 minutes – 300,000++

GLOW - GREEN TEA VITALITY FACIAL

an antioxidant-rich facial delivered with organic ingredients of green tea, bamboo, aloe vera gel, green tea serum and facial oil. green tea works topically on the skin and has long been used for internal and external longevity purposes, with special benefits for the skin. suitable for all skin types. leaves your skin healthy with a radiant glow.

60 minutes – 300,000++

BALINESE HAIR BRAIDING

short hair | 45 minutes – 90,000++

medium hair | 60 minutes – 160,000++

long hair | 90 minutes – 300,000++

POLISH- SPA MANICURES & PEDICURES

these beauty treatments are 100% hygienic and well-executed. they include a hand & foot soak & scrub, cuticle grooming, shape, file and polish. we sterilize all our equipment and our team are certified to deliver 100% hygienic manicures and pedicures.

manicure | 60 minutes - 200,000++

pedicure | 60 minutes - 200,000++

nail art | 1 nail 9,000++ / 10 fingers or toes 90,000++

RITUAL

time for self-nurture

THE BALINESE JOURNEY

30 minutes | green tea & bamboo body scrub

60 minutes | heaven balinese massage

60 minutes | dream organic holistic facial

600,000++

BAMBOO CEREMONY

30 minutes | green tea & bamboo body scrub

60 minutes | glow green tea vitality facial

75 minutes | warm bamboo massage

650,000 ++

ASIAN FUSION

experience a multiple of asian spa rituals during your vacation

day 1 | 60 minutes - glow green tea vitality facial

day 2 | 60 minutes - chill foot & leg massage

day 3 | 90 minutes - deep warm stone massage

750,000++

PURE HARMONY

calm & rebalance

day 1 | 60 minutes - heaven balinese massage

day 2 | 90 minutes - dream organic facial

day 3 | 90 minutes - deep warm stone massage

900,000++

SOULFUL ENCOUNTERS

Bali is bountiful with incredible healers and masters who work deeply on your mind, body and consciousness. These practitioners are passionate about their craft and have spent years self-training to cultivate their modalities. Every experience is tailored to your needs. Normally 24 hours booking required.

BALINESE HEALING REIKI

Restore balance to your mind and calmness through your body. A powerful healing treatment delivered by a real Balinese reiki healer that will leave you feeling rested and centered. Reiki is a fully-clothed treatment whereby the healer focuses on drawing positive energy into your body. Recommended for those suffering headaches, insomnia, jetlag and stress

60 minutes - 950,000++

KETUT'S DEEP TISSUE BODYWORK

Trained in Australia in Sports Injury Massage, Ketut is the only certified Sports Injury Massage Therapist on the island. His touch is deeply therapeutic. Each session is tailored to your body's condition. In his words: "I am a detective of the body and work to uncover the root of the problem." He offers prevention exercises with each session and suggests people with serious physical challenges take a maximum of 3 sessions to cure. Not recommended for those who want a relaxing massage.

60 minutes - 950,000++

CRANIO - SACRAL REIKI

Need to let go of the past, embrace the present and move forward with clarity? Give your being over to International healer, Elisa Senese, who offers a deep healing experience to transform mind, body and emotions. Includes subtle movements and powerful Reiki. Can assist in releasing accumulated stress held in the body over time from physical injury, chronic headaches and symptoms of insomnia. Depart inspired.

60 minutes - 1,450,000++

KARMA YOGA

Maintain core strength, muscle tone and positive energy levels whilst on vacation. In the tradition of Indian classical yoga, these sessions led by expert instructors are appropriate for all levels, from the novice to the experienced practitioner. Breathe fully and reap the benefits of this ancient practice in sumptuous surrounds. Yoga is a de-stress modality that improves flexibility, muscle tone & enhances deep & healthier breathing patterns.

60 minutes - 850,000++ (1-4 pax)

HOW TO SPA

Opening hours: 9:00am-8:00pm

ARRIVAL TIME

try to arrive at least 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

get comfy. robes and disposable underwear are available. feel free to wear your own underwear during treatments.

VALUABLES

we advise you not to carry any valuables with you during your spa visit. k spa accepts no responsibility for loss of valuables of any kind.

SPA TEAM

we select our therapists 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 treatments are subject to a 21% total of government tax and service charge.

CANCELLATIONS

please note that we require a minimum of three hours notice to cancel reservations otherwise a 50% cancellation fee will be charged. no shows will be charged the full price.

K SPA APOTHECARY

we offer a boutique collection of locally made organic skin care, body, bath & massage oils, pure handmade soaps, spiritual gemstone & mala bead jewelry.