



FLYING BAMBOO SPA
BY BLUE KARMA

MENU



SIGNATURE TREATMENT

RADIANCE REBORN FACE THERAPY

(90 MIN) IDR 1100K

A luxurious combination of the ancient Japanese art of Kobido Face Massage and cutting-edge Ultimate Light Therapy. This powerful duo is designed to restore your skin's youthful radiance, balance energy flow, and enhance overall facial health.

Package Inclusion:

- Welcome drink
- Head, neck and shoulder massage 10 min
- Kobido face massage 35 min
- Face scrub 10 min
- Alginate mask 15 min
- Perfectio light therapy 20 min
- Refreshment drink

LIFT & GLOW FACE THERAPY

(90 MIN) IDR 1100K

A powerful combination of the transformative Intra-Oral Buccal Massage and the cutting-edge Ultimate Light Therapy. This unique fusion of techniques works from the inside out to sculpt, tone, and rejuvenate your facial muscles, delivering both immediate and long-term results.

Package Inclusion:

- Welcome drink
- Head, neck and shoulder massage 10 min
- Intra-oral buccal massage 35 min
- Face scrub 10 min
- Alginate mask 15 min
- Perfectio light therapy 20 min
- Refreshment drink

**All prices are subject to 21% service charge and government tax*



JAPANESE KOBIDO MASSAGE

(60 MIN) IDR 900K

Discover the rejuvenating power of the ancient Japanese Kobido Face Massage, a unique technique designed to naturally lift, tone, and restore your skin's youthful glow. Known as the "Ancient Way of Beauty," Kobido combines precise hand movements and deep massage techniques to improve circulation, boost collagen, and promote a radiant complexion.

Package Inclusion:

- Welcome drink
- Head, neck and shoulder massage 10 min
- Kobido face massage 35 min
- Alginate mask 15 min
- Refreshment drink

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INTRA-ORAL BUCCAL MASSAGE

(60 MIN) IDR 900K

Our Intra-Oral Buccal Massage is a unique, deep tissue facial technique that works on the muscles inside the mouth and along the jawline. Our practitioner is wearing gloves, and firmly, yet oh-so-relievingly, using their thumbs and forefingers to massage the interior of the lips and cheeks, working their way to the jaw for full release.

By applying gentle yet precise pressure to the inner buccal area, this specialized massage helps release tension, reduce puffiness, and sculpt the face. Ideal for those seeking a non-invasive way to enhance facial contours, this treatment promotes better circulation, a natural lift, and a rejuvenated, youthful glow.

Package Inclusion:

- Welcome drink
- Head, neck and shoulder massage 10 min
- Buccal face massage 35 min
- Alginate mask 15 min
- Refreshment drink



SPA PACKAGE

MORINGA RADIANCE RITUAL (150 MIN) IDR 1500K/PAX

Experience the transformative power of moringa with our Moringa Radiance Ritual, a 2.5-hour journey crafted to revitalize, nourish, and rejuvenate. Begin with a calming welcome ritual that sets the tone for relaxation, followed by a luxurious moringa-infused body scrub to exfoliate and reveal smooth, glowing skin.

Next, indulge in a full-body massage with nutrient-rich moringa oil, designed to deeply hydrate and restore balance, relieving stress and muscle tension. Conclude with a refreshing moringa facial, leaving your skin feeling renewed and radiant.

Package Inclusion:

- Welcome foot ritual • Moringa body scrub
- Moringa oil full-body massage • Moringa rejuvenation facial
- Detox juice

ROMANTIC HARMONY SPA COUPLE (150 MIN) IDR 3500K/COUPLE

Embark on a harmonious journey of connection and relaxation with our Romantic Harmony Spa Retreat for Two. This exclusive package is designed to create unforgettable moments of bliss, rejuvenation, and togetherness for you and your partner.

The signature package consists of a thorough relaxing aromatherapy massage, followed with a Kobido face massage. At the end of the session, you and your loved one will have a 30 minute special bath of flower petals.

Package Inclusions:

- Welcome drink • Flower foot ritual with essential oil
- Signature aromatherapy massage • Kobido face massage
- Body scrub • Bath of flower petals • Lunch or dinner

BAMBOO HAVEN EXPERIENCE (150 MIN) IDR 1500K/PAX

Your journey begins with our Bamboo Massage. Our skilled therapists use heated bamboo sticks to perform a mesmerizing dance on your skin. The rhythmic strokes, guided by the natural contours of your body, release tension and melt away stress. The warmth of the bamboo is like a comforting embrace, grounding you in the present moment.

After the massage, it's time for the Bamboo Scrub. Our therapist expertly exfoliates your skin with a blend of bamboo extracts, removing impurities and revealing your radiant glow. Here, you'll experience the Herbal Bath.

Package Inclusion:

- Welcome drink • Welcome foot ritual
- Bamboo fusion massage • Bamboo body scrub
- Herbal bath • Bamboo tea and fresh fruit slices

ETERNAL ESCAPE COUPLE'S (120 MIN) IDR 3000K/COUPLE

Indulge in an unforgettable experience together with our Eternal Escape Couple's Spa Package. Begin with a soothing welcome ritual to immerse you in pure relaxation, followed by a synchronized full-body massage that eases tension and enhances connection.

Next, enjoy an aromatic body scrub, using natural ingredients to refresh and rejuvenate the skin, leaving it soft and radiant. Conclude with a tranquil soak in our warm flower bath, complete with calming essential oils, as you savor a bottle of Aga wine unwind in each other's presence.

Package Inclusions:

- Welcome foot ritual • Signature couple's massage
- Rejuvenating body scrub • Aromatic flower bath
- One bottle of aga red or white wine to enjoy

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COLONIC (COLON HYDROTHERAPY)

• (1 SESSION/60MIN) IDR 1000K

• (3 SESSIONS) IDR 2,800K

Don't be shy, we all need it!

Colon hydrotherapy is a safe, gentle infusion of warm filtered water into and out of the rectum and large intestine using no chemicals or drugs. To alleviate anxiety, it is helpful to familiarize yourself with the colon hydrotherapy procedure:

- To begin, the therapist will suggest a trip to the restroom to empty the bladder.

- After disrobing from the waist down, you will lie comfortably on a warm padded massage table and be given a sheet to drape over yourself. At the foot of the table is the colon therapy unit that disburses the purified water.

- The therapist will gently insert a lubricated speculum approximately two inches into the rectum. There are two tubes extending from the outer part of the speculum. Through one of the tubes (the inflow tube), gravity-fed multi filtered water is infused into the large intestine.

- You will release immediately through the outflow tube through a closed system upon feeling full, allowing for a series of fill and release cycles. Waste material and water are expelled through the outflow tube directly into a special pipe that goes straight to the sewer line, leaving no odor behind. The hydrotherapist may use various massage techniques and pressure points to encourage the abdomen to release.

To ensure safety, the tubes and speculum are disposable. The session usually lasts for one hour, while the process itself takes 40 to 50 minutes.

HOW DO I KNOW COLON HYDROTHERAPY WILL BE USEFUL FOR ME?

Today's diet consists of greatly refined processed food high in saturated fats and low in fiber. We believe that eating these foods, overeating, and ignoring the call to eliminate stress, allergies, and medications can contribute to poor colon health. The colon contains the largest concentration of bacteria in the body. Waste material allowed to stagnate alters the proportion of friendly bacteria to unfriendly bacteria, disrupting the balance of microorganisms essential to the health of the colon and the body in general.

Symptoms such as constipation, diarrhea, gassy, and bloating, as well as headaches, migraines, skin problems, chronic pain, inflammation, or gastrointestinal pain may be signs of a colon distress. In some severe cases, it may be necessary to consult a physician. We believe that colon hydrotherapy is valuable in minimizing the effects of both dietary and environmental stresses and toxins that bombard us on a regular basis and can lead to immune system imbalances. That portion of the immune system residing in the intestine may rejuvenate once the toxic waste materials are removed.



WHY DO PEOPLE RECEIVE COLON HYDROTHERAPY?

- Athletes have opted for colon hydrotherapy to improve metabolic efficiency, endurance, and aesthetically improve visual definition of abdominal muscles.

- Many receive the treatments during a period of lifestyle change or as a preventive measure.

- Many find it extremely helpful in weight loss and balancing metabolism when combined with healthy eating AND exercise. This is due to the increase in energy after the body releases so much toxic material and fecal weight. Nutrient absorption is also increased, which in turn supplies vital energy to all the cells.

- Another group elects to receive colon hydrotherapy after manifesting symptoms of intestinal distress: constipation (some from prescription drugs), indigestion, diarrhea, gas, bloat, hemorrhoids, Irritable Bowel Syndrome, diverticulitis, colitis, parasites, skin conditions such as psoriasis, shingles, and eczema, inability to lose weight, and scar tissue and adhesions from surgery.

- Another group chooses this treatment for a pain motive: abdominal pain, continuous headaches and migraines, back or shoulder pain, aching joints, gout.

- A number of clients' immune systems are compromised with lupus, MS, rheumatoid arthritis, arthritis, cancer, chronic fatigue, Epstein-Barre, candida, infections, colds, or influenza.

- Colon hydrotherapy sessions are used for medical reasons: colonoscopy preparations, pre- and post-surgery or Barium X-Ray, stool samples, and geriatric.

- Some come in during a fast, a cleansing program, a raw food diet, a liver and/or gallbladder flush, or a recovery from an accident.

- Some are working on emotional issues that they feel are physiologically rooted in their intestines (solar plexus).

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BODY TREATMENT

HARMONY RENEWAL AROMATHERAPY MASSAGE (60 MIN) IDR 850K | (90 MIN) IDR 950K

Your experience begins by choosing a personalized aromatherapy massage oil. As you settle onto the massage table, the soothing sounds of a singing bowl envelop you, creating a tranquil and meditative ambiance. Seven chakra stones, thoughtfully placed along your body's energy centers, promote balance and alignment, encouraging the free flow of vital energy. The sacred Palo Santo wood is used to cleanse your energy field, clearing away any negative or stagnant energies, paving the way for renewal. Finally, a ceremonial sprinkling of tirta (sacred water) and bija (holy seeds) bestows blessings upon you, symbolizing the renewal of your spirit.

Inclusions:

- Welcome drink
- Singing bowl ritual
- Tirta blessing
- Flying bamboo foot ritual
- Seven chakras alignment
- Refreshment drink
- Aromatherapy massage
- Palo santo cleansing

TRADITIONAL BALINESE MASSAGE (60 MIN) IDR 750K | (90 MIN) IDR 850K

Traditional healing massage is a full-body, deep-tissue, holistic treatment. Traditional healing massage uses a combination of gentle stretches, acupressure, and reflexology to stimulate the flow of blood, oxygen, and “qi” (energy) around your body, as well as to bring a sense of wellbeing, calmness, and deep relaxation.

Inclusion:

- Welcome drink
- Flying bamboo foot ritual
- Traditional balinese massage
- Refreshment drink

BAMBOO FUSION MASSAGE (90 MIN) 850K | (120 MIN) 950K

Step into a world of relaxation and rejuvenation with our bamboo fusion massage, a harmonious blend of ancient healing techniques and the soothing power of nature. This unique massage therapy combines the therapeutic properties of heated bamboo with the skilled touch of our massage therapists to provide you with a deeply revitalizing experience.

Inclusion:

- Welcome drink
- Flying bamboo foot ritual
- Bamboo massage
- Refreshment drink

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RE-START REJUVENATION MASSAGE (90 MIN) 850K | (120 MIN) 950K

This signature treatment combines Balinese, Thai, Shiatsu, TCM, Lomi-lomi, and Californian long stroke massages. Expertly curated to ensure a seamless flow, it's designed for ultimate relaxation, culminating in a surprising rejuvenating twist. Surrender to soothing strokes and emerge feeling deeply refreshed and invigorated. Discover a fusion of cultures and relaxation like no other with our "Re-start Rejuvenation Massage."

Inclusion:

- Welcome drink
- Flying bamboo foot ritual
- Re-start massage
- Refreshment drink

DEEP DETOX VACUUM THERAPY (90 MIN) 900K | (120 MIN) 1000K

Rejuvenate your body with the innovative power of Vacuum Glow Therapy, a cutting-edge treatment designed to stimulate circulation, release tension, and promote deep muscle relaxation. Using gentle suction to lift and massage the skin, this therapy helps to break down stubborn adhesions, reduce cellulite appearance, and enhance lymphatic drainage for a refreshed, toned, and revitalized look. Ideal for relieving muscle fatigue and boosting skin elasticity, Vacuum Massage leaves you feeling lighter, relaxed, and energized from within.

Inclusion:

- Welcome drink
- Flying bamboo foot ritual
- Vacuum massage
- Refreshment drink

AYURVEDIC SHIRODARA MASSAGE (90MIN) IDR 950K

Shirodhara comes from the Sanskrit words shiro (head) and dhara (flow). It is a form of Ayurveda therapy that involves gently pouring oil over the forehead.

Ayurvedic Shirodhara Massage is a safe option to improve sleep quality among people who have sleep problems and is also effective in treating mental conditions such as anxiety and mental stress. The calming effect produced by Shirodhara is similar to that obtained from meditation.

Inclusion:

- Welcome drink
- Flying bamboo foot ritual
- Shirodhara massage
- Refreshment drink

FOOT AWAKENING (60 MIN) IDR 650K

Step into a world of relaxation with our Foot Awakening ritual at Flying Bamboo Spa. This soothing treatment focuses on your feet, bringing balance, comfort, and rejuvenation to your entire body. Combining traditional techniques with natural ingredients, this ritual is the perfect way to release tension and restore harmony.

Inclusion:

- Welcome drink
- Soothing foot bath
- Bamboo foot scrub
- Acupressure foot massage
- Warm towel wrap
- Refreshment drink

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BODY EXFOLIATION

(30 MIN) IDR 400K

MORINGA BODY SCRUB

Moringa Oleifera is a miracle tree loaded with nutrients like calcium, vitamin A, B, C, D, E; minerals like copper, iron, zinc, magnesium, silica, manganese and 30 antioxidants. *Moringa Oleifera* will clean and purify your skin, allowing it to absorb moisture, and leaving your whole body looking radiant and refreshed.
(antioxidant)

BAMBOO BODY SCRUB

Bamboo contains a compound called silica that strengthens the skin, improves its elasticity, and promotes collagen production as well.
(Strengthen & Rejuvenate)

COCONUT BODY SCRUB

Using a coconut body scrub is relaxing, good for your skin, and helps maintain the natural chemical balance of the skin while softening and helping to alleviate dryness.
(Glow & Hydrate)

COFFEE BODY SCRUB

It can help with scars, stretch marks, dry skin, body breakouts, keratosis pilaris, and cellulite, to name a few. Regular massaging, exfoliation, and moisture can help fade the appearance of marks & scars.
(Cellulite Killer)



BODY MASK

(30 MIN) IDR 400K

MORINGA BODY MASK

Moringa body masks can be used as an antiseptic to sterilize contaminated surfaces. It is effective against a wide range of bacteria and fungi.

CHOCOLATE BODY MASK

Chocolate is very moisturizing and softens the skin leaving a luminous glow. Cocoa contains glycerides which deliver moisturizing lipids and fats which plumps out wrinkles, firms and tones the skin.

BAMBOO BODY MASK

Bamboo is naturally rich in silica, a mineral essential for skin elasticity and firmness. Its antioxidant properties help to fight free radicals, promoting a youthful, radiant glow while protecting against environmental stressors.

BOREH BODY WRAP

Balinese Boreh Body Mask is highly recommended if you have a fever, headaches, muscle aches and arthritis. This aromatic mask increases circulation, exfoliates and softens skin.

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BEAUTY TREATMENT

SENSATIA BOTANICALS FACIAL

(60 MIN) IDR 750K

Immerse your skin in the natural goodness of Sensatia Botanicals, a Bali-born skincare line renowned for its organic, nutrient-rich ingredients. This facial treatment uses handpicked Sensatia Botanicals products tailored to nourish, balance, and revitalize your skin, harnessing the purity of nature to bring out your natural radiance.

Each product is infused with powerful botanicals like aloe vera, coconut oil, and extracts from exotic Balinese plants, designed to deeply cleanse, hydrate, and protect. From a refreshing cleanser to a luxurious face mask, every step of this facial works to calm, restore, and enhance your skin's glow.

TRADITIONAL BALINESE BEAUTY

(60 MIN) IDR 650K

Experience the authentic beauty of traditional skincare with our Handmade Facial, crafted with love and care using locally sourced, all-natural ingredients. This unique treatment blends time-honored techniques and handmade, organic products to restore your skin's natural glow and vitality. Each product is freshly prepared with ingredients like turmeric, honey, rice powder, and coconut oil, renowned for their healing and rejuvenating properties.

Our skilled therapists apply each layer with gentle, rhythmic strokes, purifying, hydrating, and smoothing your skin to perfection. Embrace the simplicity of nature in this soothing facial that will leave your skin feeling balanced, revitalized, and radiant with a soft, healthy glow.

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SARANG YOGA SHALA

Bring peace and well-being into all aspects of your life by practicing daily Yoga. Blue Karma offers regular classes led by a dedicated and passionate team of Yoga instructors. Morning classes starts at 9.30 am, just after our morning walk in the wild nature surrounding our property, most perfect start to your amazing day! Check out our website here for more information on our Yoga classes and be sure to present one of our Yoga retreats to you!

- Morning Yoga Class (Hatha or Vinyasa) start from 09.30 – 10.30 am (advance reservation is required)
- Afternoon Yoga Class (Hatha or Vinyasa) start from 06.00 – 07.00 pm (advance reservation is required)
- Class would be charged at IDR 250.000/person/1 hour or at IDR 350.000/person/1,5 hour