



**FLYING BAMBOO SPA**  
BY BLUE KARMA

**MENU**



# SIGNATURE TREATMENT



## REJUVENATION KOBIDO MASSAGE (1,5 HOURS) IDR 1000K

Kobido massage is a Japanese technique combining massage and aesthetic care. It is a stimulating massage of the face and neck, known for its rejuvenating effect. This facial massage technique focuses on the muscles in your face to restore radiance and restores the volume of your face by helping the tissue to appear firmer and expand. Likewise, for preventative care, you should start implementing this technique by at least 25-30 years of age. Similarly, if you already have mature skin, it will still help to reduce wrinkles. It doesn't stop there, we continue to clean your face with the face scrub and face mask to get complete face treatment. A warm herbal tea is waiting to accompany you to feel the freshness after treatment.

### Package Inclusion:

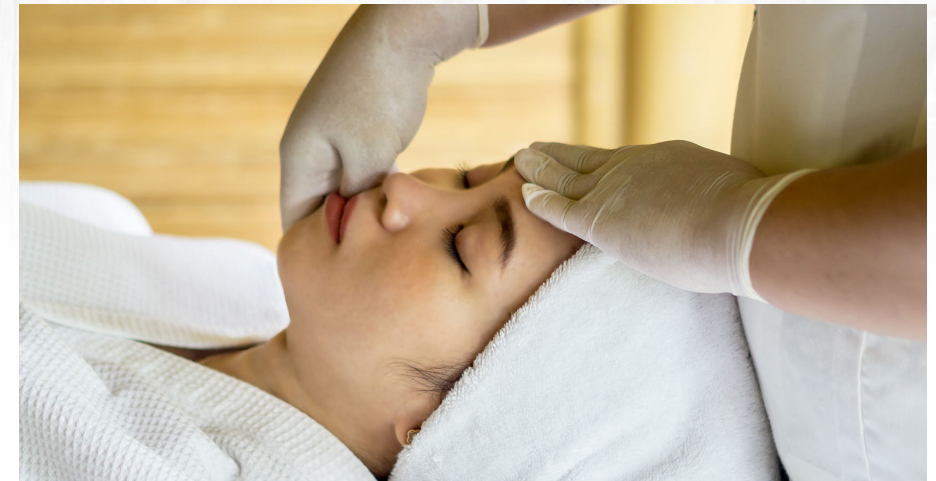
- Welcome drink
- Body correction 10 min
- Head, neck and shoulder massage 15 min
- Kobido face massage 45 min
- Face scrub 10 min
- Face mask 10 min
- Refreshment drink

## BUCCAL SCULPTURAL FACE MASSAGE (1,5 HOURS) IDR 1000K

Embark on journey to rejuvenate your facial harmony and vitality with our Buccal Sculpture massage, an innovative and transformative treatment that delves deep to enhance your overall well-being. Our skilled therapists utilize specialized techniques, including intra oral work, to provide a rejuvenating experience unlike any other. It doesn't stop there, we continue to clean your face with the face scrub and face mask to get complete face treatment. A warm herbal tea is waiting to accompany you to feel the freshness after treatment.

### Package Inclusion:

- Welcome drink
- Body correction 10 min
- Head, neck and shoulder massage 15 min
- Buccal face massage 45 min
- Face scrub 10 min
- Face mask 10 min
- Refreshment drink



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





# SPA PACKAGE

## MORINGA ULTIMATE DETOX TREATMENT

**(2,5 HOURS) IDR 1500K**

Capturing the purest elements of nature with moringa, this exclusive experience features a selection of fresh ingredients and exceptional therapies designed in harmony with the natural rhythms and the inherent needs of body and mind. Discover complete body renewal through body scrub, complemented with a moringa bubble bath, a purifying herbal revival massage to release muscle and mental strain, and a moringa facial mask to address individual skin concerns and promote a healthy, radiant complexion. Detox juice awaits you to complete the comfort.

Package Inclusion:

- Welcome drink
- Moringa foot ritual 10 min
- Moringa body scrub 30 min
- Herbal revival massage 60 min
- Moringa bubble bath 20 min
- Facial with Moringa mask 30 min
- Detox juice

## BAMBOO HAVEN EXPERIENCE

**(2,5 HOURS) IDR 1500K**

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. Submerge yourself in a bath infused with fragrant botanicals and healing herbs. As you relax in the fragrant waters, you feel the cares of the world wash away. Bamboo tea awaits you to complete the comfort.

Package Inclusion:

- Welcome drink
- Flying bamboo foot ritual 10 min
- Bamboo fusion massage 90 min
- Bamboo body scrub 30 min
- Herbal bath 20 min
- Bamboo tea

## ROMANTIC HARMONY SPA COUPLE

**(3 HOURS) IDR 3000K**

Embark on a harmonious journey of connection and relaxation with our Romantic Harmony Spa couple 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 minutes special bath of flower petal.

Package Inclusions:

- Welcome drink
- Flower foot ritual with essential oil
- 60 min signature aromatherapy massage
- 60 min kobido face massage
- 30 min foot massage
- 30 min bath of flower petal
- Lunch or dinner

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## COLONIC (COLON HYDROTHERAPY)

• (1 SESSION/60MIN) IDR 1000K

• (3 SESSIONS) IDR 2,900K

*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 dispurses 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 multifiltered 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 hydro-therapy 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 MASSAGE

## HARMONY RENEWAL AROMATHERAPY MASSAGE (60 MIN) IDR 800K | (90 MIN) IDR 900K

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
- Flying Bamboo Foot Ritual
- Seven Chakras Alignment
- Aromatherapy Massage
- Singing Bowl Ritual
- Palo Santo Cleansing
- Tirta Blessing
- Refreshment Drink

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

Indulge in the tranquility and healing touch of our Balinese Massage. Transport yourself to the lush landscapes of Bali as our skilled therapists combine ancient Indonesian techniques with the soothing power of aromatherapy. This signature treatment is a journey of relaxation and rejuvenation. During your Balinese Massage, you'll experience a harmonious blend of gentle stretching, acupressure, and long, flowing strokes that melt away tension and promote deep relaxation. Our therapists use a carefully curated selection of Balinese essential oils to enhance your senses, creating a serene atmosphere that calms the mind and nourishes the body.

### Inclusion:

- Welcome drink
- Flying Bamboo Foot Ritual
- Traditional Balinese massage
- Refreshment Drink

## WARM STONE MASSAGE (60 MIN) IDR 750K | (90 MIN) IDR 850K

Experience the ultimate relaxation and rejuvenation with our Warm Stone Massage. This luxurious therapy combines the soothing power of heated stones with expert massage techniques to melt away tension, promote deep relaxation, and leave you feeling renewed. During your Warm Stone Massage, smooth, heated basalt stones are carefully placed on key points of your body and used by our skilled therapists to gently massage away stress and muscle tension. The warmth of the stones penetrates deep into your muscles, helping to release tight knots and improve circulation.

### Inclusion:

- Welcome drink
- Flying Bamboo Foot Ritual
- Warm stone massage
- Refreshment Drink

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### **HERBAL REVIVAL MASSAGE**

**(60 MIN) IDR 750K | (90 MIN) IDR 850K**

Indulge in the ultimate relaxation and healing experience with our Herbal Revival Massage. This unique therapy combines the ancient wisdom of herbal remedies with the soothing touch of a skilled therapist to melt away tension, reduce stress, and rejuvenate your body and mind. During your Herbal Revival Massage, a bundle of aromatic herbs is gently steamed and applied to your body. The herbal compress is expertly pressed and massaged over your skin, releasing the herbal essences and therapeutic properties onto your body.

Inclusion:

- Welcome drink
- Flying Bamboo Foot Ritual
- Herbal revival massage
- Refreshment Drink

### **BAMBOO FUSION MASSAGE**

**(90 MIN) IDR 850K | (120 MIN) IDR 950K**

Step into a word 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

### **RE-START REJUVENATION MASSAGE**

**(90 MIN) IDR 800K | (120 MIN) IDR 900K**

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

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## AYURVEDIC SHIRODARA MASSAGE

(90 MIN) IDR 900K

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 MASSAGE

(60 MIN) IDR 500K

Indulge in our soothing Foot Massage Treatment, where skilled therapists target pressure points to alleviate stress, improve circulation, relieve pain, and enhance sleep quality. Enjoy the calming ambiance of aromatherapy while relaxing in a comfortable setting, whether you seek relief from a long day on your feet or simply want to pamper yourself.

Inclusion:

- Welcome drink
- Flying Bamboo Foot Ritual
- Foot massage
- Refreshment Drink

## VISCERAL MASSAGE

(30 MIN) IDR 300K

Visceral massage is a manual therapeutic massage related to vital energy. Originating in China, this practice aims to reduce negative energy. Your therapist focuses on the abdomen by massaging the internal organs deeply. He or she can work specifically on the liver, stomach, kidneys, prostate, large intestine, bowels, uterus, bladder and ureter. The viscera or joints and tissues are also involved in a visceral massage. The therapist's movements are deep to restore tone, vitality and mobility to the internal organs.

Inclusion:

- Welcome drink
- Visceral massage
- Refreshment Drink

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# BODY EXFOLIATION

(30 MIN) IDR 300K

## 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 300K

## 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.

## HONEY AND MILK BODY MASK

Milk and honey both contain antimicrobial properties, so together, they make a great cleanser for the skin. Hydroxy acid that naturally eats away dead skin cells. Honey helps open the pores, helping clear away dirt.

## 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 700K**

Hand-made using 100% natural ingredients, Sensatia Botanicals is the most recognizable Bali-based brand focusing on high-quality skincare and beauty products. Their products are all-natural and, most importantly, safe for any skin type. Trademarked in many countries with more than 200 product registrations, Sensatia Botanicals is proud to be Bali's first and only GMP - certified cosmetics company.

With such a high accomplishment, they also give back to the local community by employing and empowering villagers. Their purpose is not merely about gaining profit, but also supporting a healthy lifestyle through a fine balance between work, play, and friends for life.

When you arrive at our spa for your facial, we will do a skin analysis to see your skin condition. Based on the concerns, we will choose the Sensatia Botanicals products that best suit your needs:

- Normal / All skin type
- Oily to Acne-prone skin
- Sensitive to mature skin
- Anti-aging

## **PURE ALOEVERA FACIAL (60 MIN) IDR 500K**

During all this facial (cleansing, exfoliation, mask) we will use exclusively natural aloe vera cosmetics (made in BALI with 99% of aloe vera). Aloe leaves contain many antioxidants including, beta carotene, vitamin C and E. It helps to improve the skin's natural firmness. Your skin is so clean, fresh and hydrated.

## **TRADITIONAL BALINESE FACIAL (60 MIN) IDR 500K**

Indulge in this relaxing facial, which is suitable for all skin types. Awaken your senses by combining the purest organic products and plant extracts. Drawing on the soothing properties of organic ingredients, your skin is left feeling smooth and vibrant.

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## **HERBAL VAGINA STEAM (30 MIN) IDR 350K**

Women only, with a soft back and shoulder massage. Also called V-steaming, this centuries-old practice is said to impart a range of health benefits, from detoxifying the womb after childbirth to tightening the vaginal opening, improving blood circulation to the pelvic area, minimizing vaginal odor, helping with vaginal and urinary infections, relieving menstrual cramps, aiding fertility, and balancing your female hormones. The herb-infused steam travels upwards to your genitals. The vapor carries the volatile essential oils from the herbs to your labia, which are supposedly absorbed through the delicate skin. The steam then enters the vagina, detoxifying the tissue and warming the muscles.







## 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