



MUDARÁ SPA
BY BLUE KARMA

M E N U



SIGNATURE FACE TREATMENT

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

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

**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



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

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SPA PACKAGE

BLUE KARMA ROMANTIC EXPERIENCE

(2,5 HOURS) 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 by a Kobido face massage, body mask. 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
- Kobido face massage 30 min
- Lunch or dinner
- Flower foot ritual with essential oil
- Body mask 30 min
- Signature aromatherapy massage 60 min
- Bath of flower petals 30 min

COCONUT BLISS SPA PACKAGE

(2 HOURS) IDR 1300K/PAX

Immerse yourself in tropical luxury with our Coconut Bliss Spa Package, a 2-hour journey inspired by the nourishing essence of coconut. Begin with a refreshing Coconut Body Scrub, gently exfoliating your skin to reveal a smooth, radiant glow. Next, unwind with a traditional Balinese Massage, using warm coconut oil to ease tension, release stress, and restore balance throughout your body. Conclude your journey with a serene Flower Bath infused with rich coconut milk, leaving your skin hydrated and soft, while you soak in the soothing floral aromas.

Package Inclusions:

- Welcome drink
- Balinese massage with vco 60 min
- Coconut foot ritual 10 min
- Flower bath with coconut milk 20 min
- Coconut body scrub 30 min
- Fresh young coconut drink

REVITALIZING BLISS SPA PACKAGE

(2 HOURS) IDR 1300K/PAX

Indulge in the perfect blend of therapeutic relaxation and timeless beauty with our exclusive Revitalizing Bliss package. Start with our Vacuum Body Massage, a deeply rejuvenating therapy that uses gentle suction to stimulate blood flow, reduce tension, and enhance skin elasticity for a visibly toned and radiant glow. Complete your experience with the Kobido Face Massage, a Japanese-inspired facial massage that revitalizes your complexion, boosts circulation, and restores youthful firmness.

Package Inclusions:

- Welcome drink
- Vacuum body massage 90 min
- Kobido face massage 30 min
- Refreshment drink

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SPA PACKAGE

EXFOLIATE, REJUVENATE, AND HYDRATE

(90 MIN) IDR 1000K/PAX

Indulge in our signature Vichy Shower Ritual, a holistic treatment designed to refresh your body and calm your mind. This luxurious experience combines exfoliation, water therapy, and deep hydration to leave your skin renewed and glowing.

Package Inclusions:

- Welcome drink
- Body cleaning using a warm towel 10 min
- Revitalizing Body Exfoliation 30 min
- Hydrating Body Wrap 30 min
- Vichy Shower Therapy 20 min
- Refreshment drink

A JOURNEY OF PURE RELAXATION

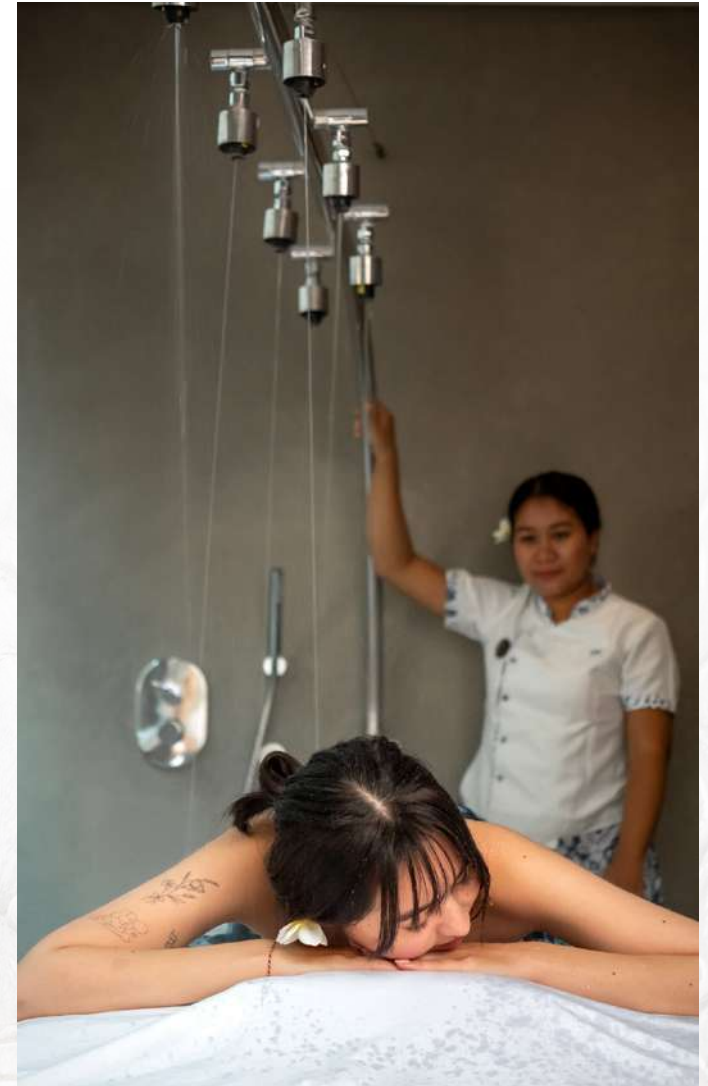
(2 HOURS) IDR 1200K/PAX

Step into a world of tranquility with our exclusive Vichy Shower Spa Treatment Package. This deeply rejuvenating experience combines the therapeutic power of water with soothing massage techniques, creating a full-body renewal that leaves you feeling revitalized and refreshed.

Package Inclusions:

- Welcome drink
- Harmony Renewal Aromatherapy Massage 60 min
- Gentle Body Exfoliation 30 min
- Vichy Shower Therapy 30 min
- Refreshment Drink

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COLONIC (COLON HYDROTHERAPY)

• (1 SESSION/60 MIN) 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 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).

**Special for colonic subject to 10% government tax only*

BODY MASSAGE

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

MUDARA REJUVENATION MASSAGE (90 MIN) IDR 850K | (120 MIN) IDR 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.

Inclusions:

- Welcome drink
- Mudara foot ritual
- Rejuvenation massage
- Refreshment drink

VACUUM BLISS MASSAGE (90 MIN) IDR 850K | (120 MIN) IDR 950K

Rejuvenate your body with the innovative power of Vacuum Bliss Massage, 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.

Inclusion:

- Welcome drink
- Mudara foot ritual
- Vacuum massage therapy
- Refreshment drink

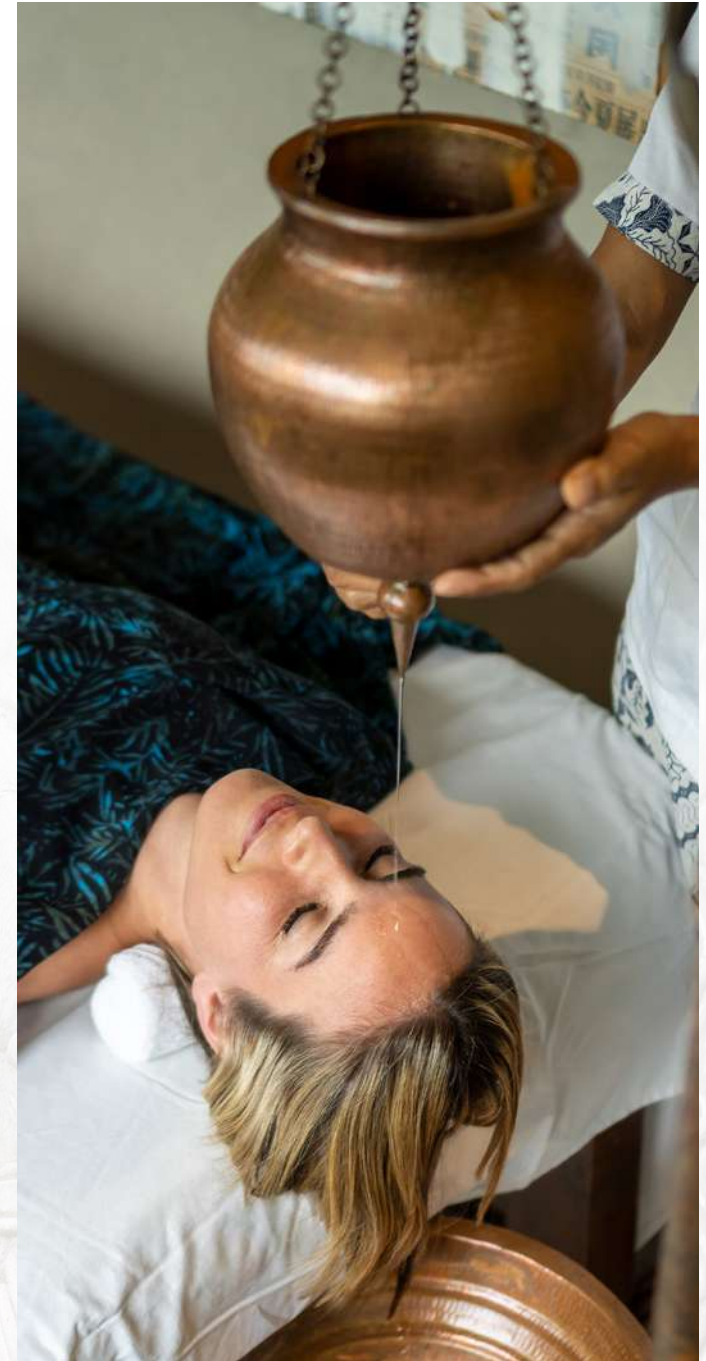
AYURVEDIC SHIRODARA MASSAGE (90 MIN) IDR 950K

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
- Mudara foot ritual
- Shirodhara massage
- Refreshment drink

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BALINESE SERENE ESCAPE MASSAGE

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

Transport your senses to the lush landscapes and cultural richness of Bali with our Balinese Serene Escape Massage. Inspired by the traditional techniques of the Indonesian archipelago, this exquisite massage experience will take you on a journey of relaxation and rejuvenation. Our skilled therapists use a blend of deep tissue massage, acupressure, and stretching to restore your body's natural balance and harmony. Experience the true essence of this island paradise in every blissful moment of this massage.

Inclusion:

- Welcome drink
- Mudara foot ritual
- Balinese massage
- Refreshment drink

DEEP TISSUE REVITALIZATION MASSAGE

(60 MIN) IDR 800K | (90 MIN) IDR 900K

Revitalize your body and release deep-seated tension with our Deep Tissue Revitalization Massage. This intensive treatment is designed to target the inner layers of your muscles and connective tissues, providing profound relief and restoration. Our expert therapists use precise techniques to apply firm pressure, helping to alleviate chronic pain, muscle stiffness, and tightness. As tension melts away, you'll experience increased flexibility and a sense of renewed energy.

Inclusion:

- Welcome drink
- Mudara Foot Ritual
- Deep Tissue Massage
- Refreshment Drink

BAMBOO FLOW MASSAGE

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

Discover the rejuvenating power of our Bamboo Renewal Massage, a unique treatment that combines the natural warmth and firmness of bamboo with soothing massage techniques. Using smooth bamboo sticks, this massage releases deep-seated tension, stimulates circulation, and promotes a sense of balance and vitality. Perfect for relieving muscle fatigue and enhancing flexibility.

Inclusion:

- Welcome drink
- Mudara foot ritual
- Bamboo massage
- Refreshment drink

FOOT AWAKENING

(60 MIN) IDR 650K

Step into a world of relaxation with our Zen Foot Awakening ritual at Heiwa 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
- Acupressure foot massage
- Soothing foot bath
- Warm towel wrap
- Coconut foot scrub
- Refreshment drink

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BODY EXFOLIATION

(30 MIN) IDR 400K

ROSE SUGAR AND SALT SCRUB

This revitalizing treatment blends the exfoliating power of mineral-rich salt with the gentle sweetness of sugar, infused with the delicate aroma of roses. Designed to cleanse, hydrate, and nourish your skin, this scrub will leave you feeling refreshed and your skin soft and smooth to the touch. The rose extracts provide soothing and rejuvenating properties, making it the perfect treat for your body and senses.

SKIN FIRMING COFFEE SCRUB

Awaken your senses and rejuvenate your skin with our invigorating Coffee Scrub. Rich in antioxidants and caffeine, this scrub gently exfoliates, tightens, and tones your skin while boosting circulation. The natural exfoliating power of ground coffee works to slough away dead skin cells, revealing a smoother, firmer, and more radiant complexion.

PUMPKIN SPICE SUGAR SCRUB

Rich in antioxidants and vitamins, pumpkin works to hydrate and smooth, leaving your skin glowing and soft to the touch. The natural sugar crystals exfoliate gently, removing dead skin cells and revealing a refreshed, radiant complexion.

GINGER BREAD BODY SCRUB

The natural sugar granules gently remove dead skin cells, while the ginger stimulates circulation, promoting a healthy, radiant glow. Enriched with nourishing oils, this scrub leaves your skin silky smooth and deeply hydrated, perfect for combatting the dryness of cooler months.



BODY MASK

(30 MIN) IDR 400K

THE ULTIMATE AUTUMN GLOW

Indulge your skin in the nourishing power of pumpkin with our luxurious Pumpkin Body Mask. Rich in vitamins, antioxidants, and enzymes, this treatment gently exfoliates, revitalizes, and deeply hydrates your skin, leaving it soft, smooth, and radiant. The natural pumpkin enzymes work to brighten your complexion, while its rich blend of essential nutrients boosts collagen production and restores moisture.

ANCIENT HEALING

Harness the natural healing power of turmeric with our rejuvenating Turmeric Body Mask. Known for its anti-inflammatory and antioxidant properties, turmeric has been used for centuries to detoxify, brighten, and soothe the skin. This deeply nourishing treatment helps to reduce skin imperfections, even out skin tone, and combat signs of aging, while providing a natural glow.

ENERGIZE AND REVITALIZE

Awaken your senses and invigorate your skin with our revitalizing Coffee Body Mask. Packed with antioxidants and natural exfoliants, coffee works to detoxify, firm, and tone your skin, reducing the appearance of cellulite and promoting a radiant, youthful glow. This luxurious treatment stimulates circulation, smooths uneven texture, and deeply nourishes, leaving your skin soft, supple, and energized.

WARMTH AND RADIANCE

Experience the warming and revitalizing effects of our Cinnamon Body Mask, designed to nourish and restore your skin's natural glow. Cinnamon, known for its powerful antioxidant and anti-inflammatory properties, helps stimulate circulation, detoxify the skin, and reduce the appearance of blemishes. The aromatic warmth of cinnamon will soothe your senses while gently exfoliating and refining your skin's texture.

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BEAUTY TREATMENT

SENSATIA BOTANICAL BLISS FACIAL

(60 MIN) IDR 700K

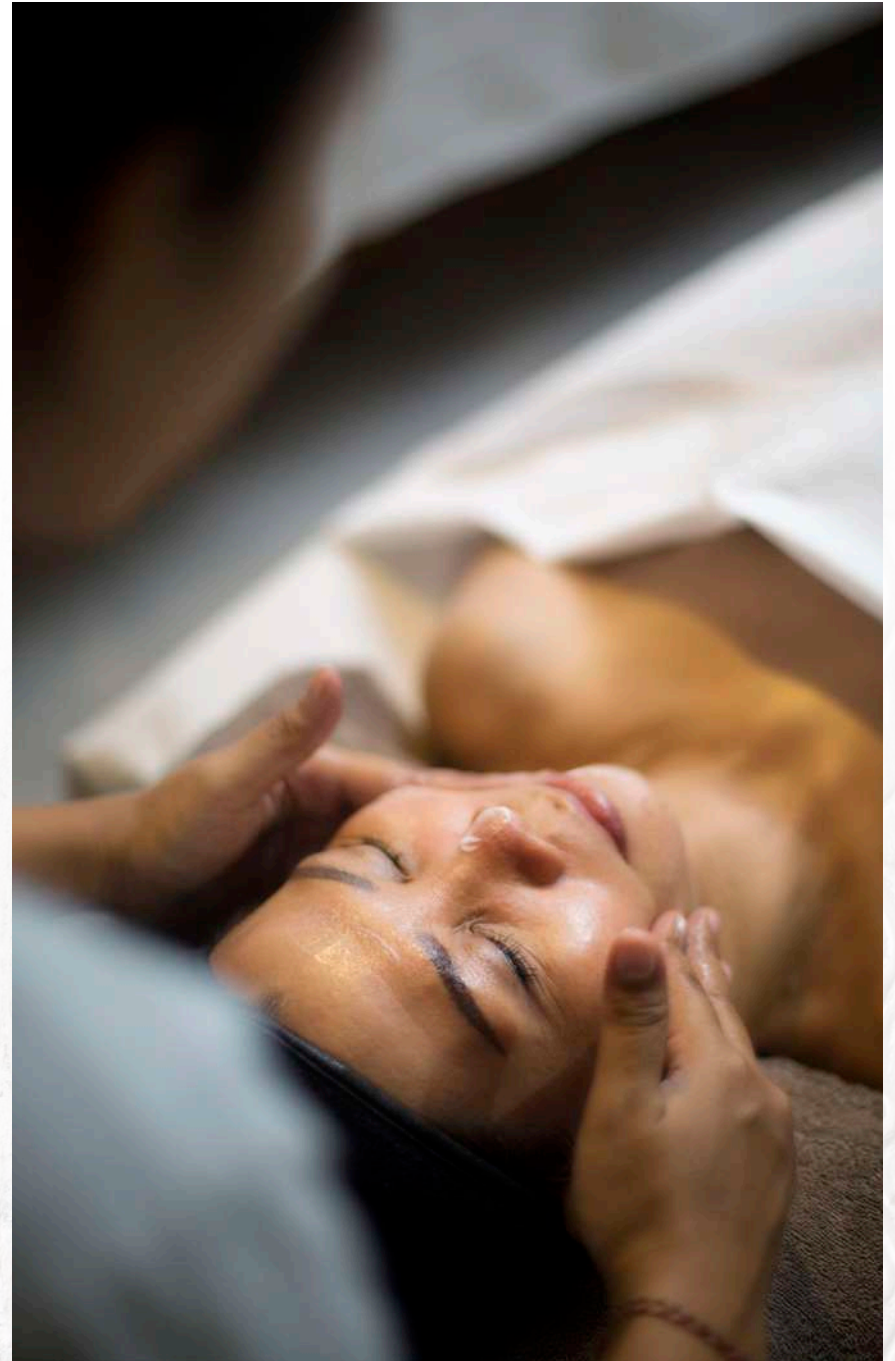
Experience the pure essence of nature with our Sensatia Botanical Bliss Facial, a luxurious and rejuvenating skincare ritual that brings together the power of botanicals for radiant and refreshed skin. Our Sensatia Botanical Bliss Facial is a sensory delight that begins with the gentle touch of our skilled aestheticians. We cleanse your skin with natural botanical extracts and exfoliate to reveal your skin's true radiance. We then apply a custom blend of plant-based serums and masks, each selected to address your unique skin needs. These botanical treasures nourish and replenish your skin, leaving it with a renewed vibrancy and a healthy, youthful glow.

CLASSIC ELEGANCE FACIAL

(60 MIN) IDR 600K

Embrace timeless beauty with our Classic Elegance Facial, a traditional skincare treatment that provides a touch of luxury and a sense of rejuvenation. Our skilled estheticians have perfected the art of the Classic Elegance Facial, offering you a personalized experience tailored to your unique skin needs. This timeless treatment begins with a gentle cleanse to purify your skin, followed by exfoliation to reveal your natural radiance. We then apply a nourishing mask and employ classic facial techniques to pamper your skin, leaving it feeling refreshed and revitalized. With every soothing touch, you'll feel the stress and tension melt away, leaving you with a sense of serenity and restored confidence.

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SACRED FEMININE TREATMENT (30 MIN) IDR 400K

Embark on a rejuvenating journey with our sacred feminine treatment, a cherished and time-honored Indonesian ritual that promotes feminine wellness and relaxation. This centuries-old practice combines the benefits of aromatic herbs and steam to cleanse, balance, and invigorate. Our skilled therapists use a unique blend of herbal preparations, personalized for your comfort and needs, to create a soothing and revitalizing steam treatment.

SPA MANICURE/PEDICURE

Indulge in the ultimate pampering experience with our Tranquil Touch Spa Manicure and Pedicure, where relaxation meets beauty for your hands and feet. Our expert nail technicians will treat you to a journey of rejuvenation, beginning with a soothing soak to prepare your skin and nails.

We then shape, buff, and polish your nails to perfection. This experience truly comes to life as we apply a luxurious exfoliating scrub and a hydrating mask enriched with nourishing botanicals. Your hands and feet are then wrapped in warm, soothing towels, allowing the rich ingredients to deeply penetrate your skin, leaving it soft and supple.

- **SPA Manicure OPI (60 MIN) IDR 450K**
- **SPA Pedicure OPI (60 MIN) IDR 450K**
- **SPA Manicure & Pedicure OPI (120 MIN) IDR 800K**
- **POLISH CHANGE ON HANDS OR FEET OPI POLISH IDR 150K**



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