



MUDARÁ SPA
BY BLUE KARMA

M E N U

SIGNATURE TREATMENT



REJUVENATION KOBIDO MASSAGE (1,5 HOURS) IDR950K

Elevate your skincare routine to new heights with our Rejuvenation Kobido Massage, a rejuvenating and time-honored Japanese tradition that promotes youthful, glowing skin. Kobido, meaning “the ancient way of beauty,” is an exquisite facial massage technique that combines delicate movements and precise pressure to stimulate circulation, tone facial muscles, and encourage lymphatic drainage. This unique treatment helps reduce the appearance of fine lines and wrinkles, leaving your skin looking firmer, brighter, and more radiant. During your Kobido Massage, our skilled therapists will gently knead and massage your face, neck, and décolletage, utilizing specialized techniques that have been passed down through generations. The result is a deeply relaxing and revitalizing experience that restores harmony to both your skin and your inner well-being. A warm herbal tea is waiting to accompany you to feel the freshness after treatment.

Package Inclusion:

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

NATURAL FACELIFT OF BUCCAL (1,5 HOURS) IDR 950K

Natural Facelift of Buccal Massage, a rejuvenating and innovative treatment that enhances your natural beauty from within. The Buccal technique, rooted in centuries-old traditions, is a unique and gentle massage that focuses on the muscles inside your mouth and along your jawline. Our skilled therapists expertly use this method to stimulate circulation, improve muscle tone, and reduce the appearance of fine lines and wrinkles. As you unwind in our tranquil spa, our therapists will guide you through this specialized massage, promoting relaxation and revitalization. Natural Facelift of Buccal Massage not only nurtures your facial muscles but also provides a sense of inner tranquility. A warm herbal tea is waiting to accompany you to feel the freshness after treatment.

Package Inclusion:

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



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SPA PACKAGE



BLUE KARMA ROMANTIC EXPERIENCE

(3 HOURS) IDR 3000K / 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, traditional facial and body mask. 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
- 30 min kobido face massage
- 30 min bath of flower petal
- Flower foot ritual with essential oil
- 30 min traditional facial
- Lunch or dinner
- 60 min signature aromatherapy massage
- 30 min body mask

COCONUT PARADISE RENEWAL PACKAGE

(2,5 HOURS) IDR 1200K

Indulge in the ultimate tropical escape with our Coconut Paradise Renewal Package. This luxurious experience is a journey to rejuvenate your body, mind, and spirit, with the natural essence of coconut and the beauty of a fragrant flower bath. Begin by washing your feet using warm water with coconut milk, an anti-septic foot bath, salt and a little massage on your feet. Then, we will take you to the room and enjoy a coconut body scrub that aims to cleanse the skin and keep your skin fresh. Following a refreshing shower, the indulgence continues with an exquisite one-hour Balinese massage, expertly administered using nourishing coconut oil by our exceptionally skilled therapist. We will apply coconut oil to your hair and do a sculpting massage on your head. Young coconut water awaits you to complete the comfort you have gained.

Package Inclusions:

- Welcome drink
- Traditional Balinese massage 60 min
- Coconut foot ritual 10 min
- Coconut hair treatment 20 min
- Coconut body scrub 30 min
- Flower bath 30 min

AQUATIC SLIMMING SHYMPHONY

(2 HOURS) IDR 1300K

Experience the epitome of body transformation with our Slimming Massage, enhanced by the dynamic combination of Vacuum Therapy and Vichy Shower, a powerful duo designed to help you shape your body reveal your natural beauty. Our skilled therapists bring together advanced techniques and the soothing effects of water to help you reduction of toxins in the body achieve your desired body shape and radiate confidence.

Package Inclusions:

- Welcome drink
- Vichy shower 20 min
- Mudara foot ritual 10 min
- Refreshment drink
- Slimming massage combine vacuum massage 90 min

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COLONIC (COLON HYDROTHERAPY)

- (1 SESSION/60MIN) IDR 900K
- (3 SESSIONS) IDR 2,500K

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 TREATMENT

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

MUDARA REJUVENATION MASSAGE (90 MIN) IDR 750K | (120 MIN) IDR 850K

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 Mudara Rejuvenation Massage.

Inclusions:

- Welcome drink
- Mudara Foot Ritual
- Rejuvenation massage
- Refreshment Drink

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
- Mudara Foot Ritual
- Shirodhara Massage
- Refreshment Drink

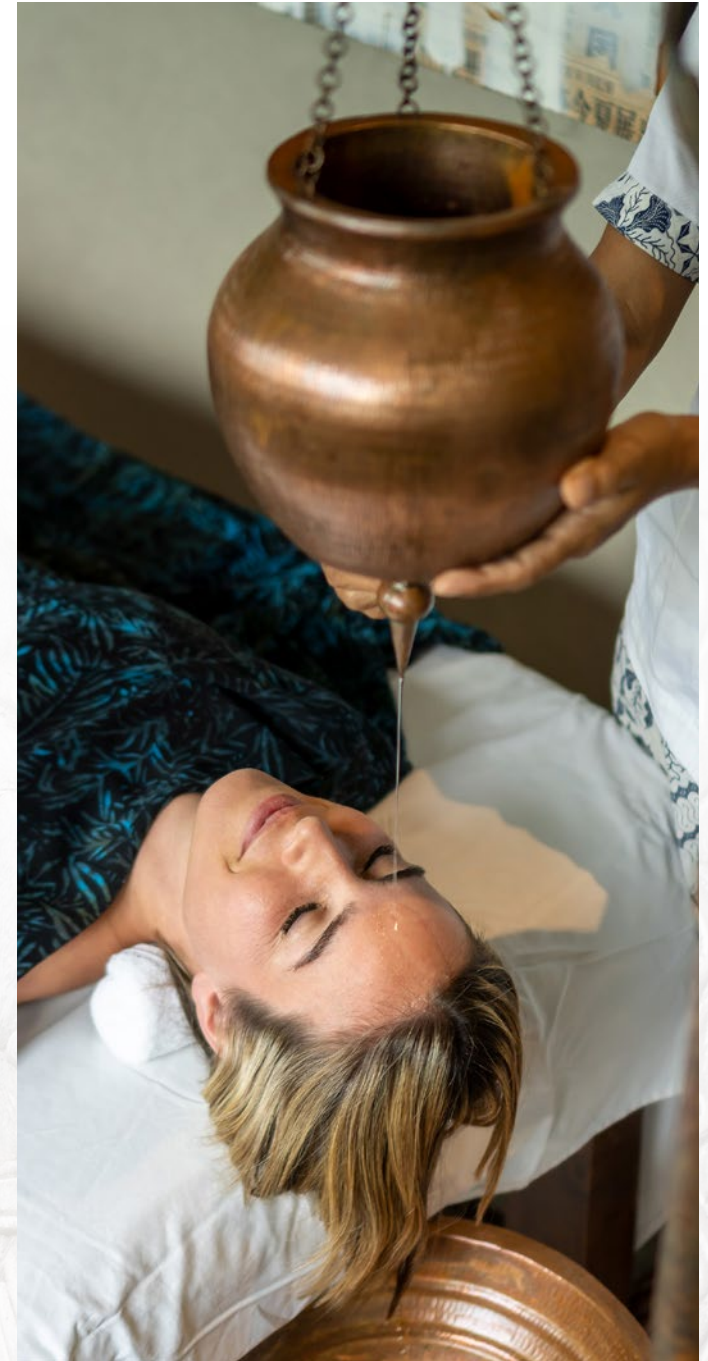
STONE HARMONY MASSAGE (60 MIN) IDR 700K | (90 MIN) IDR 800K

Indulge in the ultimate relaxation experience with our Stone Harmony Massage. Allow the soothing warmth of carefully selected stones to melt away tension and stress, leaving you in a state of blissful tranquility. This luxurious treatment combines the healing power of heated stones with the skilled touch of our expert therapists, creating a harmonious balance of relaxation and rejuvenation. Surrender to the gentle warmth of nature's treasures and let your worries drift away as you embark on a journey of pure relaxation and serenity. Discover the perfect blend of heat and healing with Stone Harmony Massage.

Inclusion:

- Welcome drink
- Mudara Foot Ritual
- Stone Massage
- Refreshment Drink

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BALINESE SERENE ESCAPE MASSAGE (60 MIN) IDR 650K | (90 MIN) IDR 750K

Transport your senses to the lush landscapes and cultural richness of Bali with our Serenity Bali 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. The aromatic oils and exotic scents used in this treatment will envelop your senses, while the rhythmic movements of our therapists will melt away tension and stress. Immerse yourself in the spirit of Bali and let the Serenity Bali Escape Massage soothe your body, mind, and soul. Experience the true essence of this island paradise in every blissful moment of this transcendent massage.

Inclusion:

- Welcome drink
- Mudara Foot Ritual
- Balinese Massage
- Refreshment Drink

HERBAL RENEWAL MASSAGE (60 MIN) IDR 700K | (90 MIN) IDR 850K

Experience the Herbal Renewal Massage, a rejuvenating and aromatic journey that combines the therapeutic benefits of herbal compresses with expert massage techniques. Our skilled therapists will gently knead and press warm herbal bundles onto your body, infusing it with the healing properties of carefully selected herbs. As the soothing warmth penetrates your muscles, tension and stress will melt away, leaving you in a state of pure relaxation.

Inclusion:

- Welcome drink
- Mudara Foot Ritual
- Herbal revival Massage
- Refreshment Drink

DEEP TISSUE REVITALIZATION MASSAGE (60 MIN) IDR 650K | (90 MIN) IDR 750K

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

SOLE SERENITY FOOT MASSAGE (60 MIN) IDR 500K

Indulge in the ultimate relaxation for your tired and achy feet with our Sole Serenity Foot Massage. Treat your soles to a pampering experience like no other as our skilled therapists work their magic on every inch of your feet. Our therapeutic foot massage is designed to melt away tension, improve circulation, and provide deep relaxation. The ancient art of reflexology is incorporated into this treatment, targeting specific pressure points that correspond to different areas of your body, promoting overall well-being.

Inclusion:

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

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BODY SCRUBS

(30 MIN) IDR 300K

ANTISEPTIC

Lulur Body Exfoliation is a traditional Javanese beauty ritual. The sumptuous body scrub contains turmeric, pandan wangi leaves, and temu giring in a rice powder base. The ingredients in this yellow paste are said to purify, exfoliate, and stimulate skin cell regeneration

GLOW & HYDRATE

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.

CELLULITE KILLER

Using a coffee body scrub 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.

PROTECTOR

A natural scrub with rice is a good bet to thoroughly cleanse and exfoliate your skin without irritating it. A natural rice flour scrub can smooth out fine lines and wrinkles, treat uneven skin tone and blemishes, control excess oil secretion and help brighten your skin.



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.

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 MASK

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.

YOGHURT BODY MASK

This luxurious body treatment is designed to deeply replenish and rejuvenate dry, out-of-condition skin using pure yoghurt and honey.

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BEAUTY TREATMENT

SENSATIA BOTANICAL BLISS FACIAL

(60MIN) IDR 650K

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 estheticians. 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.

ALOE RADIANCE FACIAL

(60 MIN) IDR 500K

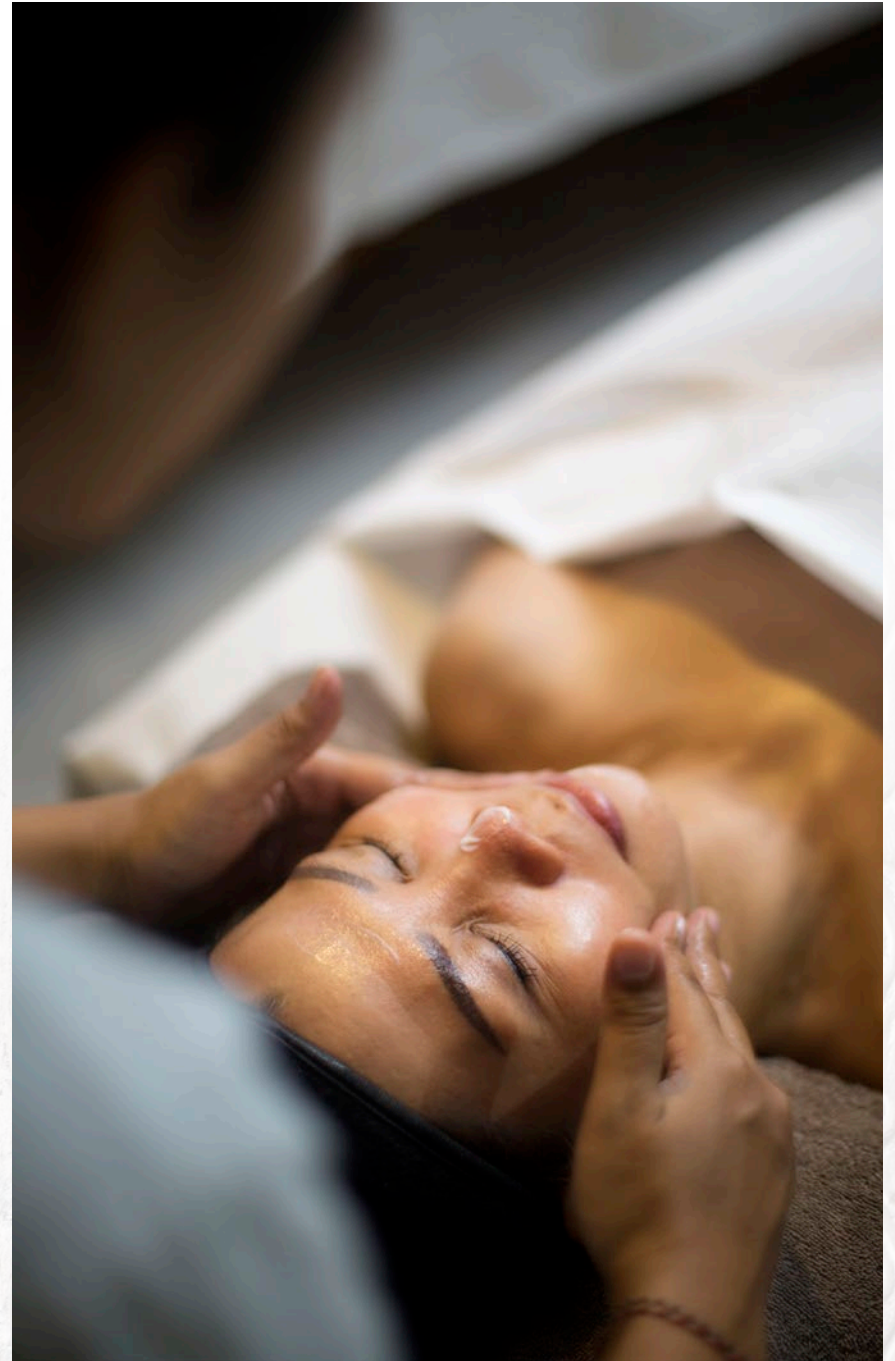
Experience the natural goodness of our Aloe Radiance Facial, a soothing and revitalizing skincare treatment that will leave your complexion glowing with health and vitality. Our Aloe Vera Facial harnesses the incredible healing and hydrating properties of pure aloe vera to nourish and rejuvenate your skin. Aloe vera's gentle and calming effects help reduce redness, inflammation, and irritation, making it an ideal choice for all skin types. During this pampering facial, our skilled estheticians will cleanse, exfoliate, and apply a nutrient-rich aloe vera mask to replenish and moisturize your skin deeply. As you relax and unwind, feel the soothing coolness of aloe vera as it revitalizes your skin, leaving it soft, supple, and radiant. During all this facial (cleansing, exfoliation, mask) we will use exclusively natural aloe vera cosmetics. 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.

CLASSIC ELEGANCE FACIAL

(60 MIN) IDR 500K

Experience the natural goodness of our Aloe Radiance Facial, a soothing and revitalizing skincare ritual that brings together the power of botanicals for radiant and refreshed skin. 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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RATUS

(30MIN) IDR 350K

Embark on a rejuvenating journey with our Ratus Herbal Steam Renewal, 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.

The Tranquil Touch 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 850K**
- **POLISH CHANGE ON HANDS OR FEET OPI POLISH** **IDR 150K**



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OASIS YOGA STUDIO

Blue Karma Oasis Yoga Studio is now open! This new addition is the key element that will transform your escape into a holistic experience. We have more than a few programs up our sleeves, including yoga for community kids, ensuring that both are staying and non-staying guests can benefit from the newly opened space. We invite everyone to come down and have a taste of yoga in Seminyak!

With spacious capacity up to 18 persons, Oasis Yoga Studio equipped with the complete set of tools for yoga – yoga mat, bolster, yoga blanket, yoga block as well as wireless speaker.

We welcome you to Blue Karma Oasis Yoga Studio with a bow and palms pressed together. Namaste.

- **Private yoga class IDR 350k (maximum for 2 persons)**
- **Private yoga class IDR 130k per person (minimum for 4 persons)**



FITNESS CENTRE

Never miss your workout routine, as Blue Karma Dijiwa Seminyak now has a fitness space. Well-equipped with an advance machine from treadmills to benches & racks equipment. Open from 11.00 am to 7 pm.

Oasis Yoga Studio & Fitness Centre provide towel, refillable water, and 2 bathrooms.