



BLUE  KARMA

OASIS ESCAPE • SEMINYAK

MUDARÁ SPA
MENU



MASSAGE

TRADITIONAL BALINESE

A combination of stretching, acupressure and rhythmic strokes. Relax and unwind as your stresses are soothed away.

60 Minutes	350 K
90 Minutes	450 K

DEEP TISSUE

Focusing on realigning the deep layers of muscle and tissue, releasing tension, tightness and sore shoulders

60 Minutes	400 K
90 Minutes	550 K

FOUR HAND

A unique powerful experience with 2 therapists for ultimate relaxation

60 Minutes	600 K
90 Minutes	750 K

HOT STONE

Deeply relaxing to help warm up and release tight muscles

90 Minutes	700 K
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AYURVEDA SHIRODARA

Oil treatment harmonising senses for relaxing the body, mind and soul

90 Minutes	750 K
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AROMATHERAPY

Concentrated plant oils (essential oil) relaxation and healing for body and mind

60 Minutes	500 K
90 Minutes	650 K

BACK

Focusing on tension in the back and shoulders. Releasing and unwinding

30 Minutes	200 K
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REFLEXOLOGY

Healing process working on acupressure points in the feet

60 Minutes	300 K
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HEALTH & BEAUTY CARE

BEAUTY CLEANER FACIAL (EXFOLIATION BY ULTRASOUNDS)

The soft vibrations of the exfoliation by ultrasounds removes impurities, rebalances PH levels and delicately massages the skin. You will notice a brighter complexion and smoother and revitalized skin after just one treatment!

1 Session (60 Minutes)

450 K

PURE ALOE VERA FACIAL (NATURAL COSMETICS)

A cleansing and exfoliation mask using natural aloe vera cosmetics (made in BALI with 99% of aloe vera). Aloe leaves contain a plethora of antioxidants including, beta carotene, vitamin C and E. It helps to improve the skin's natural firmness. Your skin is left clean, fresh and hydrated!

1 Session (60 Minutes)

350 K

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





VENUS MASK (LIGHT THERAPY)

FACIAL REJUVENATION (RED LIGHT)

Venus mask is an amazing new technology relaxing and non invasive which boosts collagen production. This facial improves the appearance of wrinkles (soft lifting effect) and changes the quality of your skin in just a few sessions!

ACNE THERAPY (BLUE LIGHT)

The blue light (antiseptic) of Venus masks provide an in depth cleaning highly effective for acne prone skin. Multiple sessions will deliver purified skin, tightened pores and less noticeable acne!

1 session (60 Minutes)	500 K
2 sessions	900 K
3 sessions	1.300 K
4 sessions	1.600 K

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

TRADITIONAL BODY SCRUB

An invigorating scrub concentrating on sloughing and moisturizing your skin

60 Minutes 300 K

BOREH

a traditional spices concoction (body mask) for a natural healing to streamline your blood circulation, warming up your body, and ease your muscles.

30 Minutes 200 K

COLONIC (COLON HYDROTHERAPY)

Alternative medical therapies intended to remove nonspecific toxins from the colon and intestinal tract

Indications :

- Prevention
- Constipation
- Parasitic Infection
- Diverticulosis

Contra-Indications :

- Carcinoma of the colon
- Cirrhosis
- Severe Cardiac Disease
- Post Intestinal Surgery Less than two years

1 Session (60 minutes)

3 Sessions

800 K

2.280 K

RATUS

A traditional Indonesian treatment for intimate femininity

30 Minutes 200 K

MANICURE (HEALTHY FINGERNAILS)

Female (60 minutes) 200 K

Male (45 minutes) 175 K

PEDICURE (HEALTHY TOENAILS)

Female (60 minutes) 200 K

Male (45 minutes) 175 K

*All prices are subject to 21% service charge and government tax
(* Special for colonic subject to 10% government tax only)*





BLUE KARMA PACKAGE

BLUE KARMA REFRESH

- Flower foot bath
- Foot and back massage
- Refresh Facial
- Drink

(2 hours)

650 K

HOT TREATMENT

- Flower foot bath
- Hot stone massage
- Ratus
- Drink

(2 hours)

800 K

TOUCH WHITE BLUE KARMA

- Flower foot bath with essential oil
- Balinese massage with blend of exotic oils
- Body scrub & body mask
- Relaxing rain shower
- Drink

(2 hours)

750 K

HONEYMOON

- Flower foot bath
- Balinese or deep tissue massage
- Body scrub
- body mask (boreh or milk mask)
- Aloevera facial
- Flower bath
- Drink and fresh fruit

(3,5 hours)

1.800 K

SENSASI BLUE KARMA

- Flower foot bath
- Ayurveda shirodhara
- Boreh (Herb Mask)
- Shower
- Drink

(2,5 hours)

850 K

DETOX BLUE KARMA

- Flower foot bath
- Traditional balinese massage
- Traditional scrub and body mask
- Relaxing rain shower
- Colonic treatment
- Drink and fresh fruit

(3 hours)

1.500 K

BODY AND MIND HEALING

- Flower foot bath
- Ayurveda shirodhara
- Boreh mask
- Shower Bath
- Colonic
- Drink and fresh fruit

(3 hours)

1.500 K

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

IVS THERAPY

THE ESSENTIAL

1.000 K

A basic IV to combat dehydration with saline solution and electrolytes, and provide an energy boost with Vitamin B1, B6 and B12. Optional painkiller and anti-nausea tablets available as required.

THE DELUXE

1.350 K

A more comprehensive hydrating IV, The Deluxe has The Essential options, plus immunity boosting Vitamin C and optional painkiller or anti-nausea IV medication.

THE ULTIMATE

1.550 K

A best-seller since day one, this versatile IV has The Deluxe contents plus Glutathione “the mother of antioxidants” for liver detoxification and skin brightening. Any IV medication is available as an option.

FOOD POISONING RECOVERY

1.300 K

Helps replenish the fluids and electrolytes lost from illness. This hydrating IV includes electrolytes, Vitamin B, stomach protector and Vitamin C or anti-nausea medicine.

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





Administered by
THE DOSE
BALI

ANTI-AGING DETOX

1.650 K

This IV is designed to repair the skin structure and add a healthy glow. Glutathione, other firming and brightening ingredients and skinplumping hydration create a powerful treatment delivered straight to the cells that need it most.

THE ALL STAR

2.100 K

This IV is a powerhouse of vitamins and antioxidants from A to zinc. Complete with Vitamins A, B complex, C, D and E, plus antioxidant Glutathione and zinc, this is an all-around immunity and energy booster for those who want it all!

BOOSTERS & EXTRAS

Designed to be used alongside one of our IV therapy packages, these boosters can add an extra dose of targeted care to any IV treatment.

- HIGH C BOOSTER 150 K / 1000 mg
- YOUTH BOOSTER 500 K
- SLIM FITNESS BOOSTER 500 K
- IMMUNITY BOOSTER 400 K
- EXTRA FLUID 100 K
- EXTRA MEDICATION 150 K

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*Beauty is how you feel inside,
relax and replenish your mind and your body*

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