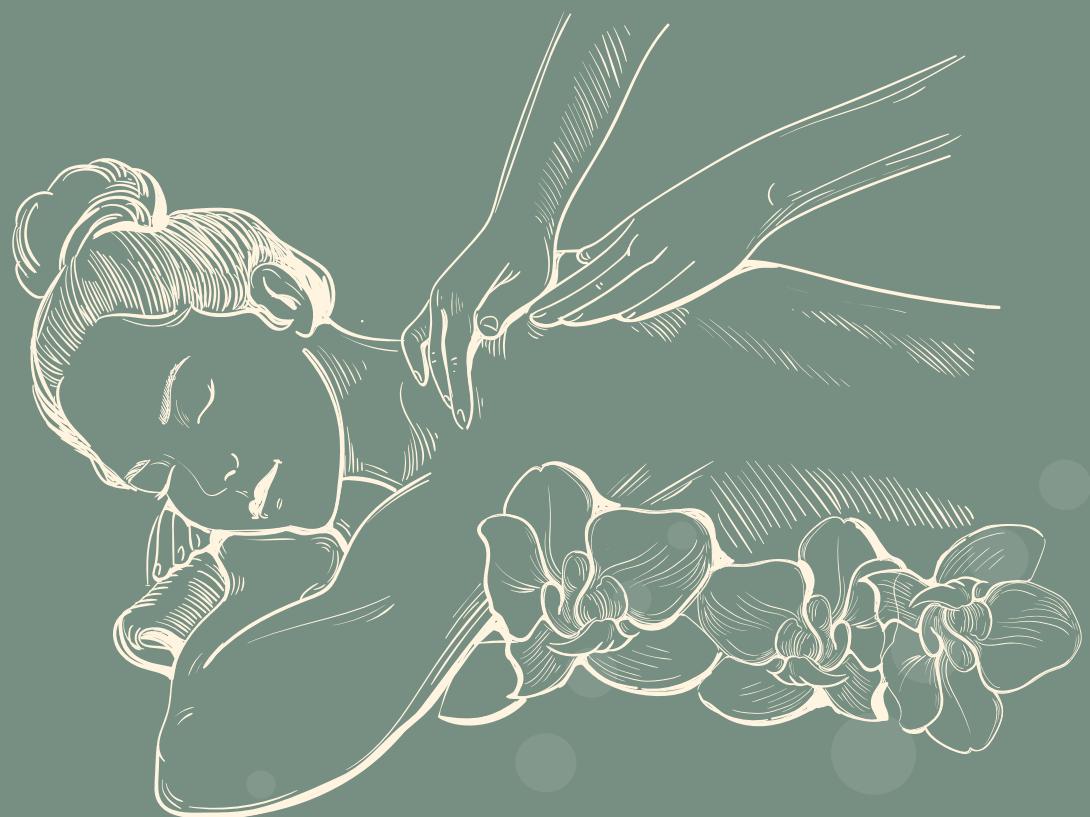
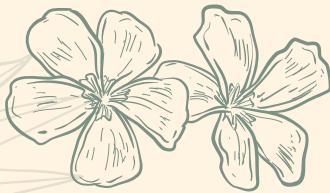


# THE SPA

- KLUB KARMA -



*Wellness is not a luxury; it's a journey of self-care, balance, and renewal. A spa is where the mind, body, and soul come together in harmony, offering a sanctuary to reconnect with your true self.*



# *Signature Massage Therapies*



## Karma Blossom Bliss Oil Therapy

Duration: 30 mins - ₹4000 | 45 mins - ₹4500

Our signature therapy – a fusion of techniques using warm herbal oils to deeply relax, balance energy, and restore inner harmony.

## Aroma Therapy

Duration: 60 mins – ₹4000 | 90 mins – ₹4500

A deeply relaxing experience that uses the healing power of essential oils to calm the body and mind. As the aromatic oils are gently massaged into the skin, they penetrate the bloodstream, easing muscle tension, reducing anxiety, and promoting an overall sense of emotional and physical balance.

## Deep Tissue Massage

Duration: 60 mins – ₹4000 | 90 mins – ₹5000

This intensive therapy targets deeper layers of muscle and connective tissue. Ideal for chronic tension, knots, and stress-related pain, the technique uses slow strokes and firm pressure to improve circulation, release toxins, and restore mobility.

## Swedish Massage

Duration: 60 mins – ₹4000 | 90 mins – ₹5000

A classic full-body massage that combines long, gliding strokes with gentle kneading and rhythmic tapping. Perfect for first-time spa-goers, this therapy enhances relaxation, boosts blood flow, and melts away daily stress.

## Balinese Massage

Duration: 60 mins – ₹4000 | 90 mins – ₹5000

Rooted in traditional Indonesian healing, this massage combines deep tissue techniques with acupressure and reflexology. It revitalizes energy pathways, enhances circulation, and leaves you in a state of pure tranquility.

# *Ayurvedic Healing Therapies*



## Shirodhara

Duration: 60 mins – ₹5500 | 90 mins – ₹6500

A deeply spiritual treatment where a steady stream of warm, herbal oil is gently poured over the forehead. Known to balance the doshas, calm the nervous system, and treat insomnia, anxiety, and emotional imbalance. A serene experience for mind, body, and soul.

## Abhyangam

Duration: 60 mins – ₹4000 | 90 mins – ₹5000

An ancient Ayurvedic full-body massage using warm, medicated oils to nourish tissues, eliminate toxins, and balance the energies (Vata, Pitta, Kapha). Promotes vitality, longevity, and inner harmony.

## Signature Potli Massage

Duration: 30 mins – ₹2000 | 60 mins – ₹3500

Experience the healing touch of Karma Lakelands' organic farm herbs through a traditional warm Potli massage. Soft muslin pouches filled with freshly harvested herbs are gently heated and applied to the body in soothing rhythmic strokes. The combined power of heat and herbs penetrates deeply, easing joint pain, stiffness, fatigue, and muscular discomfort while promoting detoxification and deep relaxation.

### Farm-Fresh Herbal Blend Includes:

- Ashwagandha (stress-relieving & rejuvenating)
- Eranda (castor – anti-inflammatory)
- Arka (detoxifying)
- Shanti (dry ginger – improves circulation)
- Lemongrass (refreshing & muscle relaxing)
- Turmeric (healing & anti-inflammatory)
- Garlic (warming & pain relieving)
- Ajwain (carminative & soothing)

## Local Champi with Homemade Karma Oil

Duration: 30 mins - ₹1500 | 45 mins - ₹2000

Traditional Indian head massage using our in-house herbal Karma oil blend – deeply relaxing and nourishing for hair and scalp.

# *Express Wellness Treatments*



## **Head, Neck & Shoulder Massage**

Duration: 30 mins – ₹1500

Combining techniques from Indian head massage, shiatsu, and acupressure, this treatment melts away mental stress and relieves upper body fatigue. Perfect for a mid-day refresher.

## **Back Massage**

Duration: 30 mins – ₹1200

Targeted therapy focusing on the spine and shoulders. Using kneading, stretching, and pressure-point techniques, it loosens tight muscles and boosts energy flow.

## **Foot Massage**

Duration: 30 mins – ₹1200

A rejuvenating experience for tired legs and feet. Relieves tension, improves blood circulation, and refreshes you from the ground up.

## **Foot Massage + Scrub**

Duration: 45 mins – ₹2000

Combines soothing massage with exfoliation to revive tired feet. Removes dead skin, nourishes dryness, and relaxes every nerve ending.

## **Oil Foot Reflexology**

Duration: 45 mins – ₹2000

Targets reflex zones in the feet that correspond to various body organs. Warm oil and precise pressure stimulate circulation, reduce fatigue, and restore internal balance.

# *Body Treatments & Rituals*



## **Body Wrap (with any therapy)**

Duration: 60+15 mins – ₹4500

A luxurious finishing touch to your massage, this wrap uses nourishing ingredients to hydrate the skin, boost detoxification, and promote radiant glow.

## **Scrub & Mask**

Duration: 75 mins – ₹5000

A rejuvenating ritual combining deep exfoliation with a nourishing body mask to restore hydration and tone.

# *Couple's Indulgence*



## Couple Massage Experience

Duration: 2.5 hours – ₹15,000

Embark on a serene, side by side journey of pure relaxation with your partner. This holistic escape combines soothing massages with a private pool and jacuzzi to enhance your experience followed by a calming sauna session.

### Your Wellness Journey Includes:

A side-by-side couples massage to release stress.

A private sanctuary with an indoor pool, Jacuzzi, rain shower and sauna.

Wellness-inspired beverages, including herbal teas and detox infusions.

An ambiance of pure tranquility and peace.

# Signature Green Tea Blends

*Handcrafted with farm-fresh organic herbs from Karma Lakelands,  
these wellness infusions perfectly complement your spa therapies.*



## Detox Garden Blend

Green Tea • Lemongrass • Mint Tulsi

A cooling, cleansing, and refreshing brew – ideal for post-yoga or after a rejuvenating therapy.

## Glow & Calm Blend

Green Tea • Rose Petals • Chamomile • Fennel

Restores balance and enhances radiance – perfect after facials, body wraps, or skin rituals.

## Immunity Booster Blend

Green Tea • Ginger Tulsi • Cinnamon

A warming, immune-supporting infusion – especially comforting during monsoon and winter seasons.

## Tranquil Spa Blend

Green Tea • Lavender • Chamomile • Lemongrass

Promotes deep relaxation and restful sleep – best enjoyed after a massage or evening wind-down.

# *Spa Etiquette & Guidelines*



## **Cancellation Policy**

We require a minimum of 3 hours' notice for cancellations. Late cancellations will incur a 50% charge.

## **Valuables**

We advise against bringing valuables.  
While we provide lockers, we are not responsible for loss or damage.

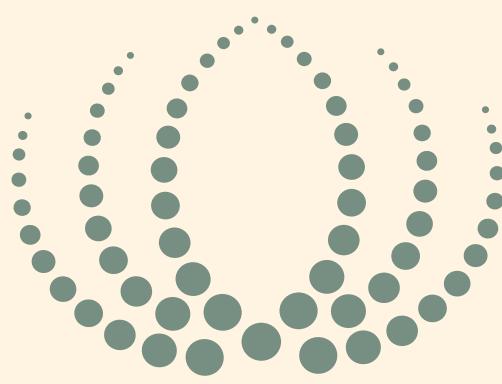
## **Dress Code**

We provide robes, slippers, and disposable undergarments.  
Our therapists are trained in professional draping to ensure your privacy and comfort.

## **Spa Environment**

To maintain a serene environment, kindly keep noise levels low and silence mobile devices. Alcohol, smoking, and food are not permitted.  
Herbal teas and infused water are provided for your relaxation.

All prices are exclusive of GST



# THE SPA

 KarmaLakelands