



OASIS • SEMINYAK

a  secret

MUDARÁ SPA  
MENU



# NATURAL BEAUTY

## TRADITIONAL BODY SCRUB FOLLOWED WITH BODY MASK

300K (60MIN.)

The primary function of a body scrub is to remove dead skin cells through exfoliation, cleanse the skin, and increase blood circulation in the body. This skincare treatment will leave you with a fresh, moisturized, and rejuvenated skin that radiates youthfulness. It also primes your skin for self-tanning.

Pick one of the six body scrubs available in our selection:

- **BAMBOO - Strengthen & Rejuvenate**
- **CHARCOAL - Detox**
- **RICE - Sun Protector**
- **COCONUT - Glow & Hydrate**
- **COFFEE - Cellulite Killer**
- **LULUR - Antiseptic (Acne/Skin Infection)**

A choice of milk, yoghurt, or boreh body mask is available to nourish your skin after the scrub.

## MANICURE / PEDICURE

**WOMAN** - 400K

**MEN** - 200K

We use OPI products.

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

## **SENSATIA BOTANICALS FACIAL** 500K (60MIN.)

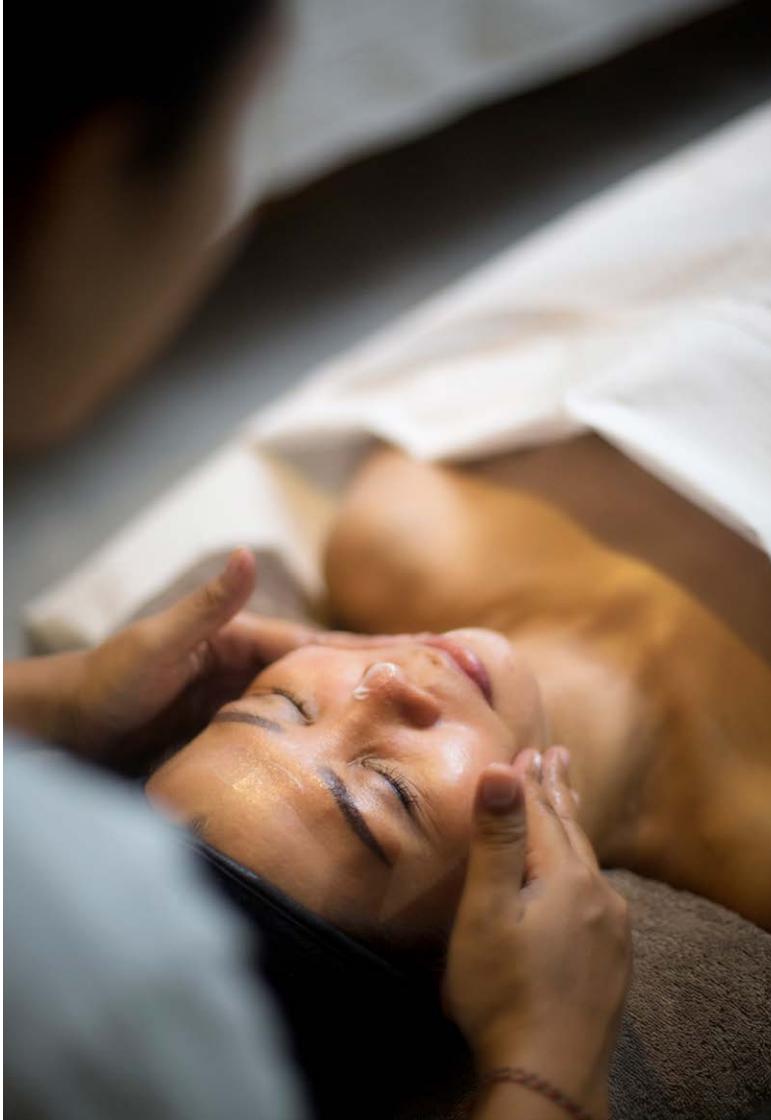
Hand-made using 100% natural ingredients, Sensatia Botanicals is the most recognizable Bali-based brand focusing on high quality skincare and beauty products. Their products are all natural and, most importantly, safe for any skin type. Trademarked in many countries with more than 200 product registrations, 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**

We recommend an additional Venus Mask Light Therapy after your Sensatia Botanicals Facial.

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## **VENUS MASK LIGHT THERAPY** 150K (25 MIN.)

Venus Mask Light Therapy is a relaxing, non-invasive new technology that boosts collagen production. This therapy is available in two options:

- **RED LIGHT THERAPY - Rejuvenation**  
Red Light Therapy (RLT) is a controversial therapeutic technique that uses red low-level wavelengths of light to treat skin issues, such as wrinkles, scars, and persistent wounds, among other conditions.
- **BLUE LIGHT THERAPY - Preventing and Healing**  
Blue Light Therapy is most commonly used to treat sun damage and can be used to improve skin texture and reduce sebaceous hyperplasia (enlarged oil glands). It can help remove sun spots, acne, and even scars that were originally caused by acne.

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# MASSAGES

## TRADITIONAL BALINESE MASSAGE

350K (60MIN.) / 450K (90MIN.)

Balinese Massage is a full-body, deep-tissue, holistic treatment. Balinese Massage uses a combination of gentle stretches, acupressure, and reflexology to stimulate the flow of blood, oxygen, and “qi” (energy) around your body, as well as to bring a sense of wellbeing, calmness, and deep relaxation.

## DEEP TISSUE MASSAGE

400K (60MIN.) / 550K (90MIN.)

Deep Tissue Massage is best for giving attention to certain painful and stiff “trouble spots” in your body. The massage therapist uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under your skin.

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## BLUE KARMA'S SIGNATURE AROMATHERAPY MASSAGE 550K (60MIN.) / 700K (90MIN.)

Our signature massage will take you into a deep meditative state by going beyond your physical body with the use of Tibetan bowl sounds and the power of purified crystals for chakra healing and balancing. Blue Karma's signature massage includes:

1. A choice of Deep Tissue or Balinese Massage
2. A choice of one Utama Spice Aromatherapy Blend:

- **BLISS** – Lavandula angustifolia (Lavender) flower oil, Citrus bergamia (Bergamot) peel oil, Pelargonium graveolens (Rose Geranium) flower/leaf/stem extract, Citrus sinensis (Orange) peel oil, Pogostemon cablin (Patchouli) oil.

- **CLEARING** – Piper cubeba (Cubeb) fruit oil, Melaleuca leucadendron (Cajuput) leaf oil, Foeniculum vulgare (Fennel) fruit oil, Zingiber officinale (Ginger) root oil, Mentha arvensis (Mint) leaf oil, Myristica fragrans (Nutmeg) seed oil.

- **DEEP CALMING** – Lavandula angustifolia (Lavender) oil, Pelargonium graveolens (Rose Geranium) flower/leaf/stem extract,

Citrus bergamia (Bergamot) peel oil, Cananga odorata (Cananga) flower oil, Citrus sinensis (Orange) peel oil.

- **FOCUS** – Pelargonium graveolens (Rose Geranium) flower/leaf/stem extract, Rosmarinus officinalis (Rosemary) leaf oil, Cananga odorata (Cananga) flower oil, Citrus limon (Lemon) peel oil, Mentha arvensis (Mint) leaf oil.

- **PURE ENERGY** – Citrus bergamia (Bergamot) peel oil, Citrus sinensis (Orange) peel oil, Rosmarinus officinalis (Rosemary) leaf oil, Cymbopogon citratus (Lemongrass) leaf oil.

- **REMINISCENCE** – Rosmarinus officinalis (Rosemary) leaf oil, Lavandula angustifolia (Lavender) oil, Cananga odorata (Cananga) flower oil, Zingiber officinale (Ginger) root oil.

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## **AYURVEDIC SHIRODARA MASSAGE**

750K (90MIN.)

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 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.

## **REFLEXOLOGY MASSAGE**

300K (60MIN.)

Application of appropriate pressure to specific points and areas on the feet that correspond to different body organs and systems for the benefit of your health.

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## **HOT STONE MASSAGE**

550K (90MIN.)

Hot Stone Massage melts away tension, eases muscle stiffness, as well as increases circulation and metabolism. It promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body.

## **BACK AND SHOULDER MASSAGE**

200K (30MIN.)

A pressure massage that focuses on the build-up of stress and muscle tension in all areas around the neck, shoulders, and across the back. This massage encourages relaxation, relieves stress, improves circulation, and relaxes muscles.

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# DETOX

## **BOREH BODY MASK**

200K (30MIN.)

Boreh is a traditional Balinese healing body mask with 100% natural ingredients that warms the body, opens the pores and improves circulation, promotes detox and the release of toxins, as well as eases aches and pain. At the same time, the treatment revitalizes your skin cells while it exfoliates, cleans, replenishes, and rejuvenates your skin, giving your skin a fresher, smoother, and a more refined appearance. Boreh will make you feel relaxed and more energized, give you clarity, and improve your well-being.

## **RATUS**

200K (30MIN.)

*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, where they are supposedly absorbed through the delicate skin. The steam then enters the vagina, where it detoxifies the tissue and warms the muscles.

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## **COLONIC (COLON HYDROTHERAPY)**

800K (1 SESSION/60MIN.) / 2,280K (3 SESSIONS)

*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 discharges 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 multi-filtered 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.

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

## HOW DO I KNOW COLON HYDROTHERAPY WILL BE USEFUL FOR ME?

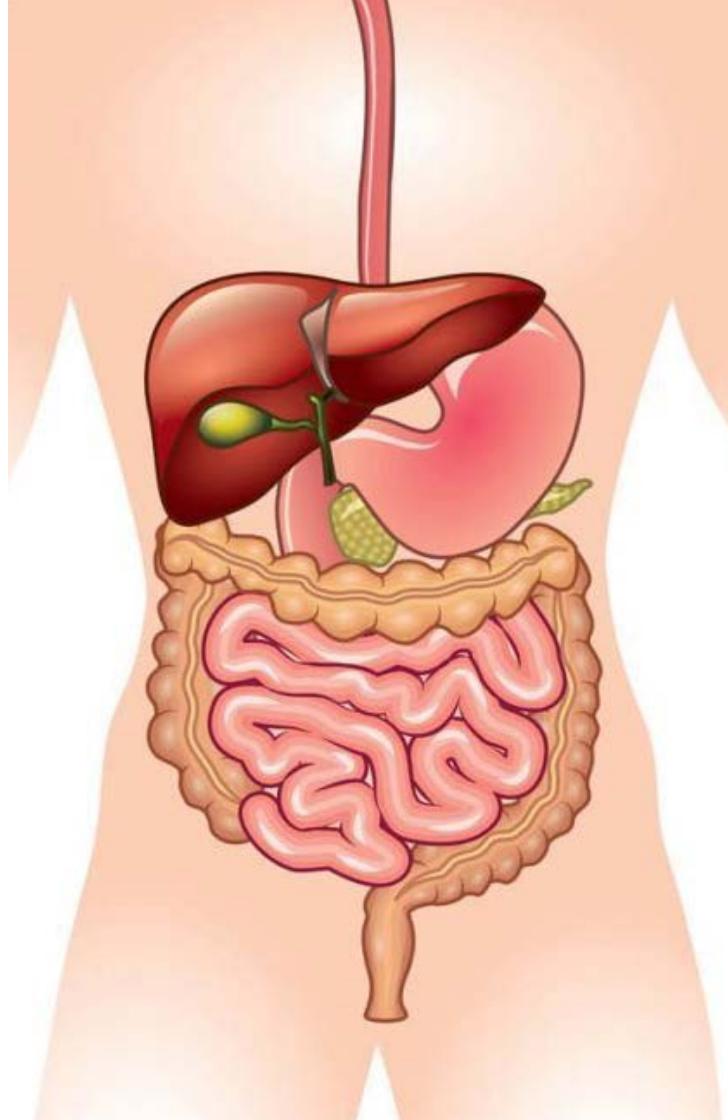
Today's diet consists of greatly refined processed foods high in saturated fats and low in fibers. We believe that eating these foods, overeating, and ignoring the call to eliminate stress, allergies, and medications can contribute to poor colon health. Colon contains the largest concentration of bacteria 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 hydrotherapy 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).

## IV THERAPY

*Additional information available upon request at our spa*

Intravenous Therapy (IV) is a therapy that delivers fluids directly into a vein. The intravenous route of administration can be used both for injections, using a syringe at higher pressures, as well as for infusions, typically using only the pressure supplied by gravity.

Whether you're looking for a quick immune system boost or for a relief from chronic diseases, there's no waiting for medications, fluids and nutrients to filter through your digestive system. IV treatments go directly where they're needed—into the blood—where your body can deliver them quickly where they need to go.

# OUR HOLISTIC SECRETS

For a wholesome effect, choose one of the treatment series tailored to meet your needs. All scrubs are followed by a vichy shower for a warm and relaxing waterfall bliss.

## **DETOX** 1.300K

- Charcoal Scrub
- Boreh Mask
- Colonic therapy
- Balinese Massage

## **GLOW & RELAX** 1.350K

- Coconut Scrub
- Sensatia Botanicals facial with light therapy
- Signature Massage

## **REJUVENATE** 1.350K

- Bamboo Scrub
- Rejuvenating sensatia botanical facial with light therapy
- Signature Massage

## **PROTECT** 1.350K

- Rice Scrub
- Sensatia Botanicals with light therapy
- Hot Stone Massage

## **HEAL** 1.400K

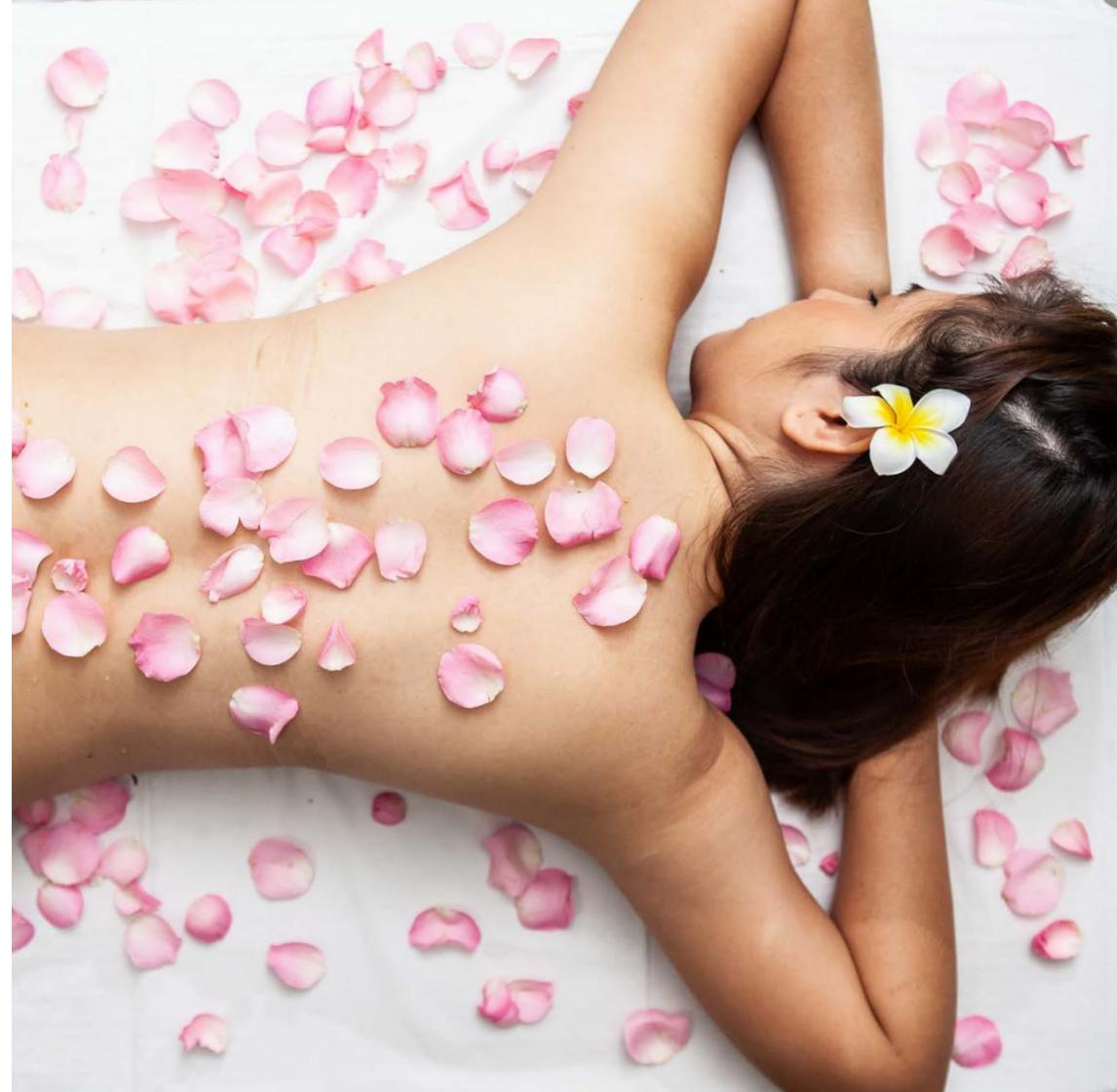
- Lulur Scrub
- Sensatia Botanicals facial
- Boreh Body Mask
- Ayurvedic Shirodara Massage

## **SACRED FEMININE** 2.100K

- Coffee Scrub
- Sensatia Botanicals facial
- Ratus
- Signature Massage
- Manicure & Pedicure

## **HONEYMOON for two persons** 2.700K

- Scrub
- Flower bath
- Sensatia Botanicals facial
- Signature Massage



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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.

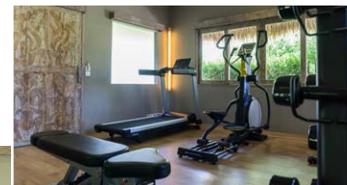
We welcome you to Blue Karma Oasis Yoga Studio with a bow and palms pressed together. Namaste.



# FITNESS CENTRE

Never miss your workout routine, as Blue Karma Oasis 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.



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



**MUDARÁ SPA**

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