



BLUE  KARMA
NESTLING ESCAPE • UBUD

FLYING BAMBOO SPA
MENU



MASSAGE

TRADITIONAL BALINESE

A combination of stretching, acupressure and rhythmic stroke. Relax and feel spiritually at the same time

60 Minutes	300 K
90 Minutes	400 K

AROMATHERAPY

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

60 Minutes	500 K
90 Minutes	750 K

BACK

Focuses tense muscle on your back and release stiff neck

30 Minutes	150 K
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DEEP TISSUE

Focuses on realigning deeper of muscles and connective tissue, helpful contracted muscles, tightness and sore shoulders

60 Minutes	350 K
90 Minutes	500 K

HOT STONE

Deeply relaxing and help warm up tight muscles

90 Minutes	500 K
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HEALTH & BEAUTY CARE

PURE ALOE VERA FACIAL (NATURAL COSMETICS)

During all this facial (cleansing + exfoliation + mask) we will use exclusively 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 so clean, fresh and hydrated!

1 Session (60 Minutes) 350 K

TRADITIONAL BODY SCRUB

Excelent scrub great balance for sloughing and moisturizing your skin

60 Minutes 250 K

RATUS

Enjoy indonesian traditional treatment for intimate femininity

30 Minutes 200 K

MANICURE (HEALTHY FINGER NAILS)

Female (60 minutes) 200 K
Male (45 minutes) 175 K

PEDICURE (HEALTHY TOE NAILS)

Female (60 minutes) 200 K
Male (45 minutes) 175 K



SENSATIONAL BLUE KARMA PACKAGE

BLUE KARMA REFRESH

- Flower foot bath
- Foot and back massage
- Refresh Facial
- Serve drink

(2 hours) 575 K

HOT TREATMENT

- Flower foot bath with salt and essential oil
- Hot Stone massage
- Ratus
- Serve drink

(2 hours) 700 K

TOUCH WHITE BLUE KARMA

- Flower foot bath with salt and essential oil
- Balinese massage with blend of exotic oil
- Body scrub and body mask
- Flower bath
- Serve drink

(2 hours) 650 K

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

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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.

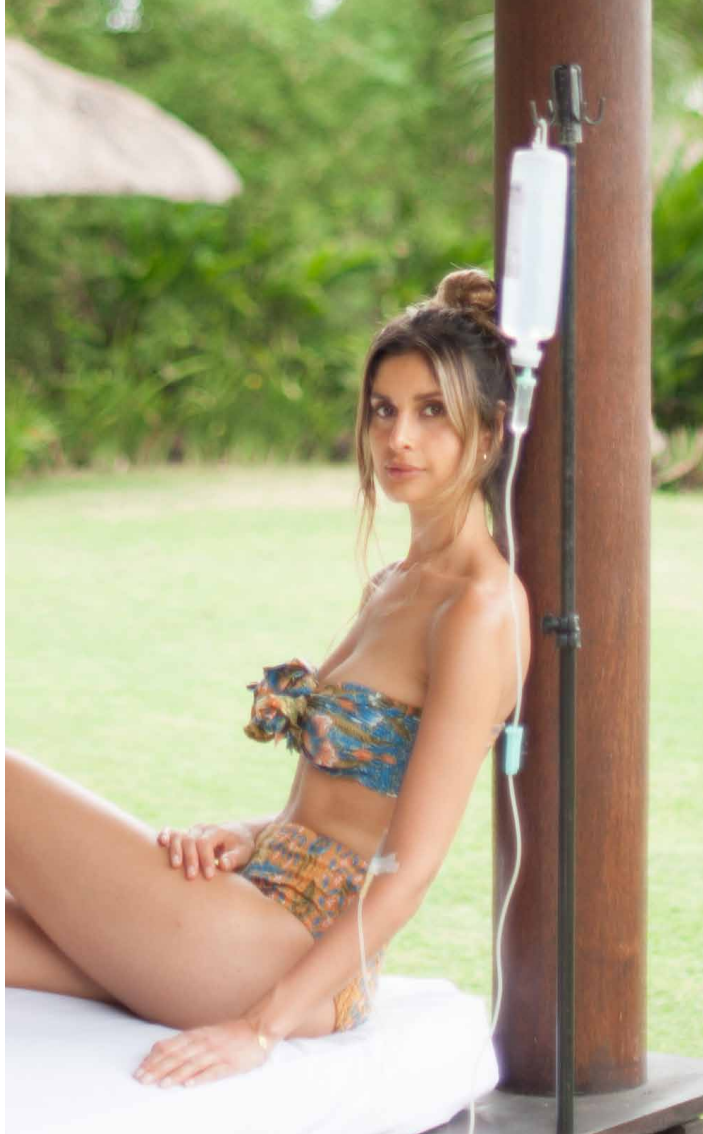
THE ULTIMATE 1.550 K

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.

*Additional transport surcharge of 400K are applicable for all of the services above.
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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 IVS therapy packages, these boosters can add an extra dose of targeted care to any IVS 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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