



BLUE  KARMA  
NESTLING ESCAPE • UBUD

FLYING BAMBOO 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 |

## 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 |
|------------|-------|

## 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 |

## HOT STONE

Deeply relaxing and help warm up tight muscles

|            |       |
|------------|-------|
| 90 Minutes | 700 K |
|------------|-------|



## HEALTH & BEAUTY CARE

### **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

### **TRADITIONAL BODY SCRUB**

An invigorating scrub concentrating on sloughing and moisturizing your skin

60 Minutes 300 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*



# SENSATIONAL 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 with salt and essential oil
- Hot Stone massage
- Ratus
- Drink

(2 hours)

800 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
- Drink

(2 hours)

750 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.

*Additional transport surcharge of 400K are applicable for all of the services above. 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 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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