



Relaxation Massage

Swedish

Swedish massage is a smooth flowing style using firm but gentle pressure. It promotes relaxation, helps reduce stress, improves circulation and range of movement. It provides the deep relaxation that allows our minds and bodies to recharge and rejuvenate.

45 minutes \$80 75 Minutes \$115

Hot Stone

Experience the wonderful sensations of hot rocks as they glide over your body stimulating and energising tired muscles. The properties of volcanic stones can provide benefits that are not possible through normal massage.

90 minutes \$145

Balinese

Traditional Balinese massage using a unique blend of stretching, long flowing strokes and pressure techniques to relax and reduce muscle tension.

75 minutes \$115

Aromatherapy

Calming, soothing Swedish massage strokes are used with aromatherapy oils to relax the muscles and the mind. Select from three different blends made with the highest quality cold pressed essential oils

75 minutes \$115

Shiatsu

A 'hands on' Shiatsu Japanese style massage using pressure points of the body, stretches and joint manipulations aimed at rebalancing energy (Ki) along the meridians of the body.

75 minutes \$115

Back, Neck and Shoulder Massage

A variety of massage techniques are blended to work directly on the neck back and shoulders. This massage provides lasting relief where it is needed the most.

30 minutes \$55 45 minutes \$80

Reflexology

An ancient art of healing, Reflexology uses pressure points and the meridians' of the body to target specific organs and systems. Reflexology provides an overall detoxifying tonic that will entirely relax and de stress.

60 minutes \$95

Note: 10% Discount for all Karma Chalets guests.



Body Treatments

All body treatments are made extra-ordinary by finishing with a total relaxation in the 'Pamper Pod'

Hydrating Citrus Body Scrub

A citrus oil scrub to that uses a special oils renowned for their ability to deeply moisturise & detoxify. Finish with aromasteam sensation and our Vichy shower experience.

60 minutes \$115

Balancing Salt Therapy

This luxurious body treatment exfoliates the body with aromatic oils mixed with salts. The salt replenishes lost minerals in the skin and leaves the skin feeling velvety- soft. Warm compresses are used to remove the salt before you are cocooned in our vitamin rich body cream, which is allowed to infuse into the skin whilst you receive a relaxing scalp massage. Finish with aromasteam sensation and our Vichy shower experience.

60 minutes \$115

Body Polish

Rich in certified organic jojoba and hemp seed oil this body polish leaves your skin firmer and supple. The organic ingredients and essential oils are designed to improve circulation and reduce uneven skin tone as well as reducing cellulite and removing dry or flaky skin. This deluxe body treatment will leave your skin feeling alive and your senses tantalised with a delicate perfume designed to uplift your wellbeing. Finish with aromasteam sensation and our Vichy shower experience.

60 minutes \$115

Body Detox

Begin your detoxification in our Far Infrared Sauna, we will smooth your skin with an invigorating Sea Salt Exfoliation, then apply a warm Detoxifying Sea Wrap, to finish a calf, hamstrings, back, neck and shoulder massage to relax those muscles. Finish with aromasteam sensation and our Vichy shower experience.

90 minutes \$155

Honey and Citrus Signature Ritual

Begin your experience in our Far Infrared Sauna then move to the treatment room for the exfoliation and then the honey massage which rids the body of residues, toxins accumulated from food, medicine and your living environment. This luxurious ritual body treatment, consists of honey infused with lemon, lime and sweet orange essences. Silky smooth skin prevails.... Finish with aromasteam sensation and our Vichy shower experience.

120 minutes \$175

Note: 10% Discount for all Karma Chalets guests.



Beauty Treatments

Facials

Express Facial - A pick me up for those with little time – feel renewed

30 minutes \$45

Luxury Facial - The whole thing!

75 minutes \$115

Karisma Refresh Facial - A traditional wild honey and cucumber facial. This facial, intended to relieve stress using aromatherapy oils includes: a scalp, facial and neck massage, followed by wild honey, lime and cucumber mask free of chemicals. This sensual facial leaves your skin soft and plump.

60 minutes \$95

Therapist Selection Facials

60 – 90 minutes from \$80

Waxing

Full Leg	\$55
Half Leg	\$30
Bikini Wax	\$25
Underarm Wax	\$20
Lip Wax	\$15
Chin Wax	\$15
Eyebrow Wax	\$20

Tinting

Eyebrow	\$25
Eyelash	\$25
Brow shape, tint and eyelash tint	\$60

Manicure

Express manicure	30 minutes \$45
Deluxe manicure	60 minutes \$75
Manicure with hand massage	75 minutes \$100

Pedicure

Express pedicure	30 minutes \$55
Deluxe pedicure	60 minutes \$85
Pedicure with foot spa and reflexology	75 minutes \$145

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Wellness Treatments

Hydrotherapy

These treatments can be experienced for themselves or added to a far infrared sauna or body treatment for the total relaxation experience.

Steam Aromatherapy

Aromasteam in our Pamper Pod is a high-atomizing, hot steam sensation that carries with it the aroma of choice. The aromasteam is sprayed throughout the capsule, and rises from beneath the bed, warming the bed surface whilst doing so. The aromasteam infusion can be heard throughout the capsule, adding to an incredible soothing environment.

30 minutes \$50

Vichy Shower

Vichy shower – located within the Pamper Pod - consists of strategically positioned, high- atomizing mist showers that saturate and drench the bather. The high atomizing mist showers produce a pleasant, comfortable showering experience, and can also offer thermal contrasting from hot to cold showering, without thermal shock to the bather. The transition from hot to cold cycling is a gradual one- highly pleasurable and energizing

30 minutes \$50

Combination Hydrotherapy

Combine both a steam aromatherapy session and a Vichy shower for a true hydrotherapy experience.

40 minutes \$75

Additional extras such as pressure point head and scalp treatment may be added to hydrotherapy treatments. These extras will incur an additional charge where a therapist is required. Please discuss your personal requirements with our therapists.

Far Infrared Sauna

Our sauna uses safe and naturally occurring Far Infrared Rays that safely and effectively detoxify the body of many lifelong accumulated toxins and heavy metals. It is useful in assisting the clearing of cellulite, improving skin tone, assisting in relaxing muscles for massage and energising the body while relaxing the mind.

20 minutes \$40 Single \$60 Couple

Note: 10% Discount for all Karma Chalets guests.



Spa Packages

All Spa packages can be added to accommodation in one of our delightful chalets with discounts for the accommodation starting at 15%. Gift vouchers from Karisma Spa are available for purchase.

Serenity

Serene is how you will feel after this Karisma Spa Experience. A massage of your choice after a detox session in the Far Infrared Sauna. This is followed by an aromasteam sensation in the amazing Pamper Pod together with a replenishing hair treatment and pressure point scalp massage luxury facial finishing. Last but not least, a luxury facial including facial steamer and rejuvenating face mask. Pure luxury.

2.5 hours \$295 per person

Harmony

Harmony is designed to make you feel special and at one with the world. A massage of choice after a detox session in the Far Infrared Sauna followed by a luxurious balancing salt therapy which culminates in a full aromasteam and Vichy shower sensation in the amazing Pamper Pod. That is not all; finish off with the ultimate in pampering a facial followed a hand massage and manicure. Harmony also includes time out for a gourmet platter lunch and morning and afternoon herbal tea and muffin.

4.5 hours \$435 per person

Tranquillity

Need to release some stress and take some 'me' time? This package is for you and is designed to pamper you from head to toe. A honey massage after a detox session in the Far Infrared Sauna which is followed by a body polish and 'Yoghurt Delight' to revitalise and nourish your whole body. Your treatment then culminates in a full aromasteam and Vichy shower sensation in the amazing Pamper Pod. But that is not all, after a gourmet lunch your pampering continues with a Karisma Refresh Facial and for the final touches, a manicure and pedicure with Emmy's special paraffin treatment. You leave feeling wonderful.

5.5 hours \$490 per person

High Tea for 2(or 4)

This is a unique experience in conjunction with Mrs Jones Café. After enjoying an herbal tea and muffin you can totally pamper yourself at Karisma Spa with a Far Infrared Sauna detox, aroma steam sensation in the Pamper Pod and your choice of a hand massage and manicure or reflexology and a pedicure. When you feel revived, refreshed and totally glamorous it is time to head off to Mrs Jones Café for High Tea. A whole new experience in Denmark.

3.5 hours \$250 per person

Yummy Mummy*

A nurturing massage to aid relaxation during this very special time using essential oils safe for your baby, this relieves tension in your lower and upper back. Your stress will melt away especially in the Pamper Pod for your aroma steam sensation. From here we invite you to enjoy our Karisma Refresh Facial then our foot spa and foot massage with the finishing touch of a pedicure with special paraffin treatment, all designed to rejuvenate your tired, swollen feet.

*Suitable only after 1st trimester. **3 hours \$315 per person**

Please enquire about our special 'Girls Getaways' or Bridal Packages.

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Just for Him

We encourage our gentlemen to experience the relaxation, rejuvenation and stress release that comes with the Karisma Spa experience. We have tailored packages just for you or you can share the experience with your partner.

Gentleman's Club

Start with a detox session in the Far Infrared Sauna followed by a stress busting Swedish massage. Pamper yourself with a full aromasteam and Vichy shower sensation in the amazing Pamper Pod. That is not all; finish off with a mini facial followed a foot massage with Emmy's amazing paraffin treatment and ending with a special pedicure.

3 hours \$315 per person

It's a Man's World

Let's begin by concentrating on your tired feet. They deserve a full foot spa and reflexology. Next, de stress with a back, neck and shoulder massage and finish with our special Men's facial and eyebrow treatment.

2 hours \$255 per person

Male Waxing

Full leg	\$65
Back and shoulders	\$60
Full Arm	\$50
Shoulders	\$30
Brow Shape	\$25
Chest	\$40

Manicure

Express manicure	30 minutes \$45
Deluxe manicure	60 minutes \$75
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120 minutes \$175

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30 minutes \$50

Vichy Shower

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2.5 hours \$295 per person

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4.5 hours \$435 per person

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3.5 hours \$250 per person

Yummy Mummy*

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*Suitable only after 1st trimester. **3 hours \$315 per person**

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Male Waxing

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Relaxation Massage

Swedish

Swedish massage is a smooth flowing style using firm but gentle pressure. It promotes relaxation, helps reduce stress, improves circulation and range of movement. It provides the deep relaxation that allows our minds and bodies to recharge and rejuvenate.

45 minutes \$80 75 Minutes \$115

Hot Stone

Experience the wonderful sensations of hot rocks as they glide over your body stimulating and energising tired muscles. The properties of volcanic stones can provide benefits that are not possible through normal massage.

90 minutes \$145

Balinese

Traditional Balinese massage using a unique blend of stretching, long flowing strokes and pressure techniques to relax and reduce muscle tension.

75 minutes \$115

Aromatherapy

Calming, soothing Swedish massage strokes are used with aromatherapy oils to relax the muscles and the mind. Select from three different blends made with the highest quality cold pressed essential oils

75 minutes \$115

Shiatsu

A 'hands on' Shiatsu Japanese style massage using pressure points of the body, stretches and joint manipulations aimed at rebalancing energy (Ki) along the meridians of the body.

75 minutes \$115

Back, Neck and Shoulder Massage

A variety of massage techniques are blended to work directly on the neck back and shoulders. This massage provides lasting relief where it is needed the most.

30 minutes \$55 45 minutes \$80

Reflexology

An ancient art of healing, Reflexology uses pressure points and the meridians' of the body to target specific organs and systems. Reflexology provides an overall detoxifying tonic that will entirely relax and de stress.

60 minutes \$95

Note: 10% Discount for all Karma Chalets guests.



Body Treatments

All body treatments are made extra-ordinary by finishing with a total relaxation in the 'Pamper Pod'

Hydrating Citrus Body Scrub

A citrus oil scrub to that uses a special oils renowned for their ability to deeply moisturise & detoxify. Finish with aromasteam sensation and our Vichy shower experience.

60 minutes \$115

Balancing Salt Therapy

This luxurious body treatment exfoliates the body with aromatic oils mixed with salts. The salt replenishes lost minerals in the skin and leaves the skin feeling velvety- soft. Warm compresses are used to remove the salt before you are cocooned in our vitamin rich body cream, which is allowed to infuse into the skin whilst you receive a relaxing scalp massage. Finish with aromasteam sensation and our Vichy shower experience.

60 minutes \$115

Body Polish

Rich in certified organic jojoba and hemp seed oil this body polish leaves your skin firmer and supple. The organic ingredients and essential oils are designed to improve circulation and reduce uneven skin tone as well as reducing cellulite and removing dry or flaky skin. This deluxe body treatment will leave your skin feeling alive and your senses tantalised with a delicate perfume designed to uplift your wellbeing. Finish with aromasteam sensation and our Vichy shower experience.

60 minutes \$115

Body Detox

Begin your detoxification in our Far Infrared Sauna, we will smooth your skin with an invigorating Sea Salt Exfoliation, then apply a warm Detoxifying Sea Wrap, to finish a calf, hamstrings, back, neck and shoulder massage to relax those muscles. Finish with aromasteam sensation and our Vichy shower experience.

90 minutes \$155

Honey and Citrus Signature Ritual

Begin your experience in our Far Infrared Sauna then move to the treatment room for the exfoliation and then the honey massage which rids the body of residues, toxins accumulated from food, medicine and your living environment. This luxurious ritual body treatment, consists of honey infused with lemon, lime and sweet orange essences. Silky smooth skin prevails.... Finish with aromasteam sensation and our Vichy shower experience.

120 minutes \$175

Note: 10% Discount for all Karma Chalets guests.



Beauty Treatments

Facials

Express Facial - A pick me up for those with little time – feel renewed

30 minutes \$45

Luxury Facial - The whole thing!

75 minutes \$115

Karisma Refresh Facial - A traditional wild honey and cucumber facial. This facial, intended to relieve stress using aromatherapy oils includes: a scalp, facial and neck massage, followed by wild honey, lime and cucumber mask free of chemicals. This sensual facial leaves your skin soft and plump.

60 minutes \$95

Therapist Selection Facials

60 – 90 minutes from \$80

Waxing

Full Leg	\$55
Half Leg	\$30
Bikini Wax	\$25
Underarm Wax	\$20
Lip Wax	\$15
Chin Wax	\$15
Eyebrow Wax	\$20

Tinting

Eyebrow	\$25
Eyelash	\$25
Brow shape, tint and eyelash tint	\$60

Manicure

Express manicure	30 minutes \$45
Deluxe manicure	60 minutes \$75
Manicure with hand massage	75 minutes \$100

Pedicure

Express pedicure	30 minutes \$55
Deluxe pedicure	60 minutes \$85
Pedicure with foot spa and reflexology	75 minutes \$145

Note: 10% Discount for all Karma Chalets guests.



Wellness Treatments

Hydrotherapy

These treatments can be experienced for themselves or added to a far infrared sauna or body treatment for the total relaxation experience.

Steam Aromatherapy

Aromasteam in our Pamper Pod is a high-atomizing, hot steam sensation that carries with it the aroma of choice. The aromasteam is sprayed throughout the capsule, and rises from beneath the bed, warming the bed surface whilst doing so. The aromasteam infusion can be heard throughout the capsule, adding to an incredible soothing environment.

30 minutes \$50

Vichy Shower

Vichy shower – located within the Pamper Pod - consists of strategically positioned, high- atomizing mist showers that saturate and drench the bather. The high atomizing mist showers produce a pleasant, comfortable showering experience, and can also offer thermal contrasting from hot to cold showering, without thermal shock to the bather. The transition from hot to cold cycling is a gradual one- highly pleasurable and energizing

30 minutes \$50

Combination Hydrotherapy

Combine both a steam aromatherapy session and a Vichy shower for a true hydrotherapy experience.

40 minutes \$75

Additional extras such as pressure point head and scalp treatment may be added to hydrotherapy treatments. These extras will incur an additional charge where a therapist is required. Please discuss your personal requirements with our therapists.

Far Infrared Sauna

Our sauna uses safe and naturally occurring Far Infrared Rays that safely and effectively detoxify the body of many lifelong accumulated toxins and heavy metals. It is useful in assisting the clearing of cellulite, improving skin tone, assisting in relaxing muscles for massage and energising the body while relaxing the mind.

20 minutes \$40 Single \$60 Couple

Note: 10% Discount for all Karma Chalets guests.



Spa Packages

All Spa packages can be added to accommodation in one of our delightful chalets with discounts for the accommodation starting at 15%. Gift vouchers from Karisma Spa are available for purchase.

Serenity

Serene is how you will feel after this Karisma Spa Experience. A massage of your choice after a detox session in the Far Infrared Sauna. This is followed by an aromasteam sensation in the amazing Pamper Pod together with a replenishing hair treatment and pressure point scalp massage luxury facial finishing. Last but not least, a luxury facial including facial steamer and rejuvenating face mask. Pure luxury.

2.5 hours \$295 per person

Harmony

Harmony is designed to make you feel special and at one with the world. A massage of choice after a detox session in the Far Infrared Sauna followed by a luxurious balancing salt therapy which culminates in a full aromasteam and Vichy shower sensation in the amazing Pamper Pod. That is not all; finish off with the ultimate in pampering a facial followed a hand massage and manicure. Harmony also includes time out for a gourmet platter lunch and morning and afternoon herbal tea and muffin.

4.5 hours \$435 per person

Tranquillity

Need to release some stress and take some 'me' time? This package is for you and is designed to pamper you from head to toe. A honey massage after a detox session in the Far Infrared Sauna which is followed by a body polish and 'Yoghurt Delight' to revitalise and nourish your whole body. Your treatment then culminates in a full aromasteam and Vichy shower sensation in the amazing Pamper Pod. But that is not all, after a gourmet lunch your pampering continues with a Karisma Refresh Facial and for the final touches, a manicure and pedicure with Emmy's special paraffin treatment. You leave feeling wonderful.

5.5 hours \$490 per person

High Tea for 2(or 4)

This is a unique experience in conjunction with Mrs Jones Café. After enjoying an herbal tea and muffin you can totally pamper yourself at Karisma Spa with a Far Infrared Sauna detox, aroma steam sensation in the Pamper Pod and your choice of a hand massage and manicure or reflexology and a pedicure. When you feel revived, refreshed and totally glamorous it is time to head off to Mrs Jones Café for High Tea. A whole new experience in Denmark.

3.5 hours \$250 per person

Yummy Mummy*

A nurturing massage to aid relaxation during this very special time using essential oils safe for your baby, this relieves tension in your lower and upper back. Your stress will melt away especially in the Pamper Pod for your aroma steam sensation. From here we invite you to enjoy our Karisma Refresh Facial then our foot spa and foot massage with the finishing touch of a pedicure with special paraffin treatment, all designed to rejuvenate your tired, swollen feet.

*Suitable only after 1st trimester. **3 hours \$315 per person**

Please enquire about our special 'Girls Getaways' or Bridal Packages.

Note: 10% Discount for all Karma Chalets guests.



Just for Him

We encourage our gentlemen to experience the relaxation, rejuvenation and stress release that comes with the Karisma Spa experience. We have tailored packages just for you or you can share the experience with your partner.

Gentleman's Club

Start with a detox session in the Far Infrared Sauna followed by a stress busting Swedish massage. Pamper yourself with a full aromasteam and Vichy shower sensation in the amazing Pamper Pod. That is not all; finish off with a mini facial followed a foot massage with Emmy's amazing paraffin treatment and ending with a special pedicure.

3 hours \$315 per person

It's a Man's World

Let's begin by concentrating on your tired feet. They deserve a full foot spa and reflexology. Next, de stress with a back, neck and shoulder massage and finish with our special Men's facial and eyebrow treatment.

2 hours \$255 per person

Male Waxing

Full leg	\$65
Back and shoulders	\$60
Full Arm	\$50
Shoulders	\$30
Brow Shape	\$25
Chest	\$40

Manicure

Express manicure	30 minutes \$45
Deluxe manicure	60 minutes \$75
Manicure with hand massage	75 minutes \$100

Pedicure

Express pedicure	30 minutes \$55
Deluxe pedicure	60 minutes \$85
Pedicure with foot spa and reflexology	75 minutes \$145

Note: 10% Discount for all Karma Chalets guests.