



*Karma Resort*

KO SAMUI



*Karma Spa*

# Thai Traditional and Oil Massage



## Massage Thai Traditional

60min 700 B - 90min 1000 B

The benefits of receiving a Thai massage are vague, at best. While it is easy to say that Thai massages are good for you in the short-term, any scientific evidence backing this information is certainly lacking.

That being said, there are some obvious benefits. For one, it feels incredible.

It relieves stress and tension in joints and muscles. It is also very good for those of you feeling stiff, especially during travel, as you are stretched throughout the massage.

## Massage Virgin organic coconut oil

60min 800 B - 90min 1200 B

Ingredients: 100% Virgin Organic Coconut Oil.

Benefits: The health benefits of coconut oil include hair care, skin care & stress relief.

Applying coconut oil to the head followed with a gentle massage helps in removing mental fatigue.

It also acts as an effective moisturizer on all types of skins.

## Massage Oil Lavender

60min 800 B - 90min 1200 B

Ingredients: Lavender Essential Oil in a base of Jojoba, Olive, Sunflower and Soy Vegetable Oils.

Benefits: Lavender can relieve various types of pain (improper digestion, wounds, bloating, muscle aches joint pains, backaches, and sprains). Used in massage oil it stimulates the intestinal movement that prompts

the gastric fluids required for proper digestion. This can help relieve stomach pain, flatulence, vomiting, and diarrhea. Inhaling the aroma of a massage oil that is infused with the soothing scent of Lavender Essential Oil will also ease the emotional pain associated with stress and depression, allowing the user to also relax mentally while the natural vegetable oils, like jojoba, will safely moisturize your skin and make it smooth.

## Massage Oil Lemongrass

60min 800 B - 90min 1200 B

Ingredients: Lemongrass Essential Oil in a base of Jojoba, Olive, Sunflower and Soy Vegetable Oils.

Benefits: For centuries, lemongrass oil has been cherished in traditional Thai massage for its revitalizing effect on body and mind. Its invigorating scent is known to boost vitality and awaken senses.

Use this stimulating massage oil as part of our revitalizing ritual when you want your body and mind to feel instantly re-energized while the natural vegetable oils, like jojoba, will safely moisturize your skin and make it smooth.

## Massage Oil Peppermint

60min 800 B - 90min 1200 B

Ingredients: Peppermint Essential Oil in a base of Jojoba, Olive, Sunflower and Soy Vegetable Oils.

Benefits: When used in a massage, Peppermint Essential Oil has been found to eliminate harmful bacteria from the skin, to relieve muscle spasms and flatulence, to disinfect and soothe inflamed skin, and to release muscle tension.

Rubbed into the feet, it can work as a natural fever reducer. It can effectively decrease feelings of fatigue caused by strenuous physical or mental work, stress, or a lack of restful sleep while the natural vegetable oils, like jojoba, will safely moisturize your skin and make it smooth.

## Massage Oil Thai Flowers

60min 800 B - 90min 1200 B

Ingredients: Blend of Thai Flowers (3 white flowers) Oil in a base of Jojoba, Olive, Sunflower and Soy Vegetable Oils.

Benefits: When you have a stressful day and fatigue mind, our Thai Flowers massage oil can help relieve muscle tension and a sweet sensual scent from Jasmine, Moke and Peeb relaxes your mind while the natural vegetable oils, like jojoba, will safely moisturize your skin and make it smooth.

# *Oil and Herbal ball Massage*



## **Aloe Vera Gel**

60min 900 B - 90min 1300 B

Ingredients: Aloe Vera, Glycerin, Xanthan Gum.

Benefits: Aloe vera gel has cooling properties that help soothe irritated skin affected by sunburn, rash, infection, redness and itchiness. Thus, it is a perfect treatment for sensitive skin.

This gel is not sticky and entirely natural. You will be surprised by the instant refreshing effect.

It has been used by many civilizations during several centuries.

## **Facial and Head Massage Virgin Organic Coconut Oil**

60min 800 B - 90min 1200 B

Ingredients: 100% Virgin Organic Coconut Oil.

Benefits: The health benefits of coconut oil include hair care, skin care & stress relief.

Applying coconut oil to the head followed with a gentle massage helps in removing mental fatigue.

It also acts as an effective moisturizer on all types of skins.

## **Foot Lotion Lavender / Peppermint**

30 min 500B - 60 min 700 B

Ingredients: Aloe Vera, Shea Butter, Jojoba Oil, Panthenol, Vitamin E with a refreshing blend of Lavender/Peppermint Essential Oils.

Benefits: A rich, smooth cream that melts on the skin and mimics her natural structure due to the lecithin based emulsifier system. Jojoba oil and Shea Butter nourish and sooth the skin. Provitamin B5, vitamin E and Aloe Vera stimulate skin healing while providing deep moisturization.

Lavender and Peppermint combined will refresh and relieve aching feet

## **Herbal Ball Massage Luk Pra Kob**

60min 1400 B

The Thai Herbal Ball compress technique offers several potential health benefits: It induces deep relaxation, relieves stress and fatigue, boosts both emotional and physical well-being, assists alignment and postural integrity of the body, improves circulation of blood and lymph and stimulates the internal organs.

The hot compresses are ideal for alleviating pain, stiff, sore or pulled muscles and ligaments, chronic back aches, arthritis, ven skin conditions, migraines and chronic stress or anxiety. The blend of traditional Thai herbs used in these compresses has a relaxing and invigorating effect on the body and mind, soothing sore and overworked muscles while giving the body's energy reserves a huge boost.

The herbs in the compress possess properties that are anti-inflammatory, antiseptic, astringent and antioxidant. They are used to address sprains, bruises and sore muscles, cleanse and heal the skin by promoting cell growth, and aid upper respiratory ailments such as bronchitis, asthma, and the common cold

## **4 Hands Massage Virgini Organic Coconut oil**

60min 1600 B - 90min 2200 B

Ready to be treated like Royalty? This Thai Style Four Hand Massage brings you to the next level of heavenly massage experience, where two therapists simultaneously massaging the entire body. They will give you the most intensive massage work on whatever muscles that are mistreating you most. This treatment is highly recommended for those who prefer a lot of therapy work to be done in a shorter amount of time, but double the relaxation

# Treatment



## Facial Treatment Thai Flowers

60min 1400 B

### Facial scrub

**Ingredients:** Fine Walnut Exfoliator, Shea Butter, Natural Beeswax, Glycerin, Jojoba Oil, Xanthan Gum, Vitamin E and a sweet sensual blend of Thai Flowers (3 white flowers) Oil.

**Benefits:** The facial skin is more delicate. This is why we use thinner natural abrasives to gently get rid of the dead skin cells while respecting the face fragility. Added mild surfactants enable an effective cleansing and clear the face from its possible oiliness while a sweet and sensual scent from Jasmine, Moke and Peeb will perfume your face pleasantly.

### Facial mask

**Ingredients:** Pure Light Kaolin, Zinc Oxide Mineral, Aloe Vera, Jojoba & Coconut Oil, Shea Butter, Natural Wax, Vitamin E and a sweet sensual blend of Thai Flowers (3 white flowers) Oil.

**Benefits:** Our sensual Thai Flowers Facial Mask is elaborated with pure light Kaolin (white clay) and with a rich blend of minerals and oils.

Clay is a sedimentary rock rich in minerals (aluminum, magnesium, calcium, iron, phosphorus) and has many benefits for health. It is especially rich in silica that makes it remineralizing and facilitates the elimination of toxins while a sweet and sensual scent from Jasmine, Moke and Peeb will perfume your face pleasantly.

### Facial moisturizer

**Ingredients:** Aloe Vera, Glycerin, Jojoba & Apricot Oil, Vitamin E and a sweet sensual blend of Thai Flowers (3 white flowers) Oil.

**Benefits:** Facial Moisturizers prevent and treat dry skin, protect sensitive skin, improve skin tone and texture, and mask imperfections.

It is composed of a mixture of natural agents specially designed to make the external layers of the skin (epidermis) softer and more pliable. They increase the skin's hydration (water content) by reducing evaporation while a sweet and sensual scent from Jasmine, Moke and Peeb will perfume pleasantly.

## Body Treatment Coconut

2 hours 2400 B

### Body scrub

**Ingredients:** Coconut Exfoliator, Shea Butter, Beeswax, Glycerin, Jojoba & Olive Oil, Vitamin E.

**Benefits:** Coconut Shell and Pulp make this natural scrub the perfect treatment to revive the skin and gently get rid of dead skin cells for the Coconut Lovers. Coconut is well known to help with stretch marks.

### Body mask

**Ingredients:** Pure Light Kaolin, Zinc Oxide Mineral, Aloe Vera, Jojoba & Coconut Oil, Shea Butter, Natural Wax and Vitamin E.

**Benefits:** Our delicious Coconut Mask is elaborated with pure light Kaolin (white clay) and with a rich blend of minerals and oils.

Clay is a sedimentary rock rich in minerals (aluminum, magnesium, calcium, iron, phosphorus) and has many benefits for health. It is especially rich in silica that makes it remineralizing and facilitates the elimination of toxin while pleasantly perfuming your skin with a light scent of coconut.

### Virgin organic coconut oil massage

**Ingredients:** 100% Virgin Organic Coconut Oil.

**Benefits:** The health benefits of coconut oil include hair care, skin care & stress relief.

Applying coconut oil to the head followed with a gentle massage helps in removing mental fatigue.

It also acts as an effective moisturizer on all types of skins.

# Treatment



## Body Treatment Coffee Amber

2 hours 2400 B

### Body scrub coffee

Ingredients: Coffee Exfoliator, Shea Butter, Beeswax, Glycerin, Jojoba & Olive Oil, Vitamin E with a natural scent of Coffee.

Benefits: Caffeine included in the coffee helps to reduce the appearance of cellulite on the skin by dilating blood vessels beneath the skin and improving overall blood flow. This scrub will smooth your skin, remove dead skin, decrease the appearance of sunspots, redness and fine lines. It provides an even appearance while perfuming your skin pleasantly.

### Body mask amber

Ingredients: Pure Light Kaolin, Zinc Oxide Mineral, Aloe Vera, Jojoba & Coconut Oil, Shea Butter, Natural Wax, Vitamin E and a selected blend of Essential/Fragrance Oils.

Benefits: Our delicious Coconut Mask is elaborated with pure light Kaolin (white clay) and with a rich blend of minerals and oils. Clay is a sedimentary rock rich in minerals (aluminum, magnesium, calcium, iron, phosphorus) and has many benefits for health. It is especially rich in silica that makes it remineralizing and facilitate the elimination of toxins.

Our selection of citrus-based essential and fragrance oils (Citrus, Tangerine, Orange peels and Thyme) will help to reduce cellulite and improve the slimming process.

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## Body Treatment 3 Rices and Coconut

2 hours 2400 B

### Body scrub 3 rices

Ingredients: Rice Exfoliator, Shea Butter, Beeswax, Glycerin, Jojoba & Olive Oil, Vitamin E with a light scent of Jasmine Rice.

Benefits: This natural scrub, composed of a selected blend of 3 thai rices (red, black and jasmine) is formulated to revive the skin's natural glow by gently ridding it of dead skin cells.

Rice absorbs all the sebum and leaves your skin clean, smooth and re-energized. It is well known for softening the skin, hydrate and relieve inflammations. A blend of shea butter, jojoba, rice and vitamin E with a light scent of Jasmine Rice to revive and stimulate the skin.

### Body mask coconut

Ingredients: Pure Light Kaolin, Zinc Oxide Mineral, Aloe Vera, Jojoba & Coconut Oil, Shea Butter, Natural Wax and Vitamin E.

Benefits: Our delicious Coconut Mask is elaborated with pure light Kaolin (white clay) and with a rich blend of minerals and oils. Clay is a sedimentary rock rich in minerals (aluminum, magnesium, calcium, iron, phosphorus) and has many benefits for health.

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# Hot Stone Massage



60min 1600 B - 90min 2400 B

During a hot stone massage, the techniques of a regular massage are applied. However, the therapist also works with hot stones that are placed on specific parts of the body.

The stones are smooth and flat and usually made of the volcanic rock type called basalt. These particular stones are chosen because they retain heat.

The stones used for a hot stone massage are placed in hot water to warm up before being applied. They are then placed onto specific areas of the body, such as:

- the back
- the stomach
- the face
- the hands
- the feet

Some massage therapists hold the stones in their hands and use them to massage with. This allows the therapist to get deeper into the muscles without more pressure, helping their client to relax yet further.

Occasionally, cold stones can be used on the face or after the hot stones have been applied. Cold temperature helps to calm swollen blood vessels and soothe hot skin.

This type of hot stone therapeutic treatment is thought to have originated in China almost 2,000 years ago. Since then, the technique of using stones for healing has been used in many different cultures, including the Americas, Africa, Egypt, and India



**YOUR LIFE  
IS YOUR  
MESSAGE  
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WORLD.  
MAKE SURE  
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INSPIRING.**

