



MANDARA  
— SPA —

ADAARAN SELECT MEEDHUPPARU

## Packaged by Mandara

**Ultimate Indulgence** 2 hrs 30 mins \$369  
An exotic, luxurious and unforgettable celebration of indulgence. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Bath ~ Mandara Massage ~ Foot Massage ~ ELEMIS Taster Facial.

**Sultry Citrus Body Buff** 2 hrs 05 mins \$329  
Delivered with a refreshing burst of zing, this package gives you the look and feel of healthy, radiant skin and a mood to match. Aroma Reflex Foot Ritual ~ ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger, including mini facial ~ ELEMIS Specialty Bath or Herbal Steam ~ Balinese Massage.

**Frangipani Body Glow** 2 hrs \$309  
Uplifting and re-energising, this full body exfoliation and nourish ritual featuring ELEMIS Skincare is designed to transform and restore, completed with a facial and massage, promises to impart a true sense of joy and lightness. Warm Oil Drizzle - Lime and Ginger Exfoliation ~ Frangipani Monoi Body Cocoon ~ Mini Facial ~ Balinese Massage.

**Harmony** 2 hrs \$289  
A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Bath ~ Balinese Massage or Pure Nature Facial.

**Spa Discovery** 1 hr 20 mins \$239  
Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Balinese Massage ~ ELEMIS Taster Facial.

## ELEMIS Face

**ELEMIS Pro-Collagen Age Defy** 1 hr \$219  
Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

**ELEMIS Dynamic Resurfacing Precision Peel** 1 hr \$199  
Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

**ELEMIS Superfood Pro-Radiance** 1 hr \$169  
A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

*\*Independent clinical trials*

## ELEMIS Body

**ELEMIS Body Nectar Nourishing Wrap - Frangipani** 45 mins \$149  
The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

**ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger** 45 mins \$149  
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

## Face of Mandara

**Pure Nature Facial** 50 mins \$149  
Mandara Spa's signature facial is rich in enzymes that can peel away dead skin, antioxidant vitamins to protect and treat the cells from environmental (and self-induced!) pollutants and natural oils for deep nourishment. We use only natural ingredients with no harmful preservatives or additives. There are three options for different skin types, relying on nature's life-force to restore the equilibrium and deliver a vitamin and mineral burst to your skin.  
**Preserve** - a cleansing and rejuvenating facial for normal skin.  
**Renew** - a fruit acid facial for treating environmentally damaged skin.  
**Enrich** - a nourishing facial for dry or mature skin.

## Body of Mandara

Mandara Massage	1 hr 20 mins	\$249
	50 mins	\$199

Not to be missed, never to be forgotten. Our signature massage performed by two therapists working together, is a unique blend of five different massage styles ~ Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this a sublime experience.

Royal Thai Massage	1 hr 30 mins	\$229
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Exotic, rejuvenating and the ultimate subliminal body workout. Using no oil, this firm massage aims to release tension, increase vitality and flexibility, and create wholeness of body, mind and spirit. It is a masterful fusion of Indian Ayurvedic stretching techniques and the Chinese method of deep tissue pressure point massage. It helps to release toxins, stimulate blood flow, realign the body and restore suppleness.

Tension Relief Massage	1 hr 20 mins	\$219
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Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up the blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition.

Warm Stone Massage	50 mins	\$199
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The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Simultaneously, rocks are placed on the body's various energy points to encourage the body's healing potential.

Balinese Massage	1 hr 20 mins	\$199
	50 mins	\$149

Our most relaxing massage, harnessing the therapeutic properties of 100% pure essential oils. Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. It can also help to improve the circulatory, lymphatic, muscular and nervous systems. For jetlag recovery, choose our Tranquility massage oil blend.

Fancy Foot-work	50 mins	\$149
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The most blissful ride your feet will ever take you on. It's like reflexology without the 'ouch'. Based on the same therapeutic principles of its ancient ancestor, this foot massage will help to release toxins and restore your body's energy flow. And it feels like bliss at its celestial best.

## Ayurveda

A Sanskrit word - Ayus meaning 'life' and Veda meaning 'sacred knowledge'.

Ayurveda is a system of medicine designed to remove the imbalance of the physical body, while providing the mental clarity needed to change unproductive mindsets.

Ayurveda recognizes that all living creatures, whether human, plant, or animal, must live in harmony with nature in order to survive. Like the owner's manual of your car prescribes maintenance schedules for the long-term health of your car, Ayurveda speaks of daily and seasonal routines that ensure maximal health, mental clarity, and longevity.

Abhyanga	1 hr 30 mins	\$279
	1 hr	\$249

Abhyanga is an ancient Indian ayurvedic oil massage therapy for healing and detoxifying body, mind and spirit. With quick forward and backward movements all over the body and using selected herbal oils, this treatment is invigorating and assists in balancing your doshas (air, water, fire).

Shirodhara	1 hr 30 mins	\$279
	1 hr	\$249

"Shiro" means head, and "dhara" is the continuous flow of a liquid. In this process, warm herbal oils are poured in a slow steady stream on your forehead. This treatment is profoundly relaxing and nourishing and will improve your mental clarity.

Padabhyangam	1 hr 30 mins	\$279
	1 hr	\$249

Sit back and listen to soothing music and the sound of the waves, while we indulge you in an exotic foot ritual with a mix of herbal ayurvedic oils. This therapy benefits with complete relaxation and in promoting a good sleep pattern.

Shirobhyangam	30 mins	\$119
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A therapeutic head massage with Ayurvedic oil that helps in insomnia, de-stresses the mind and body, strengthens the hair roots, and improves scalp circulation to promote hair growth.

## More of Mandara

French Pedicure	1 hr 30 mins	\$129
Spa Pedicure	1 hr 15 mins	\$109
French Manicure	1 hr 15 mins	\$99
Spa Manicure	1 hr	\$89

These deluxe treatments include an aromatherapy hand or foot soak, traditional nail care, cuticle stimulation, nail polish and a wonderfully relaxing hand and arm or lower leg massage. The Spa Pedicure also includes a rejuvenating foot mask.

Spa Pedicure Power Polish – French	1 hr 30 mins	\$139
Spa Pedicure Power Polish	1 hr 15 mins	\$129
Spa Manicure Power Polish – French	1 hr 15 mins	\$109
Spa Manicure Power Polish	1 hr	\$99

These deluxe treatments include an aromatherapy hand or foot soak, traditional nail care, cuticle stimulation, gel nail polish and a wonderfully relaxing hand and arm or lower leg massage. The Spa Pedicure also includes a rejuvenating foot mask.

## Gift Certificate

Gift certificate purchase is available for all Spa treatments or at a value amount. Please contact our Spa Reception for further details.

## Homecare & Gifts

Luxury skin and body care products along with beautiful gifts are available at our Spa Boutique.

## Spa Basics

### Should I reserve my treatments?

Yes, either phone or visit the Spa to book a reservation at your earliest convenience so we may accommodate your schedule.

### When should I arrive?

Please arrive at the Spa 15 minutes before the scheduled time to check-in and change.

### What if I have special health considerations?

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, let us know.

### What do I wear during my treatment?

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Alternatively, treatments may be enjoyed without clothes. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### What about my valuables?

Please leave valuables in the safe in your hotel room, as we do not assume any liability for personal items.

### What if I'm late for my appointment?

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

### What if I need to cancel a Spa reservation?

The treatments you select are reserved especially for you. Guests will be charged 50% for treatments not cancelled six hours in advance.

### What about payment for Spa services?

You may charge Spa services to your hotel bill.



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