



CHAVANA
— SPA —



Adaaran Select Meedhupparu

Chavana Spa opens up a whole new world of Balinese spa experiences.

We aim to harness the energy of the Balinese spirit to provide a fresh, friendly and comfortable spa encounter.

A visit to Chavana Spa will leave you feeling more relaxed, more radiant and full of youthful energy. All inspiration for Chavana Spa flows from the beautiful freshness of a Balinese garden in spring time.

An exclusive range of beauty treatments by Elemis, a luxury British spa and skincare brand, is available. Designed to respect the body's complex physiology, Elemis spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today. Dynamic ingredients, medical grade formulas and dedicated research are all combined to provide a range of spa-therapies that offer scientific solutions to every skin, body or lifestyle concern.

If you wish to take the feeling home or continue the results of your treatment, we welcome you to visit our boutique to view the beautiful range of spa products and accessories... a wonderful way to remember your visit and great gift ideas for friends and family.

Elemis Pro-Collagen Quartz Lift Facial 1 hr 15 mins \$125

Anti-wrinkle facial with proven results.

Clinically proven, after just one treatment, this facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*. Specialised techniques with anti-ageing formulations leave a firmer, uplifted, youthful-looking appearance.

**Independent clinical trials*

Elemis Skin IQ+ Facial for Men 1 hr 15 mins \$125

Anti-ageing booster for tired, stressed and dehydrated skin.

Helps to calm irritation and minimise signs of ageing, this is the ultimate overhaul for male skin. Incorporating the Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-ageing treatment protects against the harsh effects of shaving and environmental damage.

Rates are quoted in US Dollars (USD) and subject to prevailing Service Charge and Tourism, Goods and Service Tax. Rates are subject to change without prior notice.

Elemis Skin Specific Facial 1 hr \$75

A therapeutic deep cleansing facial, prescribed for your skin. It combines the power of absolutes with true premium grade essential oils, to treat the skin at the deepest level, gently but surely. Specialised eastern massage movements help to stimulate and oxygenate your skin, whilst bringing the body and mind into balance.

Fruit Active Glow ~ a great pick-me-up and pre-occasion treat to lift dull, lifeless skin.

Herbal Lavender Repair ~ helps to heal and repair congested oil-rich skins.

Exotic Cream Moisture Dew ~ for dry, thirsty skin in need of a hydrating surge.

Elemis Exotic Frangipani Body Nourish Wrap 45 mins \$75

Exotic, aromatic Tahitian coconut and frangipani flowers are soaked together to produce the Monoi oil used in this luxurious body wrap, which includes a mini facial. The result is softened, fragrant skin with an all over body glow.

Elemis Exotic Lime & Ginger Salt Glow 45 mins \$75

Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied and followed by a mini facial. Skin is deeply cleansed and moisturised, leaving it glowing, vibrant, replenished and flawless.

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Journey of the Senses 2 hrs 25 mins \$179

Immerse yourself in an unforgettable journey of the senses. Citrus Footbath ~ Lime Body Wash and Choice of Botanical Body Polish ~ Jacuzzi or Aromatherapy Bath ~ Traditional Balinese Massage ~ Refresher Facial.

Frangipani Body Glow 2 hrs \$169

Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous Elemis Exotic Lime & Ginger Salt Glow massaged into the skin to slough away dryness ~ shower ~ embalm the body with Elemis Exotic Frangipani Monoi Oil ~ receive a relaxing scalp massage and a mini facial whilst wrapped in the fragrant cocoon ~ Balinese Massage.

Heaven & Earth 1 hr 20 mins \$139

This treatment package begins with a Traditional Balinese Massage to unwind and is followed with a Refresher Facial to leave you glowing.

Chavana Massage 50 mins \$125

Chavana's signature massage is a fusion of global techniques performed by two therapists at the one time.

Warm Stone Massage 50 mins \$119

A massage therapy that employs smooth warmed stones on the body to relax muscles and improve blood circulation.

Traditional Balinese Massage 50 mins \$79

Passed down through the generations this massage is designed to loosen tight muscles and improve energy flow through the body.

Asian Foot Massage 50 mins \$79

Inspired by a selection of different Asian massage styles, this combination of strokes stimulates circulation, relieves tired and painful feet.

Purity Facial 50 mins \$79

Using fresh ingredients prepared daily in the Spa kitchen. This facial treatment delivers cleaner, healthier and smoother skin.

Spa Pedicure 1 hr 15 mins \$69

Spa Manicure 1 hr \$59

A spa treatment designed for the hands and feet. Includes a hand or foot soak, nail care, nail polish and a relaxing hand and arm or lower leg massage.

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 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 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. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

What about my valuables?

We advise guests not to bring valuables as we do not accept liability for loss.

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. We accept only VISA, MASTER, AMEX and MAESTRO cards.



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MANDARA
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A Mandara Spa Company