

Packaged Rituals

** indicates inclusion of Elemis Spa-therapy

Touches of the World

1 hr 35 mins

Experience the delights of the traditional Arabian rasul and mud treatment; a great way to soothe and warm your muscles while softening your skin. Complemented with your choice of relaxing massage.

Aroma Reflex Foot Ritual ~ Rasul and Mud Treatment ~ Refreshments ~ Choice of Balinese Massage, Fancy Foot-work or Warm Stone Massage.

Spa Discovery**

1 hr 35 mins

Age-old tradition combines with the finest European skin care for a deliciously relaxing experience.

Elemis Aroma Foot Ritual ~ Balinese Massage ~ Elemis Taster Facial.

Sultry Citrus Body Buff**

1 hr 50 mins

Delivered with a refreshing burst of zing, this package gives you the look and feel of healthy, radiant skin and a mood to match.

Elemis Aroma Foot Ritual ~ Elemis Exotic Lime & Ginger Salt Glow, including mini facial ~ Specialty Elemis Bath or Herbal Steam ~ Refreshments ~ Balinese Massage with Elemis Exotic oil.

Luscious & Luminous**

2 hrs 05 mins

Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses.

Elemis Aroma Foot Ritual ~ Choice of Elemis Body Wrap, including mini facial ~ Specialty Elemis Bath or Herbal Steam ~ Refreshments ~ Balinese Massage with Elemis Exotic oil.

Dream Weaver

2 hrs 10 mins

Head to toe indulgence for radiant skin and a dream-like sense of well-being.

Aroma Reflex Foot Ritual~ Herbal Steam ~ Refreshments ~ Balinese Massage ~ Pure Nature Facial.

Transcendence

2 hrs 10 mins

Immerse yourself in the spa experience with this exquisite package that offers you choices from around the globe.

Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath or Herbal Steam ~ Refreshments ~ Choice of Balinese Massage, Fancy Foot-work, or Warm Stone Massage.

Ocean Detox Wrap

2 hrs 10 mins

Essentially a seaweed and clay body treatment designed to stimulate the lymphatic system, purge impurities and provide a mineral blast to the skin.

Aroma Reflex Foot Ritual ~ Dry Body Brushing ~ Seaweed Wrap ~ Scalp Massage ~ Herbal Steam ~ Cleansing Tea ~ Balinese Massage.

Ultimate Indulgence with Rasul

2 hrs 20 mins

Immerse yourself in a unique ancient exfoliation ritual using mineral-rich mud and soothing herb infused steam.

Aroma Reflex Foot Ritual ~ Rasul and Mud Treatment ~ Aromatherapy Floral Bath ~ Refreshments ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.

Ultimate Indulgence

2 hrs 50 mins

With two therapists devoted only to you, this is an exotic, luxurious and unforgettable celebration of indulgence.

Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath and Herbal Steam~ Refreshments ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.

Massage Rituals

The following massage rituals go that extra step with indulgent touches and the luxury of time. Every massage begins with an Aroma Reflex Foot Ritual, a symbolic cleanse to wash away the world and a divine foot massage to prepare you for total relaxation.

Mandara Massage

1 hr 05 mins

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 – Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

Warm Stone Massage

1 hr 05 mins

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 05 mins

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 massage combines stretching, long strokes, skin rolling, and palm and thumb pressure techniques.

A tonic for the soul, it can also help to improve the circulatory, lymphatic, muscular and nervous systems.

Fancy Foot-work

1 hr 05 mins

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.

Face Rituals

Our philosophy is to provide you with an exceptional and memorable spa experience, languidly paced and sublimely indulgent. All facials begin with a relaxing and cleansing foot ritual.

Pure Nature Facial

1 hr 05 mins

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 sourced locally like sweet Mauritian honey and raw sugar with no harmful preservatives or additives, relying on nature's life-force to restore equilibrium and deliver a vitamin and mineral burst to your skin.

Preserve ~ a cleansing and rejuvenating facial for normal skin types.

Renew ~ a fruit acid treat for environmentally damaged skin.

Enrich ~ a nourishing facial for dry or mature skin.

Elemis Skin Specific Facials

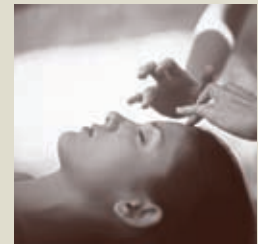
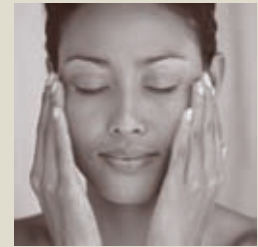
1 hr 15 mins

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.



Face Rituals continued

Elemis Pro-Collagen Quartz Lift Facial

1 hr 30 mins

Immediate results in the fight against time. This exceptional facial helps to combat the visible signs of ageing using specialised massage techniques to help reduce the appearance of fine lines and wrinkles. A Japanese silk mask is impregnated with Pro Collagen Marine Serum to maximise penetration of the collagen boosting marine algae Padina Pavonica.

Elemis Skin IQ + Facial for Men

1 hr 30 mins

Anti-ageing booster for tired stressed skin. Helping to calm irritation and minimise ageing, this facial is the ultimate overhaul for male skin. Protecting against the harsh ageing effects of shaving and environmental damage, moisturisation levels are

proven to increase by up to 38% and elasticity by 28% after just 1 hour.

Absolute Escapes

Divine Indulgence! Each day promises a blissful experience to rejuvenate body, mind and spirit. Choose from 2, 3 or 5 day programs that combine exotic and ancient traditions in health, beauty and relaxation. Make the most of your holiday time and return home feeling refreshed, rejuvenated and glowing with good health and vitality. For more information contact the Spa reception.

Please contact the Spa for information on the Fitness Centre and hair and nail services at the Salon.

Dial the Spa for Reservations –
Open 10.00am to 8.00pm daily.

*All prices are quoted in Euro and are
inclusive of appropriate government tax.
Rates are subject to change.*

