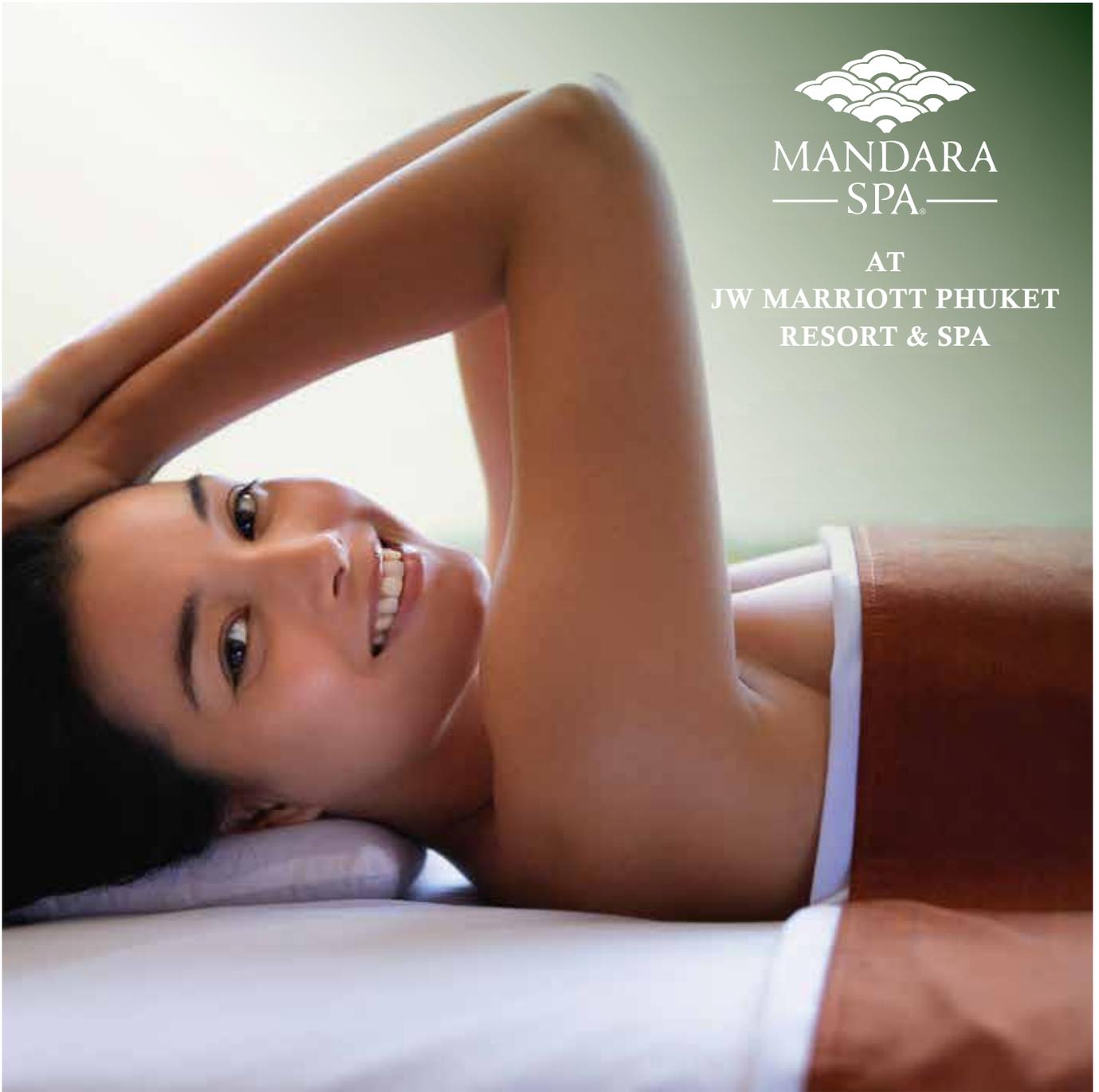




MANDARA
— SPA —

AT
JW MARRIOTT PHUKET
RESORT & SPA





MANDARA SPA PASSAGES

Escape the limits of time with one of our exquisitely packaged recipes for relaxation. Whether the occasion merits a celebration of love or friendship, a side by side treatment in one of our luxurious double spa suites promises a truly indulgent experience.

Romantic Getaway - Couples

Embrace synchronised serenity in this aromatic journey. Melt away tension, loosen muscles and tendons, smooth the texture of your skin and improve your blood circulation, as we cocoon you in deep relaxation, reminded of how sacred it truly is to spend quiet time together.

Aromatic Steam ~ Floral Foot Ritual ~ Aromatic Salt Scrub ~ Aromatic Floral Bath ~ Aromatic Massage ~ Aromatic Facial ~ Refreshment

Journey of Joy

Heed your body's calling for the attention it needs most, with a journey designed to pamper skin and ease away all tension. Treat yourself to a rejuvenating body scrub or wrap, followed by a luxurious full body massage. Then glow like the rays of a perfect sunset after a purifying, toning and revitalising facial.

Floral Foot Ritual ~ Choice of Body Scrub or Body Wrap (Excluding Elemis) ~ Choice of 60 minute Body Massage (Excluding Elemis & Signature) ~ Aromatic Facial ~ Refreshment

ELEMIS Couture Touch

Condition your skin and muscles with this all-embracing experience. Combine any 1-hour ELEMIS hands-on TOUCH facial with your personalised Freestyle Deep Tissue Massage.

Blissful Delight

Knowing the needs of your body best, create your own personal heaven with the freedom of this spa package with a selection of a number of treatments from the spa menu.

There is a choice of three body scrubs including Green Tea, White Coconut Mint or Sakura. Alternatively you can have a body wrap with Thanka mask or Green Tea Splash. For the massage you can customize a treatment from our extensive menu, for example you may like to experience a half hour foot massage with 30 minutes massage or a full 60 minutes full body massage or even an Aromatic Facial.

Floral foot ritual ~ Choice of 50 minutes body scrub or body wrap ~ Choice of 60 minutes massage free to change your choice around, or Aromatic facial (Excluding Elemis & Signature) ~ Refreshment

MANDARA SIGNATURE RITUALS

The legacy of Mandara philosophy is best experienced through our signature rituals. Drawing on the origins of time honored wellness tradition, there treatment have been selected and created with only one thing in mind – you.

Ritual of Javanese Lulur

Experience the bliss of royal Javanese heritage. Indulge in a scrub of powdered spices and sweet woods. Envelop your body with cooing yoghurt for skin that is luxuriously and hydrated, before unwinding into exotic harmony with a Balinese Massage.

Floral Foot Ritual ~ Lulur Scrub ~ Yoghurt Splash ~Honey & Milk Bath ~Balinese Massage ~ Refreshment

Mandara Signature Massage

A truly sublime and unforgettable spa experience, this “ four hand massage” incorporates the exacting skills of two therapists working together rhythmic synchronicity. Combining the five difference styles of Japanese Shiatsu, Hawaiian Lomi Lomi, Thai Swedish and Balinese massage, Specially blended essential oils of sandalwood, patchouli and ylang ylang are applied by our therapist’ gentle healing hand to calm the nervous system, warm and relax muscle tissue, and promote the growth

Floral Foot Ritual ~ Mandara Signature Massage ~ Refreshment



MASSAGE THERAPIES

Massage is a therapy that, when applied with skill and care, can precipitate many beneficial changes within the body, mind and spirit. It is a powerful treatment because it works on both physical and psychological levels to invigorate and relax, while various techniques and strokes can also ease pain or tension from stiff aching muscles, boost circulation and alleviate mental stress.

Traditional Thai Massage

Also known as “**Nuad Borarn**”, this healing therapy has been handed down through the generations in Thailand for over 2500 years. Combining acupressure and stretching techniques using the therapist’s fingers, thumbs, elbows, arms and feet, the body’s internal energy is encouraged to flow more freely to alleviate problematic conditions such as lower back pain, arthritis, headaches and stress related conditions.

“Luk Prakob” Hot Compress Therapy

Tensions drift away during this traditional heated Thai massage, which has been used for many centuries in Thailand for the relief of pain and inflammation. Following a sport massage, a selection of therapeutic herbs including plai, ginger, turmeric and lemongrass are wrapped in a muslin compress, steamed and then applied to the body in gentle circular and rolling movements. As the pores open and allow the herbs to take effect, ailments such as stiff, sore or pulled muscles and ligaments, back pain, migraines, stress and anxiety are almost instantly relieved.

ELEMIS Deeper Than Deep Hot Stone Massage

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

Swedish Massage

Swedish massage is the foundation of nearly all western massage techniques. Enjoy a firm and invigorating treatment that uses sweet almond oil combined with the five classic strokes – gliding, kneading, friction, vibration and percussion – to improve blood circulation, reduce muscle tension, relieve aches and pains, and provide a wonderfully energizing boost.

Aromatic Massage

Based on the principles of Aromatherapy and Swedish massage, stress and anxiety are relieved as essential oils extracted from plants, flowers and fruits are generously glided over your body using a variety of techniques. Each ingredient works to ground, balance and calm the body and mind, while their powerful effects are also known deterrents of muscular pains and digestive disorders.

Sport Massage

Combining three of the five classic Swedish massage strokes, this therapy works deeply into the muscles, stretching muscle fibres and releasing tension in the fascia that may otherwise cause restricted movement and pain. By generating increased blood flow and thus improving circulation, you will discover a wealth of flexibility and relaxation benefits.

Balinese Massage

In this authentic massage style of ageless tradition, your therapist applies Indonesian floral oil together with palm pressure and stroking technique to relieve tension, improve blood flow and in turn create waves of relaxation.

Indian Head Massage

Based on the principles of Ayurveda, this soothing and energising head massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. A gentle yet powerful remedy for insomnia, chronic headaches, migraines and sinusitis.

Foot Massage

Treat your soles to lavish attention. Enjoy an indulgent warm honey milk foot soak and lavender scrub to soften and smooth your feet before a relaxing massage releases pressure, stress and tension.



BODY TREATMENTS

Deep seated impurities caused by the harmful effects of today's environment often prevent necessary nutrients from reaching the skin. Choose from any of our purifying body treatments below to replenish vital nourishment, and experience a welcome boost to your overall wellness.

BODY SCRUBS

Cell renewal occurs naturally, yet slows down as we age leading to dull, lifeless and dry skin. Exfoliation accelerates the process by stimulating the circulation of blood through the lymphatic system to bring oxygen and nutrients to the surface of the skin, at the same time assisting the body to flush away toxins. When performed on a regular basis, exfoliation is also highly effective in the treatment of cellulite.

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani

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.

Detoxifying Green Tea Scrub

Detoxifying

The ideal treatment to purify, nourish and rejuvenate. The therapeutic properties of green tea have long been revered for their ability to naturally detoxify, leaving you with skin that is beautifully healthy.

White Coconut Mint Scrub

Softening

Rich in vitamins and antioxidants, walnut shell removes dead cells and strengthens new skin to leave it feeling completely clear and flawlessly smooth.

Sakura Scrub

Relaxing

The name of the Cherry blossom in Japanese, Sakura is a symbol of beauty and serenity. The cream has nice floral notes, sweet with touch of freshness. It is a mind balancing aroma which will leave you deeply relaxed. This gentle exfoliating cream will remove dead skin cell and moisturize and refresh your skin.

BODY WRAPS

Our skin is the largest organ of detoxification. As we are exposed to toxins on a daily basis in our lives - through the foods we eat, the air we breathe, free radicals, chemicals and so on - it is vital to rid the body of such harmful elements. Designed to help eliminate toxins from the body through the pores of the skin, as well as to stimulate circulation and soothe the muscles, body wraps can also help to firm and tone the skin, reduce cellulite, smooth body contours, and create sumptuous softness and suppleness.

ELEMIS Targeted Toning Tightener

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Aim to reduce the appearance of cellulite after just one treatment.

Green Tea Splash

Detoxifying

Anti-inflammatory properties and enriching minerals gently hydrate and detoxify your skin. A calming cocoon wrap encourages deeper penetration of these remedial benefits, and a heavenly scalp massage adds a touch of indulgence.

Aloe Poultice

Skin soothing

Aloe vera, otherwise known as the 'healing plant', has long been recognised for its curative abilities, especially in the treatment of burns and wounds. Enjoy a soothing application of natural aloe vera gel, followed by a cooling compress of mint and black tea leaves, to reduce redness and irritation.

Thanaka Mask

Relaxing

Drawing on the traditional wisdom of Thailand and Burmah, this Thanaka & Din So Pong body mask will cool and soften the skin, leaving it smooth and refreshed.





FACIALS

FACE: TOUCH

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

TOUCH: ANTI-AGEING

ELEMIS Pro-Collagen Age Defy

Tackle fine lines and wrinkles with the age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS Pro-Definition Lift and Contour

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect

TOUCH: SKIN SOLUTIONS

These targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.

ELEMIS Superfood Pro-Radiance

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Leaving skin plumper, radiant and lit up with good health.

ELEMIS Sensitive Skin Soother

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS Anti-Blemish Mattify and Calm

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

Aromatic Facial

Designed to promote healthy and radiant skin

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to encourage cell renewal and oxygenation. Lapse into state of pure relaxation with a gentle massage, and then let our herbal mark restore the natural balance of your skin.



MEN'S TREATMENT

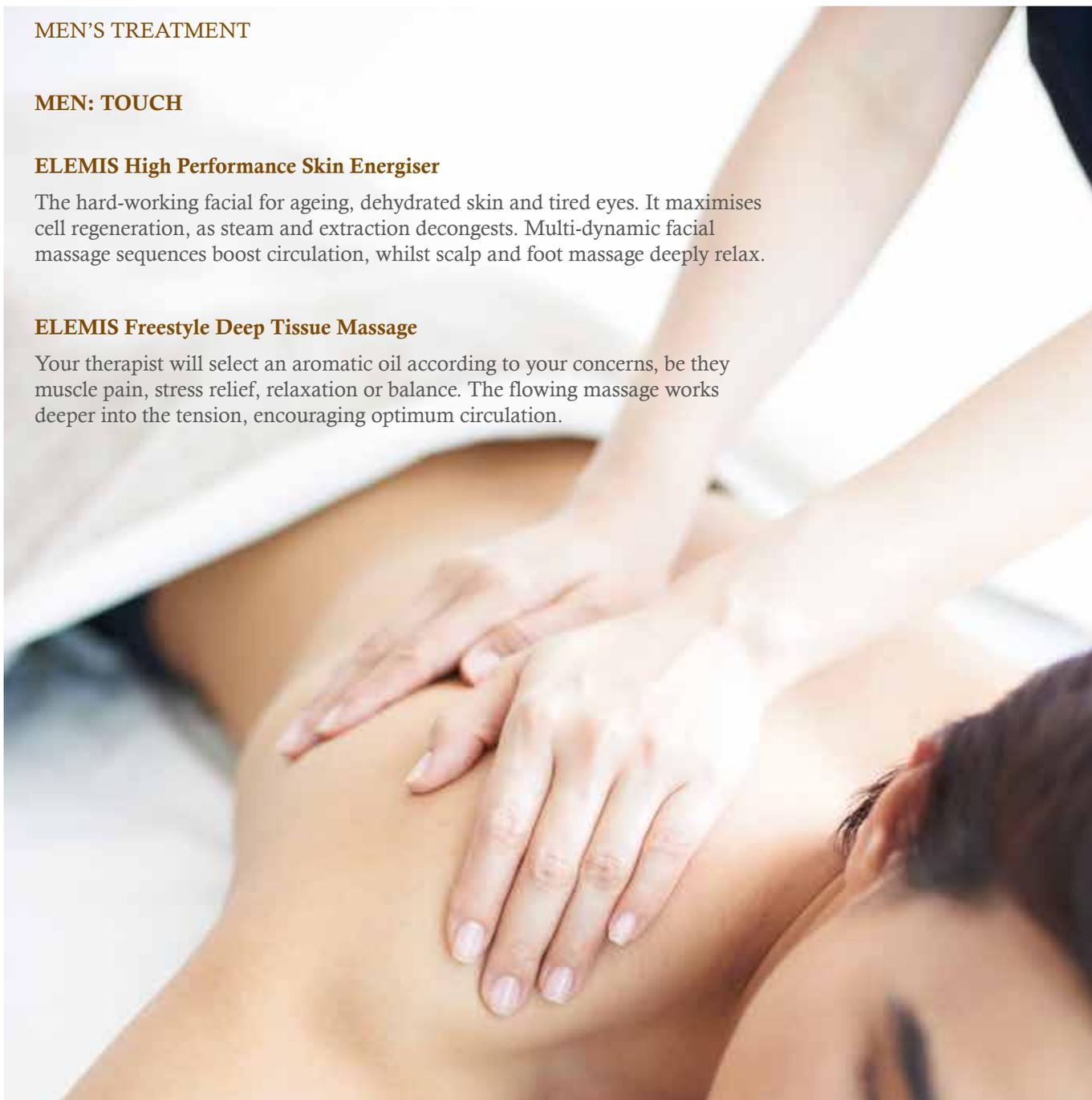
MEN: TOUCH

ELEMIS High Performance Skin Energiser

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

ELEMIS Freestyle Deep Tissue Massage

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.





SPLENDOURS OF MANDARA

Water is one of the purest and most vital essences of life, as well as the base element of all spa experiences. Indulge in one of our water-based rituals as an ideal prelude to any of our sensual body treatments.

BATHS

Our luxurious aromatic baths are the perfect complement to any of our treatments. Recline, relax and enjoy a private leisurely soak as part of a package or as an individual treatment.

Green Tea Bath

Detoxifying

Renowned for being rich in antioxidants and medicinal properties, this special blend of natural ingredients will soothe your body and relax your mind.

Honey & Milk Bath

Softening

A luxurious blend of honey and milk to nourish and hydrate.

Aromatic Flower Bath

Exotic

An enchanting fusion of local flowers and essential oils to help your inner calm blossom.

STEAMS

Our collection of steam rituals offers relaxing pre-treatment bliss to suit your mood and wellness goals. As the room fills with the scents of aroma oil, your body begins to relax and naturally detoxify, while your mind and soul are coaxed into peaceful harmony.

Aromatic Steam Ritual

Relaxing

As the calming scent of essential oils surround you, allow the soothing warmth to unwind your every inhibition.

Thai Herbal Steam Ritual

Refreshing

Inspired by the healing properties of Thai herbs, this exotic ritual provides nutrition to your body and energises your soul.



BEAUTY SALON

Our salon offers a wide range of pampering beauty, nail, depilatory waxing, eye lash tint and eye brow tint, and men hair cut to suit your needs.

NAILS & NAILS GEL

Deluxe Manicure & Deluxe Pedicure with OPI Gelcolor

(Nail preparation & Cuticle care, Scrub & Mask, GelColor)

Manicure & Pedicure with OPI Gelcolor

(Nail preparation & Cuticle care, GelColor)

Mandara Manicure

Relax as an expert therapist treats your hands and nails to a sequence of soaking, filing and buffing, a nourishing mask and gentle massage, before applying an immaculate paint finish.

Mandara Pedicure

Feet are first soaked to soothe and soften, then clipped, filed and buffed to perfection. A foot mask replenishes vital moisture and a massage deeply relaxes. An immaculate paint finish concludes this lavish beauty ritual.

DEPILATORY WAXING

A full range of waxing treatments using premier brand products are available.

EYE LASH TINT AND EYE BROW TINT

YOUR SPA JOURNEY

Assisting you in the selection of treatments that best suit your needs and desires is of great importance to us. In fact here at Mandara Spa, from the moment your spa journey begins until it ends, we consider it paramount that your every comfort and expectation are not only tended to, but anticipated with unrivalled personal care.

- In order to maximise the benefits of your spa experience, please kindly arrive for your appointment at least 15 minutes prior to your treatment time.
- Our Spa Manager and Spa Consultants will gladly advise you on which treatments best suit your needs. In order for us to make an appropriate recommendation, we will ask that you complete our spa consultation form.
- For personal belongings, a safety deposit box is provided for you in your spa treatment room.
- While every effort will be made to provide you with your full treatment time reserved, should you arrive late for your appointment, the treatment time may have to be reduced or rescheduled depending on availability. We appreciate your understanding.
- If you would like to cancel your appointment, please kindly do so at least 4 hours prior to the treatment time in order to avoid a 50% penalty charge.
- The spa environment is one of tranquility and relaxation for all of our guests. It is our mission to ensure that you, as well as our other customers, reap the benefits of this peacefulness.
- Kindly refrain from smoking or using mobile phones when in the spa.

Thank you – and enjoy your journey to wellbeing with Mandara.

Advance booking for spa services is highly recommended to ensure availability.

All prices are in Thai Baht, subject to 10% service charge and applicable government tax.

Prices are subject to change without prior notice.

Treatments available from 10am - 10pm.



Mandara Spa at JW Marriott Phuket Resort and Spa

JW Marriott Phuket Resort and Spa
231 Moo 3, Mai Khao, Talang, Phuket 83110, Thailand

Tel: +66(0)7633 8000 ext: 3750

Fax: +66 (0) 7634 8349

Email: mhrs.hktjw.spa.mgr@marriott.com

Website: www.mspa-international.com



MANDARA
— SPA —

Transcend. Transform. Trust the moment.