



hideaway spa
by MANDARA

Packaged Rituals

** indicates inclusion of Elemis Spa-therapy

If you long for a divinely indulgent tropical spa adventure, our Packaged Rituals menu is where you can find your dream come true. Capturing the true essence of spa, these treatments and packages include a foot ritual and either an Aromatherapy Bath or Herbal Steam.

Two guest accommodation Hideaway Water Suites are set over the lagoon, each with their own ocean-view treatment room, outdoor bath, sundeck, lagoon access, sauna, steam and a dedicated spa team. Two Lagoon Spa Pavilions feature private ocean views, double treatment room, en-suite bathroom with steam shower, outdoor terrazzo dip pool, day bed and shower. Four expansive Spa Villas with adjacent private relaxation area are located on land but surrounded by waterways, open-air double treatment room; private bathrooms with steam room, outdoor terrazzo dip pool and showers.

Ultimate Indulgence 2 hrs 50 mins \$389

An exotic, luxurious and unforgettable celebration of indulgence. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Herbal Steam ~ Specialty Bath ~ Mandara Massage ~ Foot Massage ~ Refresher Facial.

Luscious & Luminous** 2 hrs 05 mins \$239

Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses. Aroma Foot Ritual with Elemis product ~ Elemis Exotic Frangipani Body Nourish Wrap, including mini facial ~ Elemis Specialty Bath ~ Balinese Massage.

Dream Weaver 2 hrs 10 mins \$229

Head to toe indulgence for radiant skin and a dream-like sense of well-being. Aroma Reflex Foot Ritual ~ Herbal Steam or Specialty Bath ~ Balinese Massage ~ Pure Nature Facial.

Ocean Detox Wrap 2 hrs 10 mins \$229

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 ~ Green Clay and Seaweed Wrap ~ Scalp Massage ~ Detoxifying Bath or Herbal Steam ~ Cleansing Tea ~ Balinese Massage.

Transcendence 2 hrs 10 mins \$229

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 ~ Herbal Steam or Specialty Bath ~ Choice of Balinese Massage, Warm Stone Massage, Shiro Dhara, Indian Head Massage or Fancy Foot-work.

All Price are quoted in US dollars and are subject to prevailing Service Charge and Government Tax. Rates are subject to change without notice.

Spa Discovery** 1 hr 35 mins \$189

Age-old tradition combines with the finest European skin care for a deliciously relaxing experience. Aroma Reflex Foot Ritual ~ Balinese Massage ~ Elemis Taster Facial.

Elemis Face

These superior face treatments begin with an Aroma Foot Ritual, followed by a luxurious soak in a Bath or a herbal steam and then there's time to relax with a pot of tea before your facial begins.

Elemis Pro-Collagen Quartz Lift Facial 1 hr 45 mins \$189

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 45 mins \$189

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

Helps to calm irritation and minimize 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.

Elemis Skin Specific Facial 1 hr 30 mins \$169

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.

All Price are quoted in US dollars and are subject to prevailing Service Charge and Government Tax. Rates are subject to change without notice.

Face Ritual

Our philosophy is to provide you with an exceptional and memorable spa experience, languidly paced and sublimely indulgent. Our Face Ritual begins with an Aroma Reflex Foot Ritual, followed by a luxurious soak in a Bath or a herbal steam and then there's time to relax with a pot of tea before your facial begins.

Pure Nature Facial 1 hr 20 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.

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. Follow with a luxurious soak in a Bath or a herbal steam and wrap up beautifully with your massage of choice.

Mandara Massage 1 hr 20 mins \$211

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 massage a sublime experience.

Shiro Dhara 1 hr 20 mins \$169

This oil flow treatment aims to clear the mind and encourage deep relaxation acting as a gateway to total rejuvenation. It begins with an Abhyanga Massage, Ayurveda's principal healing tool and the mother of all massages. Next, for 10 minutes, a gentle flow of aromatic oil is poured onto the third eye on your forehead. An uplifting and inspiring experience.

Warm Stone Massage 1 hr 20 mins \$159

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 \$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 1 hr 20 mins \$149

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.

Indian Head Massage 1 hr 20 mins \$149

This shoulder, neck, upper back, arm and scalp massage is based on the ancient healing system of Ayurveda. A Thai poultice filled with exotic leaves, flowers and lime essential oil is dipped in warm coconut oil and used on the scalp, for scalp and hair care as well as complete relaxation. Deep thumb and finger pressure, friction and soothing strokes help to reduce tension, improve circulation and flush out physical and emotional toxins.

More Rituals

For those short on time the following single treatments are also offered.

Mandara Massage 50 mins \$187

Royal Thai Massage 1 hr 30 mins \$159
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.

Shiro Dhara 50 mins \$135
Warm Stone Massage 50 mins \$135
Balinese Massage 50 mins \$125
Fancy Foot-work 50 mins \$125
Indian Head Massage 50 mins \$125
Pure Nature Facial 50 mins \$125

French Manicure 1 hr 15 mins \$89
Spa Pedicure 1 hr 15 mins \$79
Spa Manicure 1 hr \$75

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.

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.

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?

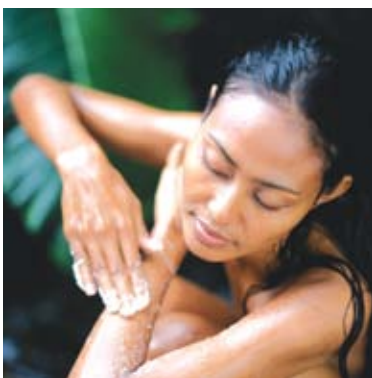
Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

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.



Island Hideaway at Dhonakulhi Maldives
Spa Resort & Marina
Dhonakulhi Island, Haa Alifu Atoll
Republic of Maldives
Phone: +960 650 1515 Fax: +960 650 1616
E-mail: mandarasp@island-hideaway.com