

# The Legend of Mandara

**The name Mandara** comes from an ancient Sanskrit legend about a god's quest to find the elixir of immortality and eternal youth. In this legend Mandara Giri represents a sacred mountain from which flows the water of life - a magical elixir with the power to keep you forever young.

This ancient legend has been embraced by Mandara Spa and is, today, reflected in the unique and exotic spa treatments that replicate the beauty, spirit, soul and cultural traditions of those ancient times.

While we cannot promise immortality, we can guarantee that upon experiencing our spa treatments, you will feel radiant, revitalized and, perhaps, even touched by a little of the legendary magic that has become the ethos of **Mandara Spa**.

*Welcome to Mandara Spa*



# Mandara Spa Passages

Escape the limits of time and immerse yourself in one of our exquisitely packaged recipes for relaxation. Whether the occasion merits a celebration of love or friendship, enjoy the luxury of a side by side treatment in one of our spa suites.

## **Romantic Getaway - Couple**

Embrace serenity together in the delicate scent of this truly aromatic experience. Spa delights that will melt away tensions, loosen your muscles and tendons, smoothen the texture of your skin and improve your overall blood circulation will leave you both feeling cocooned in relaxation and reminded of how precious it truly is to have quiet time together.

*Floral Foot Ritual – Thai Herbal Steam Ritual – Aromatic Salt Scrub – Aromatic Floral Bath – Aromatic Massage – Thai Herbal Facial – Refreshment*

## **Mandara Sunrise**

When feeling energized and renewed is important to you, rise with a scrub of tamarind fruit, yoghurt and honey to exfoliate, nourish and polish your skin, followed by a firm and invigorating Swedish Massage. Using the five classical massage strokes, this treatment will improve your blood circulation and energizes your body.

*Floral Foot Ritual – Tamarind Body Blast – Swedish Massage – Refreshment*

## **Mandara Sunset**

Heed your body's call for attention and treat yourself to a cleansing body scrub and soothing and deeply relaxing Balinese Massage, followed by a stress relieving Thai Herbal Facial to leave you in a total state of relaxation.

*Flora Foot Ritual – Aromatic Salt Scrub – Balinese Massage – Thai Herbal Facial – Refreshment*



# Mandara Signature Rituals

The legacy of the Mandara philosophy is perhaps best experienced through our signature rituals. Drawing back to the origins of time-honoured traditions of well-being, these treatments were selected and created with only one thing in mind – you.

## **Mandara Passage to Serenity**

Exclusively designed to enhance your sense of invigoration and renewal, this exquisite journey commences with a refreshing Floral Foot Ritual to induce the body into a state of calm. Following, your skin is treated to complete nourishment with a rejuvenating scrub and wrap, utilizing traditional and beneficial spices and herbs, such as turmeric, cumin seed and phlai, known for their healing and restorative effects. To complete your journey, Mandara's signature Four-Hand Massage, the pinnacle representing the art of massage blends, will ease away all tensions and provide you with a renewed spirit and vigour.

*Floral Foot Ritual – Indian Spice Scrub & Wrap – Mandara Signature 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 in rhythmic harmony. The technique combines five different massage styles of Japanese Shiatsu, Thai Massage, Hawaiian Lomi Lomi, Swedish and Balinese. Performed using specially-blended massage essential oils of sandalwood, patchouli and ylang ylang, gentle and healing hands of our therapists will help to calm the nervous system, warm and relax muscle tissue and promote the growth of health, new skin cells, ultimately resulting in total relaxation and suppleness of the skin.



# Massage Therapies

Massages are 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 precisely because it works on both physical and psychological levels to invigorate and relax.

Massage techniques and strokes of massage can ease pain or tension from stiff aching muscles, boost circulation and alleviate mental stress.

## **Sabai Stone Therapy**

Drawing from a Thai expression of 'well-being', this treatment is exceptionally relaxing and yet simultaneously addresses a myriad of physical conditions in the body. Utilizing micronized mineral stones soaked in the therapeutic goodness of essential oils, the stones are firmly rolled over the body's pressure points to stimulate blood circulation and toxin elimination as well as relieve stress and fatigue. Your overall sense of 'sabai' or well-being is sure to heighten to new levels.

## **Traditional Thai Massage**

Also called "Nuad Thai", this healing therapy has been taught, practiced and handed down through generations in Thailand for over 2500 years. The massage combines acupressure and stretching techniques using the therapist's fingers, thumbs, elbows, arms and feet, allowing the body's internal energy to flow more freely and alleviating problematic conditions such as lower back pain, headaches and stress-related conditions.

## **Swedish Massage**

Swedish Massage is the foundation of the majority of all Western massage techniques. A firm and invigorating massage using sweet almond oil combined with the five classic strokes – gliding, kneading, friction, vibration, and percussion movements, this treatment improves blood circulation, reduces muscle tension to relieve aches and pains and energizes the body.

## **Aromatic Massage**

Based on the principles of Aromatherapy and Swedish massage, this treatment incorporates the olfactory system and the part of the brain that relates odors with moods, emotions and memories. Stress and anxiety are relieved as essential oils extracted from plants, flowers, fruits and bark 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 and rheumatic pains and digestive disorders.



# Massage Therapies

## **Shirodhara**

Sometimes referred to as the 'massage of the third eye', 'shiro' meaning head and 'dhara' meaning flow, together form a concept that aims to bring physical and emotional balance by rejuvenating the spirit and preserving health. This is achieved through a deeply relaxing treatment that begins with a head and facial massage, followed by a fine steady stream of warm herbal oil directed on the forehead. A unique therapy designed to release mental tensions and provide a calm state of mind.

## **Ayurvedic Massage**

The words 'Ayur' and 'Veda', meaning life and knowledge in Sanskrit, relate to the school of thought that each individual is composed of one or a combination of three doshas, Vata (air-ether) Pita (fire-water) or Kapha (earth-water). Ayurveda believes that health and wellbeing can be adversely affected by imbalanced dosha. While helping to increase circulation and energy levels and alleviating muscle tension, this treatment is tailored to address the specific imbalances of each dosha using corresponding Ayurvedic oils.

## **Indian Head Massage**

Based on the principles of Ayurveda, this soothing yet energizing head massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. While also restoring vital tranquility, Indian Head Massage can help to relieve insomnia, chronic headaches, migraines and sinusitis.

## **Balinese Massage**

Developed in Bali, Indonesia, this traditional massage draws on the benefits of relaxing and calming of lavender, ylang ylang and vitamin-infused grapefruit essential oils. Long gliding movements stretch muscle fibers while skin rolling and firm kneading along pressure points warm and relax muscle tissues. Those with tired, aching muscles or a need for deep relaxation will benefit greatly from this treatment.

## **Body Detox Massage**

This highly effective treatment is a delicate form of massage that stimulates the body's immune system, improves metabolism and helps the body to eliminate waste and toxins. Soft, pumping movements and very light pressure are applied to the body in a specialized technique to reduce fluid retention, smooth the texture of the skin and to leave it feeling firmer and softer to the touch.

## **Oriental Foot Massage**

Discover a centuries-old art of healing through this dynamic treatment in which pressure is applied to various zones on the feet using the thumbs, fingers and palms to release blocked energy in the body's meridians. Combined with a soothing oil, Oriental Foot Massage is perfect for fatigued legs and feet and is particularly beneficial for the relief of tension and stress.



# Body Treatments

Deep seated impurities caused by some of the harmful effects of today's environment often prevent necessary nutrients from reaching the skin for nourishment. Choose from any of our exceptional and purifying body treatments below to replenish the wellness in you.

## **Body Scrubs**

The process of skin cell renewal is one that occurs naturally, yet this process slows down as we age leading to dull-looking, lifeless and dry skin. Exfoliation is an optimal treatment that accelerates the natural skin cell renewal process, stimulates the blood and its circulation through the lymphatic system and brings oxygen and nutrition to the surface of the skin while simultaneously assisting the body to flush away toxins. If performed on a regular basis, exfoliation can be highly effective in the treatment of cellulite and ensures soft, smooth skin.

## **Tamarind Body Blast**

*Naturally Whitening*

An age-old Thai beauty treatment secret combined with a blend of Indian Tamarind fruit, yoghurt and honey to exfoliate, nourish and polish the skin.

## **Javanese Lulur**

*Softening*

A traditional Javanese beauty treatment made from a blend of powdered spices and sweet woods followed by a cool yoghurt splash. This exotic delight will leave your skin feeling luxurious conditioned and hydrated.

## **Body Wraps**

Our skin is our 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 tone the skin, reduce cellulite, smooth body contours and make the skin feel sumptuously soft and supple.

## **Moor Mud Therapy**

*Purifying*

Combining the richness of sea plants and algae this deeply cleansing body treatment will detoxify, decongest and stimulate the body to generate new skin cells for all-round smooth, beautifully toned skin.

## **Aloe Poultice**

*Skin soothing*

Aloe Vera, otherwise known as the 'healing plant' has long been recognized for its natural healing qualities, especially in the treatment of burns and wounds. Combining a soothing application of natural aloe vera gel followed by a cooling compress of mint and black tea leaves will reduce redness and irritation and calm the skin.



# Mandara Facial Elixir

Discover the secret to looking younger and more radiant with any of these delicately fragranced, purifying and irresistibly indulgent facials.

## **Myoxy-Caviar™ and Pearl**

### *Timeless Rejuvenation*

The most advanced defense against aging. This opulent anti-aging treatment lavishes your skin with pure Caviar Extract, Pearl Extract and a revolutionary blend of phyto-extracts: Escutox™. Improving elasticity, this luxurious mask increases skin oxygenation and suppleness. Promoting rejuvenation, it visibly resurfaces and dramatically reduces facial expression lines and wrinkles.

## **Luminous Sea and "C"**

### *Luminous Renewal*

A potent blend of stabilized vitamin "C" combines with the latest high-tech formulation of freeze-dried Seaweed. Ideal for reducing fine lines, strengthening elasticity and providing relief for dull, sun-damaged skin. Your complexion resurfaces renewed, firm and extremely smooth with a luminous glow.

## **High Performance Lightening**

### *Visible Result*

The only existing professional treatment that combats hyper pigmentation problems from within the skin. Visibly lightens the skin's imperfections

## **Thai Herbal Facial**

### *For all skin types*

Discover the secret of Thailand's ancient beauty rituals with this traditional Thai facial. An ancient recipe incorporating a blend of nourishing plant extracts and other elements of nature's abundant goodness is gently applied to the face to nourish and hydrate the skin bringing your inner glow to the surface.



# Time For Men

## **Skin Fit with Myoxy-Caviar™**

### *Luminous Renewal*

Counteract the ageing process with a proven-effective advanced treatment specifically formulated for men. Rejuvenating Caviar and repairing freeze-dried Escutox replenish skin while counteracting ageing aggressors. Visibly resurfacing, this mask promotes health, youthful skin. You don't have to age gracefully or even apparently!

## **Plantomer™ Mask**

### *Refreshing Hydration*

Visibly enhance your skin's texture and maximize hydration. This refreshing lift-off mask combines the hydrating benefits of Seaweed with revitalizing Propolis, a natural healing and desensitizing substance. Soothing, nourishing and calming, it renders skin undeniably radiant.

## **Sport Massage**

### *Energizing*

Sport Massage uses three of the five classic Swedish massage strokes and works deeply into the muscles, stretching muscle fibres and releasing tension in the fascia that may otherwise cause restricted movement and pain. By generating increase blood flow and thus improving circulation, Sports Massage can improve flexibility, prevent injury and speed the healing process of sore or pulled muscles.

## **Mandara Escape For Men**

### *Purifying and Rejuvenating*

Designed with the active man in mind, this package is a true getaway experience incorporating total body wellbeing for the gentleman within you. It begins with a mini Oxygenating Facial Treatment, intended to purify the surface of your skin by boosting the face with oxygen and restoring a sense of vitality. Then, lay back and relax as tensions are melted away with firm massage strokes applied on areas of the back using essential massage oils designed to relieve the body of stress and strain.

*Flora Foot Ritual – Oxygenating Mask Facial Treatment – Back Massage – Refreshment*

# Mandara Hydrotherapy Experience

Discover the curative and natural healing powers of water, steam, heat, aromatherapy, and chromotherapy (or color light therapy) through our state-of-the-art, multi-sensory spa systems. Combining the breakthrough concept of Hydrofusion, the blending of two heat technologies – steam and infrared heat with hydro-massage therapy, via Vichy shower and underwater body massage - an unparalleled spa experience is created.

## **Health and Restoration**

Unwind in our Hydrotherapy bath tub and listen to the soothing, continuous flow of water as our hydrojets massage your entire body, increasing your blood circulation and relieving sore or stiff muscles. Simultaneously, release any mental stress by allowing our chromotherapy technology to bathe your senses in mood-enhancing colored lights. Finally, after a gentle mist is dispersed over your entire body, escape to a state of total relaxation with a wonderful Aromatic Massage.

*Hydromassage with Chromotherapy – Hydromist – Aromatic Massage – Refreshment*

## **Body Purifying & Detoxifying**

For total body detoxification, this treatment begins with an invigorating salt scrub, using finely grounded sea salt to remove dead skin from the outermost layer of your skin and prime the body for a deep cleansing mud treatment. Then, relax as the richness of sea plants and algae permeate your skin to detoxify, decongest and stimulate your body to create new, healthy skin cells. To draw the ultimate benefits from this Moor mud therapy, we introduce Hydrofusion in which far infrared heat and steam are combined with hydro massage therapy to increase body temperatures and stimulate enhanced blood flow. Your hydrospa experience is then coupled with a soothing Vichy shower and the relaxing sensations of the vibratory bed massage while chromotherapy calms the mind. Finally, to complete your top-to-toe body purification, a body detox massage using light pressure will stimulate the body's lymphatic system to rid itself of any remaining pollutants.

*Salt Scrub - Moor Mud Therapy with Hydrofusion – Vichy Shower with Vibratory Bed Massage and Chromotherapy – Body Detox Massage - Refreshment*

## **Anti Cellulite Therapy**

For the body-conscious in mind, this highly effective treatment addresses specific needs in shaping and firming. First, experience a total body, underwater massage through hydrojets that emit water on strategic parts of your body to help with firming the muscles and breaking down lipids. For added pleasure in mood enhancement and rejuvenation, your massage is complimented by a spectrum of coloured lights in a soothing chromotherapy session. Next, be enveloped in nature's healing embrace with a seaweed body contour wrap and feel the enhanced benefits as the Infrared heat further opens your pores, allowing deeper penetration of the essential goodness contained in the wrap, and the Vibratory Massage Bed features continuous and pulsating vibrations to stimulate the body. After an invigorating and cleansing shower, lie back and relax as you are treated to a lower body contour massage, targeting those difficult areas by smoothing muscle and skin tone and stimulating removal of unwanted toxins. Best effects with series of treatments.

*Hydromassage with Chromotherapy – Seaweed Body Contour Wrap – Vibratory Bed Massage - Shower – Body Contour Massage -Refreshment*

## **Time to Relax**

Unwind from a stressful day under soothing waters that provide total body massage through hydrojets and select the color of your choice to illuminate your bathing experience and reflect your state of mind. As a finale, a hydromist is dispersed over your body for total nourishment, providing similar therapeutic benefits to mineral springs therapies.

*Hydromassage with Chromotherapy – Hydromist – Refreshment*

# Splendors 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, or a magical combination with any body treatment.

## **Baths**

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

### **Honey & Milk Bath**

*Softening*

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

### **Indian Spice Bath**

*Invigorating*

A beautifully invigorating and sensual bathing experience, drenching the body in rich, fragrant warmth while you relax into our plunge pool.

## **Steams**

Our steam rituals are an ideal prelude to any body treatment. As the rooms fills with an aroma oil allow your body to experience its natural detoxification process and find your inner harmony.

### **Thai Herbal Steam Ritual**

*Refreshing*

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



# Mandara Spa Elements

## **Yoga Session**

In India, yoga is seen as a means to both physical and spiritual mastery, consisting of a family of ancient practices dating back more than 5,000 years. Come discover a tranquil journey for your mind and body in our Yoga Sessions. Please contact our Spa Consultant for more details.

## **In Room Massage**

Can be provided in the privacy of your room with your advanced reservation

Traditional Thai Massage

Oriental Foot Massage

Aromatic Massage

## **Poolside Massage**

Enjoy the luxury of a massage amidst the cool, outdoor breeze between the hours of 10:00 a.m. – 6:00 p.m.

Traditional Thai Massage

Oriental Foot Massage

## **Beauty Salon**

Our salon offers a wide range of pampering beauty, nail and haircare treatments to suit your needs.

Cut

Shampoo, Blow Dry

Cream Bath (\*with serum)

Manicure / Pedicure

French Manicure / Pedicure

Depilatory

Lip / Under Arm / Bikini / 1/2 Leg / Full Leg / Back



# Your Spa Journey



Assisting you in the selection of a treatment that is most suitable for 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 maximize 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 may 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 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 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.