

Spa Menu

Packaged Rituals

*** indicates inclusion of Elemis Spa - therapy*

Spa Discovery** **1hr 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** **2hrs**
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 and Herbal Steam ~ Refreshments ~ Balinese Massage with Elemis Exotic oil

Luscious & Luminous** **2hrs 15 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 and Herbal Steam ~ Refreshments ~ Balinese Massage with Elemis Exotic oil

Dream Weaver **2hrs 20 mins**
Head to toe indulgence for radiant skin and a dream-like sense of well-being. Aroma Reflex Foot Ritual ~ Aromatherapy Floral Bath and Herbal Steam ~ Refreshments ~ Balinese Massage ~ Pure Nature Facial

Trancendence **2hrs 20 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 and Herbal Steam ~ Refreshments ~ Choice of Balinese Massage, Fancy Foot-work, Warm Stone Massage or Shiro Dhara

Ocean Detox Wrap **2hrs 20 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 ~ Detox Bath and Herbal Steam ~ Cleansing Tea ~ Balinese Massage

Ultimate Indulgence **2hrs 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 Deluxe Villa massages 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 an exotic Aromatherapy Floral Bath or Herbal Steam and wrap up beautifully with your massage of choice.

Balinese Massage **1hr 20 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.

Mandara Massage **1hr 20 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 **1hr 20 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.

Shiro Dhara **1hr 20 mins**
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.

Fancy Foot-work **1hr 20 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. Our Face Rituals begin with an Aroma Foot Ritual, followed by a luxurious soak in a Bath or a cleansing spell in the Herbal Steam shower, and then there's time to relax with a pot of tea before your facial begins.

Pure Nature Facial **1hr 20 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 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 Facial **1hr 30 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

Elemis Pro-Collagen Quartz Lift Facial **1hr 45 mins**
Immediate results in the fight against time. This anti-wrinkle facial is clinically proven to reduce wrinkles and improve skin firmness after just one treatment. Containing marine extracts, red coral and precious minerals the skin cells are re-energised and regenerated resulting in a firmer, uplifted, more youthful looking appearance.

Elemis Skin IQ + Facial for Men **1hr 45 mins**
Anti-ageing booster for tired stressed skin. Helping to calm irritation and minimize 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.

More Rituals
For those short on time the following single treatments are offered in the privacy of your own Spa villa.

Balinese Massage **50 mins**
Mandara Massage **50 mins**
Warm Stone Massage **50 mins**
Shiro Dhara **50 mins**
Fancy Foot-work **50 mins**
Pure Nature Facial **50 mins**

Hand Spa **50 mins**
Foot Spa **50 mins**
Includes an aromatherapy hand or foot soak, traditional nail care, cuticle stimulation, nail polish and a wonderfully relaxing hand and arm or lower leg massage. Foot Spa 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 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. 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 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.

Dial The Spa for Reservations - Open 10.00 am to 8.00 pm
All prices are quoted in US dollars and are subject to 10% service charge. Rates are subject to change.