

Spa Menu

Packaged Rituals

** Indicates inclusion of Elemis Spa-therapy.

Spa Discovery ** 1hr 45mins
Age-old tradition combines with the finest European skin care for a deliciously relaxing experience. Elemis Aroma Foot Ritual ~ Balinese Massage ~ Elemis Taster Facial.

Dream Weaver 2hrs 30mins
Head to toe indulgence for radiant skin and a dream-like sense of well-being. Aroma Reflex Foot Ritual ~ Specialty Bath and Herbal Steam ~ Refreshments ~ Balinese Massage ~ Pure Nature Facial.

Transcendence 2hrs 30mins
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 ~ Specialty Bath and Herbal Steam ~ Refreshments ~ choice of Balinese Massage, Indian Head Massage, Fancy Foot-work, Warm Stone Massage or Shiro Dhara.

Luscious & Luminous ** 2hrs 30mins
Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses. Elemis Aroma Foot Ritual ~ Elemis Body Wrap, including mini facial ~ Specialty Elemis Bath ~ Refreshments ~ Balinese Massage with Elemis Exotic oil.

Exotic Fruits Body Bliss 2hrs 30mins
Delight the senses with fresh fruity aromas, rich textures and the healing power of touch. A medley of exotic flavours harmonise in this unique treatment package. Mango, passion fruit, mangosteen, watermelon and tamarind are combined to cleanse, exfoliate and nourish the skin. Aroma Reflex Foot Ritual ~ Watermelon Body Wash ~ Mango Body Scrub ~ Bath and Herbal Steam ~ Fruit Tea ~ Balinese Massage with Passion fruit infused oil.

Thai Embrace 2hrs 30mins
Embracing the age old beauty traditions of Thailand. This Eastern body treat combines tropical Jasmine blooms, aromatic herbal elixirs and virgin coconut oil to leave the complexion glowing and the mind uplifted. Aroma Reflex Foot Ritual ~ Jasmine Body Wash ~ Thai Herbal Body Scrub ~ Bath and Herbal Steam ~ Lemongrass Tea ~ Warm Stone Massage.

Ultimate Indulgence 3hrs
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 ~ Specialty Bath and Herbal Steam ~ Refreshments ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.

Body Rituals

The three Elemis Body Rituals include a taster facial to treat your skin from head to toe, an Elemis Aroma Foot Ritual, refreshments, use of your spa villa's HydroHeal facilities, relaxation time and a fresh fruit fix.

Sun Soother Wrap 1hr 30mins
A delightfully refreshing treatment that delivers hydrating, balancing, anti-inflammatory and healing properties to any skin. Start with an Aroma Reflex Foot Ritual, and then lie your hot body down for a compress of chilled lavender-infused towels. Next is a cooling and hydrating banana leaf wrap that combines cucumber and peppermint essential oil with a good dose of bliss courtesy of a divinely relaxing foot massage. Shower off, and then immerse your now-soothed body into an anti-inflammatory bath infused with green tea and lavender essential oil. Finish off with a soothing and healing application of stabilised Aloe Vera gel.

Elemis Exotic Coconut Rub & Milk Ritual Wrap ** 1hr 30mins
A secret recipe of coconut, mungbean, spices and lavender polishes the skin, whilst exotic body oil indulges your sense.

Cleopatra was renowned for bathing in milk, and now you can bask in this legendary ritual. Warmed Milk Bath is poured over your entire body before cocooning you in a comforting foil wrap. A healing, comforting and opulent experience.

Elemis Body Sculpting Cellulite and Colon Therapy ** 1hr 30mins
Deep cleanse, purify and improve skin texture. Help refine the appearance of cellulite and boost the circulation with a detoxifying fennel and birch peel off body mask, combined with specialist massage drainage techniques to leave skin smoother and firmer to the touch.

Chocolate Lovers' Body Wrap 2hrs 20mins
This sweet treat is a chocolate lover's dream. A luxurious skin conditioning beauty treatment combining the detoxifying qualities of pure white clay and the nourishing properties of rich chocolate and full cream milk. Your treatment starts with a cocoa body cleanse followed by an aromatic chocolate body wrap with a soothing head massage to help you melt into the experience. Then, after a warm milk bath you are treated to a relaxing body massage with our exclusive chocolate body oil ~ leaving your spirit soothed and your skin smooth and smelling delicious.

Ocean Detox Wrap 2hrs 30mins
Essentially a seaweed and clay body treatment designed to stimulate the lymphatic system, purge impurities and provide a mineral blast to the skin. The skin is 'prepared' with an exfoliating body brushing followed by the application of a detoxifying green clay, seaweed and essential oil mask. A foil wrap is used to encourage the elimination of toxins, while a scalp massage manages to seemingly cleanse your mind. After a detoxifying bath and cleansing tea, lie down, close your eyes and sink into heaven with a body massage using a purifying blend of essential oils.

Massage Rituals

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. There's time to relax and make use of our HydroHeal facilities - a purifying herbal steam or a specialty bath. Next, enjoy your massage treatment and then replenish with light refreshments.

Balinese Massage 1hr 30mins
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.

Indian Head Massage 1hr 30mins
A head, shoulder, neck, upper back and arm massage based on the ancient healing system of Ayurveda. It helps to reduce tension and stress, improve circulation and flush out physical and emotional toxins. Using pure coconut oil, this treatment will also nourish the hair. Immensely pleasurable and rejuvenating.

Fancy Foot-work 1hr 30mins
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.

Shiro Dhara 1hr 30mins
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 1hr 30mins
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.

Mandara Massage 1hr 30mins
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.

Face Rituals

Our philosophy is to provide you with an exceptional and memorable spa experience, languidly paced and sublimely indulgent. As with our Massage Rituals, our Face Rituals include an Aroma Foot Ritual, time to enjoy our HydroHeal facilities and the luxury of your spa villa, refreshments and a gentle reawakening.

Pure Nature Facial 1hr 30mins
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 30mins
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. Specialised Eastern massage movements help to stimulate and oxygenate

your skin, and bring 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 Skin IQ + Facial for Men 1hr 45mins
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 one hour.

Elemis Pro-Collagen Quartz Lift Facial 1hr 45mins
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.

A Breath of Fresh Air

What you have always dreamed about... an outdoor massage under the shade of our beachside pavilion, or Maldivian style on the sand.

Fancy Foot-work 50 mins
Hideaway Sand Massage 50 mins
A three-in-one body treat...exfoliation, aromatherapy and massage. It combines oil drizzling, sand sprinkling and long smooth strokes for the ultimate tropical island spa experience. This is rejuvenation island-style.

Royal Thai Massage 1hr 30mins
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.

Moving Meditations Complimentary
Gentle but powerful basic Silat classes that work to improve your health holistically, with equal focus on body and mind. Silat is an Indonesian martial art form, however the emphasis here is on stretching and breathing. Take home the secrets of vitality and well-being. Contact the spa for details of our regular classes.

Nail Spa

As well as giving you great looking hands and feet, these treatments aim to soothe and pamper.

Hand Spa 50 mins
Foot Spa 50 mins
French Manicure 50 mins

Moving Moments

This is where the spa comes to you, with in-room massage therapies and scene-setting touches. Please call the spa two hours in advance so we have ample time to prepare.

Balinese Massage 50 mins
Indian Head Massage 50 mins
Fancy Foot-work 50 mins

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. Mandara Spa's exotic signature treatments combine with Elemis Spa-therapy to send you home looking and feeling your beautiful best.

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.

All prices are quoted in US dollars. Rates are subject to change.