



MANDARA  
— SPA —

## Mandara Spa

THE NAME "MANDARA" COMES FROM AN ANCIENT SANSKRIT LEGEND ABOUT THE GODS' QUEST TO FIND THE ELIXIR OF IMMORTALITY AND ETERNAL YOUTH.

MANDARA SPA, ORIGINATING IN BALI, HAS EMBRACED THE LEGEND. WITH OVER 50 SPAS WORLD-WIDE. ON SILVERSEA, WE HAVE DEVELOPED UNIQUE AND EXOTIC SPA TREATMENTS INCLUDING TREATMENTS FROM THE U.K.'S MOST INNOVATIVE SPA BRAND, ELEMIS, TO REFLECT THE BEAUTY, SPIRIT AND TRADITIONS OF BALI. WE CANNOT PROMISE IMMORTALITY BUT WHEN YOU EXPERIENCE ONE OF OUR UNIQUE TREATMENTS, YOU TOO WILL FEEL AS IF YOU CAN LIVE FOREVER.

**Silversea Cruises Voted World's Best Spa at Sea by the readers of Condé Nast Traveler**



 **SILVERSEA**  
*Above and Beyond All Expectations<sup>SM</sup>*

## Facials

### LA THERAPIE HYDRALIFT FACIAL

An oxygenating facial that uses galvanic stimuli and high-frequency to penetrate into the deepest layers gently and effectively. This facial assists in lifting the appearance of the skin while helping blemished or impure skin types heal quickly.

50 MINUTES \$115

### LA THERAPIE INTENSIF VITAMIN

#### ANTI-OXIDANT TREATMENT

To maximize the full potential of the La Therapie HydraLift Facial, supplement it with a powerful dose of vitamin A & C anti-oxidant protection for the ultimate anti-aging boost.

ADD THIS THERAPY TO YOUR LA THERAPIE HYDRALIFT FACIAL FOR AN EXTRA \$30

### LA THERAPIE INTENSIF AGE ZONE TREATMENT

Choose any two intensive treatments to create your own personalized Age Zone Treatment for areas vulnerable to premature signs of aging:

HYDRALIP INTENSIF, INTENSIF EYE TREATMENT, HYDRA NECK INTENSIF, HYDRA PEEL HAND TREATMENT

ADD THIS THERAPY TO YOUR LA THERAPIE HYDRALIFT FACIAL FOR AN EXTRA \$30

### ELEMIS JAPANESE SILK BOOSTER FACIAL

Experience the ultimate in holistic skin therapy. This facial promises to take your skin on a journey of total renewal using the power of natural Japanese silk protein or sulphur compresses, combined with pure phytoamine biocomplexes.

**ABSOLUTE PRO-COLLAGEN LIFT** - boosting collagen production, lifting mature skins and anti-aging.

**ABSOLUTE OXYGEN SKINCALM** - restructuring tired, fragile, sensitive skin.

**ABSOLUTE VITA-C HARMONY WITH ADDED VITAMIN C** - for problem, congested and oil-rich skins.

1 HOUR 15 MINUTES \$130

### ELEMIS JAPANESE SILK EYE ZONE THERAPY

Your eyes will look smoother, firmer and back to their sparkling best using reflexology and a unique Japanese silk protein compress to refine the eye area.

**ABSOLUTE PRO-COLLAGEN LIFT** - plumps out, smoothes and defines eye contour.

**ABSOLUTE BRIGHT EYES** - disperses congestion and reduces puffiness.

ADD THIS THERAPY TO YOUR JAPANESE SILK BOOSTER FACIAL FOR AN EXTRA \$60

### ELEMIS AROMAPURE FACIAL

A therapeutic facial that combines the power of Absolutes with true premium grade essential oils, to treat the skin at the deepest level without irritation. *Choose from:*

**FRUIT ACTIVE GLOW** - great pick-me-up and pre-occasion treat to lift dull skin.

**HERBAL LAVENDER REPAIR** - heals and repairs congested oil-rich skin.

**EXOTIC CREAM MOISTURE DEW** - gives dry, thirsty skin a hydrating surge.

**ABSOLUTE LIFT** - improves skin tone, revitalizes and adds lift to the skin.

50 MINUTES \$115

~ all prices already include gratuity ~





## Body

### ELEMIS ABSOLUTE SPA RITUAL

Experience the ultimate indulgence. From the soles of your feet to the top of your scalp, embark on a complete journey to sensory heaven for the face and body, with a prescribed Elemis Japanese Silk Booster Facial and Massage Around the World.

100 MINUTES \$237

### ELEMIS EXOTIC FRANGIPANI BODY NOURISH WRAP

Creating a perfect combination from nature itself, coconut extract and Tahitian Frangipani are soaked together to produce the most exotic aroma and texture imaginable. Traditionally used by Polynesian women to protect their beautiful bodies and lustrous hair, Monoi oil will soothe, condition and soften your skin. Drench yourself in its moisture and bathe in sensuality.

50 MINUTES \$130

WITH 25 MINUTE MASSAGE \$202

WITH 50 MINUTE MASSAGE \$239

### ELEMIS EXOTIC COCONUT RUB & MILK RITUAL WRAP

A ceremony of pure sensuality to tantalize and delight! A traditional Balinese coconut recipe polishes the skin while the exotic body oil indulges your senses. Cleopatra was renowned for bathing in milk before her secret liaisons with Marc Antony, so now it is your turn to bask in the ritual as warm Milk Bath is smothered over your entire body. Healing, comforting opulence with pure unadulterated pleasure.

50 MINUTES \$130

WITH 25 MINUTE MASSAGE \$202

WITH 50 MINUTE MASSAGE \$239

### HEAVENLY BODY

Therapeutic aromatic oils are massaged gently into aching muscles and joints before the entire body is embalmed in warm sensuous paraffin wax. Sheer indulgence.

50 MINUTES \$115

### ELEMIS AROMASPA OCEAN WRAP

The power of aromatherapy is combined with the riches of the ocean in this deeply warming and detox therapy. A heated seaweed mask containing a warming blend of essential oils is applied to your body before you are cocooned in a warm wrap. Relax, weightless in a foil wrap, while the active ingredients work to ease arthritis, fatigue and promote internal cleansing.

*Choose from:*

**MUSCLEASE AROMASPA** — soothes, warms and caresses the muscles and joints.

**CELLUTOX AROMASPA** — focuses on detoxifying and cleansing the entire internal system.

WITH 25 MINUTE MASSAGE \$176

WITH 50 MINUTE MASSAGE \$228

### ELEMIS EXOTIC LIME & GINGER SALT GLOW

An exotic exfoliation ritual using Lime & Ginger Salt Glow invigorates your face and body. After lightly brushing, we polish the body with body scrub, followed by a vitamin-rich lotion.

WITH 25 MINUTE MASSAGE \$141

WITH 50 MINUTE MASSAGE \$178

WITH TOTAL GLOW SELF TANNING TREATMENT \$141

## Massage

### LOMI LOMI

The “Hula of Massage,” this centuries old massage technique was used by the old Kahunas for Hawaiian kings and queens. Feel like royalty when you leave ....

50 MINUTES \$110 DELUXE 80 MINUTES \$160

### HOT LAVA ROCK MASSAGE

Warmed volcanic stones, specially brought from Hawaii, caress smoothly over your body and impart a deep soothing heat to sore and tired muscles. An experience not to be missed!

DELUXE 80 MINUTES \$210

### BALI-ATSU

A Bali-style finger-pressure shiatsu technique done with a Mandara twist.

50 MINUTES \$110 DELUXE 80 MINUTES \$160

### HEAVEN & EARTH

What could be more enticing than a soothing scalp and face massage followed by a gentle foot massage? Add the hands and you are really in heaven.

50 MINUTES \$110

### BALINESE BLISS

If the above sounds a little too exotic, we offer Balinese Bliss — a Swedish-style massage with a Mandara touch.

50 MINUTES \$110 DELUXE 80 MINUTES \$160

### MASSAGE AROUND THE WORLD

Can't decide which massage to have? Why not allow the therapist to incorporate a combination of massage techniques from around the world?

50 MINUTES \$110 DELUXE 80 MINUTES \$160

### THE ULTIMATE INDULGENCE

This is a Mandara Spa signature treatment. Two therapists working on you simultaneously — and in synchrony. It's twice as nice and you'll be spoiled for life.

50 MINUTES \$220 DELUXE 80 MINUTES \$290

### BALINESE BLISS FOR TWO

Share the Mandara experience as a couple with a Balinese massage!

50 MINUTES \$110 PER PERSON

DELUXE 80 MINUTES \$160 PER PERSON

### MANDARA TO YOU

We bring the spa to you. A massage in the privacy of your own suite.

50 MINUTES \$160 DELUXE 80 MINUTES \$210

*Ask about having your massage outdoors — weather permitting.*

~ all prices already include gratuity ~

# Salon Menu

## HAIR CARE

Shampoo/Set	\$40
Shampoo/Blow Dry	\$40/UP
Elemis Frangipani Conditioning Hair and Scalp Ritual	\$35
Ladies' Cut and Blow Dry	\$60/UP
Men's Cut with or without Blow Dry	\$35
Up-Do (Blow Dry included)	\$80
Braid only without Shampoo	\$30/UP
Specialty Braid	\$35/UP

## COLOR SERVICES

One-color Process	\$70
Two-color Process	\$130
Weaves and Highlights	\$95/UP

## NAILCARE

Traditional Manicure	\$30
French Manicure	\$35
Nail Polish Change	\$18
Toe Polish Change	\$24
French Polish Change	\$25
Traditional Pedicure	\$48
Paraffin Hand Dip	\$23
Paraffin Feet Dip	\$25
Acrylic – Full Set	\$80
Acrylic – Fills	\$50
Nail Repair – Acrylic	\$15/NAIL



## Other Services

### FRANGIPANI HAIR & SCALP CONDITIONING RITUAL

Elemis combines a synergy of scalp massage techniques to stimulate the circulation and to promote a deep level of relaxation, while exotic milk products nourish and strengthen the hair and scalp. Add to any hair service.

25 MINUTES \$35

### EXOTIC HAND RITUAL

Simply beautiful. Pure pampering for your hands and nails to restore beauty and suppleness. Warmed aromatherapy oils nourish and condition, while the sublime sensation of milk lavishes its richness and healing action on your skin. Exotic hand ritual includes a complete traditional manicure.

45 MINUTES \$44

### SOLE DELIGHT

Warmed aromatherapy oils nourish and condition your feet and nails while the decadence of milk and exotic Frangipani Monoi oil lavish their richness and healing action on your skin. Sole Delight Foot Treatment includes a complete traditional pedicure. A sensory experience for your feet which promises to leave you walking on cloud nine!

45 MINUTES \$61

### TOP 'N TOE

With any hair service, or while you are sitting under a dryer, why not treat yourself to a relaxing foot massage?

25 MINUTES \$60

## Personalized Fitness

*In addition to our complimentary fitness programs ...*

### PERSONAL TRAINING

Your Personal Trainer can guide you towards self discovery through an in-depth consultation and exercise recommendation. Personal Training is your personal prescription toward a healthy and strong physique.

60 MINUTES \$83 COURSE OF THREE \$210

### BODY COMPOSITION ANALYSIS

Analyze the percentage of fat and water within your body and compare it with the average that is recommended for you.

30 MINUTES \$33

### SPECIALIZED CLASSES

In addition to the exercise curriculum available on board, we offer the following specialized classes:

PATHWAY TO YOGA

PATHWAY TO PILATES

*~ all prices already include gratuity ~*





MANDARA SPA — BALI

## Spa Information

### HOURS

Mandara Spa is open on both port and sea days from 8am to 8pm. Evening hours may be extended. Please refer to the daily *Silversea Chronicles* onboard.

### APPOINTMENTS

Appointments must be made on board. Silversea/Mandara Spa regrets it cannot take pre-cruise reservations.

### ARRIVE EARLY

We suggest you arrive at least 15 minutes prior to your treatment. Please understand your treatment will end on time so the next guest will not be inconvenienced.

### CANCELLATION POLICY

We hope you do not have to cancel. If you must, we would appreciate at least twenty-four hours advance notice to reschedule or cancel to avoid a full charge for the service.

### VALUABLES

We suggest that you leave your valuables in the safe provided in your suite.

### OTHER LOCATIONS

You can find Mandara Spa in over 50 locations world-wide. For more information visit our website at: [www.mandaraspacom.com](http://www.mandaraspacom.com).

*All treatment gratuities aboard ship are included; none are expected.*