



## Packaged Rituals

*\* indicates inclusion of Elemis Spa- therapy*

### Spa Discovery

95 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.

### Luscious & Luminous

110 mins\*

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

### Sultry Citrus Body Buff

110 mins\*

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 ~ Balinese Massage with Elemis Body oil.

### Dream Weaver

115 mins

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

### Ultimate Indulgence

145 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 ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.

### Crystal Renewal

155 mins

Combining the advantages of massage, the powerful healing properties of crystals and the detoxifying qualities of crystalline mud this treatment package will leave you refreshed, renewed and revitalised. Aroma Reflex Foot Ritual ~ Crystal Cream Body Exfoliant ~ Crystalline Mud Body Wrap ~ Aromatherapy Floral Bath ~ Crystal Harmony Massage.

### Pure Indulgence

170 mins

Immerse yourself in the Spa experience with this indulgent treatment package. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage ~ Refresher Facial ~ Foot Massage.



## Body Rituals

**Both Body Rituals begin with a luxurious Elemis foot cleanse.**

### Elemis Body Sculpting Cellulite and Colon Therapy

75 mins

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.

### Elemis Exotic Frangipani Body Nourish Wrap

75 mins

Exotic, aromatic Tahitian coconut and frangipani are soaked together to produce the Monoi oil used in this luxurious body wrap. The result is softened, fragrant skin with an all over body glow.

## 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.**

### Warm Stone Massage

65 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

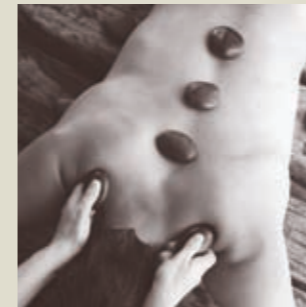
65 mins

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.

### Muscle Ease Massage

65 mins\*\*

This deep tissue sports massage is an effective way to assist muscle relaxation. It is designed to increase flexibility, relieve tight and tired muscles, improve circulation and reduce recovery time. A perfect tonic for the sportsperson.





### **Fancy Foot-work**

65 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.

### **Crystal Harmony Massage**

75 mins

Your journey begins with the soothing sounds of the crystal singing bowl taking you to a place of calm, peace and harmony this is followed by a deeply relaxing massage focusing on the energy centres of the body. Chakra crystal massage stones focus healing energy whilst essential oil blends specific to each chakra centre facilitate a state of balance. An extraordinary experience awaits you.

### **Balinese Massage**

95 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.

*For those who need to relax but are short on time we offer a scaled down version of this massage.*  
50 mins

### **Mandara Massage**

95 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.

### **Royal Thai Massage**

105 mins

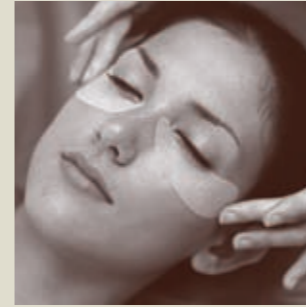
Exotic, rejuvenating and the ultimate subliminal body workout. Using no oil, this firm massage aims to release tension, increase vitality and flexibility, and create wholeness of body, mind and spirit. It is a masterful fusion of Indian Ayurvedic stretching techniques and the Chinese method of deep tissue pressure point massage.

### **Colour Heaven**

30 mins

Colour Heaven aims to balance and enhance your body's energy centres by using the seven colours of the light spectrum, a unique way to stimulate your own natural healing process. Each of the seven colours resonates with one of the main seven chakras. Enjoy Colour Heaven as an addition to your favourite massage ritual.

*\*\* indicates possibility to include Colour Heaven*



## Face Rituals

**We offer a selection of Facials with the choice of traditional Asian beauty recipes or leading Spa product range Elemis with options for women and men. Whatever your choice our philosophy is to provide you with an exceptional and memorable spa experience, languidly paced and sublimely indulgent. All Face Rituals begin with a relaxing and cleansing Aroma Reflex Foot Ritual.**

### **Pure Nature Facial**

65 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 Facials**

75 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 Advanced Anti Ageing Facials

### **Elemis Tri Enzyme Resurfacing Facial**

75 mins

Peel away the years for smoother, more radiant skin. This ground breaking Anti Ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface and increase the skin's smoothness, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.

### **Elemis Visible Brilliance Facial**

90 mins

Treats ageing, stressed and slackened skin. This Anti Ageing facial instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. Moisturisation levels and elasticity have been proven to increase dramatically after 1 treatment.

### **Elemis Pro-Collagen Quartz Lift Facial**

90 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**

90 mins

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 Urban Cleanse Facial for Men**

90 mins

This super grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast acting ingredients reduce sensitivity and provide long lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

## 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 heath, beauty and relaxation. Make the most of your leisure time and leave feeling refreshed, rejuvenated and glowing with good health and vitality.**

*For more information contact the Spa reception.*

**Dial the Spa for Reservations – Open 9.00 am to 10.00 pm and on request.**



## 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?**

We advise guests not to bring valuables to the Spa as we do not accept liability for loss. For all other personal items we provide lockers.

### **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?**

We accept cash, gift vouchers and all major credit cards (Visa, Amex, MC, Diners) if you are a guest at The Monarch you may charge Spa services to your hotel bill.