

Packaged by Mandara

Tranquility 75 mins
An ideal package to banish stress, nourish your skin and rejuvenate body and mind. Enjoy your choice of Warm Stone Massage or Indian Head Massage followed by an Elemis Taster Facial. Beneficial for both men and women.

Balinese Blessing (female guests only) 110 mins
Say goodbye to stress and hello to a more relaxed, softer-skinned you with ancient secrets from the exotic island of Bali. Lavender Body Wash ~ Javanese Lulur or Balinese Boreh Wrap ~ Balinese Massage.

Royal Retreat 135 mins
Feel like royalty as you succumb to this most luxurious treatment package. Begin with an Exotic Foot Ritual and a soothing floral tea followed by the combination of our most relaxing massage and an exclusive high performance Elemis Facial. Options available for both men and women.

Pure Indulgence (female guests only) 140 mins
An exotic, luxurious and unforgettable celebration of indulgence that includes a decadent soak in a seasonal floral bath. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Mandara Spa signature Body Wrap or Body Scrub ~ Seasonal Floral Bath and Tea Ceremony or Private Herbal Steam ~ Balinese Massage ~ Elemis Taster Facial.

Massages of Mandara

Every massage starts with a foot cleanse, using warm peppermint-scented towels.

Mandara Massage 50 mins
Not to be missed, never to be forgotten. Our signature massage is a unique blend of five massage style – Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese – that employs two therapists working in harmony. The synchronization of two therapists makes this a sublime experience.

Balinese Massage 50 mins or 80 mins
Our most relaxing massage, harnessing the therapeutic properties of aromatherapy oils. Used for centuries to renew, strengthen and heal both body and mind, this massage will help to banish stress and leave you feeling refreshed. A tonic for the soul, it can also help to improve the circulatory, lymphatic, muscular and nervous systems. For dry skin, we recommend Mandara massage oil blend. For jetlag recovery, choose Tranquility massage oil blend.

Warm Stone Massage 50 mins
The healing power of touch combines with the energy of the earth in this deeply relaxing 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.

Ayurvedic Shiro Dhara 60 mins
An ancient therapy that aims to calm the mind, balance the emotions, release toxins and encourage deep relaxation of the nervous system. It begins with a ritual footbath, followed by a brief but relaxing Ayurvedic pressure massage. Next, for 20 minutes, a gentle flow of aromatic oil is streamed onto the third eye area of your forehead...the window to your soul. The therapy ends with a marma point massage of the head, neck and shoulders. A powerfully calming and uplifting experience that is considered to have anti-aging benefits.

Indian Head Massage 50 mins
This shoulder, neck, upper back, arm and scalp massage is 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.

Samarpan Massage 50mins
Samarpan is the Sanskrit word for offerings to the gods. The massage starts with the drizzling of warm oil all over your body. Exclusively developed for Mandara Spa at Royal Park Shiodome Tower.

For Her : Coconut oil infused with uplifting Frangipani and Jasmine oils ~ leaving the skin soft and smooth.

For Him : Our traditional recipe of exotic spices blended into coconut oil will warm and sooth tired muscles.

Elemis Face & Body

Elemis Tri-Enzyme Resurfacing Facial 60 mins

Peel away the years for smoother, more radiant skin This ground breaking Anti-Ageing facial instantly resurfaces and smooths the skin. Reported to visibly resurface and increase skin smoothness after just 1 treatment, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin. Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

Elemis Visible Brilliance Facial 75 mins

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this Anti-Ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation and elasticity levels of the skin are proven to increase after just 1 treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

Elemis Pro-Collagen Quartz Lift Facial 75mins

This anti-wrinkle facial is reported to reduce the number of wrinkles and improve skin

firmness, after just one treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.

Elemis Skin IQ + Facial for Men 75mins

Helping to calm irritation and minimize the signs of ageing, this facial is the ultimate overhaul for male skin. Incorporating the NEW Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-ageing treatment protects against the harsh effects of shaving and environmental damage.

Elemis Cooling Hot Stone Body-Facial 55 mins

Pure body indulgence with exceptional anti-ageing facial results! In just 55 minutes your Elemis therapist will customise a unique Elemis 'ice-cool thermal muscle massage' to your specific problem areas alleviating stress and easing aching muscles. You will then receive an intensive anti-ageing booster facial that will smooth out your wrinkles and restore youthful radiance.

Elemis Body Sculpting Cellulite and Colon Therapy 60 mins

Redefine and smooth your silhouette Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream

target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

More of Mandara

Brightening Facial for uneven skin tone 90 mins

This treatment is designed to brighten and even out the complexion by preventing and neutralising the appearance of dark patches. Moisturising and anti-ageing agents are used to re-establish the skin's natural glow, leaving your skin brighter and more radiant.

Express Massage 25 mins *(to be combined with other full treatments)*

This short but sweet massage is available as an add on to any of your favorite treatments. Focusing on the shoulders, back and neck to loosen and relax the muscles that carry the stress of everyday living.

Hydro Bath

Combine water with relaxation for health, balance and renewal. Our hydrotherapy facilities include separate male and female areas with Silk Bath, Cool Bath, Jet Bath, Super Jet Bath, Relaxation Bath, Dry Sauna, Steam Sauna and showers. We also provide spacious separate male and female relaxation lounges.

Complimentary for guests taking a spa treatment.