

## Packaged by Mandara

### Ultimate Indulgence 2 hrs 30 mins

An exotic, luxurious and unforgettable celebration of indulgence. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Herbal Steam ~ Aromatherapy Floral Bath ~ Mandara Massage ~ Elemis Taster Facial~ Foot Massage.

### Frangipani Body Glow 2 hrs

Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous Elemis Exotic Lime & Ginger Salt Glow massaged into the skin to slough away dryness ~ shower ~ embalm the body with Elemis Exotic Frangipani Monoi oil ~ receive a relaxing scalp massage and a mini facial whilst wrapped in the fragrant cocoon ~ Balinese Massage.

### Sultry Citrus Body Buff 1 hr 45 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. Floral Footbath with Elemis product ~ Elemis Exotic Lime & Ginger Salt Glow, including mini facial ~ Balinese Massage.

### Harmony 1 hr 50 mins

A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage or Pure Nature Facial.

### Spa Sampler 80 mins

Experience the pleasure of relaxation with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

### Elemis Face

#### Elemis Tri-Enzyme Resurfacing Facial 60 mins

Peel away the years for smoother more radiant skin. This groundbreaking 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 Pro-Collagen Quartz Lift Facial 75 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 Visible Brilliance Facial** 75 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 Skin IQ+ Facial for Men** 75 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 61% and elasticity by 40% after just 1 treatment.

**Elemis Skin Specific Facial** 60 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 Body

**Elemis Body Sculpting Cellulite and Colon Therapy** 60 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** 45 mins  
Exotic, aromatic Tahitian coconut and frangipani flowers are soaked together to produce the Monoi oil used in this luxurious body wrap, which includes a mini facial. The result is softened, fragrant skin with an all over body glow

**Elemis Exotic Lime and Ginger Salt Glow** 45 mins  
Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied and followed by a mini facial. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

## Face of Mandara

**Pure Nature Facial** 50 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. There are three options for different skin types, relying on nature's life-force to restore the equilibrium and deliver a vitamin and mineral burst to your skin.

- Preserve - a cleansing and rejuvenating facial for normal skin.
- Renew - a fruit acid facial for treating environmentally damaged skin.
- Enrich - a nourishing facial for dry or mature skin.

## Body of Mandara

### **Mandara Massage** 80 mins or 50 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 – Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronization of the two therapists makes this massage a sublime experience.

### **Balinese Massage** 80 mins or 50 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 traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. It can also help to improve the circulatory, lymphatic, muscular and nervous systems. For jetlag recovery, choose our Tranquility massage oil blend.

### **Royal Thai Massage** 90 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. It helps to release toxins, stimulate blood flow, realign the body and restore suppleness.

### **Warm Stone Massage** 50 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.

### **Muscle Ease Massage** 50 mins

This deep tissue sports massage is an effective way to assist with muscle relaxation. It is designed to increase flexibility, relieve muscle tightness and improve circulation and recovery time.

### **Fancy Foot-work** 50 mins

The most blissful ride your feet will ever take you on. 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.

## More of Mandara

### **Foot Spa** 50 mins

### **French Manicure** 50 mins

### **Hand Spa** 50 mins

These deluxe treatments include an aromatherapy hand or foot soak, traditional nail care, cuticle stimulation, nail polish and a wonderfully relaxing hand and arm or lower leg massage. The Foot Spa also includes a rejuvenating foot mask.

### **Absolute Escapes** 2, 3 or 5 days

Enjoy daily indulgence with our multi-day packages. Every day offers a luxurious spa experience to make your stay unforgettably wonderful.