

Your Spa Journey



Assisting you in the selection of a treatment that is most suitable for your needs and desires is of great importance to us. In fact, here at Mandara Spa, from the moment your spa journey begins until it ends, we consider it paramount that your every comfort and expectation are not only tended to, but anticipated, with unrivalled personal care.

- In order to maximize the benefits of your spa experience, please kindly arrive for your appointment at least 15 minutes prior to your treatment time.
- Our Spa Manager and Spa Consultants will gladly advise you on which treatments may best suit your needs. In order for us to make an appropriate recommendation, we will ask that you complete our spa consultation form.
- For personal belongings, a safety deposit box is provided for you in your spa treatment room.
- While every effort will be made to provide you with your full treatment time reserved, should you arrive late for your appointment, the treatment time may have to be reduced depending on availability. We appreciate your understanding.
- If you would like to cancel your appointment, please kindly do so at least 4 hours prior to the treatment in order to avoid a 50% penalty charge.

The Spa environment is one of tranquility and relaxation for all of our guests. It is our mission to ensure that you as well as our other customers reap the benefits of this peacefulness.

Kindly refrain from smoking or using mobile phones when in the spa.

Thank you – and enjoy your journey to wellbeing with Mandara.

The Legend of Mandara

The name Mandara comes from an ancient Sanskrit legend about the god's quest for the elixir of immortality and eternal youth. In this legend Mandara Giri represents a sacred mountain from which flows the water of life - a magical elixir with the power to keep you forever young.

This ancient legend has been embraced by Mandara Spa and is today reflected in unique and exotic spa treatments that replicate the spirit, soul and cultural traditions of those ancient times.

While we cannot promise immortality, we can guarantee that upon experiencing our spa treatments, you will feel radiant, revitalized and perhaps, even touched by a little of the legendary magic that has become the ethos of **Mandara Spa**.

Welcome to Mandara Spa



Mandara Signature Journeys

Cleanse the body, relax tired muscles and rejuvenate mind and spirit with one of our specially devised spa journeys. Whether it is in preparation for the wedding day, or in seeking release from the stresses and strains of daily life, our 2-and 3-day spa treatments lead to the exquisite experience of a new, revitalized self.

Bride's Favorite (2 Days)

Here's the ideal way to prepare for the big day. Pamper your body and energize your soul with an exotic Thai herbal steam ritual. Afterwards, a blend of tamarind, yoghurt and honey pampers the skin before all tension slips away with a Swedish massage. On the second day you'll luxuriate in a Cleopatra milk bath, delight in our Perfect Contour treatment that produces a new sleeker, slimmer silhouette, and then look and feel radiant after an aromatic facial, Oriental foot massage, manicure and pedicure.

Day 1: Floral Foot Ritual – Thai Herbal Steam Ritual – Tamarind Body Blast – Shower – Swedish Massage – Refreshment

Day 2: Floral Foot Ritual – Shower – Cleopatra Milk Bath – Perfect Contour – Aroma Expert – Foot Massage – Manicure & Pedicure – Refreshment

Absolute Recovery (3 Days)

Experience a totally renewed and refreshed self. Your journey begins with the cleansing and energizing effect of pure natural elements used in a Thai herbal steam ritual, a moor mud therapy, and a traditional Thai herbal facial. On the second day, all tension, muscle tiredness and anxiety drifts away with a Thai herbal steam ritual and a herbal compress massage. Then, after a pampering Cleopatra milk bath on the third day, detoxification is completed with our stimulating body detox massage.

Day 1: Thai Herbal Steam Ritual – Floral Foot Ritual – Moor Mud Therapy – Shower – Thai Herbal Facial – Refreshment

Day 2: Thai Herbal Steam Ritual – Floral Foot Ritual – Thai Herbal Compress Massage – Refreshment

Day 3: Floral Foot Ritual – Shower – Cleopatra Milk Bath – Body Detox Massage – Refreshment

Stress Release (3 Days)

Discover sublime relief from tension and stress. First, you'll be energized by an Oriental foot massage, and then have all muscular aches and pains soothed away with a shoulder, back and scalp massage. On the second day, aroma hot stones therapy releases muscular tension and balances the spirit, while a traditional Thai herbal facial nourishes the skin. Finally, our sports massage on the third day will leave you totally revitalized with muscles relaxed and flexibility improved.

Day 1: Floral Foot Oriental Foot Massage – Shoulder, Back and Scalp Massage – Refreshment

Day 2: Shower – Floral Foot Aroma Hot Stone Therapy – Thai Herbal Facial – Refreshment

Day 3: Shower – Floral Foot Sports Massage



Mandara Spa Passages

Escape the limits of time and immerse yourself in one of our exquisitely packaged recipes for relaxation. Whether the occasion merits a celebration of love or friendship, enjoy the luxury of a side-by-side treatment in one of our spa suites.

Romantic Getaway – Couple

Embrace serenity together in the gentle whisper of this truly aromatic experience Spa delights that will melt away tension, loosen muscles and tendons, smooth the texture of your skin, and improve your blood circulation to leave you both feeling cocooned in relaxation and reminded of how sacred it truly is to have quiet time together.

Floral Foot Ritual – Thai Herbal Steam Ritual – Aromatic Salt Scrub – Shower – Aromatic Floral Bath – Shower – Aromatic Massage – Thai Herbal Facial – Refreshment

Ultimate Indulgence

Enlighten your soul and restore the equilibrium within you with this ultimate pampering half-day treat. While you experience the power of fragrant and pure essential oils, your face and body will benefit from ingredients designed to infuse your skin with vitamins and minerals. Before the final beautifying touches of this journey, replenish your system with tasty and nutritious spa cuisine all in the privacy of your own spa suite.

Floral Foot Ritual – Thai Herbal Steam Ritual – A choice of Body Scrub or Body Wrap – Aromatic Massage – Spa Cuisine – Thai Herbal Facial – A choice of Spa Manicure or Pedicure – Refreshment

Oriental Retreat

Achieve total inner and outer healing with traditional Thai herbal therapy that has been practiced for hundreds of years. A warm, balancing poultice opens the pores and brings deep medicinal heat to the muscles to release tension and revitalize the mind before a full body massage using herbal oil. Then, discover an ancient Thai beauty recipe consisting of a blend of nourishing plant extracts applied to your face to hydrate the skin and restore a healthy glow. A detoxifying foot massage ends this treatment.

Shower – Floral Foot Ritual – “Luk Prakob” Hot Compress Therapy – Thai Herbal Facial – Oriental Foot Massage – Refreshment

Mandara Sunrise

Knowing the needs of your body best, create your own personal heaven with the flexibility of this treatment, combining the nourishing benefits of a scrub or wrap together with a healing massage to unleash blockages and relieve emotional and physical tension.

Floral Foot Ritual – Tamarind Body Blast – Shower – Swedish Massage – Refreshment

Mandara Sunset

Heed your body's call for attention and treat yourself to a cleansing body scrub and healing massage, then glow like the rays of a perfect sunset after a purifying, cleansing, toning and revitalizing facial designed to soothe your skin and eliminate stress.

Floral Foot Ritual – Aromatic Salt Scrub – Shower – Balinese Massage – Thai Herbal Facial – Refreshment



Mandara Signature Ritual

The legacy of the Mandara philosophy is perhaps best experienced through our signature rituals. Drawing on the essence of time-honored traditions of well-being, this treatment was selected and created with only one thing in mind – you.

Tales of Velvet Nights

What better way to enjoy spa indulgence Arabian-style than by reliving the legacy of the Tales of Velvet Nights. This royal treatment, inspired by ancient tales of love and passion, is set amid the stark but opulent beauty of Arabia. Arabian incense burns while you unwind in a scented Cleopatra Milk Bath with delicate rose petals floating. As you step from the bath, smoke from incense gathered from desert trees purified your body in preparation for the blissful indulgence of an Egyptian body massage. You'll feel muscle fatigue fade away and circulation improve as the body relaxes in response to deep strokes using palms and elbows and the soothing effect of traditional oils. With your senses soothed and calmed, you'll feel exquisitely and totally relaxed in a palace that seems like a home away from home.

Floral Foot Ritual – Egyptian Body Scrub – Shower – Cleopatra Milk Bath with Egyptian Rose Petals – Egyptian Body Massage – Refreshment

Pyramid Journey Retreats

Choose one of our spa retreats for the ideal way to relax after a thrilling day touring the sights and revitalize body and mind for the evening to come.

After Sun Retreat

In the cool of the evening, an exquisite foot soak with the therapeutic effect of Egyptian herbs is the perfect way to ease the day's tiredness. Then, a soothing application of aloe vera, nature's healing plant, followed by a cooling compress of mint and black tea leaves calms the skin and reduces redness and irritation. After a shower and refreshment you'll feel deliciously invigorated and re-energized.

Floral Foot Ritual – Foot Soak with Egyptian Herbs – Aloe Poultrice Body Wrap – Shower – Refreshment

Muscle Ease Retreat

Nothing could be more appropriate after visiting the Pyramids than an Egyptian body massage. All your muscle fatigue fades away and circulation improves as the body relaxes in response to deep massage strokes and the soothing effect of traditional oils. Following an Oriental foot massage, a relaxing aromatic facial fills your skin with a new breath of life from hairline to neckline.

Shower – Floral Foot Ritual – Egyptian Body Massage – Oriental Foot Massage – Facial Aromassage – Refreshment

Mandara Signature Massage

A truly sublime and unforgettable spa experience, this "four-hand massage" incorporates the exacting skills of two therapists working together in rhythmic harmony. The technique combines the five different massage styles of Japanese Shiatsu, Hawaiian Lomi Lomi, and Thai, Swedish and Balinese massage. Using specially-blended essential oils of sandalwood, patchouli and ylang ylang, the gentle and healing hands of our therapists will help to calm the nervous system, warm and relax muscle tissue and promote the growth of health, new skin cells, ultimately resulting in total relaxation and suppleness of the skin.



Massage Therapies

Massages are a therapy that when applied with skill and care can precipitate many beneficial changes within the body, mind and spirit.

It is a powerful treatment precisely because it works on both the physical and psychological levels to invigorate and relax.

Massage techniques can ease pain or tension from stiff aching muscles, boost circulation and alleviate mental stress.

Traditional Thai Massage

Also called “Nuad Borarn”, this healing therapy has been taught, practiced and handed down through generations in Thailand for over 2500 years. The massage combines acupressure and stretching techniques using the therapist’s fingers, thumbs, elbows, arms and feet, allowing the body’s internal energy to flow more freely and alleviating problematic conditions such as lower back pain, arthritis, headaches and stress-related conditions.

Swedish Massage

Swedish Massage, developed in 1812, is the foundation of the majority of all Western massage techniques. A firm and invigorating massage using sweet almond oil combined with the five classic strokes – gliding, kneading, friction, vibration, and percussion movements, this treatment improves blood circulation, reduces muscle tension to relieve aches and pains, and energizes the body.

Egyptian Body Massage

This massage technique applies strokes using palms and elbows to produce deep pressure that releases muscle tension, stimulates blood circulation, relaxes the body, and enhances energy levels. Further therapeutic benefits are achieved with the application of traditional remedy oils.

Aromatic Massage

Based on the principles of Aromatherapy and Swedish massage, this treatment incorporates the olfactory system and the part of the brain that relates fragrances with moods, emotions and memories. Stress and anxiety are relieved as essential oils extracted from plants, flowers, fruits and bark are generously glided over your body using a variety of techniques. Each ingredient works to ground, balance and calm the body and mind, while their powerful effects are also known deterrents of muscular and rheumatic pains and digestive disorders.

Sports Massage

Sports Massage uses three of the five classic Swedish massage strokes and works deeply into the muscles, stretching muscle fibres and releasing tension in the fascia that may otherwise cause restricted movement and pain. By generating increased blood flow and thus improving circulation, Sports Massage can improve flexibility, prevent injury and speed the healing process of sore or pulled muscles.

Ayurvedic Massage

The words ‘Ayur’ and ‘Veda’, meaning life and knowledge in Sanskrit, relate to the school of thought that each individual is composed of one or a combination of three dosha, Vata (air-earth) Pita (fire-water) or Kapha (earth-water). Ayurveda believes that health and wellbeing can be adversely affected by imbalanced doshas. While helping to increase circulation and energy levels and alleviating muscle tension, this treatment is tailored to address the specific imbalances of each dosha using corresponding Ayurvedic oils.



Massage Therapies

Aroma Hot Stone Therapy

Harnessing the healing power of warm volcanic stone, small stones are placed on key energy points, whilst the deep penetrating heat from the stones is used to massage the body using traditional techniques to release muscular tension and balance the spirit.

Body Detox Massage

This highly effective treatment is a delicate form of massage that stimulates the body's immune system, improves metabolism and helps the body to eliminate waste and toxins. Soft, pumping movements and very light pressure are applied to the body in a specialized technique to reduce fluid retention, and smooth the texture of the skin to leave it feeling firmer and softer to the touch.

"Luk Prakob" Hot Compress Therapy

Tensions drift away during this traditional, hot Thai massage. The "Luk Prakob" has been used for many centuries in Thailand for the relief of pain and inflammation. Following a traditional Thai massage, a selection of therapeutic herbs including prai, ginger, turmeric and lemongrass are wrapped in a muslin compress, steamed and then applied to the body in gentle circular and rolling movements. As the pores open and allow the herbs to take effect, ailments such as stiff, sore or pulled muscles and ligaments, back pain, migraines, stress and anxiety are almost instantly relieved.

Oriental Foot Massage

This dynamic treatment is based on the principles of Reflexology, linking the reflex zones on the feet to organs and systems in the body. Pressure is applied to various zones on the feet using the thumbs, fingers and palms to induce relief from pain, illness and stress. Combined with a nourishing cream, Oriental Foot Massage is particularly beneficial for the relief of tension headaches, poor circulation and a sluggish digestive system.

Hamman

Hamman Royal Ritual

Sheer bliss for both mind and body! After deep cleansing, steam and exfoliation, a full body mask is applied, rich in minerals and trace elements, leaving your skin breathtakingly soft and silky, your mind totally relaxed and your spirit tranquil and serene.

Black Soap Massage – Steam – Loofah Body Exfoliation – Shower - Rassoul Mask Face & Body – Shower – Refreshment

Hamman Cereal Body Polish

After calming steam treatment, a natural blend of barley and royal jelly honey delicately cleanses and revitalizes the skin, and all dead skin cells are gently massaged away. Once the body is primed to perfection, a blissful Hamman ritual follows, incorporating the essential goodness of this traditional Arabic bathing experience.

Steam – Cereal Body Exfoliation – Hamman - Shower – Ice Cave Experience - Refreshment



Body Treatments

Deep-seated impurities caused by some of the harmful effects of today's environment often prevent necessary nutrients from reaching the skin for nourishment. Choose from any of our exceptional purifying body treatments below to replenish the wellness in you.

Aroma Detox Wrap

Slimming

This detoxifying experience includes a salt scrub and aromatic massage, followed by an application of an earth algae mask to refine your body by draining toxins as well as fat and water built up. This is the ultimate refining treatment as it also promotes a feeling of well-being.

Body Scrubs

The process of skin cell renewal is one that occurs naturally, yet this process slows down as we age leading to dull-looking, lifeless and dry skin. Exfoliation is an optimal treatment that accelerates the natural skin cell renewal process, stimulates the blood and its circulation through the lymphatic system, and brings oxygen and nutrition to the surface of the skin while simultaneously assisting the body to flush away toxins. If performed on a regular basis, exfoliation can be highly effective in the treatment of cellulite, and ensures soft, smooth skin.

Tamarind Body Blast

Naturally Whitening

An age-old Thai beauty treatment using a blend of Tamarind fruit, yoghurt and honey to exfoliate, nourish and polish the skin.

Javanese Lulur

Softening

This is a traditional Javanese beauty treatment that uses a blend of powdered spices and sweet woods, followed by a cool yoghurt splash. It's an exotic delight that will leave your skin feeling luxuriously conditioned and hydrated.

Chocolate Body Scrub

Hydrating and Nourishing the skin with the delicate, smooth creamy texture of molten chocolate, this treatment leaves the body feeling soft and silky. Its natural, anti-bacterial ingredients contain powerful anti-oxidants that help to detoxify and stimulate blood circulation to create a smooth and healthy complexion. The fragrant aroma of the chocolate diminishes depressive thoughts and encourages truly delightful sensations throughout the body.

Body Wraps

Our skin is our largest organ of detoxification. As we are exposed to toxins on a daily basis in our lives, through the foods we eat, the air we breathe, free radicals, chemicals and so on, it is vital to rid the body of such harmful elements. Body wraps are designed to help eliminate toxins from the body through the pores of the skin, as well as to tone the skin, reduce cellulite, smooth body contours and make the skin feel sumptuously soft and supple.

Moor Mud Therapy

Purifying

Combining the richness of sea plants and algae, this deeply cleansing body treatment will detoxify, decongest and stimulate the body to generate new skin cells for all-round smooth, beautifully toned skin.

Aloe Poultice

Skin soothing

Aloe Vera, otherwise known as the 'healing plant' has long been recognized for its natural healing qualities, especially in the treatment of burns and wounds. The combination of a soothing application of natural aloe vera gel followed by a cooling compress of mint and black tea leaves will reduce redness and irritation and calm the skin.

Chocolate Body Wrap

Hydrating and nourishing the skin with the delicate, smooth creamy texture of molten chocolate, this treatment leaves the body feeling soft and silky. Its natural, anti-bacterial ingredients contain powerful anti-oxidants that help to detoxify and stimulate blood circulation to create a smooth and healthy complexion. The fragrant aroma of the chocolate also diminishes depressive thoughts and encourages truly delightful sensations throughout the body.



Mandara Facial Elixir

Discover the secret to looking younger and more radiant with any of these delicately fragranced, purifying and irresistibly indulgent facials.

Aroma Expert

The specific aromatic facial

These targeted treatments provide an expert response to the needs of every skin type. Even the most demanding skin is satisfied. Every Aroma Expert treatment offers a concentrate of highly targeted active ingredients with powerful properties.

- **ESSENTIAL with Neroli flower buds**

For all skin types

Discover the DECLÉOR TECHNIQUE and the delights of our Essential program. This radiance-boosting treatment leaves your skin perfectly moisturized and infinitely velvet-soft.

- **PURIFY with Ylang– Ylang flower**

For combination and oily skin

This program significantly improves the appearance of your skin and leaves it pure, clear, and matt

- **NOURISH with Angelica root**

For dry skin

The NOURISH program is a rich and complete “meal” that deeply replenishes your skin and leaves it supple and comfortable.

- **LIFT with Irish rhizomes**

For mature skin

The LIFT program strengthens your skin’s defenses against time. It leaves your skin revitalized, smooth, and visibly toned

Aromassage

The relaxing aromatic facial

DECLÉOR devotes its own special art of massage to your face. From your hairline to neckline, your therapist’s trained fingers soothe and relax, filling your skin with a new breath of life. A skilled professional uses techniques exclusive to DECLÉOR, combining localized, gentle pressure with light sweeping strokes. Get ready to slip into a state of complete and utter relaxation. The subtle and tactile precision of the massage melds with the powers of our AROMESSENCETM, rapidly inducing relaxation with amazing benefits.

Thai Herbal Facial

For all skin types

Discover the secret of Thailand’s ancient beauty rituals with this traditional Thai facial. An ancient recipe incorporating a blend of nourishing plant extracts and other elements of nature’s abundant goodness is gently applied to the face to nourish and hydrate the skin, bringing your inner glow to the surface.



Splendors of Mandara

Water is one of the purest and most vital essences of life as well as the base element of all spa experiences. Indulge in one of our water-based rituals as an ideal prelude to, or a magical combination with any body treatment.

Baths

Our luxurious aromatic baths are the perfect complement to any of our treatments. Sit back, relax and enjoy your private leisurely soak as part of a package or as an individual treatment.

Cleopatra Milk Bath

Softening

A luxurious blend of honey and milk to nourish and hydrate with a selection of

- Detoxifying with Juniper, Grapefruit and Eucalyptus
- Rejuvenating with Lavender, Ylang Ylang and Grapefruit
- Balancing with Rosewood, Cedar wood and Lavender

Oriental Spice Bath

Invigorating

This is a beautifully invigorating and sensual bathing experience, drenching the body in rich, fragrant warmth while you relax in your bathtub.

Steams

Our steam rituals are an ideal prelude to any body treatment. As the rooms fills with an aroma of oil, allow your body to experience its natural detoxification process and find your inner harmony.

Thai Herbal Steam Ritual

Refreshing

Inspired by the healing properties of Thai herbs, this exotic ritual provides nutrition to your body and energizes your soul.



Mandara Spa Elements

In Room Massage

The following can be provided in the privacy of your room with advance reservation

Traditional Thai Massage

Oriental Foot Massage

Aromatic Massage

Poolside Massage

Enjoy the luxury of a massage amidst the cool outdoor breeze between the hours of

10:00 a.m. – 6:00 p.m.

Traditional Thai Massage

Oriental Foot Massage

Watsu Session

Come discover a tranquil journey for your mind and body in our watsu Sessions.

Please contact our spa Consultant for more details.

