



MANDARA
— SPA —

at

Bangkok Marriott Resort & Spa

FACE OF MANDARA

"Nature's Own" Aromatic Facial

60 mins

Designed to purify and promote beautifully radiant skin. Our deluxe facial offers cleansing, toning, exfoliation and a revitalizing mask for both men and women. In addition, a light relaxing facial massage with an aromatic hydrating oil is used to soothe the skin, eliminating stress and leaving you totally relaxed.

Rejuvenating Facial

50 mins

A facial using the anti-oxidant benefits of green tea and grape seed to deeply penetrate the skin and protect against the damaging effects of the environment. Includes a pressure point facial massage to promote lymphatic drainage. Leaves your face glowing, soft and healthy.

Thai Herbal & Honey Facial

50 mins

This gentle yet effective facial uses traditional Thai beauty recipes of *Prai*, which is known as a skin beautifier, and *Khamin* that enhances the flexibility and firmness of the skin. A gentle facial massage with honey nourishes and moisturizes the skin, followed by a refreshing cucumber mask.

BEAUTY OF MANDARA

Decleor Deep Cleansing Facial

60 mins

The ultimate in deep cleansing facials includes, cleansing, exfoliation, a digito-pressure point massage, and a combination of two facial masks specially designed to refresh and nourish your complexion to a healthy condition. Recommended for men and women of all skin types.

Decleor Whitening Facial

60 mins

A top performance treatment, which controls and normalizes melanin production. As well as prevents and neutralizes the appearance of dark spots. It brightens up the epidermis, restores lost radiance to the complexion and tones down pigmentation. Recommended for uneven skin tone and dark spot of all skin types.

Decleor Harmony Extreme Facial

90 mins

Specially designed for delicate, sensitive skin, this soothing treatment calms the most reactive complexion. It refreshes the skin and helps to reduce redness and irritation. It soothes the skin, restores balance and leaves the face looking smooth and velvety. Suitable for sensitive and sunburned skin.

Decleor Nourishing & Hydrating Facial

90 mins

Specially formulated for dehydrated and dry skins, this dual action treatment nourishes and hydrates. Highly concentrated in active plant ingredients and essential oils, this facial restores a smooth appearance to the driest of skins. Wrinkles and fine lines are diminished and the epidermis is visibly refreshed. Its long-term effectiveness reinforces the barrier function of the epidermis so it is better equipped to combat aggressive climatic conditions.

Decleor Anti-Cellulite Body Treatment

75 mins

Designed to target the most rebellious contours, this treatment involves a special Decleor beauty massage, which helps to improve the unsightly appearance of particularly localized orange peel skin. This treatment

focuses on the legs, thighs and stomach areas and includes exfoliation, a draining massage to improve circulation and a localized seaweed body mask. In order to obtain optimum results, an intensive program of **s i x t r e a t m e n t s i s r e c o m m e n d e d .**

Decleor Sculptural Firming Body Treatment

75 mins

This sculptural treatment helps the skin to regain its firmness and elasticity as well as to redefine the figure. Concentrating on the leg and knee areas, abdomen and hips, it works on reducing stretch marks, and is **s p e c i a l l y r e c o m m e n d e d f o l l o w i n g a s l i m m i n g d i e t .**

BODY OF MANDARA

Traditional Thai Massage

90 mins

Exotic, unique and the ultimate subliminal body workout. Passed down through generations, the Traditional Thai Massage is a blend of deep tissue massage using pressure points and stretching techniques. It releases tension, increases vitality and flexibility and creates wholeness of mind, body and spirit. Recommended for **t h o s e w h o p r e f e r a f i r m m a s s a g e .**
Floral Foot Bath – Traditional Thai Massage – Refreshment

Aromatherapy Massage

60 mins

Our most aromatic and relaxing massage with a choice of four specially blended oils, *Mandara, Harmony, Thailand Spice* and *Tranquility*. Using a combination of strokes and acupressure techniques, this soothing and gentle massage allows the healing properties of these natural oils to penetrate into the skin leaving you relaxed and with a sense of well being. A definite jetlag tonic.
Shower – Floral Foot Bath – Aromatherapy Massage – Refreshment

Deep Tissue “Sports” Massage

60 mins

Using a blend of essential oils of Lemongrass, Ginger, Clove and Cinnamon to stimulate and revitalize you. Warming to the body, this deep tissue massage increases circulation and soothes sore muscles leaving you refreshed and relaxed. Designed for those leading a more active lifestyle or for those who prefer a strong **m a s s a g e .**
Shower – Floral Foot Bath – Deep Tissue Massage – Refreshment

Mandara Massage

60 mins

This Mandara Spa signature treatment, performed by two therapists working together in rhythmic harmony is the ultimate massage experience. Sensory indulgence is combined with the healing powers of Aromatherapy and tactile therapy. A unique blend of five different massage styles, Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. This full body massage was created for pure pleasure in mind.
Shower – Floral Foot Bath – Mandara Massage – Refreshment

Hot Stone Massage

120 mins

This exotic treatment involves the application of soothing, smooth basalt stones lifted from heated water to key points of the body with warm oils to give a deeply penetrating and relaxing massage. The direct heat from the stone relaxes the muscles, allowing greater intensity manipulation than the regular massage. Those experiencing a hot stone massage will notice a healing improvement of the following symptoms: Muscular aches, pains, sprains, and strains. Poor circulation. Rheumatic and arthritic conditions. Back pain. **S t r e s s , a n x i e t y a n d t e n s i o n . I n s o m n i a a n d d e p r e s s i o n .**
Shower – Floral Foot Bath – Hot Stone Massage – Refreshment

Foot Reflexology**60 mins**

Reflexology is based on the belief that the body contains constantly flowing energy or "Chi" which unites with the reflex points of the feet. This specialized foot massages assists in the relief of stress and tension, helps to improve circulation, and fosters a restoration of the body's natural state of equilibrium.

Floral Foot Bath – Foot Reflexology – Refreshment

Thai Herbal Back Treatment**60 mins**

This ultimate back treatment offers three treatments in one. An exfoliating scrub of ground coriander bean, nutmeg and other spices cleanse and revitalize the skin, followed by a deep tissue massage, and ending with a warm compress of Thai herbs which is applied to the back to give added relief to stressed muscles.

Shower – Floral Foot Bath – Thai Herbal Treatment – Refreshment

Salt Radiance**50 mins**

Rich in nutrients, sea salt from the shores of Thailand mixed with essential oils is used for this deep exfoliating treatment. With short circular massage strokes, dull skin cells are removed, circulation is improved, leaving a new radiance to the skin. Complete with body lotion to moisturize your skin.

Floral Foot Bath – Salt Scrub – Shower – Body Lotion – Refreshment

Javanese Lulur**50 mins**

A traditional Javanese beauty treatment, made from a blend of powdered spices and sweet woods, will soften and refine your skin as it gently exfoliates. Cool yogurt is applied to the body to further soften and nourish the skin.

Floral Foot Bath – Lulur Scrub – Cool Yogurt – Shower – Refreshment

Tamarind Body Blast**50 mins**

An age-old beauty treatment inspired by the Thai's subconscious use of the Tamarind fruit as a whitening agent to scrub, exfoliate and polish the skin. Taking the cue from nature, this treatment includes ground unpolished brown rice in B vitamins with yogurt and honey to nourish, revitalize and protect the skin.

Floral Foot Bath – Tamarind Scrub – Shower – Refreshment

Enzymatic Seaweed Wrap**50 mins**

Enriched by the natural forces of the ocean, this treatment offers vital elements of the sea and nature to provide you with the best natural ingredients for your well-being and beauty. A completely natural treatment using seaweed, botanicals and plant enzymes in mineral clay base to detoxify and exfoliate the body while infusing it with essential nourishment. Contains skin smoothening fruit enzymes of Papaine and Bromelain and purifying, relaxing essential oils of Petigrain, Citronella, Lemon, Lime and Lavender.

Foot Bath – Enzymatic Seaweed Wrap – Shower – Body Lotion – Refreshment

PACKAGES OF MANDARA**Mandara Spa Samplers****2 hrs**

"Energizing" Deep Tissue "Sports" Massage - Rejuvenating Facial
Shower - Floral Foot Bath – Deep Tissue Massage - Rejuvenating Facial - Refreshment

"Relaxing" Choice of Mandara Body Scrubs - Aromatherapy Massage
Floral Foot Bath – Body Scrub - Shower - Aromatherapy Massage - Refreshment

"Healing" Traditional Thai Massage - Foot Reflexology
Floral Foot Bath – Traditional Thai Massage - Foot Reflexology - Refreshment

"Aromatic" Aromatherapy Massage - "Nature's Own" Aromatic Facial
Shower - Floral Foot Bath – Aromatherapy Massage - Aromatic Facial - Refreshment

"Calming" Enzymatic Seaweed Wrap - Aromatherapy Massage
Shower - Floral Foot Bath – Enzymatic Seaweed Wrap - Aromatherapy Massage - Refreshment

Half Day Packages

3 hrs

"Perfect Spa Experience" Salt Radiance - Aromatherapy Massage - "Nature's Own" - Aromatic Facial
Floral Foot Bath – Salt Radiance - Shower - Aromatherapy Massage - Aromatic Facial - Refreshment

"Mandara Sunrise" Javanese Lulur Scrub - Deep Tissue "Sports" Massage - Rejuvenating Facial
Floral Foot Bath – Lulur Scrub - Shower - Deep Tissue Massage - Rejuvenating Facial - Refreshment

"Asian Discovery" Thai Herbal & Honey Facial - Traditional Thai Massage - Foot Reflexology
Floral Foot Bath – Thai Herbal & Honey Facial - Shower - Traditional Thai Massage - Foot Reflexology - Refreshment

Ultimate Indulgence and Romantic Get Away Packages

Include the use of a luxury Spa Suite, complete with private plunge pool a steam, complimentary herbal tea and cookies included.

Full Day Package

"Ultimate Indulgence"

5.5 hrs

A complete pampering experience which offer the truly rewarding indulgence.

Floral Foot Bath - Steam - Aromatic Floral Bath - Choice of Mandara Body Scrubs or Enzymatic Seaweed Wrap - Aromatherapy Massage - Spa Cuisine Meal - "Nature's Own" Aromatic Facial - Choice of Manicure or Pedicure - Refreshment

"Romantic Get Away"

4 hrs

The most enjoyable treatments specially design for couples.

Floral Foot Bath - Steam - Salt Radiance - Aromatic Floral Bath - Aromatherapy Massage - "Nature's Own" Aromatic Facial -Refreshment

MANDARA HEALERS

Thai Herbal Steam

30 mins

To complement your treatment, we recommended starting with a relaxing herbal steam. Based on an ancient recipe composes of 9 different type of Thai herbs

Detoxify Seaweed bath

30 mins

A mineral rich seaweed extract offers benefits of the sea in the spa ambience. Increase skin suppleness, smooth & radiant

Aromatic Floral Bath**30 mins**

Excellent for a couples to enjoy together. The most relaxation and balancing mind and spirit

SALON TREATMENTS

Our salon offers a full range of beauty treatments such as, shampoo / brow-dry, hair cut, scalp massage plus hair nourishing treatment, pedicure, manicure and waxing for both Ladies and Gentlemen

ADDITIONAL SERVICES***In - Room Massage***

Can be provided in the privacy of your room

(Available 10:00 a.m. - 10:00 p.m.)

Traditional Thai Massage**90 mins*****Foot Reflexology*****50 mins*****Pool Side Massage***

(Available 10:00 a.m. - 5:00 p.m.)

Guests have the option of experiencing a Traditional Thai Massage near the nature, in a lush tropical garden setting. Subject to availability and weather conditions.

Spa Suites of Mandara

For the ultimate in spa luxury, you can enjoy your treatments in the splendor of a lavish Spa Suite, complete with private plunge pool and steam. Complimentary herbal tea and cookies included.

All prices are in Thai Baht and are subject to 10% service charge and plus applicable Government Tax. Advance booking for Spa services are highly recommended to ensure availability. Appointment cancelled within less than 4 hours notice will incur a cancellation fee of 50% of the reserved treatment cost. In the event you are late for your scheduled appointment, we will accommodate you to the best of our abilities, but your treatment may be shortened or re-scheduled.

Prices are subject to change without prior notice

Bangkok Marriott Resort & Spa**On the Chao Phraya River****257/1-3 Charoen Nakorn Road****at the Krungthep Bridge, Bangkok 10600****Phone: +66(0) 2476 0021 Fax: +66(0) 2476 1120****Web site:www.mandaraspacom****For reservations please call Ext. 1563****Treatments available from 10:00 a.m. – 10:00 p.m.**