




MANDARA
— SPA. —

AT
LOTTE HOTEL
MOSCOW



Packaged Rituals

Ultimate Indulgence

2 hrs 45 mins 25 000 ₱

An exotic, luxurious, and unforgettable celebration of indulgence.
Aroma Reflex Foot Ritual ~ Herbal Steam ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Hydrobath ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.



Luscious & Luminous**

2 hrs 5 mins 19 500 ₱

Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses.
Aroma Reflex Foot Ritual ~ ELEMIS Specialty Bath or Herbal Steam ~ ELEMIS Body Nectar Nourishing Wrap – Sweet Orchid, including mini facial ~ Balinese Massage.

Exotic Body Bliss**

1 hr 50 mins 19 200 ₱

Delivered with a refreshing burst of zing, this package gives you the look and feel of healthy, radiant skin and a mood to match.
Aroma Reflex Foot Ritual ~ ELEMIS Specialty Bath or Herbal Steam ~ Choice of ELEMIS Intensely Cleansing Salt Scrub, including mini facial ~ Balinese Massage.

Ocean Detox Wrap

2 hrs 5 mins 16 800 ₱

Essentially a seaweed and clay body treatment designed to stimulate the lymphatic system, purge impurities and provide a mineral blast to the skin.
Aroma Reflex Foot Ritual ~ Detox Wrap: Body Brushing, Seaweed Wrap & Scalp Massage ~ Herbal Steam & Cleansing Tea ~ Balinese Massage.

*** indicates inclusion of
ELEMIS Spa-therapy.*



Packaged Rituals

Transcendence

2 hrs 5 mins 16 800 ₱

Immerse yourself in the ultimate spa experience with this exquisite package that offers choices from around the globe.
Aroma Reflex Foot Ritual ~ Hydrobath or Herbal Steam ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Choice of Balinese Massage, Fancy Foot-work or Warm Stone Massage.

Spa Discovery**

1 hr 35 mins 15 800 ₱

Age-old tradition combines with the finest European skin care for a deliciously relaxing experience.
Aroma Reflex Foot Ritual ~ Balinese Massage ~ ELEMIS Taster Facial.

*** indicates inclusion of
ELEMIS Spa-therapy.*



Bellefontaine
S W I T Z E R L A N D

Swiss cosmetics line Bellefontaine creates unique products that provide outstanding rejuvenating effects, returning youth and radiance to the skin. Bellefontaine is a synthesis of recent skincare science advances, modern nanotechnology, and natural, organic components, effectively solving a wide range of skin problems.



Bellefontaine Face

Golden Caviar Face

1 hr 20 mins 25 600 ₪

This rejuvenating intensive treatment is suitable for damaged and ageing skin. Exclusively-formulated components, combined with plant-based antioxidants, have a long-lasting, moisturising effect. Luxurious caviar extract prevents premature ageing processes, restores damaged skin and has a skin vessel-strengthening effect. Firmer and younger-looking skin after a single treatment.

Anti-Stress Treatment for Sensitive Skin

1 hr 20 mins 21 600 ₪

This effective treatment is highly recommended for sensitive and reactive skin types. All ingredients have been carefully selected for their anti-inflammatory and regenerative properties. They strengthen the capillary walls and the protective layer of the dermis. As a result, skin is protected against negative and harmful climatic and chemical factors.

Vitality Treatment for Men

1 hr 20 mins 21 600 ₪

A regenerating treatment that aims to revive tired male skin. Restores and revitalises the skin especially of smokers and sunbathers, as well as evening out, soothing and strengthening the blood vessels of the skin. This treatment also helps to reduce post-shaving irritation and significantly enhances the skin's protective capacity.

Balancing Treatment for Problem Skin

1 hr 20 mins 17 200 ₪

This specialised skincare treatment helps to normalise the production of sebum and neutralise acne bacteria responsible for skin inflammation. A medley of mint, lavender, thyme and sage essential oils has strong antiseptic and anti-inflammatory properties and helps regenerate skin cells. At the same time, the treatment's unique ingredients repair scar tissue and reverse skin damage. As a result, pore size is minimised and skin feels clean and fresh. The treatment is highly recommended for oily and acne-prone skin.

Bellefontaine Face

Silky Dew Intensive Moisturising Treatment

1 hr 10 mins 16 000 ₪

This intensive moisturising programme aims to effectively replenish external and internal moisture within the epidermis. It also generates a protective film over the surface of the epidermis, thereby preventing water loss and dehydration through the epidermis. The Silky Dew treatment reduces the number of free radicals, stimulates the synthesis of collagen and restores damaged cells, all of which improve skin elasticity and reduce the risk of premature ageing.

Golden Caviar Eyes

50 mins 13 000 ₪

This unique treatment cares for the sensitive skin around the eyes, as well as hydrating and stimulating cell renewal. The products used help to reduce puffiness and dark circles, eliminating signs of stress and fatigue. Caviar extract prevents premature ageing processes.



Bellefontaine Body

Active Rejuvenating Caviar Body Treatment

2 hrs 26 400 ₪

This uniquely luxurious treatment restructures elasticity and leaves skin feeling smoother. It nourishes and replenishes the skin with highly-concentrated active ingredients that restore its youthful glow and protect it against negative environmental factors. This caviar-based treatment is highly efficient as an intensive anti-ageing programme for distressed skin.

Hydrating & Replenishing Body Treatment

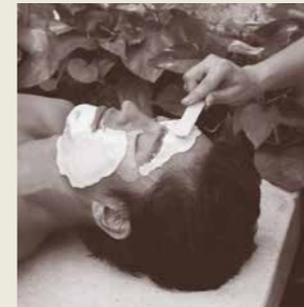
1 hr 50 mins 22 200 ₪

This treatment has been specially designed for dehydrated skin. Its deep moisturising effect leaves skin feeling smoother and more even. It is highly recommended for dry skin and can also be used as an after-sun treatment. Skin will feel fresh, hydrated and replenished immediately after the first treatment.

Perfect Shape

2 hrs 21 400 ₪

An anti-cellulite programme to eliminate toxins and treat water retention. Beginning with a gentle peel using rare rhodochrosite spheres and malachite minerals and followed by a mud body mask, this treatment is aimed at restoring blood circulation, lymph drainage and activating the lipolysis process. The programme concludes with a full-body lymphatic massage, targeting specific areas, to further stimulate circulation and improve the skin's general appearance.



ELEMIS Face

Our philosophy is to provide you with an exceptional and memorable spa experience, languidly paced and sublimely indulgent.

ELEMIS Pro-Definition Lift and Contour

1 hr 17 600 ₪

Powered by breakthrough technology, this facial helps restore the architecture of the face using potent, active plant nutrients to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS Dynamic Resurfacing Precision Peel

1 hr 17 600 ₪

Clinically-proven* to target signs of ageing and skin tone unevenness, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS Pro-Collagen Age Defy

1 hr 16 400 ₪

Tackle fine lines and wrinkles with the clinically-proven* age-defying benefits of marine charged Padina Pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger-looking skin.

ELEMIS Superfood Pro-Radiance

1 hr 16 400 ₪

This nutritional boost, rich in superfoods and essential minerals, is designed to pack stressed, dull skin with energising, detoxifying actives. Clinically-proven* to leave skin plumper, more radiant and illuminated with good health.

ELEMIS Sensitive Skin Soother

1 hr 16 400 ₪

Fragile skin needs special attention. Soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS Anti-Blemish Mattify and Calm

1 hr 16 400 ₪

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

ELEMIS High Performance Skin Energiser

1 hr 16 400 ₪

The hard-working facial for ageing, dehydrated skin and tired eyes. Cell regeneration is maximised, while steam and extraction decongest the skin. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

**Independent clinical trials*



ELEMIS Body

All body therapies begin with an Aroma Reflex Foot Ritual.

ELEMIS Targeted Toning Tightener

1 hr 15 mins 13 000 ₱

A powerful blend of massage and detoxifying clay for targeted toning and tightening of the hips, thighs, abdomen and backs of the arms. Clinically-proven* to reduce the appearance of cellulite after just one treatment.

ELEMIS Body Nectar Nourishing Wrap – Sweet Orchid

1 hr 15 mins 12 200 ₱

The velvety texture of sweet orchid oil quenches thirsty skin with its super hydrating properties. You are kept cocooned and warm while mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS Intensely Cleansing Salt Scrub – Lime and Ginger or Frangipani

45 mins 9 800 ₱

Fragranced salt gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb deeply nourishing body oil.

**Independent clinical trials.*



Face Ritual

Your face ritual will begin with a relaxing and cleansing Aroma Reflex Foot Ritual.

Pure Nature Facial

1 hr 5 mins 9 400 ₱

Mandara Spa's signature facial is rich in enzymes that peel away dead skin, antioxidant-rich vitamins that protect and treat skin cells from environmental (and self-induced!) pollutants and natural oils that provide 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 skin's equilibrium and deliver a burst of vitamins and minerals to the skin.

Preserve ~ a cleansing and rejuvenating facial for normal skin.

Renew ~ a fruit acid treat for environmentally damaged skin.

Enrich ~ a nourishing facial for dry or mature skin.

Massage Rituals

Every massage begins with an Aroma Reflex Foot Ritual, a symbolic cleansing process to wash away the world and a divine foot massage to prepare you for total relaxation.

Mandara Massage

1 hr 35 mins 19 400 ₱

1 hr 5 mins 13 500 ₱

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.

Balinese Massage

1 hr 35 mins 15 800 ₱

1 hr 5 mins 11 600 ₱

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 also helps to improve the circulatory, lymphatic, muscular and nervous systems. For recovery from jet lag, we recommend our Tranquility massage oil blend.

Warm Stone Massage

1 hr 5 mins 11 600 ₱

The healing power of touch combines with the energy of the earth in this relaxing, muscle-melting massage. Smooth, warmed rocks glide across the 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.

Fancy Foot-work

1 hr 5 mins 8 800 ₱

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.





More of Mandara

Intracutaneous Oxygen Facial

50 mins	With choice of two serum treatment options	22 800 ₪
	With one serum treatment option	17 800 ₪

Intracutaneous hyperbaric technology uses an oxygen concentrator that infuses the skin with multi-weight hyaluronic acid, vitamins and powerful anti-ageing ingredients to instantly illuminate, lift and hydrate facial tissues, ensuring immediate result with the very first treatment. This technology is non-invasive, relaxing and suitable for all skin types and environmental conditions. Select from one or more treatment serums to enhance effectiveness.

Rejuvenate ~ The first step in your skin's transformation, targeting the appearance of fine lines, wrinkles and dramatically enhances overall hydration. Perfect for any skin type, the instant and visible results will leave your skin looking younger, visibly lifted, toned and hydrated.

Clarity ~ Impurities are banished, leaving an environment for calm, clear, refined skin. Acne affected skin is visibly comforted while oil free nourishes ensure moisture balance is maintained to help defend against future breakouts.

Atoxelene ~ A targeted treatment to smooth the appearance of expression lines and wrinkles. Firms, lifts and plumps the appearance of wrinkles caused by facial muscle contractions in just one treatment.

EndoSphères Therapy®

45 mins	13 800 ₪
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A highly effective anti-cellulite treatment using the innovative Micro-Vibration Compression® system to treat cellulite, refine body contour and muscle toning. The medical device uses mechanical oscillations at low frequencies to stimulate the tissues and collagen with a soothing lymphatic drainage process, leaving you with an overall lightweight feeling and toned body. With immediate visible results after the first session, continued treatments will see a reduction of orange-peel skin and water retention, with beneficial effects on muscle and tissue toning.

Tension Relief Massage

1 hr 20 mins	15 800 ₪
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This massage features slow, deep stroking techniques that release built-up tension by applying pressure to deep inner layers of muscle and connective tissue. Circulation increases, delivering fresh oxygen and nutrients to muscles and helping repair and improve muscle condition while easing chronic pain.

Express Massage

(Add-On: Available only in conjunction with full treatment booking)

30 mins	6 400 ₪
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For those of you on a tight schedule, this short but effective massage focusing on the back, neck and shoulders will help to relieve tension and stress.

*For more information
contact the Spa reception.*

Russian Banya

1 person	1 hr 30 mins	18 800 ₪
2 persons	2 hrs 30 mins	24 200 ₪

The Russian Banya is an established tradition of ethnic and historical significance. It is aimed at maintaining the purity of both body and spirit. The banya generates high levels of steam, causing the body to sweat profusely and detoxify, enhancing circulation, oxygenating cells, tissues and increases the body's ability to produce energy which promotes healing, eliminating toxins more effectively.

The invigorating thermal treatment uses fragrant bundle of leaves, aiming to boost circulation and relieve tension or stress. A stimulating dip into the cold plunge pool, followed by a massage will leave you revitalised and relaxed at the same time.

Includes:

- 3 steam-sauna sessions with traditional fragrant leaves; 10 mins per session
- Tea Ceremony
- 1 session of Lavender Body Wash and Traditional Honey Body Scrub

Herbal Mattress 3 000 ₪ per person

To enhance your treatment, we recommend the use a herbal mattress which includes hay, clover, chamomile and wild flowers.



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 at the spa 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 concerns at all, please let us know.

What should 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. Please choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

What facilities can I use?

All treatments include the use of our Hydrotherapy Area and Relaxation Lounge.

What about my valuables?

Please leave valuables in your hotel room safe, as we do not assume any liability for personal items.

What if I'm late for my appointment?

Arriving late will simply limit your treatment time, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

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?

You may charge spa services to your hotel bill. We also accept all major credit cards and cash payments.



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