



MANDARA
— SPA. —

AT
THE GRAND MAURITIAN
A LUXURY COLLECTION
RESORT & SPA



Packaged Rituals

** indicates inclusion of Elemis Spa-therapy

Ultimate Indulgence

2 hrs 50 mins Rs 12,200

With two therapists devoted only to you, this is an exotic, luxurious and unforgettable celebration of indulgence.

Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Herbal Steam~ Refreshments ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.

Ultimate Indulgence with Rasul

2 hrs 20 mins Rs11,800

Immerse yourself in a unique ancient exfoliation ritual using mineral-rich mud and soothing herb infused steam.

Aroma Reflex Foot Ritual ~ Rasul and Mud Treatment ~ Refreshments ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.

Luscious & Luminous**

2 hrs 05 mins Rs 7,900

Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses.

Aroma Foot Ritual with Elemis product ~ Choice of Elemis Body Wrap, including mini facial ~ Herbal Steam ~ Refreshments ~ Balinese Massage.

Ocean Detox Wrap

2 hrs 10 mins Rs 6,800

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 ~ Dry Body Brushing ~ Seaweed Wrap ~ Scalp Massage ~ Herbal Steam ~ Cleansing Tea ~ Balinese Massage.

Sultry Citrus Body Buff**

1 hr 50 mins Rs 6,700

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 Foot Ritual with Elemis product ~ Elemis Exotic Lime & Ginger Salt Glow, including mini facial ~ Herbal Steam ~ Refreshments ~ Balinese Massage.

Dream Weaver

2 hrs 10 mins Rs 6,300

Head to toe indulgence for radiant skin and a dream-like sense of well-being.

Aroma Reflex Foot Ritual~ Herbal Steam ~ Refreshments ~ Balinese Massage ~ Pure Nature Facial.

Transcendence

2 hrs 10 mins Rs 6,000

Immerse yourself in the spa experience with this exquisite package that offers you choices from around the globe.

Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Herbal Steam ~ Refreshments ~ Choice of Balinese Massage, Fancy Foot-work, or Warm Stone Massage.

Touches of the World

1 hr 35 mins Rs 6,000

Experience the delights of the traditional Arabian rasul and mud treatment; a great way to soothe and warm your muscles while softening your skin. Complemented with your choice of relaxing massage.

Aroma Reflex Foot Ritual ~ Rasul and Mud Treatment ~ Refreshments ~ Choice of Balinese Massage, Fancy Foot-work or Warm Stone Massage.

Spa Discovery**

1 hr 35 mins Rs 5,500

Age-old tradition combines with the finest European skin care for a deliciously relaxing experience.

Aroma Foot Ritual with Elemis product ~ Balinese Massage ~ Elemis Taster Facial.



Face Rituals

Our philosophy is to provide you with an exceptional and memorable spa experience, languidly paced and sublimely indulgent. All facials begin with a relaxing and cleansing foot ritual.



Elemis Pro-Collagen Quartz Lift Facial

1 hr 30 mins Rs 5,700

Immediate results in the fight against time. This exceptional facial helps to combat the visible signs of ageing using specialised massage techniques to help reduce the appearance of fine lines and wrinkles. A Japanese silk mask is impregnated with Pro Collagen Marine Serum to maximize penetration of the collagen boosting marine algae Padina Pavonica.

Elemis Skin IQ + Facial for Men

1 hr 30 mins Rs 5,700

Anti-ageing booster for tired stressed skin. Helping to calm irritation and minimise 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 38% and elasticity by 28% after just 1 hour.

Elemis Skin Specific Facials

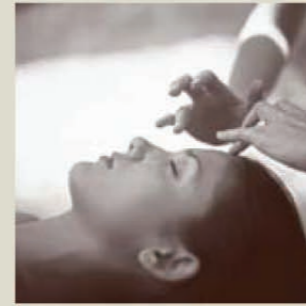
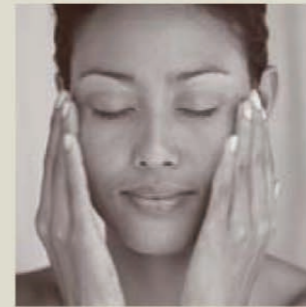
1 hr 15 mins Rs 4,700

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.



Face Rituals continued

Pure Nature Facial

1 hr 05 mins Rs 3,300

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 sourced locally like sweet Mauritian honey and raw sugar with no harmful preservatives or additives, relying on nature's life-force to restore equilibrium and deliver a vitamin and mineral burst to your skin.

Preserve ~ a cleansing and rejuvenating facial for normal skin types.

Renew ~ a fruit acid treat for environmentally damaged skin.

Enrich ~ a nourishing facial for dry or mature skin.

Massage Rituals

The following massage rituals go that extra step with indulgent touches and the luxury of time. Every massage begins with an Aroma Reflex Foot Ritual, a symbolic cleanse to wash away the world and a divine foot massage to prepare you for total relaxation.

Mandara Massage

1 hr 05 mins Rs 7,800

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.

Warm Stone Massage

1 hr 05 mins Rs 4,200

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.

Balinese Massage

1 hr 05 mins Rs 3,800

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 massage combines stretching, long strokes, skin rolling, and palm and thumb pressure techniques. A tonic for the soul, it can also help to improve the circulatory, lymphatic, muscular and nervous systems.

Fancy Foot-work

1 hr 05 mins Rs 3,700

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.

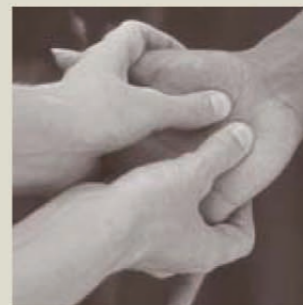
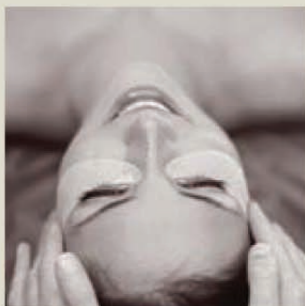
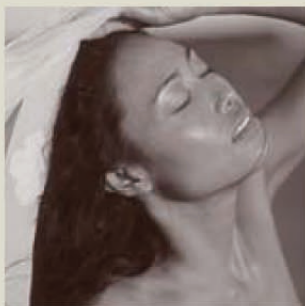
Absolute Escapes

Divine Indulgence! Each day promises a blissful experience to rejuvenate body, mind and spirit. Choose from 2, 3 or 5 day programs that combine exotic and ancient traditions in health, beauty and relaxation. Make the most of your holiday time and return home feeling refreshed, rejuvenated and glowing with good health and vitality. For more information contact the Spa reception.

Please contact the Spa for information on the Fitness Centre and hair and nail services at the Salon.

Dial the Spa for Reservations – Open 10.00am to 8.00pm daily.

All prices are quoted in Mauritian Rupees and are inclusive of appropriate government tax. Rates are subject to change.



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 concern at all, let us know.

What do 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. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

What about my valuables?

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

What if I'm late for my appointment?

Arriving late will simply limit the time for your treatment, 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 accept all major credit cards (Visa, AmEx, MC).



THE GRAND MAURITIAN
A LUXURY COLLECTION
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Mauritius

MEMBER OF
STARWOOD
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