



MANDARA  
— SPA —

ROYAL PARK  
SHIDOME TOWER

## Packaged by Mandara

Royal Retreat 2 hrs 15 mins JPY38,850  
(tax excl. JPY37,000)

Feel like royalty as you succumb to a relaxing experience combining age-old tradition with the finest European skin care. Aromatherapy Floral Footbath ~ Choice of Balinese Massage or Samarpan Massage ~ Elemis Facial. Options available for both men and women.

Pure Indulgence 2 hrs 20 mins JPY32,550  
(female guests only) (tax excl. JPY31,000)

An exotic, luxurious and unforgettable celebration of indulgence. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Wrap or Body Scrub ~ Seasonal Floral Bath and Tea Ceremony or Herbal Steam ~ Balinese Massage ~ Elemis Taster Facial.

Balinese Blessing 1 hr 50 mins JPY24,150  
(female guests only) (tax excl. JPY23,000)

Say goodbye to stress and hello to a more relaxed, softer-skinned you with ancient secrets from the exotic island of Bali. Lavender Body Wash ~ Javanese Lulur or Balinese Boreh Wrap ~ Balinese Massage.

Tranquility 1 hr 15 mins JPY23,100  
(tax excl. JPY22,000)

An ideal package to banish stress, nourish your skin and rejuvenate body and mind. Enjoy your choice of Warm Stone Massage or Indian Head Massage followed by an Elemis Taster Facial. Beneficial for both men and women.

Spa Discovery 1 hr 20 mins JPY21,420  
(tax excl. JPY20,400)

Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Balinese Massage ~ Elemis Taster Facial.

## Elemis Face & Body

Elemis Tri-Enzyme 1 hr JPY24,150  
Resurfacing Facial (tax excl. JPY23,000)

Peel away the years for smoother more radiant skin. This ground breaking 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 Visible 1 hr 15 mins JPY24,150  
Brilliance Facial (tax excl. JPY23,000)

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 one treatment.

Elemis Pro-Collagen 1 hr 15 mins JPY24,150  
Quartz Lift Facial (tax excl. JPY23,000)

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 Skin IQ+ 1 hr 15 mins JPY24,150  
Facial for Men (tax excl. JPY23,000)

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.

Elemis Body Sculpting 1 hr JPY25,200  
Cellulite and Colon Therapy (tax excl. JPY24,000)

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 Cooling 55 mins JPY23,100  
Hot Stone Body-Facial (tax excl. JPY22,000)

Pure body indulgence with exceptional anti-ageing facial results! In just 55 minutes your Elemis therapist will customise a unique Elemis 'ice-cool thermal muscle massage' to your specific problem areas alleviating stress and easing aching muscles. You will then receive an intensive anti-ageing booster facial that will smooth out your wrinkles and restore youthful radiance.

## Body of Mandara

Mandara Massage 50 mins JPY29,400  
(tax excl. JPY28,000)

Not to be missed, never to be forgotten. Our signature massage, performed by two therapists working together is a unique blend of five massage styles – Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

Balinese Massage 1 hr 20 mins JPY23,100  
(tax excl. JPY22,000)  
50 mins JPY14,700  
(tax excl. JPY14,000)

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.

Warm Stone Massage      50 mins      JPY18,900  
(tax excl. JPY18,000)

The healing power of touch combines with the energy of the earth in this deeply relaxing 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.

Shiro Dhara      50 mins      JPY18,900  
(tax excl. JPY18,000)

This oil flow treatment aims to clear the mind and encourage deep relaxation acting as a gateway to total rejuvenation. It begins with an Abhyanga Massage, Ayurveda's principal healing tool and the mother of all massages. Next, for 10 minutes, a gentle flow of aromatic oil is poured onto the third eye on your forehead. An uplifting and inspiring experience.

Asian Head Massage      50 mins      JPY18,900  
(tax excl. JPY18,000)

This shoulder, neck, upper back, arm and scalp massage is based on the ancient healing system of Ayurveda. A Thai poultice filled with exotic leaves, flowers and lime essential oil is dipped in warm coconut oil and used on the scalp, for scalp and hair care as well as complete relaxation. Deep thumb and finger pressure, friction and soothing strokes help to reduce tension, improve circulation and flush out physical and emotional toxins.

Samarpan Massage      50 mins      JPY 14,700  
(tax excl. JPY14,000)

Samarpan is the Sanskrit word for offerings to the gods. Exclusively developed for the Spa, the massage starts with the drizzling of warm oil over the body, followed by a medium pressure massage to release muscle tension.

*For Her:* Coconut oil infused with uplifting Frangipani and Jasmine oils, leaving the skin fragranced and soft.

*For Him:* Our traditional recipe of exotic spices blended into coconut oil will warm and sooth tired muscles.

## More of Mandara

Brightening Facial      1 hr 30 mins      JPY19,950  
(tax excl. JPY19,000)

This treatment is designed to brighten and even out the complexion by preventing and neutralising the appearance of dark patches. Moisturising and anti-ageing agents are used to re-establish the skin's natural glow, leaving your skin brighter and more radiant.

Express Massage      25 mins      JPY7,350  
(to be combined with other full treatments) (tax excl. JPY7,000)

This short but sweet massage is available as an add-on to any of your favourite treatments. Focusing on the shoulders, back and neck to loosen and relax the muscles that carry the stress of everyday living.

Hydro Bath      (Reservation unnecessary)

Combine water with relaxation for health, balance and renewal. Our hydrotherapy facilities include separate male and female areas with Silk Bath, Cool Bath, Jet Bath, Super Jet Bath, Relaxation Bath, Dry Sauna, Steam Sauna and showers. We also provide spacious male and female relaxation lounges. *Complimentary for guests taking a spa treatment.*

## Mandara Spa Gift Certificate

Give the gift of time...perfect, unique and above all, an experience like no other. Select from any of our treatments available, to present the ultimate gift to your friend, family member or partner. Our Gift Certificate is valid for six months; terms and conditions apply.

## Bridal Spa

Designed to prepare the bride and groom for their wedding day, select from our range of exclusive Elemis Facials suitable to your needs and choice of Mandara Body Massages\*.

### *Bridal Spa-I*

One Elemis Facial & One Mandara Body Massage

### *Bridal Spa-II*

Three Elemis Facials & Two Mandara Body Massages

### *Bridal Spa-III*

Six Elemis Facials & Three Mandara Body Massages

*\*Balinese Massage or Samarpan Massage*

Purchase any of the above Bridal Spa packages and receive your Complimentary Spa add-ons!

*Female:* Choice of Aromatherapy Floral Bath, Herbal Steam or Aromatherapy Floral Footbath, with Tea Ceremony.

*Male:* Aromatherapy Floral Footbath with Tea Ceremony.

## Elemis Beauty Boost

*An intensive program of six facial treatments for optimum results.*

Ideal for both male and female skin, Elemis anti-ageing facials are specially designed to offer a unique experience, using powerful massage sequences and the most potent actives available today. The facial treatments are further enhanced by luxurious hand, arm and scalp massage sequences for the ultimate in scientific skin-therapy. Select from any of our four Elemis anti-ageing facials, redeemable within six months from date of purchase.

## Hydro-heal

Soothe away tension and sore muscles with the revitalizing properties of hydrotherapy, creating a unique level of relaxation. Receive one Complimentary visit with advance purchase of ten hydro-heal sessions.

*Visit or contact our Spa Reception for more information.*

## Spa Basics

### Should I reserve my treatments?

Yes, by phone, e-mail or visit the spa to book a reservation at your earliest convenience so we may accommodate your schedule.

### When should I arrive?

Please arrive 15 minutes before the scheduled time to check-in and change. If you wish to use the Hydrotherapy facilities prior to your treatment, please allow additional time.

### What if I have special health considerations?

Please notify our Spa Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities. If you have any concern at all, let us know.

### What if I am pregnant?

Please contact our Spa Receptionist for advice on treatments that are safe to enjoy during pregnancy.

### What if I wear contact lenses?

You may want to consider removing your contact lenses as we do not take responsibility for damage or loss.

### What do I wear during my treatment?

We provide hygienic disposable briefs or boxer shorts for both men and women, or you may choose to wear your own swimwear or briefs. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### What about my valuables?

We will provide you with a locker, however please be aware that we do not assume liability for loss of personal items. We suggest that hotel guests leave valuables in their in-room safe.

### What if I am late for my appointment?

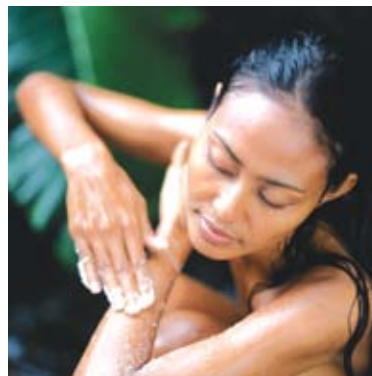
Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

### 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 cancelled on the day of treatment.

### What about payment for spa services?

We accept cash and all major credit cards (Visa, Amex, MasterCard, JCB, Diners, UC, DC, Nicos, Saison). We also accept Royal Park Hotel and Spa Gift Certificates. Hotel guests may charge to their room account.



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