



MANDARA  
— SPA —

SUNWAY RESORT HOTEL & SPA

## Packaged by Mandara

Frangipani Body Glow 2 hrs RM600  
Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger, massaged into the skin to slough away dryness ~ shower ~ embalm the body with ELEMIS Frangipani Monoi Body Oil ~ receive a relaxing mini facial whilst wrapped in the fragrant cocoon ~ Balinese Massage.

Pure Indulgence 2 hrs 30 mins RM515  
Immerse yourself in the Spa experience with this indulgent treatment package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage ~ Choice of Refresher Facial or Foot Massage.

Ocean Detox Wrap 1 hr 50 mins RM500  
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 ~ Green Clay and Seaweed Wrap ~ Infrared Detox Sauna ~ Express Massage.

Nirvana 1 hr 15 mins  
With Mandara Massage RM450  
Choice of any 50-min Massage RM265  
Begin with a Floral Footbath, a symbolic cleanse to wash away the world and prepare you for total relaxation. Step into the steam shower - infused with a detoxifying concoction of aromatic oils, herbs and spices - and enjoy herbal tea and cookies as you take time out to relax. Finally, enjoy a blissfully relaxing and rejuvenating massage of your choice.

Harmony 2 hrs RM430  
A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage or Pure Nature Facial.

Dream Weaver 1 hr 50 mins RM400  
Head to toe indulgence for radiant skin and a dream-like sense of overall well-being. Aromatherapy Floral Footbath ~ Balinese Massage ~ Pure Nature Facial.

Spa Discovery 1 hr 20 mins RM315  
Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Enjoy a Balinese Massage followed by ELEMIS Taster Facial.

Spa Sampler 1 hr 20 mins RM305  
Experience the pleasure of relaxation with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

## ELEMIS Face

ELEMIS Pro-Collagen 1 hr RM535  
Age Defy  
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 1 hr RM320  
Pro-Radiance  
A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

ELEMIS Sensitive 1 hr RM320  
Skin Soother  
Fragile skin needs special attention. A 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 1 hr RM320  
Mattify and Calm  
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.

*\*Independent Clinical Trials*

## ELEMIS Body

ELEMIS Body Nectar 45 mins RM320

Nourishing Wrap - Frangipani

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS Intensely 45 mins RM320

Cleansing Salt Scrub - Lime and Ginger

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

## Face of Mandara

Pure Nature Facial 50 mins RM205

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 with no harmful preservatives or additives. There are three options for different skin types, relying on nature's life-force to restore the equilibrium and deliver a vitamin and mineral burst to your skin.

Preserve - a cleansing and rejuvenating facial for normal skin.

Renew - a fruit acid facial for treating environmentally damaged skin.

Enrich - a nourishing facial for dry or mature skin.

## Body of Mandara

Mandara Massage 1 hr 20 mins RM600

50 mins RM375

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 - 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 20 mins RM350

50 mins RM240

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 20 mins RM330

50 mins RM205

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.

Muscle Ease Massage 1 hr 20 mins RM330

50 mins RM205

This deep tissue sports massage is an effective way to assist with muscle relaxation. It is designed to increase flexibility, relieve muscle tightness and improve circulation and recovery time.

Fancy Foot-work 50 mins RM185

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

Spa Pedicure	1 hr 15 mins	RM105
Spa Manicure	1 hr	RM95

## Gift Certificate

Gift certificate purchase is available for all spa treatments or at a value amount. Please contact our Spa Reception for further details.

## Homecare & Gifts

Luxury skin and body care products along with beautiful gifts are available at our spa boutique.

## 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. Please note that it will take approximately 10 minutes to walk from the Sunway Resort Hotel lobby to the Spa.

### 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. Alternately, treatments may be enjoyed without clothes. Choose what is most comfortable for you. Our therapist 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, JCB).



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