Packaged Rituals

* indicates inclusion of Elemis Spa-therapy

Ultimate Indulgence
2 hrs 25 mins    AED 1830
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 ~ Aromatherapy Floral Bath ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.

Pure Indulgence
2 hrs 50 mins    AED 1190
Immerse yourself in the Spa experience with this indulgent treatment package. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage ~ Refresher Facial ~ Foot Massage.

Luscious & Luminous*
1 hr 50 mins    AED 935
Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses. Aroma Foot Ritual with Elemis product ~ Elemis Exotic Frangipani Body Nourish Wrap, including mini facial ~ Balinese Massage.

Sultry Citrus Body Buff*
1 hr 50 mins    AED 935
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 ~ Balinese Massage.

Dream Weaver
1 hr 55 mins    AED 805
Head to toe indulgence for radiant skin and a dream-like sense of overall well-being. Aroma Reflex Foot Ritual ~ Balinese Massage ~ Pure Nature Facial.

Elemis Face and Body Sensation*
55 mins
With Skin IQ+ (Tranquility)    AED 670
With Skin IQ+ (Re-energiser)    AED 670
Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an ‘ice-cool thermal’ massage to relieve stress tension and ease aching muscles, or Tranquility, a ‘thermal-soothing’ massage to induce a deep level of relaxation and calm your mind. You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance.

Spa Discovery*
1 hr 35 mins    AED 630
Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Aroma Reflex Foot Ritual ~ Balinese Massage ~ Elemis Taster Facial.

Elemis Face
These superior and advanced face treatments begin with an Aroma Foot Ritual. Whatever your choice, our philosophy is to provide you with an exceptional and memorable spa experience, languidly paced and sublimely indulgent.

Elemis Pro-Collagen Quartz Lift Facial
1 hr 50 mins    AED 660
Clinically proven, after just one treatment, to reduce the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*. Uses professional strength formulations for maximum efficacy, leaving a firmer, uplifted, more youthful looking appearance.

Elemis Tri-Enzyme Resurfacing Facial
1 hr 15 mins    AED 650
Clinically proven to visibly resurface by up to 75%* and increase skin smoothness by up to 32%* after just one treatment. Targets blemishes, uneven skin tone, superficial scarring and fine lines, for younger looking skin.

Elemis Visible Brilliance Facial
1 hr 30 mins    AED 615
With revolutionary results, this anti-ageing treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are clinically proven to increase by up to 61%* and elasticity by 40%* after just one treatment.

Elemis Skin IQ+ Facial for Men
1 hr 30 mins    AED 600
Clinically proven*, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

*Independent clinical trials.
Elemis Body

* indicates inclusion of Aroma Foot Ritual.

**Elemis Cellutox Aroma Spa Ocean Wrap**
1 hr 30 mins    AED 650

A deeply detoxifying blend to decongest and stimulate the system. Let thoughts drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

**Elemis Body Sculpting Cellulite and Colon Therapy**
1 hr 15 mins     AED 590
 Clinically proven to target stubborn cellulite and sagging skin, for visible, rapid results. A peel off body mask is applied and combined with massage to deeply cleanse the body, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

**Elemis Exotic Lime & Ginger Salt Glow**
30 mins    AED 290

A body exfoliation to invigorate and revitalise. After light body brushing, warm oil is dripped over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied and followed by a mini facial. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

**Face Ritual**

Our Face Ritual begins with a relaxing and cleansing Aroma Reflex Foot Ritual.

**Pure Nature Facial**
1 hr 05 mins    AED 420

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**

**Traditional Body Scrub**
50 mins    AED 295

Select your choice of body scrubs; Soothing Coconut, Bali Coffee, Javanese Lulur or Balinese Boreh.

**Massage Rituals**

The following massage rituals go that extra step with indulgent touches and the luxury of time. Every massage over 50 minutes 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 35 mins, 1 hr 05 mins or 50 mins    AED 950 / 695 / 645

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.

**Royal Thai Massage**
1 hr 45 mins     AED 630

Exotic, rejuvenating and the ultimate subliminal body workout. Using no oil, this firm massage aims to release tension, increase vitality and flexibility, and create wholeness of body, mind and spirit. It is a masterful fusion of Indian Ayurvedic stretching techniques and the Chinese method of deep tissue pressure point massage. It helps to release toxins, stimulate blood flow, realign the body and restore suppleness.

**Shiro Dhara**
1 hr 35 mins     AED 545

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 20 minutes, a gentle flow of aromatic oil is poured onto the third eye on your forehead. An uplifting and inspiring experience.
Balinese Massage
1 hr 35 mins, 1 hr 05 mins or 50 mins  AED 495 / 415 / 365
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 35 mins, 1 hr 05 mins or 50 mins  AED 495 / 415 / 365
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.

Warm Stone Massage
1 hr 05 mins  AED 495
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.

Fancy Foot-work
1 hr 05 mins  AED 470
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 leisure time and leave feeling refreshed, rejuvenated and glowing with good health and vitality.

For more information and reservations, please contact the Spa reception.
Open 9.00am to 10.00pm and on request.

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 30 minutes before the scheduled time, to check-in, change and enjoy the wet and heated facilities in preparation of your treatment.

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. Our therapists will always use draping techniques to respect your privacy. Nudity is prohibited.

What about my valuables?
We strongly recommend that you do not bring valuables to the spa. The management will 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 pay in cash or charge spa services to your hotel bill. We also accept all major credit cards (Visa, AmEx, MC, Diners).