



MANDARA  
— SPA. —

THE MAGELLAN SUTERA RESORT

## Packaged by Mandara

Frangipani Body Glow 2 hrs RM660  
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.

Yin and Yang 2 hrs 05 mins RM560/person  
The ideal 'him and her' package for a magically romantic spa experience.  
**Him:** Aromatherapy Reflex Footbath ~ Lavender Body Wash ~ Coffee Scrub ~ Herbal Steam, Aromatherapy Floral Bath with Refreshment & Fruit Platter ~ Balinese Massage or Warm Stone Massage.  
**Her:** Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Javanese Lulur ~ Herbal Steam, Aromatherapy Floral Bath with Refreshment & Fruit Platter ~ Balinese Massage or Warm Stone Massage.

Pure Indulgence 2 hrs 30 mins RM525  
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.

Harmony 2 hrs RM475  
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.

Spa Discovery 1 hr 20 mins RM350  
Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Balinese Massage ~ ELEMIS Taster Facial.

Spa Sampler 1 hr 20 mins RM340  
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 Age Defy 1 hr RM585  
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 RM350  
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 Skin Soother 1 hr RM350  
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 Mattify and Calm 1 hr RM350  
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 Nourishing Wrap - Frangipani 45 mins RM350  
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 Cleansing Salt Scrub - Lime and Ginger 45 mins RM350  
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to

## Face of Mandara

Pure Nature Facial 50 mins RM230  
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 RM660  
50 mins RM415  
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 RM380  
50 mins RM265  
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	RM360
	50 mins	RM230

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	RM360
	50 mins	RM230

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.

Oxygen Therapy Massage	50 mins	RM345
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Energise and beat end-of-day fatigue. Breathing pure oxygen has been proven to boost the immune system and promote cell regeneration. Begin with a 20-minute inhalation of pure oxygen, simple yet powerful in balancing your body's energy. Combined with a relaxing massage to increase circulation and relieve tension, the treatment enhances mental clarity, alertness; whilst improving mood, concentration levels and overall well-being.

Fancy Foot-work	50 mins	RM205
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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

### 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.

### 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 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?

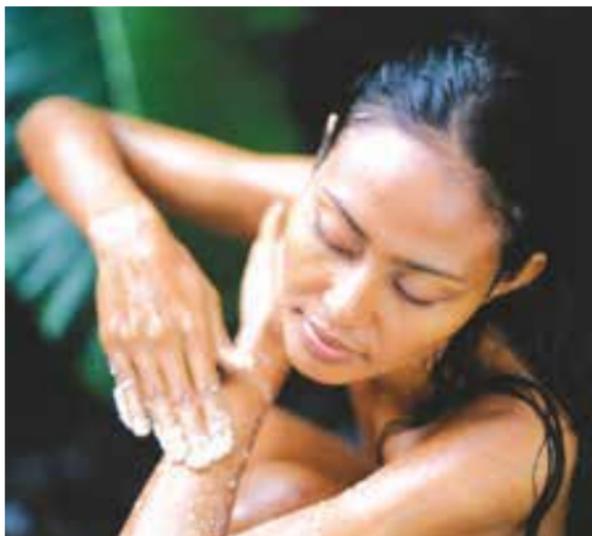
Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

### 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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