

The Legend of Mandara

The name Mandara comes from an ancient Sanskrit legend about a gods' quest to find the elixir of immortality and eternal youth. In this legend Mandara Giri represents a sacred mountain from which flows the water of life - a magical elixir with the power to keep you forever young.

This ancient legend has been embraced by Mandara Spa and is, today, reflected in the unique and exotic spa treatments that replicate the beauty, spirit, soul and cultural traditions of those ancient times.

While we cannot promise immortality, we can guarantee that upon experiencing our spa treatments, you will feel radiant, revitalized and, perhaps, even touched by a little of the legendary magic that has become the ethos of **Mandara Spa**.

Welcome to Mandara Spa



Mandara Spa Passages

Escape the limits of time and immerse yourself in one of our exquisitely packaged recipes for relaxation. Whether the occasion merits a celebration of love or friendship, enjoy the luxury of a side by side treatment in one of our spa suites.

Romantic Getaway - Couple

Embrace serenity together in the gentle whisper of this truly aromatic experience. Spa delights that will melt away tensions, loosen your muscles and tendons, smoothen the texture of your skin and improve your overall blood circulation will leave you both feeling cocooned in relaxation and reminded of how sacred it truly is to have quiet time together.

Floral Foot Ritual - Aromatic Steam - Aromatic Salt Scrub - Aromatic Floral Bath - Aromatic Massage - Aromatic Facial - Refreshment

Ultimate Indulgence

Enlighten your soul and restore the equilibrium within you with this ultimate pampering half-day treat. While you experience the power of fragrant and pure essential oils, your face and body will benefit from ingredients designed to infuse your skin with vitamins and minerals. Before the final beautifying touches of this journey, replenish your system with tasty and nutritious spa cuisine all in the privacy of your own spa suite.

Floral Foot Ritual - Aromatic Steam - A choice of Scrub or a choice of Wrap (Not including Elemis) - Aromatic Massage - Spa Cuisine - Aromatic Facial - A choice of Spa Manicure or Pedicure - Refreshment

Oriental Retreat

Achieve total inner and outer healing with traditional Thai herbal therapy that has been practiced for hundreds of years. A warm, balancing poultice opens the pores and brings deep medicinal heat to the muscles to release tensions and revitalize the mind before a full body massage using herbal oil. Then, discover an ancient Thai beauty recipe consisting of a blend of nourishing plant extracts applied to your face to restore the youthful glow that derives only from healthy, hydrated skin. A detoxifying foot massage ends this treatment.

Floral Foot Ritual - Luk Prakob - Thai Herbal Facial - Oriental Foot Massage - Refreshment

Mandara Sunrise

Knowing the needs of your body best, create your own personal heaven with the flexibility of this treatment, combining the nourishing benefits of a scrub or wrap together with a healing massage to unleash blockages and relieve emotional and physical tension.

Floral Foot Ritual - Choice of 50 minutes Body Scrub (Not including Elemis) - Choice of 60 minutes Massage Therapy (Not including Elemis) - Refreshment

Mandara Sunset

Heed your body's call for attention and treat yourself to a cleansing body scrub and healing massage, then glisten like the rays of a perfect sunset after a purifying, cleansing, toning and revitalizing facial designed to soothe your skin and eliminate stress.

Floral Foot Ritual - Choice of 50 minutes Body Scrub (Not including Elemis) - Choice of 60 minutes Massage Therapy (Not including Elemis) - Aromatic Facial - Refreshment



Mandara Signature Rituals

The legacy of the Mandara philosophy is perhaps best experienced through our signature rituals. Drawing back to the origins of time-honoured traditions of well-being, these treatments were selected and created with only one thing in mind - you.

Ritual of Javanese Lulur

Experience the traditions of royal Javanese heritage by indulging in a Balinese style massage followed by a body scrub using powdered spices and sweet woods. Cooling yoghurt will soften the skin and a nourishing milk bath will envelop your body with essential moisture leaving your skin feeling luxuriously conditioned and hydrated.

Floral Foot Ritual - Lulur Scrub - Yoghurt Splash - Mandi Susu - Floral Oil Massage - Refreshment

Mandara Signature Massage

A truly sublime and unforgettable spa experience, this “four hand massage” incorporates the exacting skills of two therapists working together in rhythmic harmony. The technique combines five different massage styles of Japanese Shiatsu, Thai Massage, Hawaiian Lomi Lomi, Swedish and Balinese. Performed using specially-blended massage essential oils of sandalwood, patchouli and ylang ylang, gentle and healing hands of our therapists will help to calm the nervous system, warm and relax muscle tissue and promote the growth of healthy, new skin cells, ultimately resulting in total relaxation and suppleness of the skin.



Massage Therapies

Massage is a therapy that when applied with skill and care can precipitate many beneficial changes within the body, mind and spirit. It is a powerful treatment because it works on both physical and psychological levels to invigorate and relax while various techniques and strokes can also ease pain or tension from stiff aching muscles, boost circulation and alleviate mental stress.

Traditional Thai Massage

Also called "Nuad Borarn", this healing therapy has been taught, practiced and handed down through generations in Thailand for over 2500 years. The massage combines acupressure and stretching techniques using the therapist's fingers, thumbs, elbows, arms and feet, allowing the body's internal energy to flow more freely and alleviating problematic conditions such as lower back pain, arthritis, headaches and stress-related conditions.

Swedish Massage

Swedish Massage, developed in 1812, is the foundation of the majority of all Western massage techniques. A firm and invigorating massage using sweet almond oil combined with the five classic strokes - gliding, kneading, friction, vibration, and percussion movements, this treatment improves blood circulation, reduces muscle tension to relieve aches and pains and energizes the body.

Aromatic Massage

Based on the principles of Aromatherapy and Swedish massage, this treatment incorporates the olfactory system and the part of the brain that relates fragrances with moods, emotions and memories. Stress and anxiety are relieved as essential oils extracted from plants, flowers, fruits and bark are generously glided over your body using a variety of techniques. Each ingredient works to ground, balance and calm the body and mind while their powerful effects are also known deterrents of muscular and rheumatic pains and digestive disorders.

Sport Massage

Sport Massage uses three of the five classic Swedish massage strokes and works deeply into the muscles, stretching muscle fibres and releasing tension in the fascia that may otherwise cause restricted movement and pain. By generating increased bloodflow and thus improving circulation, Sports Massage can improve flexibility, prevent injury and speed the healing process of sore or pulled muscles.

Ayurvedic Massage

The words '*Ayur*' and '*Veda*', meaning life and knowledge in Sanskrit, relate to the school of thought that each individual is composed of one or a combination of three doshas, *Vata* (air-ether) *Pita* (fire-water) or *Kapha* (earth-water). Ayurveda believes that health and wellbeing can be adversely affected by imbalanced doshas. While helping to increase circulation and energy levels and alleviating muscle tension, this treatment is tailored to address the specific imbalances of each dosha using corresponding Ayurvedic oils.

Elemis Aroma Stone Therapy

Harnessing the healing power of warm Volcanic stone, small stones are placed on key energy points, whilst the deep penetrating heat from the stones are used to massage the body using traditional techniques to release muscular tension and balance the spirit.



Massage Therapies

Balinese Massage

Developed in Bali, Indonesia, this traditional massage draws on the benefits of relaxing lavender, calming ylang ylang and vitamin-infused grapefruit essential oils. Long, gliding movements stretch muscle fibers while skin rolling and firm kneading along pressure points warm and relax muscle tissues. Those with tired, aching muscles or a need for deep relaxation will benefit greatly from this treatment.

Body Detox Massage

Based on Manual Lymphatic Drainage techniques developed in the 1930's, this treatment is a delicate form of massage that stimulates the body's lymphatic system, improving metabolism, helping the body to eliminate waste, toxins and providing a boost to the immune system. Unlike other forms of massage, lymphatic drainage uses very light pressure combined with soft pumping movements in the direction of the lymph nodes on both the face and body.

"Luk Prakob" Hot Compress Therapy

Tensions drift away during this traditional, hot Thai massage. The "Luk Prakob" has been used for many centuries in Thailand for the relief of pain and inflammation. Following a traditional Thai massage, a selection of therapeutic herbs including prai, ginger, turmeric and lemongrass are wrapped in a muslin compress, steamed and then applied to the body in gentle circular and rolling movements. As the pores open and allow the herbs to take effect, ailments such as stiff, sore or pulled muscles and ligaments, back pain, migraines, stress and anxiety are almost instantly relieved.

Indian Head Massage

Based on the principles of Ayurveda, this soothing yet energizing head massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. While also restoring vital tranquility, Indian Head Massage can help to relieve insomnia, chronic headaches, migraines and sinusitis.

Oriental Foot Massage

A dynamic treatment that is based on the principles of Reflexology, linking the reflex zones on the feet to organs and systems in the body. Pressure is applied to various zones on the feet using the thumbs, fingers and palms to induce relief from pain, illness and stress. Combined with a nourishing cream, Oriental Foot Massage is particularly beneficial for the relief of tension headaches, poor circulation and a sluggish digestive system.



Body Treatments

Deep seated impurities caused by some of the harmful effects of today's environment often prevent necessary nutrients from reaching the skin for nourishment.

Choose from any of our exceptional and purifying body treatments below to replenish the wellness in you.

Body Scrubs

The process of skin cell renewal is one that occurs naturally, yet this process slows down as we age leading to dull-looking, lifeless and dry skin. Exfoliation is an optimal treatment that accelerates the natural skin cell renewal process, stimulates the blood and its circulation through the lymphatic system and brings oxygen and nutrition to the surface of the skin while simultaneously assisting the body to flush away toxins. If performed on a regular basis, exfoliation can be highly effective in the treatment of cellulite and ensures soft, smooth skin.

Elemis Exotic Lime and Ginger Salt Glow

Invigorating

An exotic exfoliation ritual to energize and revitalize the body, this luxurious treatment will infuse your body with citrus fragrances and oils, leaving your skin feeling deeply cleansed, replenished and softened to perfection.

Tamarind Body Blast

Naturally Whitening

An age-old Thai beauty treatment using a blend of Tamarind fruit, yoghurt and honey to exfoliate, nourish and polish the skin.

Javanese Lulur

Softening

A traditional Javanese beauty treatment made from a blend of powdered spices and sweet woods followed by a cool yoghurt splash. This exotic delight will leave your skin feeling luxuriously conditioned and hydrated.

Coffee Scrub

Energising

Locally grown Thai coffee beans and natural pumice followed by a body rub of fresh Vitamin A-rich carrots.

Body Wraps

Our skin is our largest organ of detoxification. As we are exposed to toxins on a daily basis in our lives, through the foods we eat, the air we breathe, free radicals, chemicals and so on, it is vital to rid the body of such harmful elements. Designed to help eliminate toxins from the body through the pores of the skin as well as stimulate circulation and soothe the muscles, body wraps can also help to firm and tone the skin, reduce cellulite, smooth body contours and make the skin feel sumptuously soft and supple.

Seaweed Body Contour

Detoxifying

Rich in organic matters, proteins, vitamins and trace minerals, this slenderizing treatment effectively tones and reshapes the body.

Mud Therapy

Purifying

Combining the richness of sea plants and algae this deeply cleansing body treatment will detoxify, decongest and stimulate the body to generate new skin cells for all-round smooth, beautifully toned skin.

Aloe Poultice

Skin soothing

Aloe Vera, otherwise known as the 'healing plant' has long been recognized for its natural healing qualities, especially in the treatment of burns and wounds. Combining a soothing application of natural aloe vera gel followed by a cooling compress of mint and black tea leaves will reduce redness and irritation and calm the skin.

Green Tea Splash

Detoxifying

Anti-inflammatory properties as well as minerals found in this Green Tea blend will gently hydrate and detoxify the skin. This treatment includes a calming cocoon wrap to allow for deeper penetration of the ingredients into your body, followed by a heavenly scalp and digito-pressure facial massage.



Mandara Facial Elixir

Discover the secret to looking younger and more radiant with any of these delicately fragranced, purifying and irresistibly indulgent facials.

Elemis Visible Brilliance Facial

For ageing, stressed and slackened skin

This unique face and eye treatment will instantly firm, rejuvenate and restore moisture to the skin while smoothing and sculpting, promoting a youthful tone and texture. Dedicated clinical trials have shown that moisturisation levels of the skin can increase by up to 38% and elasticity by 28% after just 1 treatment.

Elemis Pro-Collagen Marine Facial

For fine lines and wrinkles

This exceptional face and eye treatment helps to slow down the signs of premature ageing and reduce the appearance of fine lines and wrinkles caused by the harsh effects of the environment. Powerful anti-ageing ingredients, and specialized lifting massage techniques combine to help the skin achieve a more youthful appearance.

Elemis Oxygen Skin Calm Facial

For sensitive skin

This face and eye treatment is pure soothing heaven for sensitive skins. Helping to calm and rebalance delicate and fragile skin, this superior treatment combines soothing actives with a unique Japanese Silk Mask that helps to reduce redness and offer immediate comfort.

Elemis S.O.S Purifying Facial

For oily, problem and congested skins

This powerful purifying face and eye treatment helps to absorb excess sebum, regulate and balance the function of the skin, whilst helping to repair scarring. A unique Japanese Mask combined with Vita-C Booster Serum helps to calm and rebalance oil-rich pores, revealing beautiful, matte skin.

Aromatic Facial

Designed to promote healthy and radiant skin

Our deluxe facial offers cleansing, toning, exfoliation and a revitalizing mask for both men and women. In addition, a light relaxing facial massage using aromatic hydrating oil is performed to soothe the skin, eliminating stress and leave you in a state of total tranquility.

Thai Herbal Facial

For all skin types

Discover the secret of Thailand's ancient beauty rituals with this traditional Thai facial. An ancient recipe incorporating a blend of nourishing plant extracts and other elements of nature's abundant goodness is gently applied to the face to nourish and hydrate the skin bringing your inner glow to the surface.



Time For Men

Elemis Skin IQ Facial

This facial protects against the harsh, aging effects of shaving and everyday environmental damage. Breakthrough technology is used to recharge and energise tired skin, by combining active therapeutic professional products with bespoke massage techniques to minimise the signs of aging and calm irritation.

Elemis Urban Cleanse Facial

This super-grooming, deep cleansing facial works overtime to decongest and defend the skin. Active, therapeutic-grade products are used to cleanse stressed skin, helping to eliminate blocked pores, neutralise impurities and help rapidly accelerate skin repair. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Elemis Deep Tissue Muscle Massage

- Stress-a-Way soothe and relax with Lavender, Chamomile, Melissa, Geranium & Bergamot. Ideal to treat symptoms of stress and fatigue.
- Cellutox Active a powerful synergy of Juniper and Lime Essential Oil combined with detoxifying sea plants helps to combat the build up toxins cause by poor diet and stress
- Muscle Melt ease away aching muscles with warming Rosemary, Juniper, Thyme, Birch & Chamomile excellent as part of fitness.

Elemis Total Time Out

- Elemis Skin IQ or Elemis Urban Cleanse Facial
- Elemis Deep Tissue Muscle Massage

Achieve the ultimate goal for complete skin, body and lifestyle management.



Splendors of Mandara

Water is one of the purest and most vital essences of life as well as the base element of all spa experiences. Indulge in one of our water-based rituals as an ideal prelude to, or a magical combination with any body treatment.

Baths

Our luxurious aromatic baths are the perfect complement to any of our treatments. Sit back, relax and enjoy your private leisurely soak as part of a package or as an individual treatment.

Moor Mud Bath

Detoxifying

Mineral-rich moor mud to restore the balance within.

Honey & Milk Bath

Softening

A luxurious blend of honey and milk to nourish and hydrate.

Aromatic Flower Bath

Exotic

An enchanting combination of local flowers and essential oils to unearth your inner calm.

Steams

Our steam rituals are an ideal prelude to any body treatment. As the rooms fills with an aroma oil allow your body to experience its natural detoxification process and find your inner harmony.

Aromatic Steam Ritual

Relaxing

As the calming scent of essential oils surround you, allow the soothing warmth to unwind your every inhibition.

Thai Herbal Steam Ritual

Refreshing

Inspired by the healing properties of Thai herbs, this exotic ritual provides nutrition to your body and energizes your soul.



Mandara Spa Elements

In Room Massage

Can be provided in the privacy of your room with your advanced reservation.

Traditional Thai Massage

Oriental Foot Massage

Aromatic Massage

Beauty Salon

Our salon offers a wide range of pampering beauty, nail and haircare treatments to suit your needs.



Your Spa Journey



Assisting you in the selection of a treatment that is most suitable for your needs and desires is of great importance to us. In fact, here at Mandara Spa, from the moment your spa journey begins until it ends, we consider it paramount that your every comfort and expectation are not only tended to, but anticipated, with unrivalled personal care.

- In order to maximize the benefits of your spa experience, please kindly arrive for your appointment at least 15 minutes prior to your treatment time.
- Our Spa Manager and Spa Consultants will gladly advise you on which treatments may best suit your needs. In order for us to make an appropriate recommendation, we will ask that you complete our spa consultation form.
- For personal belongings, a safety deposit box is provided for you in your spa treatment room.
- While every effort will be made to provide you with your full treatment time reserved, should you arrive late for your appointment, the treatment time may have to be reduced depending on availability. We appreciate your understanding.
- If you would like to cancel your appointment, please kindly do so at least 4 hours prior to the treatment in order to avoid a 50% penalty charge.

The Spa environment is one of tranquility and relaxation for all of our guests. It is our mission to ensure that you as well as our other customers reap the benefits of this peacefulness.

Kindly refrain from smoking or using mobile phones when in the spa.

Thank you – and enjoy your journey to wellbeing with Mandara.