



MANDARA
— SPA. —

AT
PARK PLAZA
WESTMINSTER BRIDGE
LONDON



Turn your stay into a
heavenly escape with
blissful moments
at Mandara Spa...

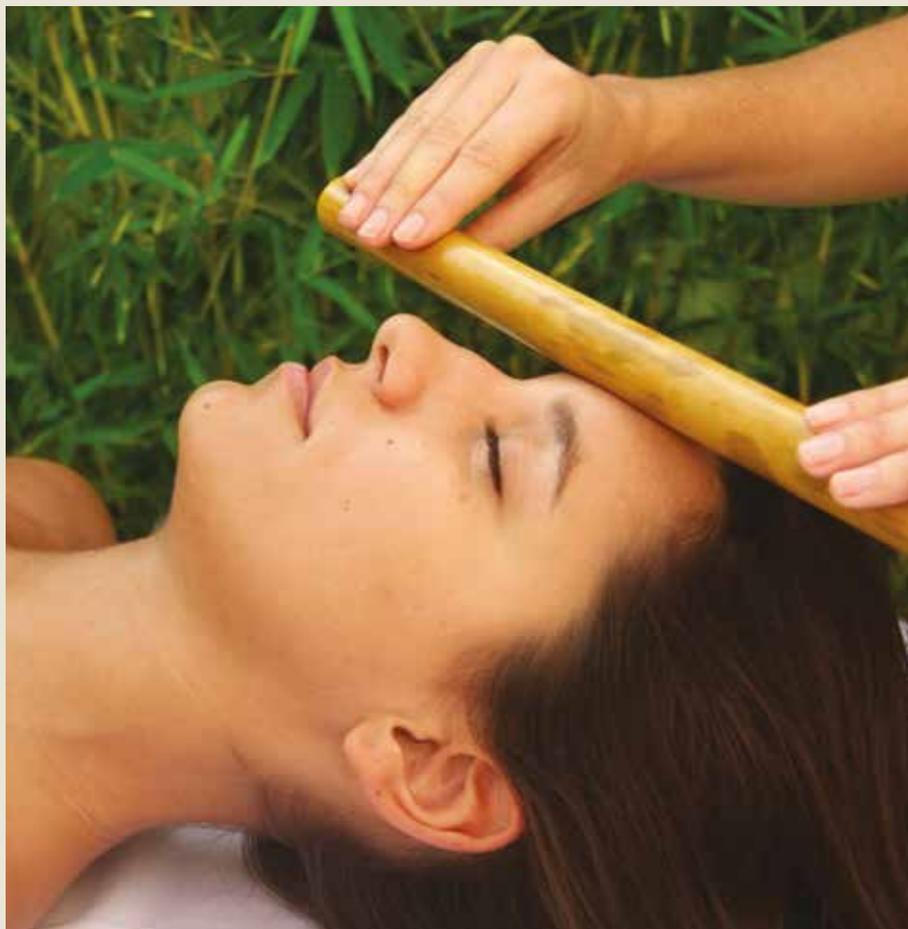


Our journey began in 1995 on the spiritual island of Bali, where we discovered a true reverence for the healing arts. In Bali, this knowledge is deeply entwined in everyday life.

Every Mandara Spa experience is completely unique, because we honour the diversity of the culture we are immersed in, combined with Balinese traditions from our past.

At Mandara Spa while our therapists and aestheticians bestow their expert touch upon your physical body, its effect resonates through the core of your being. Much can happen in a Mandara moment.

Escape your world and indulge in ours.



Packaged Rituals

Spa Escape

2 hours

The treatment begins with a relaxing Aroma Reflex Foot Ritual followed by a custom back, neck and shoulder massage to treat your individual needs. Your skin will then be soothed and nourished with the Mandara bespoke facial. Your ritual is complete with a tension relieving scalp massage.

Spa Discovery

1 hour 35 mins

Age-old tradition combines with the finest European skincare for a deliciously relaxing experience.

Includes an Aroma Reflex Foot Ritual, Choice of Balinese Massage or Muscle Ease Massage and 30-minute Elemis Defining Moment Facial.

Heaven and Earth

1 hour 15 mins

This treatment package begins with a Traditional Balinese Massage to unwind and is followed with a Refresher Facial to leave you glowing.

Body of Mandara

Balinese Massage

50 mins or 1 hour 20 mins

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.

Muscle Ease Massage

50 mins or 1 hour 20 mins

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 Bamboo Massage

1 hour 15mins

Let your mind and body escape reality and find its inner-balance. This deep but soothing massage will release knots and relax tense muscles through the use of long strokes using warm bamboo stalks and aromatherapy massage oil.

Hot Stone Massage

1 hour 15 mins

The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. 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 Footwork

50 mins

Based on the same therapeutic principles of its ancient ancestor, this foot massage using nourishing Mandara body butter will help to release toxins and restore your body's energy flow.



ELEMIS Face

ELEMIS Pro-Definition Lift and Contour

1 hour

This facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS Pro-Collagen Age Defy

1 hour

Tackles fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral.

A targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS Superfood Pro-Radiance

1 hour

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, with a radiant and healthy looking glow.

*Independent Clinical Trials.

ELEMIS Body

ELEMIS Peaceful Pregnancy Massage

1 hour 15 mins

Performed on a pear-shaped beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

ELEMIS Peaceful Pregnancy Face and Body Experience

2 hours 15 mins

Settle into this treatment combination using gentle massage techniques. We aim to address any visible effects of hormonal changes on the skin and support you as we accommodate your baby.

ELEMIS Body Nectar Nourishing Wrap

1 hour

Choice between Sweet Orchid or Frangipani

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

ELEMIS Intensely Cleansing Salt Scrub

30 mins

Choice between Lime and Ginger or Frangipani

Fragranced salt will gently buff 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.

CACI Advanced Skin Care

Anti – Aging Facial

1 hour 30 mins

Course of 5

The CACI Ultra is the most effective nonsurgical treatment method to redefine facial contours, plump out deep lines and wrinkles as well as tackle a range of skin imperfections. It is the very first treatment system to combine micro-current facial toning, ultra-sonic skin peeling and LED photo rejuvenation.

Non Surgical Face lift

1 hour

Course of 5

CACI's signature Non-Surgical Facial Toning is an advanced non-invasive facial, with twenty years medical research behind it. Micro-current impulses will lift and tone the facial muscles and the neck area, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles. This treatment gives a more youthful, fresh appearance and glow.

Ultra Sonic Peel

1 hour

Course of 5

This revolutionary system uses waves of energy to dislodge dead skin cells, gently exfoliating the epidermis. This unique peel helps inhibit bacteria and also enhances the absorption of products into the skin. The hydra mask is then applied to deeply hydrate, soften and smooth your skin.

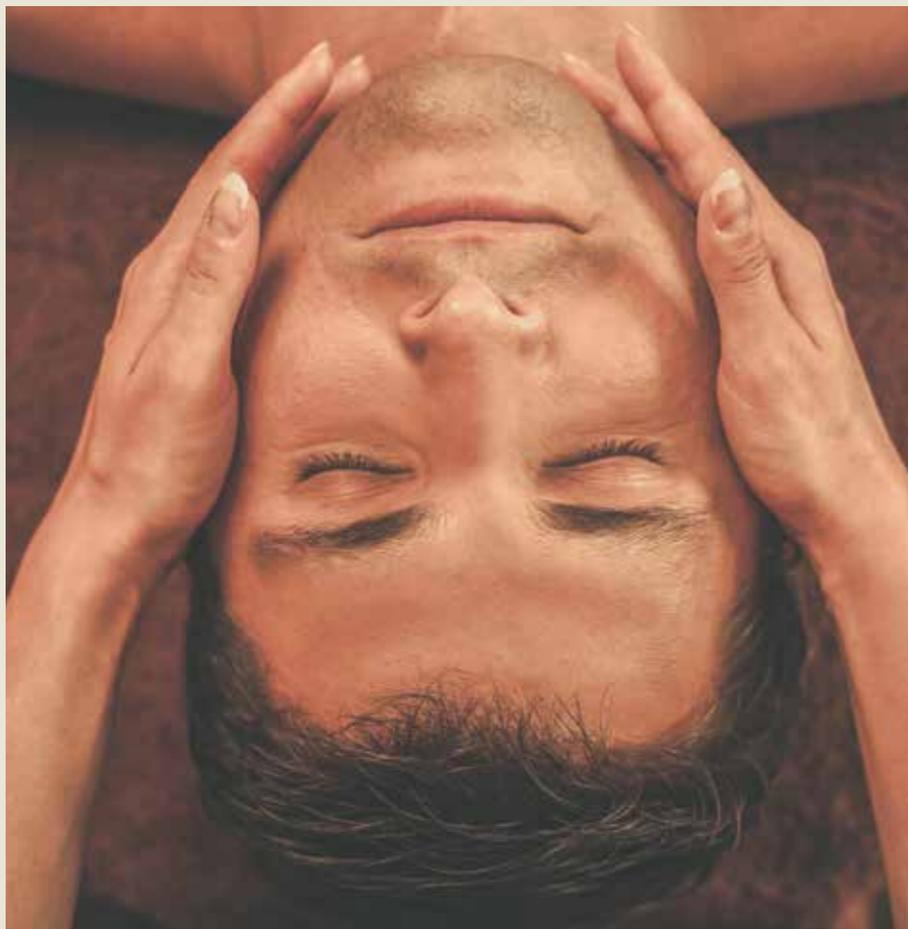
CACI Lift and Sculpt – Body

45 mins

Course of 5

This treatment will create a firmer, more toned appearance. A treatment that offers immediate visible results, improving skin tone, skin rejuvenation and tightening, and body contouring.





Male Grooming

ELEMIS High Performance Skin Energiser

1 hour

A hard-working facial for ageing, dehydrated skin and tired eyes.

It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

CACI Men's Skin Rejuvenator

1 hour

Course of 5

This bespoke treatment will target your skincare needs. This revolutionary system uses waves of energy to dislodge dead skin cells, gently exfoliating the skin.

This rejuvenating facial will help reduce and eliminate ingrown hairs and shaving irritation.

Manicure and Pedicure

CND Shellac Manicure

1 hour

CND Shellac Pedicure

1 hour 15 mins

CND Shellac treatment, which goes on like a polish and wears like a gel to create a flawless manicure/ pedicure for up to 14 days. This system can be removed in minutes. CND Shellac removal is also available.

The Mandara Manicure

1 hour

Perfect for dry, chapped hands that are in need of care and attention. Your hands will be gently exfoliated and then softened in hot cream. Your nails will also be filed, cuticles trimmed and finished with a glossy polish or nail buff.

The Mandara Pedicure

1 hour

Indulge your feet with this relaxing, traditional pedicure including a comforting and exotic foot soak for an ultimate pampering experience.

Makeup & Waxing

Makeup

1 hour

Using the mineral brand Jane Iredale, let our skilled make-up artists create your desired look whatever the occasion. We can create natural daytime, beautiful bridal or dramatic evening looks.

Waxing

Upper leg
Full leg
Lower leg
Underarm
Half arm
Full arm
Brazilian

Basic Bikini
Brow
Lip
Chin
Back
Chest

Private Hire

VIP private room hire

(4-10 people)

For that extra special touch why not hire our exclusive VIP suite. Perfect for hen parties, birthday celebrations and baby showers. You will receive exclusive use of the VIP suite and indulge in a wide range of delicious refreshments. You will also have access to the swimming pool, fitness centre, sauna and steam room with complimentary bathrobes and slippers for the day.

POA

Spa basics

To make a booking

We advise guests to book in a minimum of two weeks in advance of their preferred date to avoid disappointment.

To make a booking, please contact the Spa concierge team on;
Tel: +44 (0) 20 7620 7300

Or email
mandaraspawestminster@pphe.com.

For online bookings please visit
www.mandaraspawestminster.com/London

Please note that at the time of booking you will be asked to provide credit card details to secure your appointment.

To cancel a booking

We require 24 hours notice in order to cancel or amend a booking.

Please be advised that the full treatment cost will be incurred if less than 24 hours notice is given of an appointment postponement, cancellation or non arrival.

How to find us

Our nearest underground stations are Waterloo which is on the Northern, Jubilee and Bakerloo lines and Westminster which is on the Jubilee, Circle and District lines.

Mandara Spa is located on -4 Floor located in Park Plaza Westminster Bridge London.

Your arrival

Please arrive a minimum of 30 minutes prior to your scheduled booking.

All 50 minute or longer treatments include use of facilities; to enjoy these before treatments we advise that you arrive a minimum of 1 hour before your treatment time.

Late arrivals

Late arrival will shorten your treatment time but it will still be charged at the full price.

Your personal belongings

All spa guests are provided with a locker for their personal effects and valuables.

We advise that lockers are used during your visit to Mandara Spa.

We regret that we cannot take responsibility for any loss or damage to your personal articles that are not kept in your locker.

The Spa reserves the right to close any of the facilities at any time for engineering or maintenance works shared with hotel guests. The Spa relaxation area and treatment rooms are strictly for over 16s only.

What to bring and what to wear

We provide all guests with a spa bathrobe and slippers. Please ensure that you bring swimwear which must be worn while using the wet facilities and suitable gym attire must be worn if you wish to use the fitness centre.

Use of facilities

If you book a 50 minute or longer face or body treatment you may use the fitness centre, swimming pool and heat facilities complementary.

Health concerns

Please let us know prior to your treatment any health or wellbeing concerns.

If you are pregnant please notify us at the point of booking so we can advise on treatments that are safe during pregnancy.

Spa etiquette on the day

To maintain the serene ambience of the Spa, and in respect for our other guests we ask you not to use your mobile phone, iPod or cameras while using our facilities.

Children

Children under the age of 16 are not permitted in Mandara Spa. We regret that we do not provide a treatment service to children under the age of 16.

Please note that the swimming pool is open to children from 08.00 – 20.00pm

Gift vouchers

Lost or stolen vouchers cannot be replaced.

Vouchers cannot be extended past their expiry date.

Damaged vouchers can only be redeemed if the serial number is clearly visible.

Gift vouchers are non-refundable.

Please note

Opening times, treatment details and prices are subject to change and subject to availability.

All prices are quoted in Pounds Sterling and include VAT.

Rates are subject to change without prior notice.

Gratuities are not included.



Park Plaza Westminster Bridge London

Overlooking Big Ben and the Houses of Parliament, Park Plaza Westminster Bridge London places guests at the heart of the capital. The hotel's contemporary guestrooms and suites include family-friendly Studio Rooms to luxurious Suites with iconic views and outdoor space. Additional facilities include Brasserie Joël, Ichi Sushi & Sashimi, 1WB Lounge & Patisserie, Primo Bar and espressamente illy.



Transcend. Transform. Trust the moment.

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*Bahamas • Bali • Caribbean • California • China • Dubai • Egypt • Fiji • Guam • Hawaii
India • Japan • Las Vegas • London • Malaysia • Maldives • Moscow • Oman • Orlando
Palau • Puerto Rico • South Pacific • Spas at Sea • Thailand*



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