



Padma SPA
by MANDARA

Packaged by Mandara

Ultimate Indulgence 2 hrs 20 mins \$145

An exotic, luxurious and unforgettable celebration of indulgence. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath or Herbal Steam ~ Mandara Massage ~ Foot Massage ~ Refresher Facial.

Harmony 1 hr 50 mins \$110

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 25 mins \$95

Age-old tradition combines with the finest European skin care for a deliciously relaxing experience. Enjoy a Balinese Massage followed by Pevonia Botanica Express facial.

Spa Sampler 1 hr 20 mins \$70

Experience more of the pleasure with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

Pevonia Botanica Face

Ideal for both male and female skin, Pevonia combines natures natural ingredients from plant, marine and earth botanicals and the advance technologies to deliver optimal results you can see and feel. All treatments are customized for your own skin concerns with personalized skin care solutions provided at the end of all treatments. All facials include an indulgent back massage for total relaxation

Brightening 1 hr 20 mins \$85

The skin is exfoliated with papaya and pineapple enzymes to remove dead cells and brighten the complexion, while a unique Vitamin C and Hyaluronic microemulsified gel is deeply massaged and infused into the skin to render the skin bright and moist to correct photo-damage. A lemon mask is then applied to brighten and drench skin with repairing antioxidants.

Lift and Firm 1 hr 20 mins \$85

Drench your skin with this non oily Elastin enriched bio-microemulsified gel which counteracts the skin's lack of elasticity while hydrating and firming, to combat premature aging. Fine lines are reduced and the skin is renewed with vitality after the Seaweed and Ginseng mask stimulate circulation and tone the skin.

Purify with Clear O Zyme 1 hr 20 mins \$85

Breakout prone skin requires special care and attention, even on holiday's. This deep cleanse facial unites natural enzymes from Barley and Mushrooms to provide a deep exfoliation and softening of hardened sebum to aid in prevention of breakouts. Dramatically unclogging pores and retarding bacterial growth, leaving the skin refreshed, clean and calm.

Mens Revival Facial 1 hr 20 mins \$85

This richly repairing micro-emulsified gel contains Propolis a antibacterial and strengthening ingredient from the Jura Mountains of France. Combined with Lavender, this booster for the skin will calm, heal, and truly enrich your skin leaving it refreshed, plumped, hydrated and soothed. Perfect for men who suffer shaving rash or redness in the skin or also need healing from small breakouts and ingrown hairs. A customized mask is chosen to complete this repairing treatment.

Aroma Fusion Facial 1hr \$60

Harnessing the balancing power of plant energies to normalize the skin. Combining fruit enzyme exfoliation with pure essential oil blends and rich multi-vitamin masks to restore freshness and radiance. Your therapist will help select the perfect option for you and your skins concerns:

Vitality - Seavactive for dry skin - rose, jasmine, ylang ylang, chamomile, clary sage

Calm - Lavandou for sensitive skin - french rose, neroli, lavender, chamomile, linden

Rebalance - Fundamental for combination - sandalwood, mandarin, grapefruit, rosemary, lemongrass

After Sun Hydrating Facial 1hr \$50

Too much fun in the sun on holidays or forgetting the sunblock can damage the skin. The calming and repairing benefits of waterlily, green tea and proline is perfect after too much sun exposure or wind burn. This exquisite and gentle treatment restores lost moisture and vanquishes free radicals that cause premature skin aging, while also preventing the skin from peeling. (exfoliation is not performed in this treatment).

De-Stress Eye Puffiness Treatment \$30

added into any facial or body wrap

The environment, travel and daily lifestyle choices can all visibly reflect on your most prominent feature. Containing Ginkgo Biloba and Hyaluronic Acid, this treatment effectively relieves dark circles and unappealing puffiness for refreshed, radiant eyes.

Face of Mandara

Pure Nature Facial 50 mins \$46

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 50 mins \$77

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 synchronization of the two therapists makes this massage a sublime experience.

Royal Thai Massage 1 hr 30 mins \$77

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.

Balinese Massage 1 hr 20 mins \$65
50 mins \$46

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.

Shiro Dhara 50 mins \$60

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 10 minutes, a gentle flow of aromatic oil is poured onto the third eye on your forehead. An uplifting and inspiring experience.

Warm Stone Massage 50 mins \$60

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 50 mins \$42

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.

Sun Soother Wrap 1 hr 10 mins \$40

A delightfully refreshing treatment that delivers hydrating, balancing, anti-inflammatory and healing properties to any skin. Start with an Aroma Reflex Foot Ritual, and then lie your hot body down for a compress of chilled lavender infused towels. Next is a cooling and hydrating banana leaf wrap that combines cucumber and peppermint essential oil with a good dose of bliss, courtesy of a divinely relaxing foot massage. Shower, finish off with a soothing and healing application of stabilised Aloe Vera gel.

Smooth Down 15 mins \$15

This massage focuses on the head, neck, shoulders and upper back to relax the muscles, ease tension and smooth the wrinkles from your mood.

Silk Slipper 15 mins \$15

Put a spring in your step with this short but sweet massage designed to soothe, renew and revive.

More of Mandara

Spa Pedicure 1 hr 15 mins \$35

French Manicure 1 hr 15 mins \$35

Spa Manicure 1 hr \$30

These deluxe treatments include an aromatherapy hand or foot soak, traditional nail care, cuticle stimulation, nail polish and a wonderfully relaxing hand and arm or lower leg massage. The Spa Pedicure also includes a rejuvenating foot mask.

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?

Choose what is most comfortable for you. Treatments may be enjoyed without clothes. Our therapists will always use draping techniques to respect your privacy. Alternatively you may wear your own bikini or briefs.

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).



Padma Resort Bali at Legian
Jalan Padma No.1, Legian,
Kuta, Bali, Indonesia

Phone: +62 361 752111 Fax: +62 361 752140
E-mail: reservation@padmaresortbali.com