



MANDARA  
— SPA. —

PALAU ROYAL  
RESORT

## Packaged by Mandara

**Ultimate Indulgence** 2 hrs 20 mins \$260

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

**Harmony** 1 hr 50 mins \$170

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.

**Nirvana** 1 hr 20 mins

With Mandara Massage \$150

With Balinese Massage \$95

Begin with a Floral Footbath, a symbolic cleanse to wash away the world and prepare you for total relaxation. Sink into a luxurious Aromatherapy Floral Bath or step into the steam shower - infused with a detoxifying concoction of aromatic oils, herbs and spices - and enjoy herbal tea and cookies as you take time out to relax. Finally, enjoy a blissfully relaxing and rejuvenating massage of your choice.

**Spa Sampler** 1 hr 20 mins \$120

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

## Face of Mandara

**Decleor Brightening Facial** 1 hr 30 mins \$130

*For univen skin tone*

This treatment is designed to brighten and even out the complexion by preventing and neutralising the appearance of dark patches. Moisturising and anti-ageing agents are used to re-establish the skin's natural glow, leaving your skin brighter and more radiant.

**Pure Nature Facial** 50 mins \$65

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 \$224  
50 mins \$140

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.

**Balinese Massage** 1 hr 20 mins \$136  
50 mins \$85

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.

**Fancy Foot-work** 50 mins \$85

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

**Spa Pedicure** 1 hr 15 mins \$50

**French Manicure** 1 hr 15 mins \$45

**Spa Manicure** 1 hr \$40

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?

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 therapists 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.



Palau Royal Resort  
P.O. Box 10108, Koror  
Republic of Palau  
Phone +680 488 2000 Fax +680 488 6688  
reservations@palau-royal-resort.com