



MANDARA  
— SPA —

SHERATON IMPERIAL  
KUALA LUMPUR HOTEL

## Packaged by Mandara

**Ultimate Indulgence** 2 hrs 30 mins RM 665  
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 ~ Elemis Taster Facial.

**Frangipani Body Glow** 2 hrs RM 595  
Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous Elemis Exotic Lime & Ginger Salt Glow massaged into the skin to slough away dryness ~ shower ~ embalm the body with Elemis Exotic Frangipani Monoi Oil ~ receive a relaxing scalp massage and a mini facial whilst wrapped in the fragrant cocoon ~ Balinese Massage.

**Harmony** 1 hr 50 mins RM 405  
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.

**Dream Weaver** 1 hr 50 mins RM 355  
Head to toe indulgence for radiant skin and a dream-like sense of overall well-being. Aromatherapy Floral Footbath ~ Balinese Massage ~ Pure Nature Facial.

**Spa Sampler** 1 hr 20 mins RM 290  
Experience more of the pleasure of relaxation with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

## Elemis Face

**Elemis Pro-Collagen Quartz Lift Facial** 1 hr 15 mins RM 515

*Anti-wrinkle facial with proven results.*

Clinically proven, after just one treatment, this facial reduces the number of wrinkles by up to 94%\* and improves skin firmness by up to 57%\*. Specialised techniques with anti-ageing formulations leave a firmer, uplifted, youthful-looking appearance.

**Elemis Skin IQ+ Facial for Men** 1 hr 15 mins RM495

*Anti-ageing booster for tired, stressed and dehydrated skin.*

Helps to calm irritation and minimise signs of ageing, this is the ultimate overhaul for male skin. Incorporating the Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-ageing treatment protects against the harsh effects of shaving and environmental damage.

*All price are quoted in Ringgit Malaysia and are subject to prevailing Government Tax. Rates are be subject to change without notice.*

**Elemis Skin Specific Facial** 1 hr RM 285  
A therapeutic deep cleansing facial, prescribed for your skin. It combines the power of absolutes with true premium grade essential oils, to treat the skin at the deepest level, gently but surely. Specialised eastern massage movements help to stimulate and oxygenate your skin, whilst bringing the body and mind into balance.

**Fruit Active Glow** ~ a great pick-me-up and pre-occasion treat to lift dull, lifeless skin.

**Herbal Lavender Repair** ~ helps to heal and repair congested oil-rich skins.

**Exotic Cream Moisture Dew** ~ for dry, thirsty skin in need of a hydrating surge.

## Elemis Body

**Elemis Exotic Frangipani Body Nourish Wrap** 45 mins RM 270

Exotic, aromatic Tahitian coconut and frangipani flowers are soaked together to produce the Monoi oil used in this luxurious body wrap, which includes a mini facial. The result is softened, fragrant skin with an all over body glow.

**Elemis Exotic Lime and Ginger Salt Glow** 45 mins RM 270

Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied and followed by a mini facial. Skin is deeply cleansed and moisturised, leaving it glowing, vibrant, replenished and flawless.

## Face of Mandara

**Pure Nature Facial** 50 mins RM 195

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.

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## Body of Mandara

Mandara Massage	1 hr 20 mins	RM 565
	50 mins	RM 355

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	RM 310
	50 mins	RM 195

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.

Warm Stone Massage	50 mins	RM 225
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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.

Muscle Ease Massage	50 mins	RM 195
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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.

Fancy Foot-work	50 mins	RM 175
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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

Spa Pedicure	1 hr 15 mins	RM 95
French Manicure	1 hr 15 mins	RM 95
Spa Manicure	1 hr	RM 85

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?

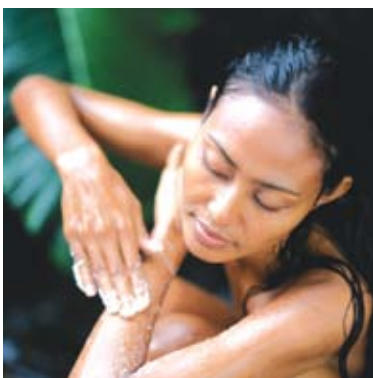
Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

### 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. We accept all major credit cards (Visa, AmEx, MC, JCB).



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