



# MANDARA

DAY SPA

# Welcome to Mandara Spa



Integrating age-old Eastern healing traditions in contemporary luxury, a Mandara moment is as indulgent as it is therapeutic and as magical as it is real.

Imagine boundaries ceasing to exist. Imagine science and nature dancing together in perfect harmony. And then, imagine a Spa experience at Mandara Day Spa.

## Our Story

Originating on the sacred island of Bali, Mandara Spa epitomizes the essence of time-honored healing traditions that transcend through the ages. The ancient art of massage and the profound impact of touch hold a sacred place in the heart of Bali, seamlessly integrated into the tapestry of daily self-nurturing rituals.

Inspired by an unwavering commitment to balance and holistic wellness, we extend this devotion and sacred practice to every Spa treatment.

The name Mandara comes from an ancient Sanskrit legend about the gods' quest to claim Tirta Sanjiwani – a powerful holy water that holds the secret of eternal youth and beauty.

Unlock the Secret in Your Own Mandara Moment



# Body of Mandara



## BALINESE MASSAGE

Based on ancient Balinese traditions this medium pressure massage combines long strokes, skin rolling and palm pressure to relieve tension, relax the body and improve circulation.

**1 hr 30 mins / IDR 255.000**  
**1 hr / IDR 200.000**

## TENSION RELIEF MASSAGE

Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. Relieves pain, boosts circulation and supports the body’s innate healing system.

**1 hr 30 mins / IDR 300.000**

## ASIAN HEAD MASSAGE

Rooted in China and India, this back and upper body massage combines multiple techniques to release tension. Your hair is doused in warmed oils and features a Thai Poultice application and jade combing.

**1 hr / IDR 250.000**

## DETOX MASSAGE

Combining trusted techniques to assist the body to detoxify. Body brushing removes dead skin, cold and hot therapy constrict and dilate blood vessels stimulating circulation, deep work followed by light lymphatics activate the body’s flushing ability and stomach massage assists colon function. Utilizing diuretic and tonifying essences to aid the process.

*\*Do not eat just before the massage, avoid alcohol after to give the body time to process.*

**1 hr 30 mins / IDR 450.000**

# endota Face



## endota SIGNATURE PERFORMANCE+ FACIAL

Relaxation meets results in this plumping and smoothing facial. Nourish your complexion with endota’s high potency performance + skincare, while your mind and body are nurtured with a relaxing Scalp and Foot Massage.

**1 hr / IDR 650.000**

## endota SKIN RENEWAL FACIAL

Your smoother, more luminous complexion awaits. A combination of glycolic acid, Gua Sha massage and a collagen sheet mask will refresh and revitalise skin’s appearance from deep within the layers of the skin. Enjoy a glow that lasts with immediate and ongoing results.

**1 hr / IDR 650.000**

## endota ORGANIC INFUSION+ FACIAL

Feel serene and beautifully nourished with endota’s signature facial treatment, designed to de-stress the body and deliver a super-boost of hydration. Includes exfoliation, mask and Facial Massage using manual movements and luxurious Jade Rollers. Complemented with a soothing Foot and Scalp Massage.

**1 hr / IDR 650.000**

## endota ORGANIC EXPRESS FACIAL

Soothe the senses and quench the complexion with this express version of the Organic Infusion facial. Includes exfoliation and mask with endota Organics™ skincare, combined with a Jade Roller Facial Massage and relaxing Foot Massage.

**30 mins / IDR 350.000**

# endota Body

## endota REST & RESTORE MASSAGE

Potent botanicals work to ease tired, tense muscles and revive the senses with this full-body massage. A detoxifying scrub gently warms the back to promote circulation, followed by a soothing massage sequence with grounding Jade Stones.

**1 hr / IDR 500.000**

## endota NOURISHING BODY TREATMENT

Awaken your senses and restore feelings of wellbeing throughout your whole body. Warm Foot Soak ~ Full Body Exfoliation ~ Warm Nourishing Oil Cocoon ~ Body Wrap ~ Scalp and Face Massage.

**1 hr / IDR 500.000**



## endota Add-Ons

Quick, effective, feel good treats.



### BODY GUA SHA

Boost glow and circulation.

*15 mins / IDR 100.000*

### FOOT REFLEXOLOGY

Relax deeply, recharge instantly.

*15 mins / IDR 100.000*

### HAND MASK

Nourish and soften dry hands.

*15 mins / IDR 100.000*

### FOOT MASK

Soothe tired feet, smooth skin.

*15 mins / IDR 100.000*

## Face of Mandara

### PURE NATURE FACIAL

Mandara Spa’s signature facial is rich in enzymes to exfoliate, antioxidants to protect from pollutants and natural oils for nourishment. Relying on nature’s life-force to deliver a vitamin and mineral burst to your skin.

**Preserve** ~ a cleansing and rejuvenating facial for normal skin.

**Enrich** ~ a nourishing facial for dry or mature skin.  
*1 hr / IDR 300.000*

## Facial Tech Add-Ons

### LED BLUE OR RED

Light therapy customized for your skin type, promotes healthy skin, reduces wrinkles and pigmentation.

*15 mins / IDR 100.000*

### MICROCURRENT

Improves circulation to oxygenate and rev up collagen production, for firmer skin.

*15 mins / IDR 100.000*

### GALVANIC

Improves product penetration into deeper layers of the skin.

*15 mins / IDR 100.000*

## Packaged by Mandara

### HARMONY

A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Balinese Massage or Pure Nature Facial.

*1 hr 45 mins / IDR 400.000*

## Packaged by Mandara



### SPA DISCOVERY

Age-old tradition combines with the finest organic skincare for a deliciously relaxing experience. Enjoy a Balinese Massage followed by an endota Express Facial.

*1 hr 30 mins / IDR 450.000*

### SPA SAMPLER

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

*1 hr 30 mins / IDR 300.000*

## Hands & Feet

### FANCY FOOT WORK

Based on the same therapeutic principles of Chinese Reflexology without the pain, this foot massage will help to release toxins and restore your body’s energy flow.

*1 hr / IDR 200.000*

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POWER GEL MANICURE	<i>1 hr / IDR 230.000</i>
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POWER GEL PEDICURE	<i>1 hr 15 mins / IDR 265.000</i>
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SPA MANICURE	<i>1 hr / IDR 180.000</i>
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SPA PEDICURE	<i>1 hr 15 mins / IDR 210.000</i>
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GEL POLISH REMOVAL	<i>30 mins / IDR 80.000</i>
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POLISH CHANGE	<i>30 mins / IDR 100.000</i>
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Repair and recover healthy nails, this Japanese technique will strengthen and nourish, a paste and powder is used in place of polish to buff, stimulate circulation and encourage growth, allowing nails to breathe. Begin with an anti-bacterial and anti-fungal footbath infused with apple cider vinegar and betel nut leaf.

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RECOVERY MEDI MANI	<i>1 hr / IDR 200.000</i>
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RECOVERY MEDI PEDICURE	<i>1 hr / IDR 215.000</i>
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## Gift Certificate

Gift certificate purchase is available for all Spa treatments or at a value amount. Please contact our Spa Reception for further details.

## Homecare & Gifts

Luxury skin and body care products along with beautiful gifts are available at Mandara Spa Boutique.

*All prices are quoted in Indonesian Rupiah and are inclusive of Service Charge and Government Tax.  
Rates are subject to change without notice.*



# 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 supervisor 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 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?**

We accept debit cards, cash and major credit cards.  
(Visa, AmEx, MC)



Opening Hours:  
**10am - 8pm**



# MANDARA

## DAY SPA

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