



BARCELÓ NASANDHURA MALE

# Wellness by Mandara



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 Wellness by Mandara at Barceló Nasandhura Male.

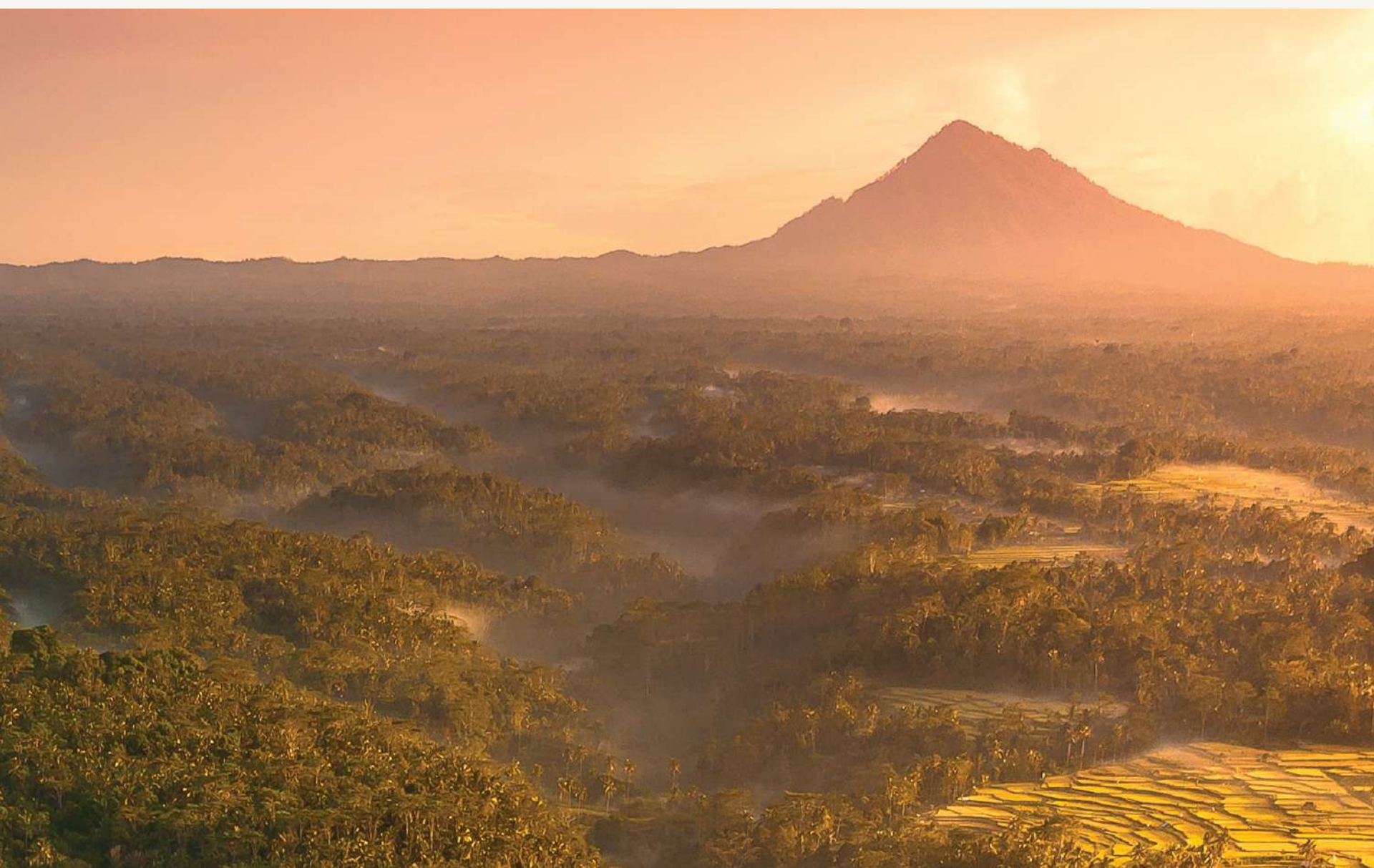
## Our Story

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



# Packaged by Wellness



## ROYAL RETREAT

Feel like royalty with head to toe indulgence for radiant skin and a dream-like sense of overall well-being. Aromatherapy Floral Footbath ~ Choice of Balinese Massage or Tension Relief Massage ~ ELEMIS Facial.  
*2 hrs 30 mins / \$180*

## FRANGIPANI BODY GLOW

Uplifting and re-energising, this exfoliating and nourish ritual featuring ELEMIS Skincare is designed to transform and restore. Warm Oil Drizzle ~ Lime and Ginger Exfoliation ~ Frangipani Monoi Body Cocoon ~ Mini Facial ~ Balinese Massage.  
*2 hrs / \$145*

## 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 / \$120*

## SPA DISCOVERY

Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Enjoy a Balinese Massage followed by an ELEMIS Taster Facial.  
*1 hr 20 mins / \$100*

# ELEMIS Face



## ELEMIS PRO-GLOW SMOOTH

Improve skin-fitness and firmness, whilst reducing fine lines and wrinkles with our clinically proven formulas and signature skin-lifting massage techniques. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.  
*1 hr / \$120*

## ELEMIS PRO-GLOW RESURFACE

Purify and brighten as skin's texture is transformed. This unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines and pigmentation. Skin will appear instantly brighter, smoother, and renewed.  
*1 hr / \$120*

## ELEMIS PRO-GLOW BRILLIANCE

Nourish and glow with this brightness-boosting facial, reviving dull, lacklustre skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.  
*1 hr / \$120*

# ELEMIS Body

## ELEMIS BODY NECTAR NOURISHING WRAP - FRANGIPANI

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.  
*45 mins / \$ 80*

## ELEMIS INTENSELY CLEANSING SALT SCRUB - LIME AND GINGER

Fragranced salt will gently slough 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.  
*45 mins / \$ 80*

*All Prices are quoted in US Dollars (USD) and inclusive of 10% Service Charge and 16% Tourism, Goods and Service Tax. Rates are subject to change without notice.*



# Wellness Face

PURE NATURE FACIAL1 hr / \$ 90

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.

# Wellness Body

MANDARA MASSAGE1 hr 30 mins / \$145  
1 hr / \$120

Our signature massage is a blend of five massage styles – Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. Engaging two therapists to create a deeply transformative experience of calm.

TENSION RELIEF MASSAGE1 hr 30 mins / \$115

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.

BALINESE MASSAGE1 hr 30 mins / \$115  
1 hr / \$ 90

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.

WARM STONE MASSAGE1 hr / \$ 90

Smooth, warmed stones glide across the body in long, flowing strokes. The heat relaxes muscles and soothes the mind. Simultaneously, stones are placed on the body's energy points to encourage healing.

ASIAN HEAD MESSAGE1 hr 30 mins / \$115  
1 hr / \$ 90

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.

GUA SHA THERAPY1 hr 20 mins / \$ 99

This centuries' old Chinese therapy utilizes a curved crystal to scrape the skin in firm strokes, this action stimulates blood flow and reduces tension. Gua Sha aims to reshape body contours.



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FANCY FOOT-WORK	1 hr / \$ 90
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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.

## More of Wellness

SPA PEDICURE POWER GEL POLISH	1 hr 15 mins / \$ 85
SPA MANICURE POWER GEL POLISH	1 hr / \$ 65
SPA PEDICURE	1 hr 15 mins / \$ 70
SPA MANICURE	1 hr / \$ 55
GEL POLISH REMOVAL	30 mins / \$ 30

These deluxe treatments include a soak, exfoliation, nail care, cuticle stimulation, nail colour and a hand or lower leg massage. The Spa Pedicure also includes a rejuvenating foot mask.

### GIFT CERTIFICATE

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

### HEMOCARE & GIFTS

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



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# 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 should 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.



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



**wellness**  
by MANDARA

BARCELÓ NASANDHURA MALE

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