MANDARA SPA

MOHEGAN SUN
SKY AND EARTH TOWERS

NAMASTE

My soul honors your soul.

I honor the light, love, truth, beauty and peace
within you because it is also within me.
In sharing these things, we are united;
we are the same; we are one.

Escape your World. Indulge in Ours.

Leave time at the door and enter a sanctuary where wellness meets wonder.

Discover the beauty of Mandara Spa and an ethos encompassing wellbeing from around the world. Mandara Spa captures the essence of our Balinese heritage while charting a path to the New World – a journey that touches on regional influences infused into unparalleled Mandara experiences.

The name Mandara comes from a Sanskrit legend about the gods' quest to find the secret to eternal youth and beauty.

We believe you will unlock the secret when you experience a timeless Mandara moment.

Here, time stands perfectly still.

SIGNATURE TREATMENTS

PRICE LIST

JOURNEYS

SPA INFORMATION

Signature Treatments

MANDARA SIGNATURE FACIAL

A breath of fresh air for the skin, this multi-faceted treatment is designed to address individual needs.

Following a deep cleansing, exfoliation, necessary extractions, in addition to lifting and firming using microcurrent technology, this facial is topped off with a pure oxygen spray to brighten and revitalize the skin.

This rejuvenating therapy includes a decadent hand, arm and scalp massage.

90 MIN	$305
75 MIN	$265
60 MIN	$225

BIOTEC ANTI-AGING FACIALS

BIOTEC facial treatments are where ground-breaking science meets nourishing, vitamin-rich ingredients and transformative touch.

The pioneering innovation of BIOTEC technology works to activate the skin and boost its natural cellular energy, enhancing the sensitive touch of the therapist.

The clinically proven result is a thriving, visibly healthy, and energized skin.

90 MIN	$295
75 MIN	$255
60 MIN	$215

FIRE & ICE MASSAGE

A customized, heated Basalt stone massage complemented by ice-cool gels to gently detoxify the body and address areas of concern, alleviating stress and easing aching muscles.

While the body is in a pure state of blissful relaxation, melted paraffin on the back will enhance the warming sensation of this contrast therapy.

90 MIN	$270
75 MIN	$235
60 MIN	$200

RITUAL OF THE EARTH AND SEA TREATMENTS (R.E.S.T.)

Warm your body with this self-heating, rosemary and eucalyptus aroma sea salt scrub. Quartz and medicinal plants are used in Native American treatments to promote healing and wellness. This treatment uses a unique combination of Quartz poultices and powerful Eucalyptus to soothe sore aching muscles and invigorate the body.

90 MIN	$250
75 MIN	$215
60 MIN	$180

BALINESE MASSAGE

Utilized for centuries to strengthen and heal the body, this traditional therapy combines stretching, long strokes as well as palm and thumb pressure techniques.

Flowing and graceful, the Balinese massage relieves tension, improves blood flow, eases stress, and encourages harmony.

90 MIN	$250
75 MIN	$215
60 MIN	$180

MANDARA CUSTOMIZED MASSAGE

Retreat to a private haven that transcends the extraordinary. Whether seeking a luxuriously-relaxing therapy or one tailored to soothe over-exerted muscles, our bespoke massage, based on the Swedish method and enhanced by worldwide techniques, achieves desired results.

This heavenly escape includes a blissful scalp massage and a hydrating foot massage.

90 MIN	$235
75 MIN	$200
60 MIN	$165

KÉRASTASE® ELIXIR ULTIME 24-CARAT INDULGENT RITUAL

Nourish, protect, illuminate and instantly restore hair. This most indulgent ritual combines precious oils with a highly concentrated treatment to provide a sublime transformation, leaving hair silky, weightless and beautifully fragrant. Includes a scalp massage.

25 MIN	$55

MANDARA RITUAL FOR THE HANDS AND FEET

A sumptuous lineup of citrus, coconut and lotus flower milk. This luxurious ritual treats the hands and feet to an invigorating cleansing, signature exfoliation, soothing bamboo massage, and conditioning body butter application, followed by a traditional manicure, pedicure and polish.

MANICURE | 50 MIN	$70
PEDICURE | 60 MIN	$95

RETURN TO MAIN MENU

Price List

Throughout our menu, our most well-loved services are indicated with the Mandara symbol.

Our locally-inspired, indigenous treatments are indicated with the Location symbol.

FACIALS

TECHNOLOGY FACIALS

MANDARA SIGNATURE FACIAL 90 MIN | 75 MIN | 60 MIN	$305 | $265 | $225
BIOTEC LINE ERASER 90 MIN | 75 MIN | 60 MIN	$295 | $255 | $215
BIOTEC FIRM-A-LIFT 90 MIN | 75 MIN | 60 MIN	$295 | $255 | $215
BIOTEC SKIN RESURFACER 90 MIN | 75 MIN | 60 MIN	$295 | $255 | $215
BIOTEC SUPER-CHARGER FOR MEN 90 MIN | 75 MIN | 60 MIN	$295 | $255 | $215

TOUCH FACIAL

ELEMIS SUPERFOOD PRO-RADIANCE 90 MIN | 75 MIN | 60 MIN	$245 | $205 | $165

FACIAL ENHANCEMENTS

ENRICH YOUR EXPERIENCE*	
FRANGIPANI NOURISHING HAIR AND SCALP TREATMENT	$35
CONDITIONING FOOT TREATMENT	$35
WARMING PARAFFIN TREATMENT (HANDS OR FEET)	$35
BROW MAINTENANCE	$20
LIP OR CHIN WAX	$20
EXTEND YOUR EXPERIENCE**	
OXYGEN BLAST 15 MIN	$50
BIOTEC EYE OR NECK TREATMENT 15 MIN	$50
BROW SCULPTING 15 MIN	$30
WAXING	SEE WAXING SECTION FOR PRICING

BODY

HOT MINERAL BODY BOOST 75 MIN	$250
POULTICE POWERED MUSCLE RELEASE 75 MIN	$250
FIRE & ICE MASSAGE 90 MIN | 75 MIN | 60 MIN	$270 | $235 | $200
COCONUT POULTICE MASSAGE 90 MIN | 75 MIN | 60 MIN	$270 | $235 | $200
RITUAL OF THE EARTH AND SEA TREATMENTS (R.E.S.T.) 90 MIN | 75 MIN | 60 MIN	$250 | $215 | $180
BALINESE MASSAGE 90 MIN | 75 MIN | 60 MIN	$250 | $215 | $180
MANDARA DEEP TISSUE MASSAGE 90 MIN | 75 MIN | 60 MIN	$250 | $215 | $180
TARGETED TONING TIGHTENER 75 MIN	$215
PEACEFUL PREGNANCY MASSAGE 60 MIN	$180
MANDARA CUSTOMIZED MASSAGE 90 MIN | 75 MIN | 60 MIN	$235 | $200 | $165
COUPLES MASSAGE (PRICED FOR TWO) 90 MIN | 75 MIN | 60 MIN	$490 | $420 | $345

BODY ENHANCEMENTS

ENRICH YOUR EXPERIENCE*	
FRANGIPANI NOURISHING HAIR AND SCALP TREATMENT	$35
HOT STONE THERAPY	$35
BAMBOO THERAPY	$35
STICKS AND STONES	$35
CONDITIONING FOOT TREATMENT	$35
WARMING PARAFFIN TREATMENT	$35
EXTEND YOUR EXPERIENCE**	
CELLUTOX AROMA SPA OCEAN WRAP 60 MIN	$180
MUSCLEASE AROMA SPA OCEAN WRAP 60 MIN	$180
AMBER & QUARTZ CRYSTAL SOUND BATH HEALING TREATMENT 30 MIN	$135
TARGETED TONING TIGHTENER 30 MIN	$100
CITRUS BODY GLOSS 30 MIN	$100
EXOTIC FRANGIPANI MONOI SALT GLOW 30 MIN	$100
EXOTIC LIME AND GINGER SALT GLOW 30 MIN	$100
MANDARA COFFEE AND COCONUT MILK BODY POLISH 30 MIN	$100
REFLEXOLOGY 30 MIN	$95

WELLNESS WONDERS

BREATHING RELEASE 15 MIN	$50
MYOFASCIAL RELEASE 15 MIN	$50
SOUND WAVE THERAPY 15 MIN	$50
ACUPRESSURE – HANDS AND FEET 15 MIN	$50

SALON

HAIR

KERATIN COMPLEX® HAIR STRAIGHTENING TREATMENT	$420
KERATIN COMPLEX® EXPRESS BLOWOUT	$290
SPECIAL OCCASION HAIR DESIGN	FROM $85
SHAMPOO AND STYLE	FROM $65
FLAT OR CURLING IRON	FROM $35
FRENCH BRAID	$35
HAIRCUT AND STYLE	FROM $75
CHILDREN'S HAIRCUT AND STYLE	$35
BANG TRIM	$35
FRANGIPANI CONDITIONING HAIR AND SCALP TREAT.	$55
KÉRASTASE® ELIXIR 24-CARAT INDULGENT RITUAL	$55
KÉRASTASE® 123 HAIR RITUAL	$35
KÉRASTASE® FUSIO-DOSE™ INSTANT TREATMENT	$25
COLOR CORRECTION	FROM $150
HIGHLIGHTING OR LOW LIGHTING	FROM $140
PARTIAL HIGH OR LOW LIGHTS	FROM $105
COLOR AND SHINE	FROM $85
COLOR TOUCH-UP	FROM $75

NAILS

MANICURES	
MANDARA HAND RITUAL	$70
FIRE & ICE MANICURE	$65
CND™ SHELLAC™ MANICURE	$65
CLASSIC SPA MANICURE	$50
PEDICURES	
MANDARA FOOT RITUAL	$95
FIRE & ICE PEDICURE	$90
CND™ SHELLAC™ PEDICURE	$90
CLASSIC SPA PEDICURE	$75
AROMATHERAPY PARAFFIN INFUSION	$25
SHELLAC® ENHANCEMENT	$15
FRENCH POLISH	$10
POLISH CHANGE	$20
SHELLAC® REMOVAL	$20
NAIL ART (PER NAIL)	$10
NAIL REPAIR (PER NAIL)	$10

MAKE-UP ARTISTRY

MAKE-UP APPLICATION	$70
TEMPORARY EYELASH ENHANCEMENTS	$30

WAXING

BROW MAINTENANCE	$20
BROW SCULPTING	$30
NOSE OR EAR	$20
LIP OR CHIN	$20
FULL FACE	$50
UNDERARMS	$30
FULL ARM	$55
HALF ARM	$30
MEN'S CHEST	$60
BACK	$75
STOMACH	$45
BASIC BIKINI	$55
BIKINI PLUS	$85
BRAZILIAN	$100
FULL LEG	$100
HALF LEG	$60

MEN'S GROOMING

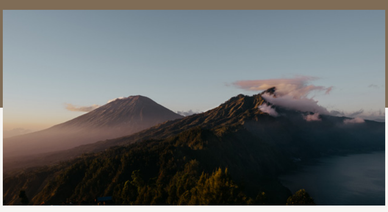
MEN'S HAIRCUT AND STYLE	$45
MEN'S WET TRIM	$35
MOUSTACHE, BEARD AND EYEBROW TRIM	$25
MEN'S SPORTS MANICURE	$50
MEN'S SPORTS PEDICURE	$75

For your convenience, a 20% service charge in lieu of gratuity will be automatically applied to the final bill.

** Enrich your experience with a service enhancement that is built-in to your service without adding time.*

*** Extend your experience with a service enhancement that adds time to your service.*

RETURN TO MAIN MENU



Journeys

Mandara Spa has taken key elements of ancient wisdom to restore our personal balance.

A collection of unique experiences, these Journeys have been curated to transport the mind and spirit to destinations across the globe. Select a Journey that connects with your state of being.

COMPLETE JOURNEY

Select four or more services from one Journey and receive 20% off. Includes a complimentary welcoming Aroma Reflex Foot Ritual.

PARTIAL JOURNEY

Select two or more services from one Journey and receive 10% off.

ASIAN JOURNEY

AIR / ENLIVEN

BALINESE MASSAGE
90 MIN | 75 MIN | 60 MIN

MANDARA SIGNATURE FACIAL
90 MIN | 75 MIN | 60 MIN

MANDARA COFFEE AND COCONUT MILK BODY POLISH
30 MIN

WELLNESS WONDER: BREATHING RELEASE
15 MIN

ASIAN BATHING RITUAL
30 MIN

MANDARA RITUAL FOR THE HANDS AND FEET
110 MIN

INDIAN JOURNEY

FIRE / REPLENISH

FIRE & ICE MASSAGE
90 MIN | 75 MIN | 60 MIN

BIOTEC SKIN RESURFACER FACIAL
90 MIN | 75 MIN | 60 MIN

EXOTIC LIME AND GINGER SALT GLOW
30 MIN

WELLNESS WONDER: MYOFASCIAL RELEASE
15 MIN

INDIAN BATHING RITUAL
30 MIN

FIRE & ICE MANICURE AND PEDICURE
100 MIN

MEDITERRANEAN JOURNEY

WATER / RELEASE

MANDARA CUSTOMIZED MASSAGE
90 MIN | 75 MIN | 60 MIN

BIOTEC LINE ERASER FACIAL
90 MIN | 75 MIN | 60 MIN

CITRUS BODY GLOSS
30 MIN

WELLNESS WONDER: SOUND WAVE THERAPY
15 MIN

MEDITERRANEAN BATHING RITUAL
30 MIN

CLASSIC SPA MANICURE AND PEDICURE
70 MIN

NEW WORLD JOURNEY

EARTH / EMBRACE

COCONUT POULTICE MASSAGE
90 MIN | 75 MIN | 60 MIN

BIOTEC FIRM-A-LIFT FACIAL
90 MIN | 75 MIN | 60 MIN

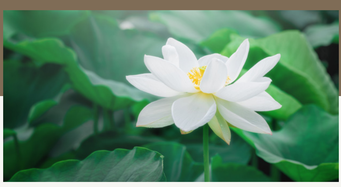
EXOTIC FRANGIPANI MONOI SALT GLOW
30 MIN

WELLNESS WONDER: ACUPRESSURE
15 MIN

NEW WORLD BATHING RITUAL
30 MIN

CND™ SHELLAC™ MANICURE AND PEDICURE
95 MIN

RETURN TO MAIN MENU



Spa Information

OUR SERVICE PROMISE TO YOU

We are committed to inspiring your wellness journey while delivering uncompromising indulgence and the finest expression of service. Your comfort and enjoyment are important to us. If we have not fulfilled our promise to you, please visit the spa reception desk to ensure we remedy your experience.

HOURS OF OPERATION

Sky Spa and Earth Spa: 9:30am to 6:00pm
Sky Salon: 10:00am to 6:00pm

RESERVATIONS

To schedule treatments, you may book online at http://onespaworld.na.book4time.com/onlinebooking

You may also call our spa directly from a hotel phone by dialing extension 24500 or call 860-862-4500 from outside of the hotel.

We require a credit card upon booking and accept most major credit cards. Pre-scheduling your services is recommended, although we do welcome walk-ins and will do our best to accommodate you.

MINIMUM AGE REQUIREMENTS

Spa guests are required to be 18 years or older to receive treatments or utilize the facilities.

Guests under 18 receiving a teen or kid treatment must be accompanied by a parent or guardian for all services.

Swimsuits are required. For further details, please see our teen and kid spa menu.

CANCELLATION POLICY

We require at least 24 hours' notice for change or cancellation to avoid being charged the full price for your treatments to the credit card provided when booking your services.

PURCHASE POLICY

Unopened products may be exchanged within 14 days of purchase if you have an original receipt. We cannot exchange opened products.

SERVICE CHARGE

For your convenience, a 20% service charge in lieu of gratuity will be automatically applied to the final bill. Your provider will receive 100% of the service charge. Gratuity for exemplary service is discretionary.

SERVICES AND PRICES

Prices and services are subject to change without notice.

ARRIVAL

Please arrive at least 30 minutes prior to your scheduled appointment so you can relax and make full use of the facilities.

To maintain the serenity of the spa, we ask you to turn off your mobile phone and electronic devices upon arrival.

Regretfully, if you are late for an appointment, we may have to shorten your treatment time to be on schedule for the next guest.

VALUABLES

For the safety of your valuable items, we suggest you leave all jewelry and money in the safe provided in your hotel room. The spa will not assume any liability for valuables.

THE GIFT OF MANDARA

Gift cards are available in any dollar amount and will be packaged in an attractive envelope ready for presentation.

OUR LOCATIONS

Mandara Spas can be found in diverse locations around the world. To find a location nearest you, visit

mandaraspa.com

KEEP IN TOUCH

Make taking care of your skin, body and hair part of your daily ritual. For more information on our services or products, visit

timetospa.com

or call 1-800-423-5293.

Here, you may repurchase your skin, body and hair care products as well as read our inspiring articles, find some delicious healthful recipes, and be privy to our special offers.

Customer Service c/o OneSpaWorld
1-855-848-3059.

RETURN TO MAIN MENU