



MANDARA  
— SPA —

AT  
PARK PLAZA  
LONDON WATERLOO



MANDARA  
— SPA —

*Transcend. Transform. Trust the moment.*

Turn your stay into a  
heavenly escape with  
blissful moments  
at Mandara Spa...



Our journey began in 1995 on the spiritual island of Bali, where we discovered a true reverence for the healing arts. In Bali, this knowledge is deeply entwined in everyday life.

Every Mandara Spa experience is completely unique, because we honour the diversity of the culture we are immersed in, combined with Balinese traditions from our past.

At Mandara Spa while our therapists and aestheticians bestow their expert touch upon your physical body, its effect resonates through the core of your being. Much can happen in a Mandara moment.

Escape your world and indulge in ours.





## Packaged Rituals

### **Harmony**

1 hour 35 mins

A delightful package that will leave you looking refreshed and radiant. Package includes: Aroma Reflex Foot Ritual, Traditional Body Scrub and a choice of Balinese Massage or Muscle Ease Massage.

### **Spa Discovery**

1 hour 35 mins

Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Package includes: Aroma Reflex Foot Ritual, a choice of Balinese Massage or Muscle Ease Massage, and an ELEMIS Taster Facial.

### **Bali Paradise**

1 hour 15 mins

Begin with an Aroma Reflex Foot Ritual, a symbolic cleanse to wash away the world and prepare you for total relaxation. Enjoy a relaxing and rejuvenating back massage, followed by our signature facial, using fresh ingredients prepared daily to leave your skin nourished and supple. Package includes: Aroma Reflex Foot Ritual, Express Massage and Refresher Facial.

## Body of Mandara

### **Balinese Massage**

1 hour 20 mins or 50 mins

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.

### **Warm Bamboo Massage**

1 hour 15 mins

Let your mind and body escape reality and find its inner-balance. This deep but soothing massage will release knots and relax tense muscles through the use of long strokes, using warm bamboo stalks and aromatherapy massage oil.

### **Muscle Ease Massage**

50 mins

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.

### **Express Massage**

30 mins

For those of you on a tight schedule, this short but effective massage focusing on the back, neck and shoulders will help to relieve tension and stress.



## ELEMIS Facials

ELEMIS was born out of the vision to bring together the power of nature, science, and aromatics.

### Pro-Collagen Age Defy

1 hour

Anti-wrinkle facial with proven results. Clinically proven to reduce 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.

### Superfood Pro-Radiance

1 hour

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, with a radiant and healthy looking glow.



## ELEMIS BIOTEC Facials

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy to leave your skin looking visibly healthy, nourished and energised.

### ELEMIS BIOTEC Line Eraser

1 hour

Targets wrinkles and energises the skin towards optimum performance with micro current pulses and red and blue light therapy. A powerful rejuvenating clinically proven\* facial treatment that effectively irons out wrinkles and fills out lines.

### ELEMIS BIOTEC Firm-a-Lift

1 hour

Rediscover the architecture of your face with this ground breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

### ELEMIS BIOTEC Radiance Renew

1 hour

This cellular boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

### ELEMIS BIOTEC Skin Resurfacer

1 hour

This revolutionary clinically proven\* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy delivers a complexion that has never been smoother.

### ELEMIS BIOTEC Anti-Pigment Brightener

1 hour

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveals a youthful and translucent complexion.

*ELEMIS BIOTEC add on*

### ELEMIS BIOTEC Eye Treatment

30 mins

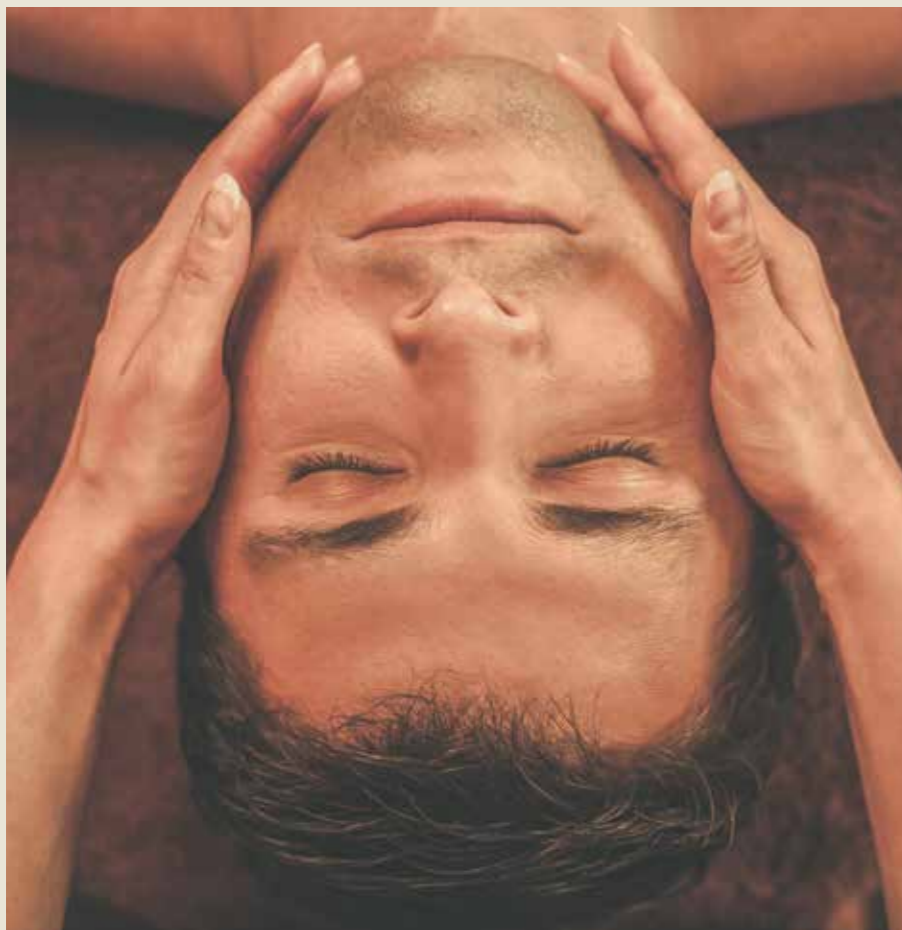
BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

### ELEMIS BIOTEC Neck Treatment

30 mins

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

\*Independent Clinical Trials.



## ELEMIS for Men

### **ELEMIS High Performance Skin Energiser**

1 hour

A hard-working facial for ageing, dehydrated skin and tired eyes.

It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

### **ELEMIS BIOTEC Super-Charger for Men**

1 hour

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

## ELEMIS Body

### **ELEMIS Body Nectar Nourishing Wrap**

1 hr

*Sweet Orchid or 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.

### **ELEMIS Intensely Cleansing Salt Scrub**

30 mins

*Lime and Ginger or Frangipani*

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.

## Manicure and Pedicure

### **CND Shellac Pedicure**

1 hour 15 mins

### **CND Shellac Manicure**

1 hour

CND Shellac treatment, which goes on like a polish and wears like a gel to create a flawless manicure/ pedicure for up to 14 days. This system can be removed in minutes. CND Shellac removal is also available.

### **The Mandara Manicure**

1 hour

Perfect for dry, chapped hands that are in need of care and attention. Your hands will be gently exfoliated and then softened in a mask. Your nails will also be filed, cuticles trimmed and finished with a glossy polish or nail buff.

### **The Mandara Pedicure**

1 hour

Indulge your feet with this relaxing, traditional pedicure including a comforting and exotic foot soak for an ultimate pampering experience.

## Waxing

### **Waxing**

Full leg  
Underarm  
Full arm  
Brazilian

Basic Bikini  
Brow  
Lip





## Spa Basics

### To make a booking

We advise guests to book a minimum of two weeks in advance of their preferred date to avoid disappointment.

To make a booking, please contact the reception team on

Tel: +44 (0) 20 3146 5744

Or email:

[mandaraspawaterloo@pphe.com](mailto:mandaraspawaterloo@pphe.com)

Please note that at the time of booking you will be asked to provide credit card details to secure your appointment.

### To cancel a booking

We require 24 hours notice in order to cancel or amend a booking.

Please be advised that the full treatment cost will be incurred if less than 24 hours notice is given of an appointment postponement, cancellation or non arrival.

### How to find us

Our nearest underground stations are Lambeth North which is on the Bakerloo Line and Waterloo which is on the Northern, Jubilee and Bakerloo lines.

Mandara Spa is located on the Lower Ground Floor in Park Plaza London Waterloo.

### Your arrival

Please arrive a minimum of 30 minutes prior to your scheduled booking.

All 50 minute or longer treatments include use of facilities including pool, sauna and fitness centre. To enjoy these before treatments we advise that you arrive a minimum of 1 hour before your treatment time.

### Late arrivals

Late arrival will shorten your treatment time but it will still be charged at the full price.

### Your personal belongings

All spa guests are provided with a locker for their personal effects and valuables.

We advise that lockers are used during your visit to Mandara Spa.

We regret that we cannot take responsibility for any loss or damage to your personal articles that are not kept in your locker.

The Spa reserves the right to close any of the facilities at any time for engineering or maintenance works shared with hotel guests. The Spa relaxation area and treatment rooms are strictly for over 16s only.

### What to bring and what to wear

We provide all guests with a spa bathrobe and slippers. Please ensure that you bring swimwear which must be worn while using the wet facilities and suitable gym attire must be worn if you wish to use the fitness centre.

### Health concerns

Please let us know prior to your treatment if you have any health or wellbeing concerns.

If you are pregnant please notify us at the point of booking so we can advise on treatments that are safe during pregnancy.

### Spa etiquette on the day

To maintain the serene ambience of the Spa, and in respect for our other guests we ask you not to use your mobile phone, iPod or cameras while using our facilities.

### Children

Children under the age of 16 are not permitted in Mandara Spa. We regret that we do not provide a treatment service to children under the age of 16.

Please note the swimming pool opening hours for children vary throughout the year.

### Please note

Opening times, treatment details and prices are subject to change and subject to availability.

All prices are quoted in Pounds Sterling and include VAT.

Rates are subject to change without prior notice.

Gratuities are not included.





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Kingdom of Saudi Arabia • Las Vegas • London • Malaysia • Maldives • Orlando • Palau  
Puerto Rico • Russia • Spas at Sea • Thailand • Vietnam*

An unforgettable experience awaits you...





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