



Transcend. Transform. Trust the Moment.



PALAU ROYAL RESORT

Packaged by Mandara

For the ultimate spa experience, enjoy one of our indulgent packages below in the peaceful privacy of your own Deluxe Spa Villa. Luxuriously designed to accommodate one or two people, each Spa Villa has a private relaxation area, bath, steam shower and a view of the ocean bay. Indulge in a truly memorable holiday experience that will stir your senses and transport you to a place of bliss.

Ultimate Indulgence	2 hrs 30 mins	\$286
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An exotic, luxurious and unforgettable celebration of indulgence. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Herbal Steam or Aromatherapy Floral Bath ~ Mandara Massage ~ Foot Massage ~ ELEMIS Taster Facial.

Frangipani Body Glow	2 hrs	\$210
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Uplifting and re-energising, this full body exfoliation and nourish ritual featuring ELEMIS Skincare is designed to transform and restore, completed with a facial and massage, promises to impart a true sense of joy and lightness. Warm Oil Drizzle ~ Lime and Ginger Exfoliation ~ Frangipani Monoi Body Cocoon ~ Mini Facial ~ Balinese Massage.

Harmony	2 hrs	\$187
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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.

Nirvana	1 hr 15 mins	
with Mandara Massage		\$165
with Balinese Massage		\$106

Begin with a Floral Footbath, a symbolic cleanse to wash away the world and prepare you for total relaxation. Sink into a luxurious Aromatherapy Floral Bath or step into the steam shower – infused with a detoxifying concoction of aromatic oils, herbs and spices and enjoy herbal tea and cookies as you take time out to relax. Finally, enjoy a blissfully relaxing and rejuvenating massage of your choice.

Spa Discovery	1 hr 20 mins	\$150
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Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Balinese Massage ~ ELEMIS Taster Facial.

Spa Sampler	1 hr 20 mins	\$132
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Experience the pleasure of relaxation with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

ELEMIS Face

ELEMIS Pro-Collagen Age Defy 1 hr \$140

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS Superfood Pro-Radiance 1 hr \$120

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, radiant and lit up with good health.

**Independent Clinical Trials*

ELEMIS Body

ELEMIS Body Nectar Nourishing Wrap - Frangipani 45 mins \$ 84

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 - Lime & Ginger 45 mins \$ 84

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.

Face of Mandara

Pure Nature Facial 50 mins \$ 75

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 two 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.

Enrich - a nourishing facial for dry or mature skin.

Body of Mandara

Mandara Massage	1 hr 20 mins	\$249
	50 mins	\$154

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.

Tension Relief Massage	1 hr 20 mins	\$150
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Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up the blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition.

Balinese Massage	1 hr 20 mins	\$143
	50 mins	\$ 95

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 message oil blend.

Warm Stone Massage	50 mins	\$110
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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	\$106
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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.

Asian Head Massage	50 mins	\$106
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This shoulder, neck, upper back, arm and scalp massage is based on the ancient healing system of Ayurveda. A Thai poultice filled with exotic leaves, flowers and lime essential oil is dipped in warm coconut oil and used on the scalp, for scalp and hair care as well as complete relaxation. Deep thumb and finger pressure, friction and soothing strokes help to reduce tension, improve circulation and flush out physical and emotional toxins.

Fancy Foot-work	50 mins	\$ 95
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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 bodys energy flow. And it feels like bliss at its celestial best.

More of Mandara

Spa Pedicure Power Polish	1 hr 15 mins	\$105
Spa Manicure Power Polish	1 hr	\$ 85

These deluxe treatments include an aromatherapy hand or foot soak, traditional nail care, cuticle stimulation, gel nail polish and a wonderfully relaxing hand and arm 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.

Homecare & Gift

Luxury skin and body care products along with beautiful gifts are available at our spa boutique.

Traditional Body Scrubs

Bali Coffee Scrub

Made from finely ground Bali Coffee, this richly aromatic scrub will smooth your skin and elevate your mood. Carrot conditioner is applied after the scrub is removed.

Javanese Lulur

Made from powdered spices and sweet woods, this traditional Javanese Royal Court beauty ritual will soften, refine and rejuvenate your skin. Yoghurt is applied as a conditioner to make the skin smooth.

Soothing Coconut Scrub

This gentle scrub, made from freshly grated coconut, is perfect for sensitive or sunburned skin. A soothing and lusciously aromatic experience. Carrot conditioner is applied after the scrub is removed.

All prices are quoted in US Dollars (USD) and inclusive of 10% Palau Goods and Services 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 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. Choose what is most comfortable for you. Our therapist 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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infoasia@mandaraspa.com
www.mandaraspa.com

Palau Royal Resort

P.O. Box 10108, Koror
Republic of Palau

Phone: +680 488 2000 ext.211

E-mail: mandaraspa@palau-royal-resort.com