



MANDARA
— SPA —
AT THE H DUBAI



Packaged Rituals

Ultimate Indulgence

2 hrs 35 mins

AED 2145

With two therapist devoted only to you, this is an exotic, luxurious and unforgettable celebration of indulgence. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Mandara Massage ~ ELEMIS Taster Facial ~ Foot Massage.

Pure Indulgence

2 hrs 35 mins

AED 1390

Immerse yourself in the Spa experience with this indulgent treatment package. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage ~ Choice of Refresher Facial or Foot Massage.



Frangipani Body Glow

2 hrs

AED 1160

Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger, massaged into the skin to slough away dryness ~ shower ~ embalm the body with ELEMIS Frangipani Monoi Body Oil ~ receive a relaxing mini facial whilst wrapped in the fragrant cocoon ~ Balinese Massage.

Dream Weaver

1 hr 55 mins

AED 960

Head to toe indulgence for radiant skin and a dream-like sense of overall well-being. Aroma Reflex Foot Ritual ~ Balinese Massage ~ Pure Nature Facial.



Spa Discovery

1 hr 35 mins

AED 745

Age-old tradition combines with finest European skincare for a deliciously relaxing experience. Aroma Reflex Foot Ritual ~ Balinese Massage ~ ELEMIS Taster Facial.

Face Ritual

Facial will begin with an Aroma Reflex Foot Ritual.

Pure Nature Facial

1 hr 05 mins

AED 495

Mandara Spa's signature facial 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 three 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.
- Renew – a fruit acid facial for treating environmentally damaged skin.
- Enrich – a nourishing facial for dry or mature skin.

ELEMIS Face

Pro-Glow Smooth Facial

1 hr

AED 619

THE HIIT WORKOUT FOR YOUR SKIN

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

Pro-Glow Resurface Facial

1 hr

AED 599

RESURFACING FOR STUNNINGLY SMOOTH SKIN

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

Pro-Glow Brilliance Facial

1 hr

AED 569

YOUR RECIPE FOR RADIANCE

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.





ELEMIS Body

Frangipani Body Nectar Nourishing Wrap

1 hr

AED 499

The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic.

Intensely Cleansing Salt Scrub - Lime & Ginger

30 mins

AED 479

Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.



Body of Mandara

Traditional Body Scrub

45 mins

AED 350

Select your choice of body scrubs; Soothing Coconut, Bali Coffee, Javanese Lulur or Balinese Boreh.



Massage Rituals

The following massage rituals go that extra step with indulgent touches and luxury of time. Every massage over 50 minutes begins with an Aroma Reflex Foot Ritual, a symbolic cleanse to wash away the world and a divine foot massage to prepare you for total relaxation.

Couples Balinese Massage

1 hr 35 mins

AED 1130

1 hr 05 mins

AED 945

Align your heart with your partner in our couples' suite as you enjoy the Balinese Massage. Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling, palm and thumb pressure techniques to relieve the tension, improve blood flow, and ease stress. It can also assist in lymphatic, muscular and nervous systems. Enjoy and relax together, side by side., mind and spirit. It is a masterful fusion of Indian ayurvedic stretching techniques and the Chinese method of deep tissue pressure point massage. It helps to release toxins, stimulate blood flow, realign the body and restore suppleness.

Mandara Massage

1 hr 35 mins
1 hr 05 mins
50 mins

AED 1130
AED 835
AED 755

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 synchronization of the two therapist makes this massage a sublime experience.

Royal Thai Massage

1 hr 45 mins

AED 755

Exotic, rejuvenating and the ultimate subliminal body workout. Using no oil, this firm massage aims to release tension, increase vitality and flexibility, and create wholeness of body, mind and spirit. It is a masterful fusion of Indian ayurvedic stretching techniques and the Chinese method of deep tissue pressure point massage. It helps to release toxins, stimulate blood flow, realign the body and restore suppleness.

Warm Stone Massage

1 hr 05 mins

AED 595

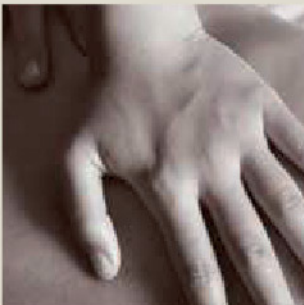
The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Simultaneously, rocks are placed on the body's various energy points to encourage the body's healing potential.

Balinese Massage

1 hr 35 mins
1 hr 05 mins
50 mins

AED 590
AED 495
AED 430

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 massage oil blend.





Muscle Ease Massage

1 hr 35 mins

AED 590

1 hr 05 mins

AED 495

50 mins

AED 430

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.

Fancy Foot-work

1 hr 05 mins

AED 420

The most blissful ride your feet will ever take you on. It's like a 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 body's energy flow. And it feels like bliss at its celestial best.

Express Massage

30 mins

AED 310

For those of you on a tight schedule, this short but effective massage will help to relieve tension and stress, allowing you to return to your day feeling relaxed and revitalized. It focuses on the shoulders, back and neck to loosen and relax the muscles that carry the stress of everyday living. Firm pressure helps to ease any muscle stress from exercise or repetitive activities.



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 30 minutes before the scheduled time, to check-in, change and enjoy the wet and heated facilities in preparation of your treatment.

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. Our therapist will always use draping techniques to respect your privacy. Nudity is prohibited.

What about my valuables?

We strongly recommend that you do not bring valuables to the spa. The management will 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. Guest will be charged 50% for treatment not cancelled six hours in advance.

What about payment for spa services?

You may pay in cash or charge spa services to your hotel bill. We also accept all major credit cards (Visa, AmEx, MC, Diners).



**All prices are quoted in AED and inclusive of 10% Service Charge, 7% Municipality Fees and 5% VAT.*



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