

# THE SPA

Open 10am to 8pm

## Packaged by Mandara

### Frangipani Body Glow *2 hrs* **RM730**

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.

### Spa Discovery *1 hr 20 mins* **RM390**

Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Enjoy a Balinese Massage followed by ELEMIS Taster Facial.

### Spa Sampler *1 hr 20 mins* **RM370**

Experience the pleasure of relaxation with this combination of Balinese Massage and Foot Massage.

## ELEMIS Face

### ELEMIS Pro-Collagen Age Defy

*1 hr* **RM650**

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* **RM500**

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* **RM385**

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 and Ginger *45 mins* **RM385**

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.

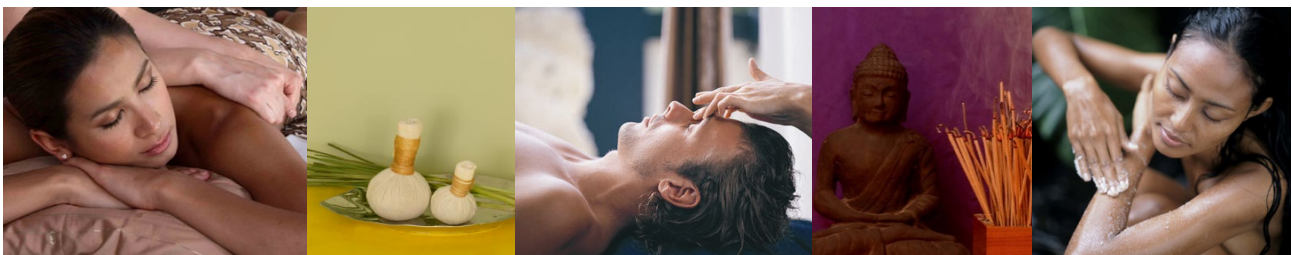
## Body of Mandara

### Gua Sha Therapy *1 hr 20 mins* **RM415**

This centuries old Chinese therapy utilizes a curved crystal stone to scrape the skin in rm strokes, Gua Sha directly stimulates blood flow and lymphatic drainage improving wellbeing. e action of pulling the crystal across the skin is deeply relaxing, assists with muscle tension, and reduces in inflammation and puffiness. With continued use, Gua Sha is renowned for the ability to firm the body's contours.

### Tension Relief Massage *1 hr 30 mins* **RM400**

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.



*All prices are quoted in Malaysian Ringgit and inclusive of applicable Government Tax.*

*Rates are subject to change without notice.*

# THE SPA

# THE SPA

Open 10am to 8pm

## Body of Mandara

**Balinese Massage**      *1 hr 30 mins*      **RM400**  
*1 hr*      **RM250**

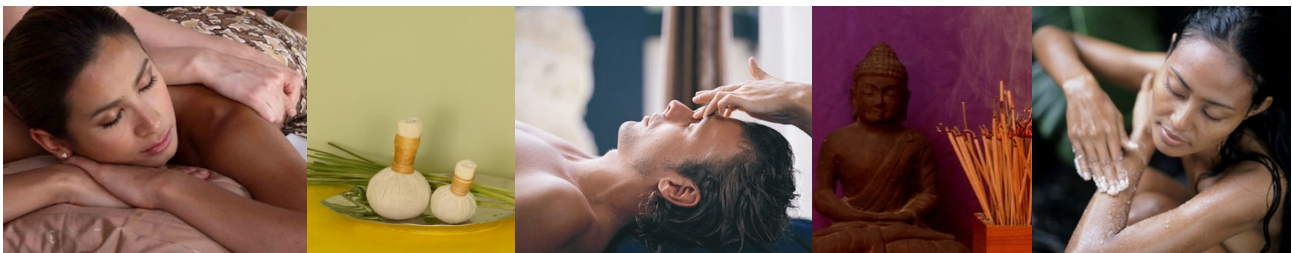
Our most relaxing massage, harnessing the therapeutic properties of 100% pure essential oils. Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve 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.

**Fancy Foot-work**      *1 hr*      **RM220**

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 body's energy flow. And it feels like bliss at its celestial best.

**Asian Head Massage**      *1 hr 30 mins*      **RM400**  
*1 hr*      **RM300**

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.



*All prices are quoted in Malaysian Ringgit and inclusive of applicable Government Tax.  
Rates are subject to change without notice.*

# THE SPA