



MANDARA SPA

MELIÀ
WHALE LAGOON

MALDIVES



Mandara Spa

Integrating age-old Eastern healing traditions in contemporary luxury, a Mandara moment is as indulgent as it is therapeutic and as magical as it is real.

Imagine boundaries ceasing to exist. Imagine science and nature dancing together in perfect harmony. And then, imagine a Spa experience at Mandara at Meliá Whale Lagoon Maldives.

Our Story

Originating on the sacred island of Bali, Mandara Spa epitomizes the essence of time-honored healing traditions that transcend through the ages. The ancient art of massage and the profound impact of touch hold a sacred place in the heart of Bali, seamlessly integrated into the tapestry of daily self-nurturing rituals.

Inspired by an unwavering commitment to balance and holistic wellness, we extend this devotion and sacred practice to every Spa treatment.

The name Mandara comes from an ancient Sanskrit legend about the gods' quest to claim Tirta Sanjiwani – a powerful holy water that holds the secret of eternal youth and beauty.

Unlock the Secret in Your Own Mandara Moment



Packages

ULTIMATE INDULGENCE

2 hrs 30 mins | \$350

An exotic, luxurious and unforgettable celebration of indulgence. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Mandara Massage ~ Foot Massage ~ ELEMIS Taster Facial.

ROYAL RETREAT

2 hrs 30 mins | \$320

Feel like royalty with head to toe indulgence for radiant skin and a dream-like sense of overall well-being. Aromatherapy Floral Footbath ~ Choice of Balinese Massage or Tension Relief Massage ~ ELEMIS Facial.

FRANGIPANI BODY GLOW

2 hrs | \$270

Uplifting and re-energising, this exfoliating and nourish ritual featuring ELEMIS Skincare is designed to transform and restore. Warm Oil Drizzle ~ Lime and Ginger Exfoliation ~ Frangipani Monoi Body Cocoon ~ Mini Facial ~ Balinese Massage.

HARMONY

2 hrs | \$235

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.

SPA DISCOVERY

1 hr 20 mins | \$170

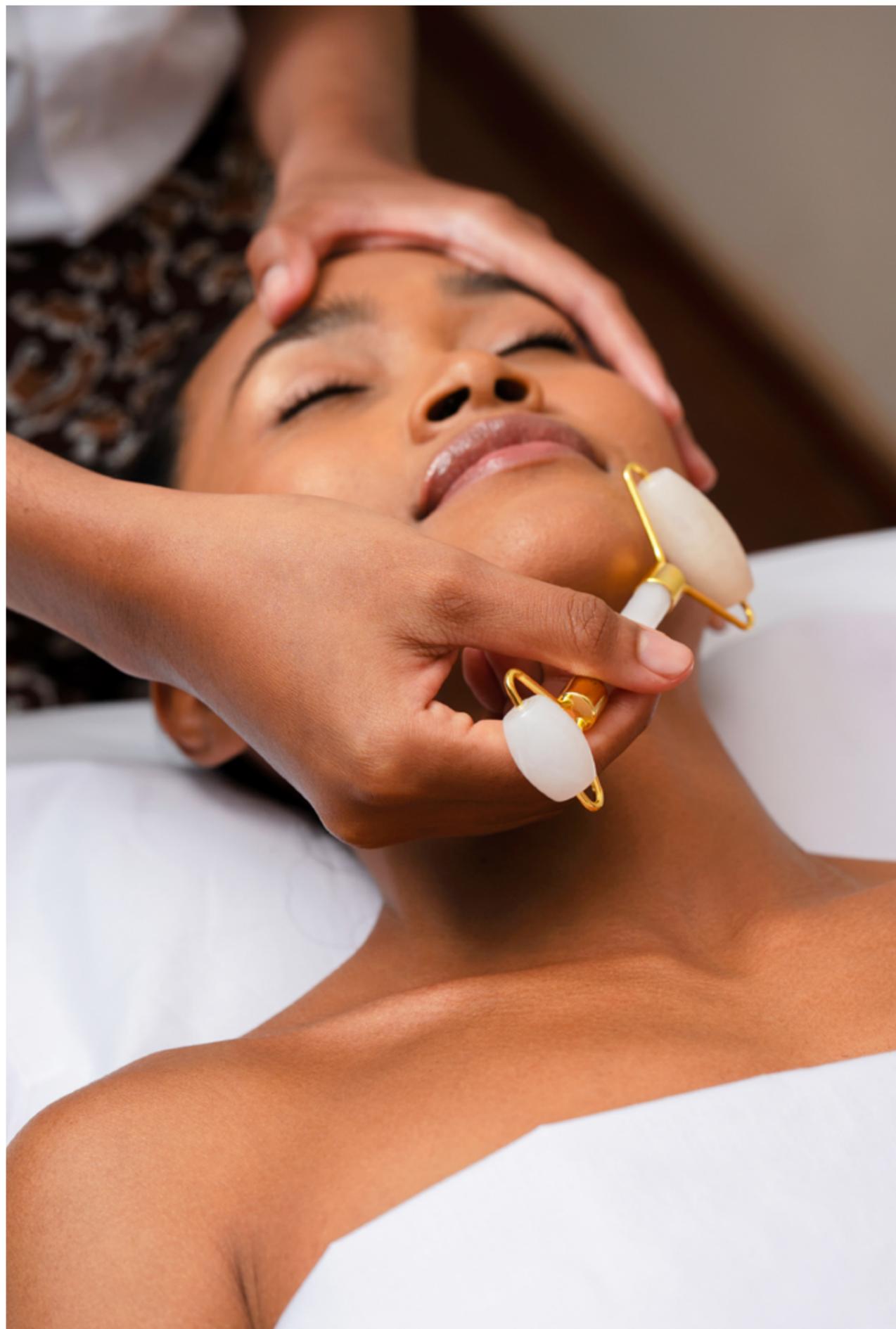
Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Enjoy a Balinese Massage followed by an ELEMIS Taster Facial.

SUN SOOTHER WRAP

45 mins | \$135

Although designed to soothe sunburned skin, this cooling wrap delivers hydrating, anti-inflammatory and healing properties to any skin. Cool Compress ~ Cucumber and Lavender Wrap ~ Anti-inflammatory bath ~ Aloe Vera application.

All prices are quoted in US Dollars (USD) and inclusive of 10% Service Charge and 17% Tourism, Goods and Services Tax. Rates are subject to change without notice.



ELEMIS Face

ELEMIS PRO-GLOW *SMOOTH*

1 hr | \$195

Improve skin-fitness and firmness, whilst reducing fine lines and wrinkles with our clinically proven formulas and signature skin-lifting massage techniques. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

ELEMIS PRO-GLOW *RESURFACE*

1 hr | \$185

Purify and brighten as skin's texture is transformed. This unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines and pigmentation. Skin will appear instantly brighter, smoother, and renewed.

ELEMIS PRO-GLOW *BRILLIANCE*

1 hr | \$180

Nourish and glow with this brightness-boosting facial, reviving dull, lacklustre skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

ELEMIS Body

ELEMIS BODY NECTAR NOURISHING WRAP - *FRANGIPANI*

45 mins | \$135

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 | \$135

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

1 hr | \$155

Mandara Spa's signature facial is rich in enzymes to exfoliate, antioxidants to protect from pollutants and natural oils for nourishment. Relying on nature's life-force to 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 / FOUR HAND MASSAGE

1 hr 30 mins | \$240

1 hr | \$185

Our signature massage is a blend of five massage styles – Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. Engaging two therapists to create a deeply transformative experience of calm.

ROYAL THAI MASSAGE

1 hr 30 mins | \$230

Originating in Thailand this oil free, firm massage is a fusion of Ayurvedic stretching and Chinese acupressure point techniques. Aims to stimulate blood flow, realign the body, and improve flexibility.

TENSION RELIEF MASSAGE

1 hr 30 mins | \$220

Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. Relieves pain, boosts circulation and supports the body's innate healing system.

WARM STONE MASSGE

1 hr | \$170

Smooth, warmed stones glide across the body in long, flowing strokes. The heat relaxes muscles and soothes the mind. Simultaneously, stones are placed on the body's energy points to encourage healing.

BALINESE MASSAGE

1 hr 30 mins | \$200

1 hr | \$155

Based on ancient Balinese traditions this medium pressure massage combines long strokes, skin rolling and palm pressure to relieve tension, relax the body and improve circulation.

FANCY FOOT-WORK

1 hr | \$155

Based on the same therapeutic principles of Chinese Reflexology without the pain, this foot massage will help to release toxins and restore your body's energy flow.

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Manicures & Pedicures

SPA PEDICURE POWER POLISH

1 hr 15 mins | \$130

Includes a soak, exfoliation, nail care, cuticle stimulation, nail colour and a lower leg massage.

SPA MANICURE POWER POLISH

1 hr | \$105

Includes a soak, exfoliation, nail care, cuticle stimulation, nail colour and a hand massage.

SPA PEDICURE

1 hr 15 mins | \$120

Includes a soak, exfoliation, nail care, cuticle stimulation, nail colour and a lower leg massage. Includes a rejuvenating foot mask.

SPA MANICURE

1 hr | \$95

Includes a soak, exfoliation, nail care, cuticle stimulation, nail colour and a hand massage.

GEL POLISH REMOVAL

30 mins | \$45

Includes a soak, exfoliation, nail care, cuticle stimulation, nail colour and a hand or lower leg massage.

More Wellness

GIFT VOUCHER

Available for all Spa treatments or at a value amount. Please contact our Spa Reception for further details.

HEMOCARE & GIFTS

Luxury skin and body care products along with beautiful gifts are available at our Spa Boutique.



Spa Basics

Should I reserve my treatments?

Yes, either per phone or by visiting 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 prior to 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 should I wear during my treatment?

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Alternatively treatments may be enjoyed without clothes. Choose what is most comfortable for you. Our therapists 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 at least six hours in advance.

What about payment for Spa services?

You may charge Spa services to your hotel bill.



MANDARA SPA

Opening Hours:
10am - 9pm

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