



# MANDARA SPA

ROYAL ORCHID SHERATON

# Welcome to 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 Spa.

## 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.

Mandara Spa, inspired by an unwavering commitment to balance and holistic wellness, extends this devotion and sacred practice to every Spa.

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



## Packaged by Mandara



### **PURE INDULGENCE**

Immerse yourself in the Spa experience with this indulgent treatment package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage ~ Choice of Refresher Facial or Foot Massage.  
**2 hrs 30 mins | THB 6500**

### **HARMONY**

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.  
**2 hrs | THB 5000**

### **OCEAN REVIVE WRAP**

Essentially a seaweed and clay body treatment designed to stimulate the lymphatic system, purge impurities, and provide a mineral blast to the skin. Aroma Reflex Foot Ritual ~ Dry Body Brushing ~ Green Clay and Seaweed Wrap ~ Scalp Massage ~ Shower ~ Cleansing Tea ~ Balinese Massage.  
**1 hr 50 mins | THB 4500**

### **SPA DISCOVERY**

Age-old tradition combines with the finest organic skincare for a deliciously relaxing experience. Enjoy a Balinese Massage followed by an endota Express Facial.  
**1 hr 20 mins | THB 3600**

### **SPA SAMPLER**

Experience the pleasure of relaxation with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.  
**1 hr 20 mins | THB 3600**

## endota Face



**endota SIGNATURE PERFORMANCE+ FACIAL**  
Relaxation meets results in this plumping and smoothing facial. Nourish your complexion with endota's high potency performance + skincare, while your mind and body are nurtured with a relaxing Scalp and Foot Massage.

**1 hr | THB 3300**

### **endota SKIN RENEWAL FACIAL**

Your smoother, more luminous complexion awaits. A combination of glycolic acid, Gua Sha Massage and a collagen sheet mask will refresh and revitalise skin's appearance from deep within the layers of the skin. Enjoy a glow that lasts with immediate and ongoing results.

**1 hr | THB 3300**

### **endota ORGANIC INFUSION+ FACIAL**

Feel serene and beautifully nourished with endota's signature facial treatment, designed to de-stress the body and deliver a super-boost of hydration. Includes exfoliation, mask and Facial Massage using manual movements and luxurious Jade Rollers. Complemented with a soothing Foot and Scalp Massage.

**1 hr | THB 3100**

### **endota ORGANIC EXPRESS FACIAL**

Soothe the senses and quench the complexion with this express version of the Organic Infusion Facial. Includes exfoliation and mask with endota Organics™ skincare, combined with a Jade Roller Facial Massage and relaxing Foot Massage.

**30 mins | THB 2100**

## endota Body

### **endota REST & RESTORE**

Potent botanicals work to ease tired, tense muscles and revive the senses with this full-body massage. A detoxifying scrub gently warms the back to promote circulation, followed by a soothing massage sequence with grounding Jade Stones.

**1 hr | THB 2800**

### **endota NOURISHING BODY TREATMENT**

Awaken your senses and restore feelings of wellbeing throughout your whole body. Warm Foot Soak ~ Full Body Exfoliation ~ Warm Nourishing Oil Cocoon ~ Body Wrap ~ Scalp and Face Massage.

**1 hr | THB 2800**

*All prices are quoted in Thai Baht and subject to 10% Service Charge and 7% Government Tax.  
Rates are subject to change without notice.*



# Face of Mandara

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## PURE NATURE FACIAL

1 hr | THB 2700

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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

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## MANDARA MASSAGE

1 hr | THB 3600

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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.

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## TENSION RELIEF MASSAGE

1 hr 30 mins | THB 3600

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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.

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## BALINESE MASSAGE

1 hr 30 mins | THB 3600

1 hr | THB 2700

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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.

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## ROYAL THAI MASSAGE

1 hr 30 mins | THB 3600

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

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## WARM STONE MASSAGE

1 hr | THB 3000

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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.

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## ASIAN HEAD MASSAGE

1 hr | THB 2700

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Rooted in China and India, this back and upper body massage combines multiple techniques to release tension. Your hair is doused in warmed oils and features a Thai Poultice application and jade combing.



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**FANCY FOOT-WORK**

*1 hr | THB 2700*

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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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**FOOT MASSAGE**

*30 mins | THB 1800*

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Inspired by a selection of different Asian massage styles, this combination of strokes stimulates circulation, relieves tired and painful feet.

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**EXPRESS MASSAGE**

*30 mins | THB 1800*

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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.

## More of Mandara

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**POWER GEL POLISH PEDICURE**

*1 hr 15 mins | THB 2400*

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**POWER GEL POLISH MANICURE**

*1 hr | THB 2000*

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**SPA PEDICURE**

*1 hr 15 mins | THB 2000*

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**SPA MANICURE**

*1 hr | THB 1600*

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**GEL POLISH REMOVAL**

*30 mins | THB 1000*

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These deluxe treatments include a soak, exfoliation, nail care, cuticle stimulation, nail colour and a hand or lower leg massage. The Spa Pedicure also includes a rejuvenating foot mask.

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**GIFT CERTIFICATE**

Gift certificate purchase is available for all Spa treatments or at a value amount. Please contact our Spa Reception for further details.

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**HOMECARE & GIFTS**

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



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# 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. 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 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).



Opening Hours:  
**10am - 10pm**

# MANDARA SPA

**ROYAL ORCHID SHERATON**

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