



Transcend. Transform. Trust the Moment.

Open 10am to 8pm



MANDARA
— SPA —

MIRI MARRIOTT RESORT & SPA

Packaged by Mandara

Pure Indulgence	2 hrs 30 mins	RM 625
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.		

Harmony	2 hrs	RM 525
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.		

Dream Weaver 1 hr 50 mins RM 485
Head to toe indulgence for radiant skin and a dream-like sense of overall well-being. Aromatherapy Floral Footbath ~ Balinese Massage ~ Pure Nature Facial.

Spa Sampler	1 hr 20 mins	RM 370
Experience the pleasure of relaxation with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.		

Face of Mandara

Pure Nature Facial	1 hr	RM 250
<p>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.</p>		

Preserve - a cleansing and rejuvenating facial for normal skin.

Enrich - a nourishing facial for dry or mature skin.

Body of Mandara

Gua Sha Therapy	1 hr 20 mins	RM 415
<p>These centuries old Chinese therapy utilizes a curved crystal stone to scrape the skin in firm strokes, Gua Sha directly stimulates blood flow and lymphatic drainage improving wellbeing.</p>		

The action of pulling the crystal across the skin is deeply relaxing, assists with muscle tension, and reduces inflammation and puffiness. With continued use, Gua Sha is renowned for the ability to firm the body's contours.

Balinese Massage	1 hr 30 mins	RM 400
	1 hr	RM 250

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.

Tension Relief Massage	1 hr 30 mins	RM 400
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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.

Asian Head Massage	1 hr 30 mins	RM 400
	1 hr	RM 300

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	1 hr	RM 220
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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 body's energy flow. And it feels like bliss at its celestial best.

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 & Gifts

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

*All prices are quoted in Ringgit Malaysia and inclusive of applicable Government 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. Alternatively, treatments may be enjoyed without clothes. 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).



Bahamas • Bali • Caribbean • California • Dubai • Egypt
Hawaii • Japan • Las Vegas • London • Malaysia • Maldives • Oman
Orlando • Palau • Puerto Rico • Russia • Spas at Sea • Thailand



Miri Marriott Resort & Spa
Jalan Temenggong Datuk Oyong Lawai
9800, Miri, Serawak, Malaysia
Phone: +60 85 421 121 Fax: +60 85 421 099
E-mail: infoasia@mandaraspa.com