



*Transcend. Transform. Trust the Moment.*

Open 12pm to 10pm



MANDARA  
— SPA. —

MULU MARRIOTT RESORT & SPA



**Gua Sha Therapy** 1 hr 20 mins RM 415  
This 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.

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

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

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.

## 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).



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Hawaii • Japan • Las Vegas • London • Malaysia • Maldives • Oman  
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