



*Transcend. Transform. Trust the Moment.*

Open 10am to 10pm  
Extension 0



MANDARA  
— SPA. —

HILTON BALI RESORT



A visit to Mandara Spa at Hilton Bali Resort is a total sensory experience. Our Spa menu offers a range of treatments, incorporating the wisdom of ancient cultures with the latest science from ÉMINENCE Spa-therapies. Our gracious staff will serve you from the heart, careful never to intrude on your experience.

The exotic aromas of spices and fragrant blooms, and the gentle sound of soothing music, will bathe your senses and lull you into a state of relaxed bliss. An unforgettable experience awaits you.

If you wish to take the feeling home, visit our Boutique to view the beautiful range of Spa products and accessories...an exquisite variety of take-home products that will allow you to enjoy the Spa experience in the comfort of your own home.

## Packaged by Mandara

Pure Indulgence 2 hrs 30 mins Rp 2.025.000

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 Rp 1.750.000

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.

Ocean Detox Wrap 1 hr 50 mins Rp 1.475.000

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 ~ Infrared Detox Sauna ~ Express Massage.

Spa Sampler 1 hr 20 mins Rp 1.235.000

Experience the pleasure of relaxation with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

Spa Discovery 1 hr 20 mins Rp 1.100.000

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

## ÉMINENCE Organic Face

ÉMINENCE Marine Flower Peptide Collagen Boosting Facial

1 hr 15 mins Rp 1.450.000

Dive deep into ageless results with the magic of marine flowers! This revitalizing treatment combines sustainably sourced algae extracts with botanical peptides to support collagen production and smooth wrinkles for lifted, firmer skin.

ÉMINENCE Strawberry Rhubarb Hyaluronic Facial

1 hr Rp 1.175.000

Indulge deep hydration and vitamins from Botanical Hyaluronic Acid, Strawberry and Rhubarb to make your skin soft, plump and smooth. Ideal for dry, dehydrated skin, will leave you refreshed, revitalized, hydrated and calm.



ÉMINENCE Clear Skin Facial      1 hr      Rp 1.175.000

Purify, detoxify, cool and balance acne-prone and oily skin! Hungarian Herbal Mud warms up the skin and opens pores to eliminate toxins while kaolin clay, cooling cucumber and yogurt exfoliates, absorbs sebum and eliminates blemishes.

ÉMINENCE Stone Crop Facial      1 hr      Rp 1.175.000

Calm and treat sensitive skin with the power of nature. Our proprietary lactic acid complex paired with antioxidant rich super fruit Mangosteen will slough off dead skin cells while Stone Crop hydrates, heals and reduces pigmentation. Safe and gentle for sensitive and young skins.

## ÉMINENCE Organic Body

ÉMINENCE Coconut & Mango Body Polish

1 hr      Rp 1.075.000

Reveal smooth and glowing soft skin with a tropical cocktail of super foods, gently exfoliate with a coconut sugar scrub followed by a mango enzyme peel, nourish with firming coconut body lotion.

ÉMINENCE Stone Crop Body Firming Ritual

1 hr      Rp 1.075.000

Featuring one of the globe's great super plants stone crop, this treatment ritual unique to Eminence Organics promises to smooth and firm, correct pigmentation and heal skin conditions, ideal for uneven complexions.

## Face of Mandara

Pure Nature Facial      1 hr      Rp 950.000

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.

**Preserve** - a cleansing and rejuvenating facial for normal skin.

**Enrich** - a nourishing facial for dry or mature skin.

## Body of Mandara

Tension Relief Massage      1 hr 30 mins      Rp 1.325.000

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.

Balinese Massage      1 hr 30 mins      Rp 1.200.000

1 hr      Rp 950.000

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.



**Mandara Massage** 1 hr Rp 1.175.000

Not to be missed, never to be forgotten. Our signature massage, performed by two therapists working together, is a unique blend of five different massage styles - Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

**Asian Head Massage** 1 hr Rp 1.050.000

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.

**Warm Stone Massage** 1 hr Rp 1.050.000

The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Simultaneously, rocks are placed on the body's various energy points to encourage the body's healing potential.

**Fancy Foot-work** 1 hr Rp 950.000

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.

## More of Mandara

**Power Gel Polish Pedicure** 1 hr 15 mins Rp 600.000

**Power Gel Polish Manicure** 1 hr Rp 525.000

**Spa Pedicure** 1 hr 15 mins Rp 575.000

**Spa Manicure** 1 hr Rp 475.000

**Gel Polish Removal** 30 mins Rp 225.000

## Gift Certificate

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

*All prices are quoted in Indonesian Rupiah and inclusive of Service Charge and 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 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.





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