MANDARA SPA

ATLANTIS PARADISE ISLAND

Namaste.

My soul honors your soul.
I honor the place in you where the entire universe resides.

I honor the light, love, truth, beauty and peace within you because it is also within me.

In sharing these things, we are united; we are the same; we are one.

Escape your World. Indulge in Ours.

Leave time at the door and enter a sanctuary where wellness meets wonder. Discover the beauty of Mandara Spa and an ethos encompassing wellbeing from around the world.

Mandara Spa captures the essence of our Balinese heritage while charting a path to the New World – a journey that touches on regional influences infused into unparalleled Mandara experiences.

The name Mandara comes from a Sanskrit legend about the gods' quest to find the secret to eternal youth and beauty. We believe you will unlock the secret when you experience a timeless Mandara moment.

Here, time stands perfectly still.

SIGNATURE TREATMENTS

PRICE LIST

JOURNEYS

SPECIAL OFFERS

BOOK NOW

SPECIAL SERVICES

SPA INFORMATION

Signature Treatments

Our locally-inspired, indigenous treatments are indicated with the Location symbol.

MANDARA SIGNATURE FACIAL

A breath of fresh air for the skin, this multi-faceted treatment is designed to address individual needs.

Following a deep cleansing, exfoliation, necessary extractions, in addition to lifting and firming using microcurrent technology, this facial is topped off with a pure oxygen spray to brighten and revitalize the skin.

This rejuvenating therapy includes a decadent and, arm, and scalp massage as well as an application of our signature beauty oil.

90 MIN	$340
75 MIN	$300
60 MIN	$260

BIOTEC ANTI-AGING FACIALS

BIOTEC facial treatments are where ground-breaking science meets nourishing, vitamin-rich ingredients and transformative touch.

The pioneering innovation of BIOTEC technology works to activate the skin and boost its natural cellular energy, enhancing the sensitive touch of the therapist.

The clinically proven result is a thriving, visibly healthy, and energized skin.

90 MIN	$330
75 MIN	$290
60 MIN	$250

HOT MINERAL BODY BOOST
QUARTZ CRYSTAL BED

Harnessing the ground-breaking restorative power of the pioneering Amber and Quartz Crystal bed, this powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins.

The heated minerals are a catalyst to warm and relax the body, perfectly prepping for the nourishing Amber balm, while the mind is whisked off to invigorating shores with the aromatic Ocean Spa.

75 MIN	$290

POULTICE-POWERED MUSCLE RELEASE
QUARTZ CRYSTAL BED

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Using a uniquely designed Amber and Quartz poultice, and combining the power of Eucalyptus and Juniper, each area of tension is specifically targeted with vibrational energy to remineralize.

Painful knots are eased. Tension is dissolved. The Amber and Quartz in the Poultice talks to the Amber in the bed: a powerful mineral connectivity that invigorates the body and elasticizes the skin.

75 MIN	$290

AMBER & QUARTZ CRYSTAL SOUND BATH HEALING TREATMENT
QUARTZ CRYSTAL BED

Nothing can prepare you for the healing power of sound as it resonates through your body.

This innovative, individual treatment combines the therapeutic benefits of the Amber and Quartz Crystal bed with the pure sounds that emanate from Sound Bowls. Your sound therapist will play the bowls to lull the mind into a deep meditative state.

30 MIN	$160

FIRE & ICE MASSAGE

A customized, heated Basalt stone massage complemented by ice-cool gels to gently detoxify the body and address areas of concern, alleviating stress and easing aching muscles.

While the body is in a pure state of blissful relaxation, melted paraffin on the back will enhance the warming sensation of this contrast therapy.

90 MIN	$310
75 MIN	$270
60 MIN	$230

COCONUT POULTICE MASSAGE

Perfectly warmed pure coconut compresses massage the body, releasing natural emollients - rich in Vitamins E and K – to nourish and moisturize the skin.

Using an array of Eastern and Western massage techniques and acupressure movements, the poultices are then applied to the body at pressure points to relax the muscles and release tension.

90 MIN	$310
75 MIN	$270
60 MIN	$230

BALINESE MASSAGE

Utilized for centuries to strengthen and heal the body, this traditional therapy combines stretching, long strokes as well as palm and thumb pressure techniques.

Flowing and graceful, the Balinese massage relieves tension, improves blood flow, eases stress, and encourages harmony.

90 MIN	$300
75 MIN	$260
60 MIN	$220

BAHAMAS BOTANICAL MASSAGE

A mind-body experience to loosen muscles and open energy channels. Based on your desired result, a selection of Bahamian ingredients have been curated to accompany a serene massage to melt away tension and stress, lulling the body into a state of bliss.

Select from:

BAHAMIAN LULLABY
Soothe the mind and enter into a state of relaxation with a blend of Soursop Leaf Fevergrass, and Hibiscus Flower is the essence of this therapy.

ISLAND ZEST
Feel energized and restored with a fusion of Feather Leaf, Peppermint, and Neem.

CARIBBEAN CALM
Reduce inflammation and provide a pick-me-up with a synergy of Sandalwood, Grapefruit, Rosemary, and Five Finger Leaf.

90 MIN	$300
75 MIN	$260
60 MIN	$220

BAHAMIAN BUSH BATH

A hydrotherapy bath using Bahamian remedies made from indigenous plants. Soursop, Feather Leaf, Cinnamon, Orange, Rose, and essential oils all combined to make a fragrant, bubbly, fizzy, relaxing experience.

30 MIN	$120

TAKING OF THE WATERS

The ideal prelude to any treatment or fitness experience. Immerse yourself in our amenities in both the women and men's changing areas: hydrotherapy pool, cold plunge pool, steam and sauna rooms. The women's area features a relaxing aromatherapy room while men can watch TV in their lounge.

Taking of the Waters is complimentary with any spa service.

4 DAYS PASS	$125
3 DAYS PASS	$110
2 DAYS PASS	$85
SINGLE DAY PASS	$50

FRANGIPANI CONDITIONING HAIR & SCALP RITUAL

We use rich, exotic Frangipani Monoi Oil, legendary for its ritual uses in Tahiti. After cleansing your hair, we massage the scalp with this precious ingredient and wrap the hair in a warm towel to ease away stress and give your locks a vibrant, healthful shine.

Add this treatment to any hair service.

25 MIN	$65

KÉRASTASE® ELIXIR ULTIME 24-CARAT INDULGENT RITUAL

Nourish, protect, illuminate and instantly restore hair. This most indulgent ritual combines precious oils with a highly concentrated treatment to provide a sublime transformation, leaving hair silky, weightless and beautifully fragrant. Includes a scalp massage.

25 MIN	$65

KÉRASTASE® 123 HAIR RITUAL

Breathe, treat and texturize with a 3 step made-to-measure ritual to take your tresses from flat to flawless.

15 MIN	$40

MANDARA RITUAL FOR THE HANDS AND FEET

A sumptuous lineup of citrus, coconut and lotus flower milk. This luxurious ritual treats the hands and feet to an invigorating cleansing, signature exfoliation, soothing bamboo massage, and conditioning body butter application, followed by a traditional manicure, pedicure and polish.

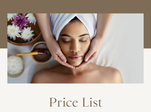
MANICURE	$70
PEDICURE	$100

FIRE & ICE MANICURE & PEDICURE

This invigorating therapy will warm your spirit and cool your stress. Using a combination of therapeutic cooling gels and the warmth of massage with a heated stone, your skin will be smoother and your nails will be polished to perfection.

MANICURE	$70
PEDICURE	$100

RETURN TO MAIN MENU



Price List

Our signature services are indicated with the Mandara symbol.

Our locally-inspired, indigenous treatments are indicated with the Location symbol.

FACIALS

➔ TECHNOLOGY FACIALS

MANDARA SIGNATURE FACIAL 90 MIN | 75 MIN | 60 MIN	$340 | $300 | $260
ELEMIS BIOTEC LINE ERASER 90 MIN | 75 MIN | 60 MIN	$330 | $290 | $250
ELEMIS BIOTEC FIRM-A-LIFT 90 MIN | 75 MIN | 60 MIN	$330 | $290 | $250
ELEMIS BIOTEC SKIN RESURFACER 90 MIN | 75 MIN | 60 MIN	$330 | $290 | $250
ELEMIS BIOTEC SUPER-CHARGER FOR MEN 90 MIN | 75 MIN | 60 MIN	$330 | $290 | $250

TOUCH FACIAL

ELEMIS SUPERFOOD PRO-RADIANCE 90 MIN | 75 MIN | 60 MIN	$290 | $250 | $210

FACIAL ENHANCEMENTS

ENRICH YOUR EXPERIENCE*	
FRANGIPANI NOURISHING HAIR AND SCALP TREATMENT	$40
BROW MAINTENANCE	$20
LIP OR CHIN WAX	$20
ENZYME PEEL	$50
REVITALIZING PEEL	$50
CONDITIONING FOOT TREATMENT	$40
WARMING PARAFFIN TREATMENT (HANDS OR FEET)	$25
EXTEND YOUR EXPERIENCE**	
OXYGEN BLAST 15 MIN	$50
BIOTEC EYE TREATMENT 15 MIN	$50
BIOTEC NECK TREATMENT 15 MIN	$50
BROW SCULPTING 15 MIN	$30
WAXING	SEE WAXING SECTION FOR PRICING

BODY

HOT MINERAL BODY BOOST 75 MIN	$290
POLITICE-POWERED MUSCLE RELEASE 75 MIN	$290
➔ FIRE & ICE MASSAGE 90 MIN | 75 MIN | 60 MIN	$310 | $270 | $230
➔ COCONUT POULTICE MASSAGE 90 MIN | 75 MIN | 60 MIN	$310 | $270 | $230
MANDARA DEEP TISSUE MASSAGE 90 MIN | 75 MIN | 60 MIN	$310 | $270 | $230
➔ BALINESE MASSAGE 90 MIN | 75 MIN | 60 MIN	$300 | $260 | $220
➔ BAHAMAS BOTANICAL MASSAGE 90 MIN | 75 MIN | 60 MIN	$300 | $260 | $220
PEACEFUL PREGNANCY MASSAGE 60 MIN	$220
MANDARA CUSTOMIZED MASSAGE 90 MIN | 75 MIN | 60 MIN	$280 | $240 | $200
COUPLES MASSAGE (PRICED FOR TWO) 90 MIN | 75 MIN | 60 MIN	$580 | $500 | $420

BODY ENHANCEMENTS

ENRICH YOUR EXPERIENCE*	
FRANGIPANI NOURISHING HAIR AND SCALP TREATMENT	$40
HOT STONE THERAPY	$40
BAMBOO THERAPY	$40
STICKS AND STONES	$40
CONDITIONING FOOT TREATMENT	$40
WARMING PARAFFIN TREATMENT	$25
EXTEND YOUR EXPERIENCE**	
CELLUTOX AROMA SPA OCEAN WRAP 60 MIN	$220
MUSCLEASE AROMA SPA OCEAN WRAP 60 MIN	$220
AMBER & QUARTZ CRYSTAL SOUND BATH HEALING TREATMENT 30 MIN	$160
REFLEXOLOGY 30 MIN	$125
CITRUS BODY GLOSS 30 MIN	$125
EXOTIC FRANGIPANI MONOI SALT GLOW 30 MIN	$125
EXOTIC LIME AND GINGER SALT GLOW 30 MIN	$125
MANDARA COFFEE AND COCONUT MILK BODY POLISH 30 MIN	$125
➔ BAHAMIAN BUSH BATH 30 MIN	$120
BATHING RITUAL 30 MIN *Choose from Asian, Indian, Mediterranean or New World.*	$120
WELLNESS WONDERS 15 MIN *Choose from Breathing Release, Myofascial Release, Sound Wave Therapy or Acupressure – Hands & Feet*	$50

SALON

HAIR

HAIR DESIGN WITH SHAMPOO AND BLOWDRY	FROM $140
HAIR DESIGN	FROM $95
SHAMPOO AND STYLE	FROM $75
CUT AND CURLING IRON	FROM $45
FRENCH BRAID	$45
HAIRCUT AND STYLE	FROM $95
CHILDREN'S HAIRCUT AND STYLE	$65
BANG TRIM	$45
➔ FRANGIPANI CONDITIONING HAIR AND SCALP RITUAL	$65
➔ KERASTASE' ELIXIR 24-CARAT INDULGENT RITUAL	$65
➔ KERASTASE' 123 HAIR RITUAL	$40
KERASTASE' FUSIO-DOSE™ INSTANT TREATMENT	$30
COLOR CORRECTION	FROM $165
HIGHLIGHTING OR LOW LIGHTING	FROM $170
PARTIAL HIGH OR LOW LIGHTS	FROM $110
COLOR AND SHINE	FROM $115
COLOR TOUCH-UP	FROM $100

Most hair services are priced based on short hair and increase in price depending on hair length (medium, long and extra long) and texture.

Please consult a hair stylist to determine the length.

NAILS

MANICURES	
➔ MANDARA HAND RITUAL	$70
➔ FIRE & ICE MANICURE	$70
CND™ SHELLAC™ MANICURE	$65
CLASSIC SPA MANICURE	$50
PEDICURES	
➔ MANDARA FOOT RITUAL	$100
➔ FIRE & ICE PEDICURE	$100
CND™ SHELLAC™ PEDICURE	$95
CLASSIC SPA PEDICURE	$80
AROMATHERAPY PARAFFIN INFUSION	$25
SHELLAC™ ENHANCEMENT	$15
FRENCH POLISH	$10
POLISH CHANGE	$20
SHELLAC™ REMOVAL	$20
NAIL ART (PER NAIL)	$10
NAIL REPAIR (PER NAIL)	$10

MAKEUP

MAKEUP APPLICATION	$100
TEMPORARY EYELASH ENHANCEMENTS	$35

WAXING

BROW MAINTENANCE	$20
BROW SCULPTING	$30
NOSE OR EAR	$20
LIP OR CHIN	$20
FULL FACE	$55
UNDERARMS	$40
FULL ARM	$75
HALF ARM	$40
MEN'S CHEST	$75
BACK	$90
STOMACH	$55
BASIC BIKINI	$50
BIKINI PLUS	$70
BRAZILIAN	$85
FULL LEG	$130
HALF LEG	$75

MEN'S GROOMING

MEN'S HAIRCUT AND STYLE	$60
MEN'S WET TRIM	$45
MEN'S COLOR	$80
MOUSTACHE, BEARD AND EYEBROW TRIM	$30
MEN'S SPORTS MANICURE	$50
MEN'S SPORTS PEDICURE	$80

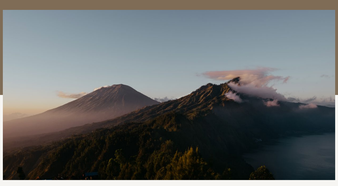
Prices inclusive of Value Added Tax.

For your convenience, a 20% service charge in lieu of gratuity will be automatically applied to the final bill.

** Enrich your experience with a service enhancement that is built-in to your service without adding time.*

*** Extend your experience with a service enhancement that adds time to your service.*

RETURN TO MAIN MENU



Journeys

Modern lifestyles are far removed from those of our ancestors. Charting the movements of air, fire, water and earth, Mandara Spa has taken key elements of ancient wisdom to restore our personal balance.

Enliven, Replenish, Release and Embrace with our Journeys of the Spirit, a mosaic of treatments that unite traditional rituals with modern-day services and a holistic approach — the ultimate experience for those seeking relaxation, invigoration, and renewal.

Drawing on world-inspired therapies and philosophies, immerse yourself in the cultures of Asia, India, the Mediterranean, and the New World. Each region is symbolized by one of the four elements and evokes a sense of place and self.

A collection of unique experiences, these Journeys have been curated to transport the mind and spirit to destinations across the globe.

Select a Journey that connects with your state of being.

COMPLETE JOURNEY

Select four or more services and save 20%. Includes a complimentary welcoming Aroma Reflex Foot Ritual, a symbolic cleanse followed by a divine foot massage.

PARTIAL JOURNEY

Select two or more services and save 10%.

ASIAN JOURNEY

AIR / ENLIVEN

WELLNESS WONDER: BREATHING RELEASE
15 MIN

BALINESE MASSAGE
90 MIN | 75 MIN | 60 MIN

MANDARA COFFEE AND COCONUT MILK BODY POLISH
30 MIN

MANDARA SIGNATURE FACIAL
90 MIN | 75 MIN | 60 MIN

ASIAN BATHING RITUAL
30 MIN

MANDARA RITUAL FOR THE HANDS AND FEET
105 MIN

INDIAN JOURNEY

FIRE / REPLENISH

WELLNESS WONDER: MYOFASCIAL RELEASE
15 MIN

FIRE & ICE MASSAGE
90 MIN | 75 MIN | 60 MIN

EXOTIC LIME AND GINGER SALT GLOW
30 MIN

BIOTEC SKIN RESURFACER FACIAL
90 MIN | 75 MIN | 60 MIN

INDIAN BATHING RITUAL
30 MIN

FIRE & ICE MANICURE AND PEDICURE
105 MIN

MEDITERRANEAN JOURNEY

WATER / RELEASE

WELLNESS WONDER: SOUND WAVE THERAPY
15 MIN

MANDARA CUSTOMIZED MASSAGE
90 MIN | 75 MIN | 60 MIN

CITRUS BODY GLOSS
30 MIN

BIOTEC LINE ERASER FACIAL
90 MIN | 75 MIN | 60 MIN

MEDITERRANEAN BATHING RITUAL
30 MIN

CLASSIC SPA MANICURE AND PEDICURE
75 MIN

NEW WORLD JOURNEY

EARTH / EMBRACE

WELLNESS WONDER: ACUPRESSURE
15 MIN

COCONUT POULTICE MASSAGE
90 MIN | 75 MIN | 60 MIN

EXOTIC FRANGIPANI MONOI SALT GLOW
30 MIN

BIOTEC FIRM-A-LIFT FACIAL
90 MIN | 75 MIN | 60 MIN

NEW WORLD BATHING RITUAL
30 MIN

CND™ SHELLAC™ MANICURE AND PEDICURE
105 MIN

RETURN TO MAIN MENU

Special Services

Mandara Spa provides a unique collection of offerings as well as special occasion menus to enhance your spa journey during your visit. Spa management will be happy to ensure your reservations are scheduled and that you and your guests are completely indulged.

IN-SUITE MASSAGE*

Let us bring the spa to you. Allow the power of touch, combined with the healing qualities of aromatherapy, to relax your mind, body and soul in the comfort of your room. All in-suite massages are booked with same gender therapists.

AL FRESCO MASSAGE*

Indulge in a scenic, outdoor massage whether poolside, beachside, or in a cabana, our unique location provides majestic and relaxing views where you can become one with nature.

BRIDAL SERVICES*

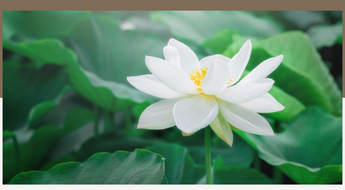
Your special day requires special attention. Allow us to tailor our services to create lasting memories for you and to meet the needs of your wedding party. Request a bridal menu, featuring special services for the bride, wedding party, and guests such as makeup, up-dos as well as pre- and post-wedding day relaxation packages.

SPA GROUP EVENTS

If you are bringing a group to the resort, do not forget to plan spa arrangements for your attendees. Our Meeting and Personal Event Planner Guide provides you with detailed information on your location's spa venue and its offerings. From VIP reservations to incentive spa treatments, team building, and arranging in-suite amenities, Mandara Spa offers a myriad of wellness options for your event.

**Additional fees may apply.*

RETURN TO MAIN MENU



Spa Information

OUR PROMISE TO YOU

We are committed to inspiring your wellness journey while delivering uncompromising indulgence and the finest expression of service. Your comfort and enjoyment are important to us. If we have not fulfilled our promise to you, please visit the spa reception desk to ensure we remedy your experience.

HOURS OF OPERATION

Spa and Salon: 10am to 6pm
Fitness Center: 6am to 6pm

RESERVATIONS

To schedule treatments, you can book online.

You may also call our spa directly from a hotel phone by dialing extension 65900 or call 242-363-3000 from outside of the hotel.

We require a credit card upon booking to secure your reservation and accept most major credit cards.

Pre-scheduling your services is recommended, although we do welcome walk-ins and will do our best to accommodate you.

MINIMUM AGE REQUIREMENTS

Spa guests are required to be 18 years or older to receive treatments or utilize the facilities. Spa services are available for teens 13-17 and salon services are available for kids and tweens, 5-12.

For further details, please see our teen and kid spa menu.

CANCELLATION POLICY

We require at least 24 hours' notice for changes in service date or cancellation to avoid being charged the full price for your treatments to the credit card provided when booking your services.

PURCHASE POLICY

Unopened products may be exchanged within 14 days of purchase if you have an original receipt. We cannot exchange opened products.

SERVICE CHARGE

For your convenience, a 20% service charge in lieu of gratuity will be automatically applied to the final bill. Your provider will receive 100% of the service charge. Gratuity for exemplary service is discretionary.

SERVICES AND PRICES

Prices and services are subject to change without notice.

ARRIVAL

Please arrive at least 30 minutes prior to your scheduled appointment so you can relax and make full use of the facilities.

To maintain the serenity of the spa, we ask you to turn off your mobile phone and electronic devices upon arrival.

Regretfully, if you are late for an appointment, we may have to shorten your treatment time to be on schedule for the next guest. You will be responsible for the full price of the service.

VALUABLES

For the safety of your valuable items, we suggest you leave all jewelry and money in the safe provided in your hotel room. The spa will not assume any liability for valuables.

THE GIFT OF MANDARA

Gift cards are available in any dollar amount and will be packaged in an attractive envelope ready for presentation.

OUR LOCATIONS

Mandara Spas can be found in diverse locations around the world. To find a location nearest you, visit

mandaraspa.com

KEEP IN TOUCH

Make taking care of your skin, body and hair part of your daily ritual. For more information on our services or products, visit

timetospa.com

Here, you may repurchase your skin, body and hair care products as well as read our inspiring articles, find some delicious healthful recipes, and be privy to our special offers.

Customer Service c/o OneSpaWorld, LLC.
1-855-848-3059.

RETURN TO MAIN MENU