

# MANDARA SPA

MOHEGAN SUN  
SKY AND EARTH TOWERS

## 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 SERVICES

SPECIAL OFFERS

BOOK NOW

SPA INFORMATION





# Signature Treatments



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

## MANDARA ULTIMATE FACIAL

This high-performance treatment uses six BIOTEC 2.0 technologies—Ultrasonic, Microcurrent, Galvanic, LED Light Therapy, and Cryo and Oxygen Infusion—for visible smoothing, firming, and deep hydration. Fine lines, wrinkles, and uneven tone are reduced, revealing a lifted, radiant complexion.

90 MIN	FROM \$330
75 MIN	FROM \$295
60 MIN	FROM \$260

## ELEMIS BIOTEC TARGETED TECHNOLOGY FACIAL

A taste of technology for the skin, the perfect pairing of technologies to combat fine lines, re-energize and plump or transform the skin’s texture whilst minimizing the look of uneven tone.

Select from:

### DYNAMIC RESURFACING

The powerful ultrasonic peel technology eliminates dirt and impurities while a customized multi-dimensional light therapy will rejuvenate, leaving the skin renewed, stunningly smooth and clear.

### PRO-COLLAGEN AGE-DEFYING

A workout for the skin, using microcurrent to target lines and wrinkles, with customized multi-dimensional light therapy to leave skin rejuvenated and more vibrant.

90 MIN	FROM \$290
75 MIN	FROM \$255
60 MIN	FROM \$220

## 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	FROM \$265
--------	------------

## 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	FROM \$265
--------	------------

## 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	\$150
--------	-------

## FIRE & ICE HOT STONE 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. Performed with medium pressure, this treatment promotes deep relaxation.

90 MIN	FROM \$280
75 MIN	FROM \$245
60 MIN	FROM \$210

## 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.

With light to medium pressure and 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	FROM \$280
75 MIN	FROM \$245
60 MIN	FROM \$210

## 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	FROM \$265
75 MIN	FROM \$230
60 MIN	FROM \$195

## 📍 RITUAL OF THE EARTH AND SEA TREATMENTS (R.E.S.T.)

Warm your body with this self-heating, rosemary and eucalyptus aroma sea salt scrub. Quartz and medicinal plants are used in Native American treatments to promote healing and wellness. This treatment uses a unique combination of Quartz poultices and powerful Eucalyptus to soothe sore aching muscles and invigorate the body.

90 MIN	FROM \$265
75 MIN	FROM \$230
60 MIN	FROM \$195

## 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	\$60
--------	------

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	\$60

## MANDARA RITUAL FOR THE HANDS AND FEET

Featuring 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.

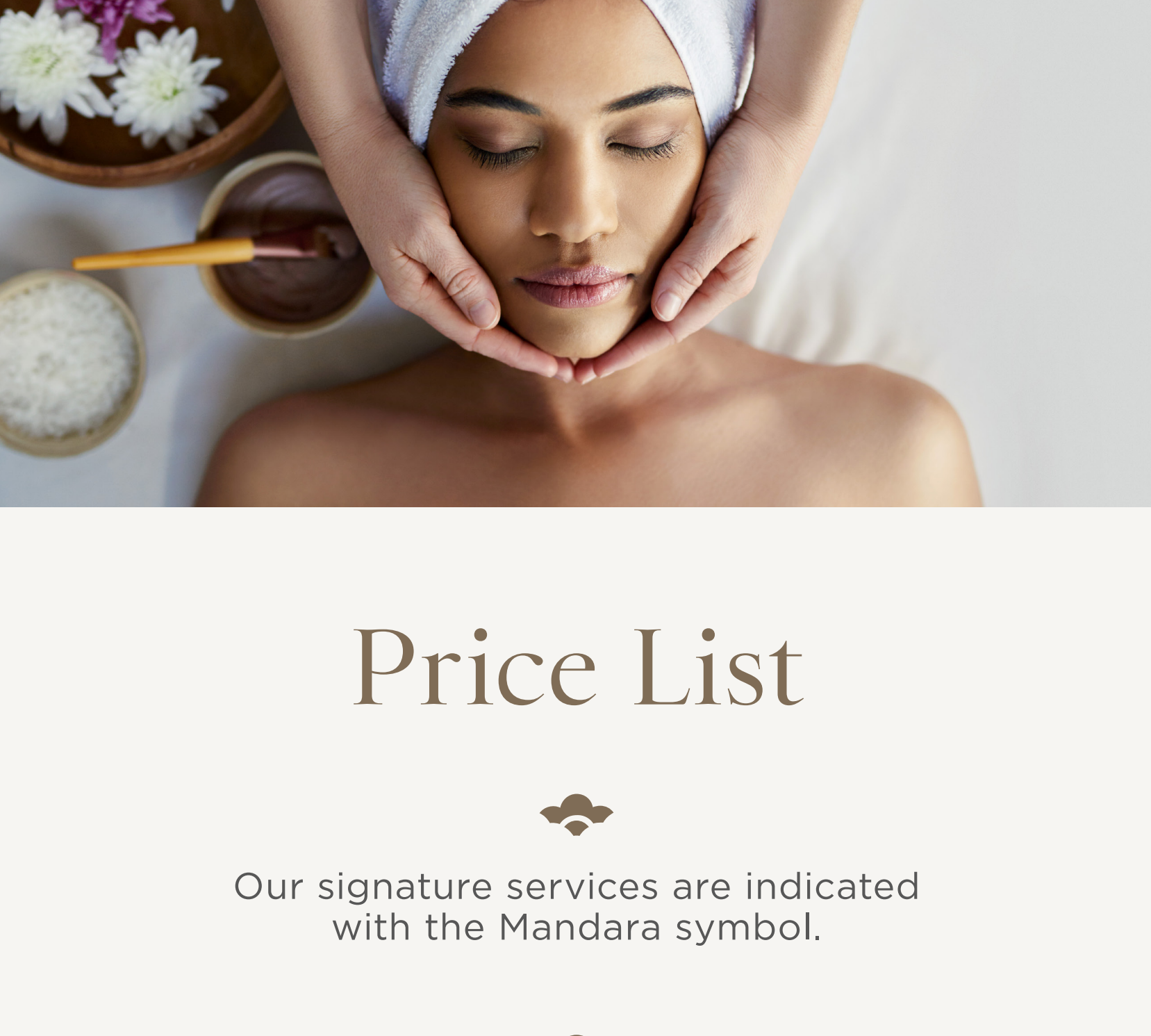
MANICURE	FROM \$75
PEDICURE	FROM \$100

## FIRE & ICE HOT STONE MANICURE AND 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	FROM \$75
PEDICURE	FROM \$100





# 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 ULTIMATE FACIAL  
90 MIN | 75 MIN | 60 MIN FROM \$330 | \$295 | \$260

ELEMIS BIOTEC TARGETED TECHNOLOGY FACIAL  
90 MIN | 75 MIN | 60 MIN FROM \$290 | \$255 | \$220

*Choose from Dynamic Resurfacing or Pro-Collagen Age-Defying*

### TOUCH FACIAL

ELEMIS NOURISH AND RENEW FACIAL  
90 MIN | 75 MIN | 60 MIN FROM \$250 | \$215 | \$180

### FACIAL ENHANCEMENTS

#### ENRICH YOUR EXPERIENCE\*

FRANGIPANI NOURISHING HAIR AND SCALP TREATMENT \$35

BROW MAINTENANCE \$25

LIP OR CHIN WAX \$25

ENZYME PEEL \$50

REVITALIZING PEEL \$50

CONDITIONING FOOT TREATMENT \$35

WARMING PARAFFIN TREATMENT (HANDS OR FEET) \$35

#### EXTEND YOUR EXPERIENCE\*\*

BROW SCULPTING 15 MIN \$35

WAXING SEE WAXING SECTION FOR PRICING

### BODY

✦ FIRE & ICE HOT STONE MASSAGE  
90 MIN | 75 MIN | 60 MIN FROM \$280 | \$245 | \$210

✦ COCONUT POULTICE MASSAGE  
90 MIN | 75 MIN | 60 MIN FROM \$280 | \$245 | \$210

MANDARA DEEP TISSUE MASSAGE  
90 MIN | 75 MIN | 60 MIN FROM \$280 | \$245 | \$210

✦ BALINESE MASSAGE  
90 MIN | 75 MIN | 60 MIN FROM \$265 | \$230 | \$195

📍 RITUAL OF THE EARTH AND SEA TREATMENTS (R.E.S.T.)  
90 MIN | 75 MIN | 60 MIN FROM \$265 | \$230 | \$195

HOT MINERAL BODY BOOST 75 MIN FROM \$265

POULTICE POWERED MUSCLE RELEASE 75 MIN FROM \$265

PEACEFUL PREGNANCY MASSAGE 60 MIN FROM \$195

MANDARA SWEDISH MASSAGE  
90 MIN | 75 MIN | 60 MIN FROM \$250 | \$215 | \$180

COUPLES MASSAGE (PRICED FOR TWO)  
90 MIN | 75 MIN | 60 MIN FROM \$520 | \$450 | \$380

### BODY ENHANCEMENTS

#### ENRICH YOUR EXPERIENCE\*

FRANGIPANI NOURISHING HAIR AND SCALP TREATMENT \$35

HOT STONE THERAPY \$35

BAMBOO THERAPY \$35

STICKS AND STONES \$35

CONDITIONING FOOT TREATMENT \$35

WARMING PARAFFIN TREATMENT \$35

#### EXTEND YOUR EXPERIENCE\*\*

CELLUTOX AROMA SPA OCEAN WRAP 60 MIN \$195

MUSCLEASE AROMA SPA OCEAN WRAP 60 MIN \$195

AMBER & QUARTZ CRYSTAL SOUND BATH HEALING TREATMENT 30 MIN \$150

REFLEXOLOGY 30 MIN FROM \$110

CITRUS BODY GLOSS 30 MIN \$110

EXOTIC FRANGIPANI MONOI SALT GLOW 30 MIN \$110

EXOTIC LIME AND GINGER SALT GLOW 30 MIN \$110

MANDARA COFFEE AND COCONUT MILK BODY POLISH 30 MIN \$110

WELLNESS WONDERS 15 MIN \$50

*Choose from Breathing Release, Myofascial Release, Sound Wave Therapy or Acupressure - Hands & Feet.*

## SALON

### HAIR

HAIR DESIGN WITH SHAMPOO AND BLOWDRY FROM \$110

HAIR DESIGN FROM \$75

SHAMPOO AND STYLE FROM \$65

FLAT OR CURLING IRON FROM \$40

FRENCH BRAID \$40

HAIRCUT AND STYLE FROM \$80

CHILDREN'S HAIRCUT AND STYLE (12 AND UNDER) \$55

BANG TRIM \$40

✦ FRANGIPANI CONDITIONING HAIR AND SCALP RITUAL \$60

✦ KÉRASTASE® ELIXIR 24-CARAT INDULGENT RITUAL \$60

KÉRASTASE® FUSIO-DOSE™ INSTANT TREATMENT \$25

COLOR CORRECTION FROM \$150

HIGHLIGHTING OR LOW LIGHTING FROM \$145

PARTIAL HIGH OR LOW LIGHTS FROM \$105

COLOR AND SHINE FROM \$100

COLOR TOUCH-UP FROM \$85

*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 FROM \$75

✦ FIRE & ICE HOT STONE MANICURE FROM \$75

CND™ SHELLAC™ MANICURE FROM \$70

CLASSIC SPA MANICURE FROM \$55

#### PEDICURES

✦ MANDARA FOOT RITUAL FROM \$100

✦ FIRE & ICE HOT STONE PEDICURE FROM \$100

CND™ SHELLAC™ PEDICURE FROM \$95

CLASSIC SPA PEDICURE FROM \$80

AROMATHERAPY PARAFFIN INFUSION (HANDS OR FEET) \$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 \$70

TEMPORARY EYELASH ENHANCEMENTS \$30

## WAXING

BROW MAINTENANCE \$25

BROW SCULPTING \$35

NOSE OR EAR \$25

LIP OR CHIN \$25

FULL FACE \$65

UNDERARMS \$30

FULL ARM \$55

HALF ARM \$30

MEN'S CHEST \$60

BACK \$75

STOMACH \$45

BASIC BIKINI \$60

BIKINI PLUS \$95

BRAZILIAN \$110

FULL LEG \$100

HALF LEG \$60

## MEN'S GROOMING

MEN'S HAIRCUT AND STYLE \$50

MEN'S WET TRIM \$40

MEN'S COLOR \$70

MOUSTACHE, BEARD AND EYEBROW TRIM \$30

MEN'S SPORTS MANICURE FROM \$50

MEN'S SPORTS PEDICURE FROM \$75

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

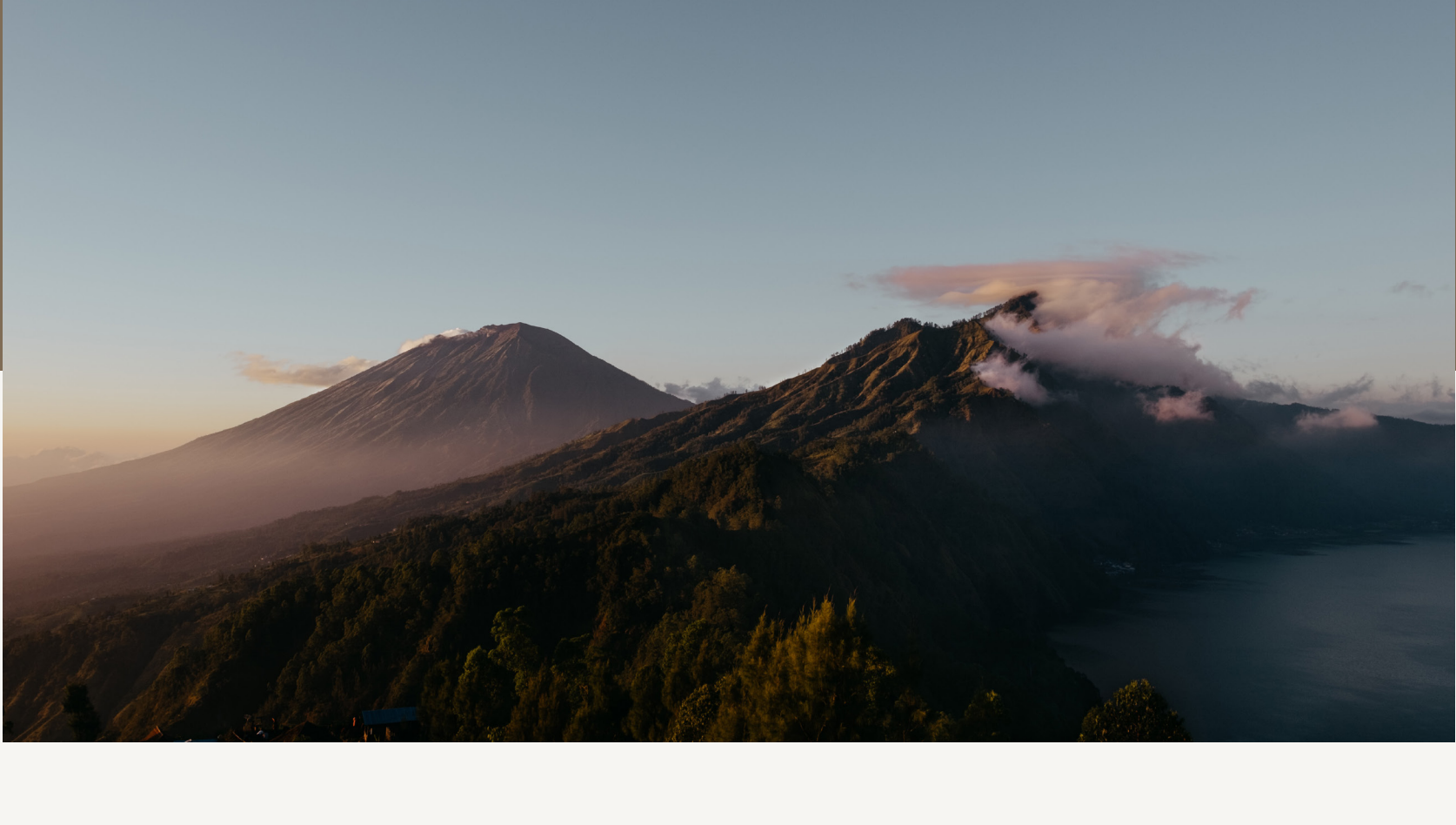
*Menu prices indicate base rates and may increase depending on time and date of treatment. For the most up-to-date pricing during your visit, please refer to the online booking rates or call the spa to speak to a spa concierge.*

*\* 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 ULTIMATE FACIAL  
90 MIN | 75 MIN | 60 MIN

✦ MANDARA RITUAL FOR THE HANDS AND FEET  
105 MIN

INDIAN JOURNEY

FIRE / REPLENISH

WELLNESS WONDER: MYOFASCIAL RELEASE  
15 MIN

✦ FIRE & ICE HOT STONE MASSAGE  
90 MIN | 75 MIN | 60 MIN

EXOTIC LIME AND GINGER SALT GLOW  
30 MIN

✦ BIOTEC PRO-COLLAGEN FACIAL  
90 MIN | 75 MIN | 60 MIN

✦ FIRE & ICE HOT STONE MANICURE  
AND PEDICURE  
105 MIN

MEDITERRANEAN JOURNEY

WATER / RELEASE

WELLNESS WONDER: SOUND WAVE THERAPY  
15 MIN

MANDARA SWEDISH MASSAGE  
90 MIN | 75 MIN | 60 MIN

CITRUS BODY GLOSS  
30 MIN

✦ BIOTEC DYNAMIC RESURFACING FACIAL  
90 MIN | 75 MIN | 60 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

✦ ELEMIS NOURISH AND RENEW FACIAL  
90 MIN | 75 MIN | 60 MIN

CND™ SHELLAC™ MANICURE AND PEDICURE  
105 MIN





# 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.

## **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

Sky Spa and Earth Spa: 9:30am to 6:00pm

Sky Salon: 10:00am to 6:00pm

Earth Spa 11am-5pm on Saturdays

## RESERVATIONS

To schedule treatments, [you can book online](#). You may also call our spa directly from a hotel phone by dialing extension 24500 or call 860-862-4500 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 and/or time 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 open or damaged 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](http://mandaraspa.com)

## KEEP IN TOUCH

Make taking care of your skin, body and hair part of your daily ritual and visit us at:

[timetospa.com](http://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](#)

