



MANDARA  
— SPA. —

AT  
LOTTE HOTEL  
ST. PETERSBURG



## Packaged Rituals

### Pure Indulgence

2 hrs 45 mins      Rub 23,700

Immerse yourself in the Spa experience with this indulgent treatment package. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Steam ~ Choice of Hydrobath or Floral Bath ~ Balinese Massage ~ Choice of ELEMIS Taster Facial or Foot Massage.

### Luscious & Luminous

2 hrs 5 mins      Rub 20,400

Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses. Aroma Reflex Foot Ritual ~ ELEMIS Body Nectar Nourishing Wrap - Frangipani, including mini facial ~ Balinese Massage.

### Transcendence

2 hrs 5 mins      Rub 17,300

Immerse yourself in the spa experience with this exquisite package that offers you choices from around the globe. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Choice of Steam, Hydrobath or Floral Bath ~ Choice of Balinese Massage, Muscle Ease Massage, Fancy Foot-work or Warm Stone Massage.

### Time for Two

1 hr 50 mins      Rub 30,900 for two persons

An ideal package to banish everyday routine with the inspiring and revitalizing atmosphere of Mandara Spa. The warmth of our gracious Balinese Therapists will spread throughout your Spa journey, offering an exceptional experience with your beloved one. Aroma Reflex Foot Ritual ~ Hydrobath or Floral Bath ~ Choice of Balinese Massage or Muscle Ease Massage ~ Foot Massage.

### Sultry Citrus Body Buff

1 hr 50 mins      Rub 18,900

Delivered with a refreshing burst of zing, this package gives you the look and feel of healthy, radiant skin and a mood to match. Aroma Reflex Foot Ritual ~ ELEMIS Intensely Cleansing Salt Scrub – Lime & Ginger, including mini facial ~ Choice of Steam, Hydrobath or Floral Bath ~ Balinese Massage.

### Spa Discovery

1 hr 35 mins      Rub 15,800

Age-old tradition combines with the finest European skin care for a deliciously relaxing experience. Aroma Reflex Foot Ritual ~ Balinese Massage ~ ELEMIS Taster Facial.



## ELEMIS Face

*Our philosophy is to provide you with an exceptional and memorable spa experience, languidly paced and sublimely indulgent.*

### ELEMIS Pro-Definition Lift & Contour

1 hr      Rub 14,500

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

### ELEMIS Pro-Collagen Age Defy

1 hr      Rub 13,800

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

### ELEMIS Superfood Pro-Radiance

1 hr      Rub 11,500

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

*\*Independent clinical trials.*



## ELEMIS Face

### **ELEMIS High Performance Skin Energiser for Men**

1 hr                      Rub 10,600

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.



## ELEMIS Body

### **ELEMIS Body Nectar Nourishing Wrap – Frangipani**

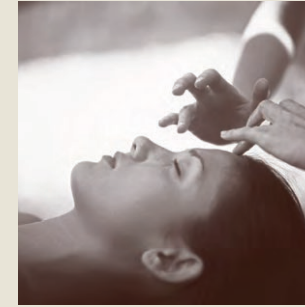
1 hr                      Rub 12,000

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

### **ELEMIS Intensely Cleansing Salt Scrub – Lime & Ginger**

45 mins                      Rub 10,300

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.



## JUVENA Face

*Due to the exclusive patented SkinNova StemCell Peptide technology and effective Swiss-quality components, JUVENA facial treatments have powerful regenerative and rejuvenating effects. A special Crystal Balls Massage, complementing each of the treatments, enhances the functions of JUVENA products, restoring the oval of the face and at the same time giving an incredibly pleasant feeling of peace and relaxation.*

### **JUVENA ANTI-AGE & NUTRI-RESTORE SPECIALIST**

1 hr                      Rub 15,500

Due to the pink silk tree bark extract which is included into the revolutionary products of the JUVELIA ® NUTRI-RESTORE line, the treatment has a powerful rejuvenating effect and resists processes that destroy the skin structure. Being the optimal care for mature skin, it promotes the regeneration of deep layers of the skin and its detoxification, reduces and prevents the appearance of age spots and facial wrinkles.

### **JUVENA MIRACLE INTENSE**

1 hr                      Rub 12,200

A highly effective regenerating treatment revitalizes the skin, ensuring its youth and health. Combined together, the regenerating patented SkinNova SC technology, complexes based on algae and hyaluronic acid, anti-aging peptides and valuable oils create significantly improve the quality of the skin, eliminating signs of fatigue and moisturizing the skin from the inside.

### **JUVENA REJUVEN® MEN**

1 hr                      Rub 10,900

The unique components, such as fermented black tea extract, algae extract, IONMOIST moisturizing complex based on trace elements and peptides, are composing the base of the line REJUVEN® MEN. The treatment has a biostimulating effect on men`s skin and restores its energy potential, optimizes the level of hydration and smoothes the skin, minimizing signs of stress.





## INTRACEUTICALS OXYGEN FACIAL

### **INTRACEUTICALS OXYGEN FACIAL**

50 mins

Rub 17,000

Intraceuticals hyperbaric technology uses an oxygen concentrator that infuses the skin with multi-weight hyaluronic acid, vitamins, and powerful anti-ageing ingredients to instantly illuminate, lift, and hydrate facial tissues, ensuring immediate result with the very first treatment. This technology is non-invasive, relaxing, and suitable for all skin types and environmental conditions.

### **REJUVENATE**

The first step in your skin's transformation targets the appearance of fine lines and wrinkles and dramatically enhances overall hydration. Perfect for any skin type, the instant and visible results will leave your skin looking younger, visibly lifted, toned, and hydrated.

### **ANTIOXIDANT**

Thanks to a powerful natural antioxidant — cockatoo plum extract from the Australian rainforests, the facial enriches the skin with vitamins perfectly eliminating dark circles under the eyes and relieving puffiness. The treatment strengthens the walls of blood vessels and returns radiance and color to the dull skin.

### **PEPTIDE + COLLAGEN**

A powerful peptide cocktail combined with low molecular weight hyaluronic acid activates cellular regeneration, stimulates the production of new collagen and elastin fibers and restores the natural barrier of the skin.



## ECLADO Face

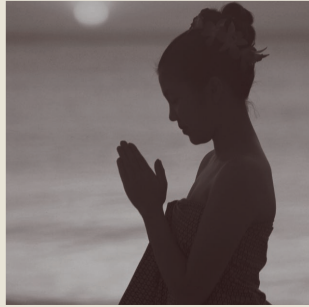
*ECLADO professional cosmetics give a feeling of confidence in the health of your own skin, which is achieved through a unique synthesis of cutting-edge technologies, herbal ingredients in the best traditions of South Korea and a modern approach to manufacturing. The synergy of Asian traditions and advanced technologies gave rise to the creation of patented complexes "Peption-5", Derma-Fill-Up, Moisture-7, Aqua Radiance Complex.*

### **Skin Elasticity Booster – Vital Lift Pack Gold ECLADO**

1 hr

Rub 13,500

Boost your skin's radiance and tone together with an exclusive treatment, developed by ECLADO. The lifting effect is achieved by combining a complex of "Peption-5" complex and hydrolyzed collagen, being a perfect match to each other, stimulate cellular activity and regeneration in the deep layers of the skin making it lifted and more supple. The products' action is enhanced by the intensive massage techniques, meanwhile additional cooling will soothe the skin and remove puffiness.



## Massage Rituals

*Every massage begins with an Aroma Reflex Foot Ritual, a symbolic cleanse to wash away the world and a divine foot massage to prepare you for total relaxation.*

### **Mandara Massage**

1 hr 35 mins or 1 hr 5 mins                      Rub 17,000 / 13,300

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 – Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

### **Warm Stone Massage**

1 hr 35 mins or 1 hr 5 mins                      Rub 14,900 / 12,200

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

### **Balinese Massage**

1 hr 35 mins or 1 hr 5 mins                      Rub 12,900 / 10,500

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 massage combines stretching, long strokes, skin rolling, and palm and thumb pressure techniques. A tonic for the soul, it can also help to improve the circulatory, lymphatic, muscular and nervous systems.

### **Muscle Ease Massage**

1 hr 35 mins or 1 hr 5 mins                      Rub 12,900 / 10,500

This deep tissue sports massage is an effective way to assist with muscle relaxation. It is designed to increase flexibility, relieve muscle tightness and improve circulation and recovery time.



## Massage Rituals

### **Asian Head Massage**

1 hr 5 mins    Rub 8,900

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 5 mins    Rub 8,200

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.



## [comfort zone] Body

*Offering a range of body treatments, each one designed and tailored specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.*

### **3-in-1 Hot Cold Treatment**

1 hr 30 mins      Rub 12,200

An intense treatment combining two types of body wrap and a vigorous anti-cellulite massage will be a perfect way to reduce the imperfections of resistant cellulite. High level of caffeine activates microcirculation and lipolysis process in skin which leads to fantastic results in contour modelling.

*Not recommended for those with fragile capillaries, thyroid concerns, severe varicose veins and during pregnancy.*

### **Body Strategist Thermal Detox**

1 hr 30 mins      Rub 11,800

The thermal water of the Bagni di Pisa spa, known for its slimming properties, is combined with a base of powdered green tea with antioxidant and anti-inflammatory action, for an effective cellulite treatment.

*Renewing Body Scrub ~ Bagni di Pisa Body Wrap*

### **Detox Massage Bagni Di Pisa**

1 hr      Rub 10,000

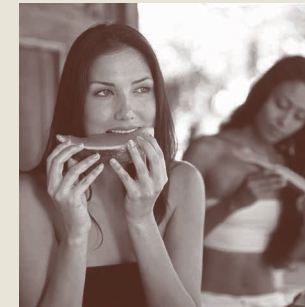
Double action of an intensive thermal mask and unique massage technique.

An intensive treatment with thermal water from Bagni di Pisa, with detoxifying and anti-cellulite actions. A blend of essential oils encourages a profound purification of the tissues, while the focus and laminaria algae promote lipolytic action.

### **Tranquillity™ Pro-Sleep Massage**

1 hr      Rub 10,000

Innovative massage acting on multi-sensoriality for a relaxing sensation, useful for rest and sleep. Combined with the use of soft brushes, gently guide the way to achieve a quiet and peaceful mind and body state favoring sleep and helping to recover jetlag side-effects.



## More of Mandara

### **Express Massage**

30 mins      Rub 6,500

For those of you on a tight schedule, this short but effective massage focusing on the back, neck and shoulders will help to relieve tension and stress.

### **Nourishing Scalp Massage**

30 mins      Rub 4,500

Aims to alleviate discomfort and tension due to stress and fast-paced lifestyle.

### **Foot Massage**

30 mins      Rub 4,500

A foot massage based on the ancient principles of Reflexology. Massage of these reflex points can improve the health by restoring the natural flow of body energy.

### **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. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### **What facilities can I use?**

All treatments include the use of pool, sauna, changing room and relaxation lounge.

### **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.



# LOTTE HOTELS

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