

# The Hideaway Spa by Mandara

Open 10:00 am to 9:00 pm daily

## 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. There's time to relax and make use of our Hydro Heal facilities - a purifying herbal steam or a specialty bath. Next, enjoy your massage treatment and then replenish with light refreshments.

### Balinese Massage 1.5 hrs USD149

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.

### Indian Head Massage 1.5 hrs USD149

A head, shoulder, neck, upper back and arm massage based on the ancient healing system of Ayurveda. It helps to reduce tension and stress, improve circulation and flush out physical and emotional toxins. Using pure coconut oil, this treatment will also nourish the hair. Immensely pleasurable and rejuvenating.

### Fancy Foot-work 1.5 hrs USD149

The most blissful ride your feet will ever take you on. It's Preserve - a cleansing and rejuvenating facial for normal skin 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.

### Mandara Massage 1.5 hrs USD211

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.

### Shiro Dhara 1.5 hrs USD169

This oil flow treatment aims to clear the mind and encourage deep relaxation acting as a gateway to total rejuvenation. It begins with an Abhyanga Massage, Ayurveda's principal healing tool and the mother of all massages. Next, for 10 minutes, a gentle flow of aromatic oil is poured onto the third eye on your forehead. An uplifting and inspiring experience.

### Warm Stone Massage 1.5 hrs USD159

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.

## Face Rituals

Our philosophy is to provide you with an exceptional and memorable spa experience, languidly paced and sublimely indulgent. As with our Massage Rituals, our Face Rituals include an Aroma Foot Ritual, time to enjoy our Hydro Heal facilities and the luxury of your spa villa, refreshments and a gentle reawakening.

### Elemis Skin Specific Facial 1.5 hrs USD169

A therapeutic deep cleansing facial, prescribed for your skin. It combines the power of absolutes with true premium grade essential oils, to treat the skin at the deepest level. Specialised Eastern massage movements help to stimulate and oxygenate your skin, and bring body and mind into balance. The three prescribed facials are:

- ❖ Fruit Active Glow ~ a great pick-me-up and pre-occasion treat to lift dull, lifeless skin.
- ❖ Herbal Lavender Repair ~ helps to heal and repair congested oil-rich skins.
- ❖ Exotic Cream Moisture Dew ~ for dry, thirsty skin in need of a hydrating surge.

### Elemis Pro-Collagen Quartz Lift Facial 1.5 hrs USD189

Immediate results in the fight against time. This anti-wrinkle facial is clinically proven to reduce wrinkles and improve skin firmness after just one treatment. Containing marine extracts, red coral and precious minerals the skin cells are re-energised and regenerated resulting in a firmer, uplifted, more youthful looking appearance.

### Elemis Skin IQ + Facial for Men 1.5 hrs USD189

Anti-ageing booster for tired stressed skin. Helping to calm irritation and minimise ageing, this facial is the ultimate overhaul for male skin. Protecting against the harsh ageing effects of shaving and environmental damage, moisturisation levels are proven to increase by up to 38% and elasticity by 28% after just one hour.

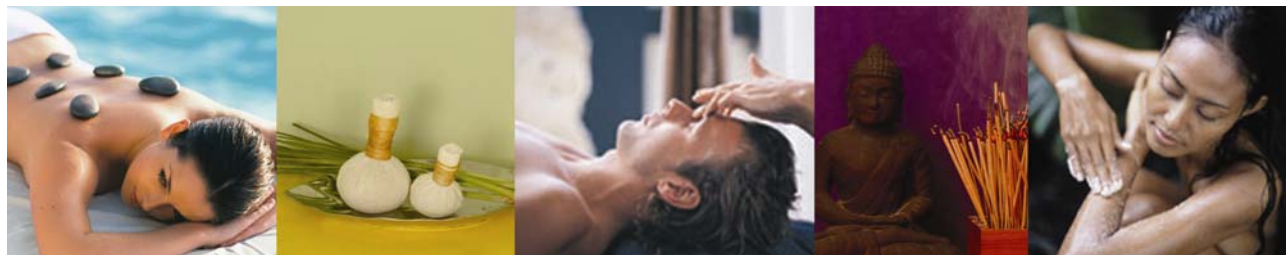
### Pure Nature Facial 1.5 hrs USD149

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, relying on nature's life-force to restore equilibrium and deliver a vitamin and mineral burst to your skin.

- ❖ Preserve - a cleansing and rejuvenating facial for normal skin types.
- ❖ Renew - a fruit acid treat for environmentally damaged skin.
- ❖ Enrich - a nourishing facial for dry or mature skin.

## Body Rituals

The three Elemis Body Rituals include a taster facial to treat your skin from head to toe, with Aroma Reflex Foot Ritual, refreshments, use of your spa villa's Hydro Heal facilities, relaxation time and a fresh fruit fix.



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## Elemis Exotic Coconut Rub & Milk Ritual Wrap \*\*

1.5 hrs USD 169

A secret recipe of coconut, mungbean, spices and lavender polishes the skin, whilst exotic body oil indulges your sense. Cleopatra was renowned for bathing in milk, and now you can bask in this legendary ritual. Warmed Milk Bath is poured over your entire body before cocooning you in a comforting foil wrap. A healing, comforting and opulent experience.

## Sun Soother Wrap

1.5 hrs USD149

A delightfully refreshing treatment that delivers hydrating, balancing, anti-inflammatory and healing properties to any skin. Start with an Aroma Reflex Foot Ritual, and then your hot body down for a compress of chilled lavender-infused towels. Next is a cooling and hydrating banana leaf wrap that combines cucumber and peppermint essential oil with a good dose of bliss courtesy of a divinely relaxing foot massage. Shower off, and then immerse your now soothed body into an anti-inflammatory bath infused with green tea and lavender essential oil. Finish off with a soothing and healing application of stabilised Aloe Vera gel.

## Ocean Detox Wrap

2.5 hrs USD229

Essentially a seaweed and clay body treatment designed to stimulate the lymphatic system, purge impurities and provide a mineral blast to the skin. The skin is 'prepared' with an exfoliating body brushing followed by the application of a detoxifying green clay, seaweed and essential oil mask. A foil wrap is used to encourage the elimination of toxins, while a scalp massage manages to seemingly cleanse your mind. After a detoxifying bath and cleansing tea, lie down, close your eyes and sink into heaven with a body massage using a purifying blend of essential oils.

## Elemis Body Sculpting Cellulite and Colon Therapy \*\*

1.5 hrs USD 209

Deep cleanse, purify and improve skin texture. Help refine the appearance of cellulite and boost the circulation with a detoxifying fennel and birch peel off body mask, combined with specialist massage drainage techniques to leave skin smoother and firmer to the touch.

## Chocolate Lovers' Body Wrap

2.20 hrs USD229

This sweet treat is a chocolate lover's dream. A luxurious skin conditioning beauty treatment combining the detoxifying qualities of pure white clay and the nourishing properties of rich chocolate and full cream milk. Your treatment starts with a cocoa body cleanse followed by an aromatic chocolate body wrap with a soothing head massage to help you melt into the experience. Then, after a warm milk bath you are treated to a relaxing body massage with our exclusive chocolate body oil ~ leaving your spirit soothed and your skin smooth and smelling delicious.

## Packaged Rituals

\*\* Indicates inclusion of Elemis Spa-therapy.

## Dream Weaver

2.5 hrs USD229

Head to toe indulgence for radiant skin and a dream-like sense of well-being. Aroma Reflex Foot Ritual ~ Specialty Bath and Herbal Steam ~ Refreshments ~ Balinese Massage ~ Pure Nature Facial.

## Transcendence

2.5 hrs USD229

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 ~ Specialty Bath and Herbal Steam ~ Refreshments ~ choice of Balinese Massage, Indian Head Massage, Fancy Foot-work, Warm Stone Massage or Shiro Dhara.

## Luscious & Luminous\*\*

2.5 hrs USD239

Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses. Aroma Reflex Foot Ritual with Elemis products ~ Elemis Body Wrap, including mini facial ~ Specialty Bath ~ Refreshments ~ Balinese Massage.

## Ultimate Indulgence

3 hrs USD389

With two therapists devoted only to you, this is an exotic, luxurious and unforgettable celebration of indulgence. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ choice of Traditional Body Scrub ~ Specialty Bath and Herbal Steam ~ Refreshments ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.

## Exotic Fruits Body Bliss

2.5 hrs USD 215

Delight the senses with fresh fruity aromas, rich textures and the healing power of touch. A medley of exotic flavours harmonise in this unique treatment package. Mango, passion fruit, mangosteen, watermelon and tamarind are combined to cleanse, exfoliate and nourish the skin. Aroma Reflex Foot Ritual ~ Watermelon Body Wash Mango Body Scrub ~ Bath and Herbal Steam ~ Fruit Tea ~ Balinese Massage with Passion fruit infused oil.

## Thai Embrace

2.5 hrs USD215

Embracing the age old beauty traditions of Thailand. This Eastern body treat combines tropical Jasmine blooms, aromatic herbal elixirs and virgin coconut oil to leave the complexion glowing and the mind uplifted. Aroma Reflex Foot Ritual ~ Jasmine Body Wash ~ Thai Herbal Body Scrub ~ Bath and Herbal Steam ~ Lemongrass Tea ~ Warm Stone Massage.

## Spa Discovery \*\*

1.5 hrs USD189

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



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## A Breath of Fresh Air

*What you have always dreamed about... an outdoor massage under the shade of our beachside pavilion, or Maldivian style on the sand.*

## Royal Thai Massage 1.5 hrs **USD159**

Exotic, rejuvenating and the ultimate subliminal body workout. Using no oil, this firm massage aims to release tension, increase vitality and flexibility, and create wholeness of body, mind and spirit. It is a masterful fusion of Indian Ayurvedic stretching techniques and the Chinese method of deep tissue pressure point massage.

## Moving Meditations Complimentary

Gentle but powerful basic Silat classes that work to improve your health holistically, with equal focus on body and mind. Silat is an Indonesian martial art form, however the emphasis here is on stretching and breathing. Take home the secrets of vitality and well-being. Contact the spa for details of our regular classes.

## Nail Spa

*As well as giving you great looking hands and feet, these treatments aim to soothe and pamper.*

Hand spa	1 hr	USD75
Foot spa	1 hr 15 mins	USD79
French manicure	1 hr 15 mins	USD89

*For those short time the following single treatments are offered in the privacy of your own spa villa*

Balinese massage	80 mins	USD139
Balinese massage	50 mins	USD125
Mandara massage	50 mins	USD187
Indian head massage	50 mins	USD125
Fancy foot work	50 mins	USD125
Shiro dhara	50 mins	USD135
Warm stone	50 mins	USD135
Pure nature facial	50 mins	USD125



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## SPECIAL RITUALS

### Spa Ritual 30 min USD 49

Recommended before honeymoon massage or scrub treatment or Sun Tan to complete your spa experience.

A special ritual to begin to infuse the relaxation and wash away your tense.

Start 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.

There's time to relax and make use of our Hydro Heal facilities - a purifying herbal steam or a specialty bath.

We serve our special traditional healthy drinks and cookies made fresh daily.

### Sun Tan Spa 50 min USD 109

For maximum sun tanning, having skin exfoliated is recommended, because the dead skin cells will be removed, and it allow the sun absorbs more into the skin, as well as leaving the skin smooth and glowing.

Before sun bathing, try our Balinese Coffee scrub or Javanese lulur to cleanse the skin from dead skin cells.

Continue with Javanese Lulur after 1 week. The turmeric ingredient inside this scrub maintain the sun tan as well as add a yellowish tone to your tanned skin.

End your sun bathing journey with Javanese Lulur again 1 day before your departure to prolong your sun tan and add yellowish tone to your tanned skin.

Every scrub treatment will be followed with skin-conditioning to leave your skin moisturized and soft.

For more long-lasting tan during your holiday and back at home, apply Elemis Total Glow Self-Tanning Cream.



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## ABSOLUTE ESCAPE

Divine indulgence! Each day promise a blissful experience to rejuvenate body, mind and spirit. Choose from 2,3,or 5 day program that combine exotic signature treatments exotic and ancient traditions in health beauty and relaxation. Mandara spa's exotic signature treatments combine with elemis Spa-therapy to send you home looking and feeling beautiful best

### 2 DAYS PACKAGE SPA DISCOVERY USD 349

Day 1 : Dream weaver  
Day2 : Transendence

### 3 DAYS PACKAGE SPA JOURNEY USD 575

Day 1: Dream weaver  
Day2: Transendence  
Day 3: Warm stone massage or shiro dhara 50 mins

### 5 DAYS PACKAGE SPA SENSATION USD 899

Day1: Dream weaver  
Day2: Transendence  
Day3: Warm stone or shiro dhara massage 50' mins  
Day4: Elemis skin specific facial or elemis skin IQ75'  
Day5: Mandara massage or hand spa ,foot spa 50min

**Moving Moments**  
**Absolute Escapes**

*Please contact the Spa for details*  
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