

## Spa Villa Experiences

If you long for a divinely indulgent tropical spa adventure, our Spa Villa Experience menu is where you can find your dream come true. Capturing the true essence of spa, these treatments and packages include bathing time - a footbath and either an Aromatherapy Floral Bath or Herbal Steam.

Luxuriously designed to accommodate two people, all Spa Villas have a shaded outdoor bathtub and shower, private tropical garden and relaxation area while two also include spacious Herbal Steam rooms. Our Spa Villas are ideal for side-by-side pampering, so why not share a truly memorable experience with your partner.

## Packaged by Mandara

**Spa Discovery** 85 mins  
Age old tradition combines with the finest European skin care for a deliciously relaxing experience. Enjoy a Balinese Massage followed by a Decl or Aromassage Facial.

**Spa Sampler** 110 mins  
Begin with an Aromatherapy Floral Footbath, a symbolic cleanse to wash away the world and prepare you for total relaxation. Sink into a luxurious Aromatherapy Floral Bath or step into the steam shower – infused with a detoxifying concoction of aromatic oils, herbs and spices – and enjoy herbal tea and cookies as you take time out to relax. Finally, enjoy a blissfully relaxing Balinese Massage and your choice of Refresher Facial or Foot Massage.

**Harmony** 110 mins  
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.

**Ultimate Indulgence** 140 mins  
An exotic, luxurious and unforgettable celebration of indulgence. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath or Herbal Steam ~ Mandara Massage ~ Foot Massage ~ Refresher Facial.

## Body of Mandara

The following Spa Villa massages go that extra step with indulgent touches and the luxury of time. Every massage begins with a Floral Footbath followed by an exotic Aromatherapy Floral Bath or cleansing Herbal Steam and wraps up beautifully with your massage of choice.

**Shiro Dhara** 80 mins  
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.

**Mandara Massage** 80 mins  
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 a sublime experience.

**Warm Stone Massage** 80 mins  
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** 80 mins  
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.

**Fancy Foot-work** 80 mins  
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.

## Face of Mandara

*Our philosophy is to provide you with an exceptional and memorable spa experience, languidly paced and sublimely indulgent. Pure Nature Facial begins with a Floral Footbath, followed by a luxurious soak in an Aromatherapy Floral Bath or a cleansing spell in the Herbal Steam shower, and then there's time to relax with a pot of herbal tea before your facial begins.*

**Pure Nature Facial** 80 mins  
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 three 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 types.  
**Renew** - a fruit acid facial for treating environmentally damaged skin.  
**Enrich** - a nourishing facial for dry or mature skin.

## Decléor Face

*Ideal for both male and female skin. Decléor combines the science of Aromatherapy with the art of treatment to offer high performance and personalised skin care. All Face Rituals include an indulgent back massage for total relaxation.*

**Lift** 90 mins  
*For mature and aged skin*  
The ultimate holistic answer to face lifting, this exceptional anti-ageing treatment uses a unique combination of essential oils including iris, jasmine and cinnamon to combat the signs of ageing in mature skin.

**Purify** 90 mins  
*For oily and combination skin*  
A cleansing and purifying treatment for oily, congested and shiny skin. It eliminates impurities, cleanses and balances the skin surface. Pure essential oil of ylang ylang helps leave the complexion pure, clear and matte.

**Brightening** 90 mins  
*For uneven skin tone*  
This treatment is designed to brighten and even out the complexion by preventing and neutralising the appearance of dark patches. Moisturising and anti-ageing agents are used to re-establish the skin's natural glow, leaving your skin brighter and more radiant.

**Beauty Boost** 6 x 90 mins  
An intensive program of six facial treatments for optimum results.

## More of Mandara

*If you are short on time both of the following massages are exclusively offered in less than an hour in one of our luxurious Spa Villas.*

**Shiro Dhara** 50 mins  
**Warm Stone Massage** 50 mins

**Royal Thai Massage** 90 mins  
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. Experience this revitalising Thai specialty by the sea on our Beachside Massage Pavilion.

## Beachside Bale

*Our Massage Bale is located beachside. Here you can enjoy a variety of spa treatments in either air-conditioned or fan cooled rooms. Hands and Feet treatments are delivered with an ocean view.*

**Balinese Massage** 50 mins  
**Fancy Foot-work** 50 mins  
**Pure Nature Facial** 50 mins  
**Mandara Massage** 50 mins

**Hand Spa** 50 mins  
**Foot Spa** 50 mins  
**French Manicure** 50 mins

*These deluxe treatments include an aromatherapy hand or foot soak, traditional nail care, cuticle stimulation, nail polish and a wonderfully relaxing hand and arm or lower leg massage. The Foot Spa also includes a rejuvenating foot mask.*