

The Hideaway Spa by Mandara

Please contact the Spa for advance reservation

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.

Fancy Foot-work	50mins	USD 95
Royal Thai Massage	1.5hrs	USD 106

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	50mins	USD 41
Foot Spa	50mins	USD 53
French Manicure	50mins	USD 47

Moving Movements	Please contact the Spa for details
Absolute Escapes	Please contact the Spa for details



All prices are quoted in US Dollars. Rates are subject to change.
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