

The Hideaway Spa by Mandara

Please contact the Spa for advance reservation

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 1.5hrs USD 113

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 1.5hrs USD 113

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 1.5hrs USD 113

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 1.5hrs USD 188

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 1.5hrs USD 135

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 1.5hrs USD 135

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 1.5hrs USD 141

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 1.5hrs USD 164

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 1.5hrs USD 164

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 1.5hrs USD 113

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, an Elemis Aroma Foot Ritual, refreshments, use of your spa villa's Hydro Heal facilities, relaxation time and a fresh fruit fix.



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

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