MANDARA SPA

ADAARAN SELECT MEEDHUPPARU

Welcome to Mandara Spa

Integrating age-old Eastern healing traditions in contemporary luxury, a Mandara moment is as indulgent as it is therapeutic and as magical as it is real.

Imagine boundaries ceasing to exist. Imagine science and nature dancing together in perfect harmony. And then, imagine a Spa experience at Mandara Spa.

Our Story

Originating on the sacred island of Bali, Mandara Spa epitomizes the essence of time-honored healing traditions that transcend through the ages. The ancient art of massage and the profound impact of touch hold a sacred place in the heart of Bali, seamlessly integrated into the tapestry of daily self-nurturing rituals.

Mandara Spa, inspired by an unwavering commitment to balance and holistic wellness, extends this devotion and sacred practice to every Spa.

The name Mandara comes from an ancient Sanskrit legend about the gods' quest to claim Tirta Sanjiwani – a powerful holy water that holds the secret of eternal youth and beauty.

Unlock the Secret in Your Own Mandara Moment



Packaged by Mandara



ULTIMATE INDULGENCE
An exotic, luxurious and unforgettable celebration of indulgence. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Bath ~ Mandara Massage ~ Foot Massage ~ ELEMIS Taster Facial.
2 hrs 30 mins | $350

SULTRY CITRUS BODY BUFF
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 and Ginger, including mini facial ~ ELEMIS Specialty Bath or Herbal Steam ~ Balinese Massage.
2 hrs 5 mins | $280

FRANGIPANI BODY GLOW
Uplifting and re-energising, this exfoliating and nourish ritual featuring ELEMIS Skincare is designed to transform and restore. Warm Oil Drizzle ~ Lime and Ginger Exfoliation ~ Frangipani Monoi Body Cocoon ~ Mini Facial ~ Balinese Massage.
2 hrs | $270

HARMONY
A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Bath ~ Balinese Massage or Pure Nature Facial.
2 hrs | $235

SPA DISCOVERY
Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Enjoy a Balinese Massage followed by an ELEMIS Taster Facial.
1 hr 20 mins | $170

ELEMIS Face



ELEMIS PRO-GLOW SMOOTH
Improve skin-fitness and firmness, whilst reducing fine lines and wrinkles with our clinically proven formulas and signature skin-lifting massage techniques. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.
1 hr | $195

ELEMIS PRO-GLOW RESURFACE
Purify and brighten as skin's texture is transformed. This unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines and pigmentation. Skin will appear instantly brighter, smoother, and renewed.
1 hr | $185

ELEMIS PRO-GLOW BRILLIANCE
Nourish and glow with this brightness-boosting facial, reviving dull, lacklustre skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.
1 hr | $180

ELEMIS Body

ELEMIS BODY NECTAR NOURISHING WRAP - FRANGIPANI
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.
45 mins | $135

ELEMIS INTENSELY CLEANSING SALT SCRUB - LIME AND GINGER
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.
45 mins | $135

All prices are quoted in US Dollars (USD) and inclusive of 10% Service Charge and 17% Tourism, Goods and Service Tax. Rates are subject to change without prior notice.

Face of Mandara

PURE NATURE FACIAL

1 hr | $155

Mandara Spa's signature facial is rich in enzymes to exfoliate, antioxidants to protect from pollutants and natural oils for nourishment. Relying on nature's life-force to deliver a vitamin and mineral burst to your skin.

Preserve ~ a cleansing and rejuvenating facial for normal skin.
Enrich ~ a nourishing facial for dry or mature skin.

Body of Mandara

MANDARA MASSAGE

1 hr 30 mins | $240
1 hr | $185

Our signature massage is a blend of five massage styles – Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. Engaging two therapists to create a deeply transformative experience of calm.

TENSION RELIEF MASSAGE

1 hr 30 mins | $220

Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. Relieves pain, boosts circulation and supports the body's innate healing system.

ASIAN HEAD MASSAGE

1 hr 30 mins | $220
1 hr | $170

Rooted in China and India, this back and upper body massage combines multiple techniques to release tension. Your hair is doused in warmed oils and features a Thai Poultice application and jade combing.

BALINESE MASSAGE

1 hr 30 mins | $200
1 hr | $155

Based on ancient Balinese traditions this medium pressure massage combines long strokes, skin rolling and palm pressure to relieve tension, relax the body and improve circulation.

WARM STONE MASSAGE

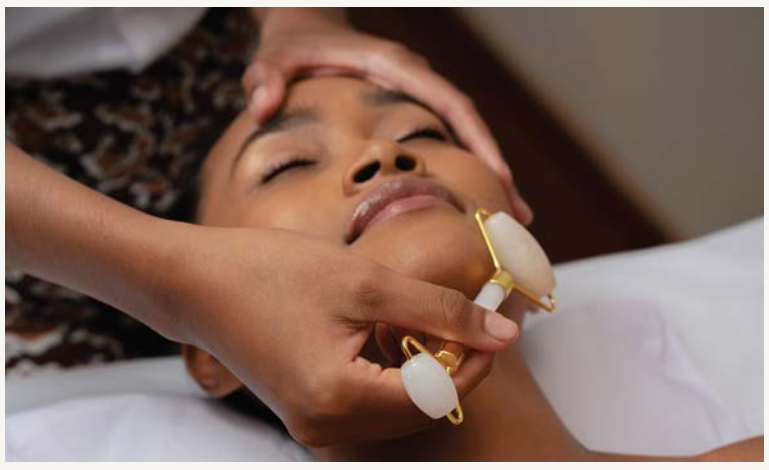
1 hr | $170

Smooth, warmed stones glide across the body in long, flowing strokes. The heat relaxes muscles and soothes the mind. Simultaneously, stones are placed on the body's energy points to encourage healing.

FANCY FOOT-WORK

1 hr | $155

Based on the same therapeutic principles of Chinese Reflexology without the pain, this foot massage will help to release toxins and restore your body's energy flow.





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Ayurveda

A Sanskrit word - Ayus meaning ‘life’ and Veda meaning ‘sacred knowledge’.

Ayurveda is a system of medicine designed to remove the imbalance of the physical body, while providing the mental clarity needed to change unproductive mindsets.

Ayurveda recognizes that all living creatures, whether human, plant, or animal, must live in harmony with nature in order to survive. Like the owner’s manual of your car prescribes maintenance schedules for the long-term health of your car, Ayurveda speaks of daily and seasonal routines that ensure maximal health, mental clarity, and longevity.

ABHYANGA — *1 hr 30 mins | $230*
1 hr | $180

Abhyanga is an ancient Ayurvedic herbal oil massage used to heal and detoxify. Incorporating quick forward and backward movements, it is invigorating and aims to balance the doshas (air, water, fire).

SHIRODHARA — *1 hr 30 mins | $230*
1 hr | $185

“Shiro” means head, and “dhara” is the continuous flow of a liquid. In this process, warm herbal oils are poured in a slow steady stream on your forehead. This treatment is profoundly relaxing and nourishing and will improve your mental clarity.

PADABHYANGAM — *1 hr | $180*

Padabyangam translates as foot therapy, this treatment involves massaging pressure points on the feet with Ayurvedic oils. Revered as an integral healing ritual as the feet connect our body to the earth.

SHIROBHYANGAM — *30 mins | $ 90*

A therapeutic head massage with Ayurvedic oils that reduces insomnia, de-stresses the mind and body, strengthens and improves the scalp circulation to promote hair growth.

More of Mandara

SPA PEDICURE POWER POLISH — *1 hr 15 mins | $130*

SPA MANICURE POWER POLISH — *1 hr | $105*

SPA PEDICURE — *1 hr 15 mins | $120*

SPA MANICURE — *1 hr | $ 95*

GEL POLISH REMOVAL — *30 mins | $ 45*

These deluxe treatments include a soak, exfoliation, nail care, cuticle stimulation, nail colour and a hand or lower leg massage. The Spa Pedicure also includes a rejuvenating foot mask.

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 Spa Boutique.





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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. Alternatively, treatments may be enjoyed without clothes. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

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 (Visa, AmEx, MC, JCB).



Opening Hours:
10am - 9pm

MANDARA SPA

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