

Mandara Spa at Miri Marriott Resort & Spa

Open 10 am to 9 pm daily

Packages of Mandara

Pure Indulgence 2 hrs 20 mins RM 485
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 ~ Balinese Massage ~ Foot Massage or Refresher Facial.

Ocean Detox Wrap 1 hr 50 mins RM 405
Essentially a seaweed and clay body treatment designed to stimulate the lymphatic system, purge impurities and provide a mineral blast to the skin. Dry body brushing ~ Green Clay and Seaweed Wrap ~ Scalp Massage ~ Herbal Steam ~ Cleansing Tea ~ Balinese Massage.

Harmony 1 hr 50 mins RM 395
Immerse yourself in the spa experience with this exquisite package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath or Herbal Steam ~ Choice of Balinese Massage or Pure Nature Facial.

Nirvana Massage 80 mins
With Mandara Massage RM 390
With Balinese Massage RM 250
Choose either 50-minute massage, with an additional 30 minutes to enjoy the serene ambience of your suite and the detoxifying benefits of our herbal steam. Aromatherapy Floral Footbath ~ Steam Shower ~ Tea Ceremony ~ Relaxing and Rejuvenating Massage.

Relaxing 2 hrs RM 355
To leave you feeling relaxed and looking radiant. Aromatherapy Floral Footbath ~ Balinese Massage ~ Pure Nature Facial.

Energising 2 hrs RM 355
A revitalising combination to invigorate both body and mind. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Coffee Body Scrub ~ Muscle Ease Massage.

Spa Sampler 80 mins RM 280
Experience the pleasure of relaxation with this combination of Balinese Massage and either Refresher Facial or Foot Massage.

Face of Mandara

Pure Nature Facial 50 mins RM 195
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.

Preserve ~ a cleansing and rejuvenating facial for normal skin

Renew ~ a fruit acid facial for environmentally damaged skin

Enrich ~ a nourishing facial for dry or mature skin

Body of Mandara

Mandara Massage 50 mins RM 345
Our signature massage, performed by two therapists working together, is a unique blend of five different massage styles – Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

Balinese Massage 80 mins RM 312
50 mins RM 195

Used for centuries to renew, strengthen and heal body and mind, this massage combines stretching, long strokes, skin rolling and palm and thumb pressure techniques. It aims to relieve tension, improve blood flow, ease stress and calm the mind.

Warm Stone Massage 50 mins RM 225
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.

Indian Head Massage 50 mins RM 205
This shoulder, neck, upper back, arm and scalp massage is based on the ancient healing system of Ayurveda. Deep thumb and finger pressure, friction and soothing strokes help to reduce tension, improve circulation and flush out physical and emotional toxins. Using pure coconut oil, this treatment will also nourish the hair. Immensely pleasurable and rejuvenating.

Muscle Ease Massage 50 mins RM 195
Deep tissue sports massage to assist muscle relaxation. It is designed to increase flexibility, relieve muscle tightness and improve circulation and recovery time.

More of Mandara

Foot Spa 50 mins RM 85

French Manicure 50 mins RM 85

Hand Spa 50 mins RM 75

Includes an Aromatherapy hand or foot soak, traditional nail care, cuticle stimulation nail polish and a wonderfully relaxing hand and arm or lower leg massage. Spa pedicure also includes a rejuvenating foot mask.

Absolute Escapes 2, 3, 5 days
Please contact the Spa for details

All prices are quoted in Ringgit Malaysia and subject to prevailing Government Tax. Rates are subject to change without notice. If you wish to cancel your appointment, please notify us at least 6 hours in advance to avoid a 50% cancellation charge. Published 05/09



Transcend. Transform. Trust the moment.



MIRI
RESORT & SPA

Marriott

Miri Marriott Resort & Spa

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