

The Legend of Mandara

The name Mandara comes from an ancient Sanskrit legend about a gods' quest to find the elixir of immortality and eternal youth. In this legend Mandara Giri represents a sacred mountain from which flows the water of life - a magical elixir with the power to keep you forever young.

This ancient legend has been embraced by Mandara Spa and is, today, reflected in the unique and exotic spa treatments that replicate the beauty, spirit, soul and cultural traditions of those ancient times.

While we cannot promise immortality, we can guarantee that upon experiencing our spa treatments, you will feel radiant, revitalized and, perhaps, even touched by a little of the legendary magic that has become the ethos of **Mandara Spa**.

Mandara Spa Passages

Escape the limits of time and immerse yourself in one of our exquisitely packaged recipes for relaxation. Whether the occasion merits a celebration of love or friendship, enjoy the luxury of a side-by-side treatment in one of our spa suites.

Romantic Get Away – Couple

Embrace serenity together in the gentle whisper of this truly aromatic experience. Spa delights that will melt away tensions, smooth the texture of your skin and improve your overall circulation leaving you both feeling cocooned in relaxation and reminded of how sacred it truly is to have quiet time together.

Floral Foot Ritual - Chinese Herbal Steam - Herbal Body Polish - Hydrating Red Tea and Milk Bath - Choice of 60 m Aromatic or Sports Massage - Rejuvenating Facial - Refreshment

Shared Moments – Couple

Soak your cares away in soft candlelight and experience total bliss, sharing soothing and relaxing aromatic spa treatments designed to benefit all of your senses leaving you totally relaxed and with skin feeling fresh and healthy.

Floral Foot Ritual - Chinese Herbal Steam - Aromatic Floral Bath - 60 m Aromatic Massage - Aromatic Facial - Refreshment

Soft as Silk – Ultimate Indulgence

True indulgence awaits you with a selection of the best beauty and relaxation techniques and elixirs from around the globe – a top to toe total makeover!

Floral Foot Ritual - Javanese Lulur - “Stress Reliever” Back Massage - Pearl of the Orient Facial - Firming Aloe Eye Treatment - Spa Manicure or Pedicure – Refreshment

Perfect Spa Experience

Design your own “perfect spa experience” by selecting the most appealing scrub, massage and facial combination to renew, refresh and rejuvenate or allow us to tailor a treatment especially for you.

Floral Foot Ritual - Choice of Body Scrub - Choice of 60 m Massage - Choice of 60 m Facial - Refreshment

Taste of the Orient

Luxuriate in Oriental splendor as we share with you the ancient wisdom of health, beauty and wellbeing of Chinese culture. Finely crushed grains of rice blended with fragrant Chinese five spice and jasmine flowers softly polish your body. An exquisitely scented full body relaxation massage with the oriental aromas of sandalwood and ginger transports you to nirvana. Our Pearl of the Orient Facial, containing pure pearl powder brings out your true luminosity and completes your “Taste of the Orient” experience.

Floral Foot Ritual - Signature Oriental Body Polish - Aroma Relaxation Massage - Pearl of the Orient Facial - Refreshment

Jet-Lag Revival

Combat the exhausting and dehydrating effects of flying with three of the best jet-lag tonics designed to revive your senses. A facial to replenish lost moisture, a relaxing head massage to alleviate cabin fever, followed by a circulation boosting foot and leg massage to reduce swelling and leave you with a renewed spring in your step!

Floral Foot Ritual – Rejuvenating Facial – Oriental Head Massage – Foot and Leg Massage – Refreshment

Aromatic

Our most popular and relaxing combination using the highest grade essential oils especially blended with you in mind – for balancing your physical, mental and emotional wellbeing with subtle and delicate aromas.

Floral Foot Ritual - 60 m Aromatic Massage - Aromatic Facial - Refreshment

Relaxing

A beautifully flowing and gentle body treatment using freshly ground damask rose petals, Chinese blended herbs and rich sweet almond oil blended with 100% essential oils to create equilibrium within and totally relax your spirit.

Floral Foot Ritual - Herbal Body Polish - 60 m Aromatic Massage - Refreshment

Mandara Signature Rituals

The legacy of the Mandara philosophy is perhaps best experienced through our signature rituals. These treatments were selected and created with only one thing in mind - you.

Mandara Magic

An amazing experience, as two therapists devote all their attention on you working their magic in harmony - Our most unforgettable Mandara Spa signature massage followed by a simultaneous relaxing facial and foot massage.

Floral Foot Ritual - Aromatic Floral Bath - Mandara Massage - 60 m Facial and Foot Massage - Refreshment

Energizing

Vibrantly colored and vitamin rich carrots combined with the uplifting scent of fresh coffee lifts the senses while the invigorating Sports Massage works on pumping oxygenated blood around the muscles and skin to leave you refreshed and full of vitality.

Floral Foot Ritual - Coffee Energizer - 60 m Sports Massage - Refreshment

Mandara Signature Massage

A truly sublime and unforgettable spa experience, this “four hand massage” incorporates the exacting skills of two therapists working together in rhythmic harmony. The technique combines five different massage styles of Japanese Shiatsu, Thai Massage, Hawaiian Lomi Lomi, Swedish and Balinese. Performed using specially-blended massage essential oils of sandalwood, patchouli and ylang ylang, gentle and healing hands of our therapists will help to calm the nervous system, warm and relax muscle tissue and promote the growth of healthy, new skin cells, ultimately resulting in total relaxation and suppleness of the skin.

Massage Therapies

Massage is a therapy that when applied with skill and care can precipitate many beneficial changes within the body, mind and spirit.

It is a powerful treatment because it works on both physical and psychological levels to invigorate and relax while various techniques and strokes can also ease pain or tension from stiff aching muscles, boost circulation and alleviate mental stress.

Aroma Hot Stone Therapy

Harnessing the deep heat therapy from smooth, volcanic stones, this luxurious massage combines pure essential oils and penetrating warmth to release stored tension from within muscular tissues. Placing these ancient stones on key energy centers balances the spirit and nurtures you to complete and total relaxation.

Aromatic Massage

Based on the principles of Aromatherapy and Swedish massage, this treatment incorporates the olfactory system and the part of the brain that relates fragrances with moods, emotions and memories. Stress and anxiety are relieved as essential oils extracted from plants, flowers, fruits and bark are generously glided over your body using a variety of techniques. Each ingredient works to ground, balance and calm the body and mind.

Sports Massage

Sports Massage uses three of the five classic Swedish massage strokes and works deeply into the muscles, stretching muscle fibers and releasing tension in the fascia that may otherwise cause restricted movement and pain. By generating increased blood flow and thus improving circulation, Sports Massage can improve flexibility, prevent injury and speed the healing process of sore or pulled muscles.

Traditional Thai Massage

Also called "Nuad Borarn", this healing therapy has been taught, practiced and handed down through generations in Thailand for over 2500 years. The massage combines acupressure and stretching techniques using the therapist's fingers, thumbs, elbows, arms and feet allowing the body's internal energy to flow more freely and alleviating problematic conditions such as lower back pain, arthritis, headaches and stress-related conditions.

Traditional Chinese Massage

The Chinese have utilized the benefits of massage for thousands of years and use deep digit pressure, tapping and various stretches to stimulate energy channels and acupressure points. This ancient massage art combines both invigorating techniques which expel stagnant "qi" and activates energy flow, with sedative techniques to calm and relax, restoring the proper balance of yin and yang to the body.

Foot Reflexology

Reflexology is based on the Chinese belief that the body contains constantly flowing energy or "qi" which unites with the reflex points of the feet, and correlates with parts of the body. This specialized foot massage facilitates the relief of stress and tension, helps to improve circulation and fosters a restoration of the body's natural state of equilibrium.

Head, Hands and Feet

This extremities treatment begins with a sensational scalp massage, moves onto a heavenly hand massage and finishes with a feel-good foot massage. A perfect pick me up for those on the go.

"Stress Reliever" Back Massage

Zoning in on the neck, shoulders and back area, this treatment concentrates on those overworked areas of the body that store the most stress related tension. Deep tissue massage works to release all the knots and muscle spasms to facilitate better mobility, improves posture and provides immense relief from pain and fatigue. A must for the busy executive or those who are time challenged.

Oriental Head Massage

Clear your mind of incessant thoughts as tension build up is gradually released by massaging meridian points on the scalp, shoulders and neck - Instant relief for headache sufferers, office executives, or those that expend a lot of mental energy.

Body Treatments

Deep-seated impurities caused by some of the harmful effects of today's environment often prevent necessary nutrients from reaching the skin for nourishment.

Choose from any of our exceptional and purifying body treatments below to replenish the wellness in you.

Body Wraps

Our skin is our largest organ of detoxification. As we are exposed to toxins on a daily basis in our lives, through the foods we eat, the air we breathe, free radicals, chemicals and so on, it is vital to rid the body of such harmful elements. Designed to help eliminate toxins from the body through the pores of the skin as well as stimulate circulation and soothe the muscles, body wraps can also help to firm and tone the skin, reduce cellulite, smooth body contours and make the skin feel sumptuously soft and supple.

Slimming Sensation

Detoxifying

The ultimate slimming treatment from Germany! We first exfoliate your body with a marine based scrub to stimulate metabolic activity, then wrap you in an ocean marine body mask which encourages toxin elimination and reduces fluid retention. To re-mineralize the body, you soak your cares away in an algae seaweed bath then surrender to a specialized "slimming" massage, which reduces the appearance of cellulite and improves body contours. To obtain optimum results, an intensive program of three treatments is recommended.

Re-mineralizing Mud Wrap

Revitalizing

A vitamin and mineral tonic for the body, this Moor Mud wrap smoothes the skin and rejuvenates the body, leaving you feeling full of health and vitality. A relaxing and revitalizing body boost for those feeling dull and continually tired, with no energy.

Restoring Boreh

Rebalancing

Using an age old recipe of specially blended herbs and spices to warm the body, this combination body scrub and wrap poultice is followed by a cooling fresh cucumber mask to draw heat, cool and soothe. Helps to restore equilibrium to the body!

Chinese Herbal Back Treatment

Stress Relieving

A comprehensive back treatment incorporating a herbal back exfoliation to cleanse and refine the skin, then a deep tissue back massage focusing on areas of tension and strain, and ending with a warmed Chinese herb compress to give added relief to painful, sore muscles.

Body Scrubs

The process of skin cell renewal is one that occurs naturally, yet this process slows down as we age leading to dull-looking, lifeless and dry skin. Exfoliation is an optimal treatment that accelerates the natural skin cell renewal process, stimulates the blood and its circulation through the lymphatic system and brings oxygen and nutrition to the surface of the skin while simultaneously assisting the body to flush away toxins. If performed on a regular basis, exfoliation can be highly effective in the treatment of cellulite and ensures soft, smooth skin.

Coffee Energizer

Energizing

Freshly ground coffee beans mixed with volcanic pumice powder sloughs off dry skin stimulates circulation and arouses the senses, then we hydrate your skin with a vitamin A enriched carrot body conditioner, to repair and refine.

Javanese Lulur

Beautifying

A traditional Javanese beauty treatment made from a blend of powered spices and sweet woods followed by a cool yogurt splash. This exotic delight will leave your skin feeling luxuriously conditioned and hydrated.

Sea Salt Glow

Smoothing

An exfoliation ritual to energize and revitalize the body using circular massage strokes to really get your circulation moving and remove dull and dry surface skin, leaving your skin feeling deeply cleansed, replenished and softened to perfection.

Herbal Body Polish

Softening

Crushed selected herbs are blended with aromatherapy grade essential oils and cold pressed seed oils to gently polish the skin so it's smooth and sleek, then a rich plant based moisturizer is applied, for that soft and silky finish.



Mandara Facial Elixirs

Discover the secret to looking younger and more radiant with any of these delicately fragranced, purifying and irresistibly indulgent facials.

Yin and Yang

All skin types

Simultaneously receive an amazing Foot Reflexology Massage while enjoying a Pearl of the Orient Facial. Two therapists devote all their attention on you...pure bliss!

Anti-ageing Collagen Facial

All skin types, dehydrated, dry, mature skin

Collagen is long, protein fibers that make up the structure of ligaments, tendons, muscles and the body's largest organ, the skin. Collagen stores moisture, but degenerates due to environmental damage and ageing. We utilize naturally derived collagen, elastin, amino acids and aloe vera enzymes in this facial treatment to restore elasticity, retain moisture, firm, tighten and reduce the appearance of lines and wrinkles. Results are immediate and when used in conjunction with the appropriate home care, can produce long lasting effects.

Smoothing Papaya Enzyme Facial

All skin types, fine lines, sun damaged, dull skin

The natural ingredients found in algae and papaya fruit extract gently peels and nourishes the skin with vitamins and amino acids for an incredibly smooth and radiant result.

Whitening Facial

All skin types, sun damaged, mature skin

A top performance facial that brightens the epidermis, restores lost radiance to the complexion and tones down pigmentation. Mulberry, soy and licorice extracts control and normalize melanin production, as well as preventing and neutralizing the appearance of dark spots.

Clarifying Facial

All skin types, oily, combination, problematic, men

The ultimate in deep cleansing facials which includes a skin peel to remove dull surface cells, then a combination of two facial masks to oxygenate and draw impurities from the dermal layers, eliminating blemishes and closing pores.

Pearl of the Orient Facial

All skin types

Experience this ancient beauty secret, discovered by Empress Cixi of the Qing Dynasty, by applying pearl powder to the face to promote a more youthful and lustrous alabaster complexion. Containing a unique combination of natural elements and minerals, pearl powder assists in the renewal of skin cells, leaving the skin translucently flawless.

Aromatic Facial

All skin types

Organic plants, plants extracts and essential oils have a natural synergy with our skin, so indulge in nature's bounty. Enjoy this gentle, flowing aromatherapy facial treatment that will delight your senses and leave your skin feeling fresh and rosy.

Rejuvenating Facial

Dull, sensitive, dehydrated, dry or mature skin, men

This facial harnesses the anti-oxidant benefits of green tea, avocado and grape seed to help strengthen and protect skin from pollution and the damaging effects of the environment. The natural moisture balance is restored, so the complexion will be dewy soft.

Firming Aloe Eye Treatment

All skin types, mature, dehydrated

This treatment can be added to any facial or as a beneficial treatment on its own. The tissue surrounding the eye contour is the thinnest and most delicate and requires extra care. This professional intensive treatment incorporates specific massage movements and natural elastin and aloe vera active ingredients to combat the visible signs of ageing, while tightening and firming fine lines with a collagen fleece mask.

Time For Men

Mr. Majestic

Full indulgent spa delights fit for a king! Our Chinese herbal steam detoxifies the system, a marine scrub to slough off surface skin cells and a massage to release stored tension. Feel well groomed, neat and clean with your choice of a men's hand or foot treatment.

Floral Foot Ritual - Chinese Herbal Steam - Hydro Marine Scrub - 60 m Sports Massage - Choice of Men's Hand or Foot Treatment - Refreshment

Mandara Man

An uplifting relaxing massage or a more vigorous deep tissue massage followed by our toning Men's Facial Refresher with green tea, avocado and grape seed for a total top to toe renewal.

Floral Foot Ritual - Choice of 60 m Aromatic or Sports Massage - Men's Facial Refresher - Refreshment

Back to Front

Stress reliever back, neck and shoulder massage followed by a Men's Facial Refresher for a quick pick me up!

Floral Foot Ritual - "Stress Reliever" Back Massage - Men's Facial Refresher - Refreshment

Men's Deep Cleansing Facial

All skin types, oily, combination skin

The ultimate in deep cleansing facials, which includes a skin peel to remove dull surface cells, gentle steaming to unclog pores and an oxygenating mask that draws impurities from the dermal layers, leaving your skin squeaky clean and fresh.

Men's Facial Refresher

All skin types

Using especially designed men's facial products, this is the perfect introduction or maintenance skincare facial treatment.

Men's Hair Removal

Depilatory Waxing - Full back or shoulders in privacy and comfort by professional technicians.

Men's Foot Treatment

We remove hardened skin and calluses, apply an invigorating mask, tidy and buff your nails, then kick back and enjoy a fantastic foot massage.

Men's Hand Treatment

A treatment to soften the skin and tidy and buff your nails, so your hands are fit for public presentation!

Splendors of Mandara

Water is one of the purest and most vital essences of life as well as the base element of all spa experiences. Indulge in one of our water-based rituals as an ideal prelude to, or a magical combination with any body treatment.

Baths

Our luxurious aromatic baths are the perfect complement to any of our treatments.

Sit back, relax and enjoy your private leisurely soak.

All baths are 30 minutes.

Herbal Bath Blend

Detoxifying

Blend of Chinese herbs and spices to restore the balance within.

Hydrating Red Tea and Milk Bath

Hydrating

A luxurious blend of red rose tea and milk to nourish and hydrate.

Aromatic Flower Bath

Exotic

An enchanting combination of fresh flowers and essential oils to unearth your inner calm.

Stears

Our steam ritual is an ideal prelude to any body treatment. Allow your body to experience its natural detoxification process and find your inner harmony.

Chinese Herbal Steam

Relaxing

A relaxing herbal steam based on an ancient Chinese recipe of herbs and spices.

Mandara Spa Elements

In Room Treatments

Can be provided in the privacy of your room with your advanced reservation

10:00 – 20:00

Traditional Chinese Massage

Traditional Thai Massage

Foot Reflexology

Spa Pedicure

Spa Manicure

Beauty Salon

11:00 – 20:00*

Our salon offers a wide range of pampering beauty treatments, nail care, depilatory waxing and hair care treatments to suit your needs.

*Hair treatments not available Mondays and Tuesdays





Your Spa Journey

Assisting you in the selection of a treatment that is most suitable for your needs and desires is of great importance to us. In fact, here at Mandara Spa, from the moment your spa journey begins until it ends, we consider it paramount that your every comfort and expectation are not only tended to, but anticipated, with unrivalled personal care.

- In order to maximize the benefits of your spa experience, please kindly arrive for your appointment 15 minutes prior to your treatment time.
- Our Spa Manager and Spa Consultants will gladly advise you on which treatments may best suit your needs. In order for us to make an appropriate recommendation, we will ask that you complete our spa consultation form.
- For personal belongings, a locked drawer is provided for you in the comfort of your spa treatment room.
- While every effort will be made to provide you with your full treatment time reserved, should you arrive late for your appointment, the treatment time may have to be reduced depending on availability. We appreciate your understanding.
- If you would like to cancel your appointment, please kindly do so at least 4 hours prior to the treatment in order to avoid a 50% penalty charge.

The Spa environment is one of tranquility and relaxation for all of our guests. It is our mission to ensure that you as well as our other customers reap the benefits of this peacefulness.

Kindly refrain from smoking or using mobile phones when in the spa.

Thank you - and enjoy your journey to wellbeing with Mandara.



欢迎光临 *Mandara Spa*

*Mandara*之传说

Mandara这个名字和一个古老的梵文神话有关：为了发现长生的不老药和永恒的青春而不停追求。在神话中，Mandara Giri象征着一座流淌着生命之水的圣山，有着魔幻般强大力量的长生不老药会让你永远年轻。

这个古老的传说深深地影响着Mandara Spa，在今天，我们将通过那些独特的Spa护理来传承这个不老的传说，来诉说那远古时代关于美丽，思想，灵魂和文化传统的故事。

虽然我们不可以承诺永存，但是我们可以保证在体验我们的Spa护理后，您会感到清新，充满活力，还可能真的感触到存在于**Mandara Spa**信念中那个魔力般的神话。

Mandara Spa套餐

摆脱时间的限制，任意选择我们的经典套餐，让自己追寻无限的放松。无论您是庆祝特别的日子，还是简单的朋友相约，在我们奢华的Spa套房中共同分享这份美好。

浪漫假日 – 双人

充满着香气和平静，在轻声细语中共同分享。Spa柔和的灯光会为您消除您的紧张感，放松您的肌肉，安抚您的肌肤，促进您全身的血液循环，让放松包围着您，让你们共享这份平静。

花瓣足浴 – 中草药蒸汽浴 – 草药角质护理 – 补水花茶牛奶浴 – 任选60分钟芳香或运动按摩 – 活力再生面部护理 – 放松

分享时刻 – 双人

在柔和的灯光中为您洗去所有的烦恼体验无比的幸福，分享这份安抚与放松，Spa的芳香愉悦你所有的感官意识，让你感觉无限的放松并带给你的肌肤亮泽与健康。

花瓣足浴 – 中草药蒸汽浴 – 芳香花瓣浴 – 60分钟芳香按摩 – 芳香面部护理 – 放松

丝绸之柔 – 无限宠爱

体验真正的宠爱，我们为您准备了世界上更美好最放松的技术和护理组合一个从头到脚的关爱！

花瓣足浴 – Javanese Lulur – 解压背部按摩 – 东方之珠面部护理 – 芦荟紧致眼部护理 – Spa手部或足部美甲 – 放松

Spa完美体验

为您自己设计一个“Spa完美体验”，选择您最喜欢的身体角质护理，按摩以及面部护理组合，帮助恢复身体，振作精神并使您充满活力。或者由我们来为您选择最合适您的理疗。

花瓣足浴 – 任选全身角质护理 – 任选60分钟精油按摩 – 任选60分钟面部护理 – 放松

感受东方

沉缅于东方的经典，我们与您分享那些古老的关于健康，美丽和中国文化本质的理念：精细的米粉调和5种中式香料以及茉莉花轻轻摩挲着您的肌肤；奇妙的运用檀香和生姜精华的芳香全身放松按摩带您进入感知天堂；富含纯净珍珠精华的东方之珠面部护理，亮出您肌肤的自然光彩，也为您“感受东方”之体验画上一个完美的句号。

花瓣足浴 – 特色东方角质护理 – 香薰放松按摩 – 东方之珠面部护理 – 放松

远离时差

您想从长时间飞行和舟车劳顿后的筋疲力尽，昏昏沉沉中解脱出来吗？我们的调节时差护理就是专为唤醒您的感观，让您可以摆脱时差困扰。面部护理补充肌肤流失的水份，放松的头部按摩缓解由于高压而引起的头痛，足部和小腿按摩帮助刺激循环系统，让您精神抖擞，如沐春风！

花瓣足浴 – 活力再生面部护理 – 头部按摩 – 足部和小腿按摩 – 放松

芳香

这是我们最受欢迎，最放松的组合套餐。选用高品质的纯净精油为您特别配制让奇妙的香薰效果来平衡您的身体，精神，心灵至最佳状态。

花瓣足浴 – 60分钟芳香按摩 – 芳香面部护理 – 放松

放松

一个完美流畅而放松的身体护理调和了新鲜玫瑰花瓣，中草药以及100%纯精油的甜杏仁油，以帮助平衡身体内部机能并让您的精神完全放松。

花瓣足浴 – 草药角质护理 – 60分钟芳香按摩 – 放松

活力

富含维他命的新鲜胡萝卜结合精选新鲜咖啡，唤醒感官意识。充满活力的运动按摩作用于您的皮肤和肌肉，让您感觉完全放松、充满活力。

花瓣足浴 – 咖啡角质护理 – 60分钟运动按摩 – 放松

Mandara特色护理

Mandara的信念将通过我们的特色护理最完美地表现出来。追溯到健康传统的起源，这些护理的出现都只为了一个原因 – 你。

Mandara梦幻

令人惊奇的感受，由2位护理师只为您演绎梦幻般的和谐，最令人难忘的Mandara Spa特色按摩后紧接着是一个放松面部护理和足部反射按摩。

花瓣足浴 – 芳香花瓣浴 – Mandara按摩 – 阴阳护理 – 放松

特色Mandara按摩

这个真正令人难忘的Spa体验，这种“4手按摩”由两个理疗师共同演绎奇妙的五感之旅。日式、泰式、夏威夷式、瑞典式和巴厘式5种不同按摩手法的完美组合，节奏一致地相互融合，将带给您极限的按摩体验。以檀香，广藿香和依兰特别调配的按摩精油，通过我们理疗师轻柔的双手将帮助您改善神经系统，温暖和放松您的肌肉组织，增强抵抗力，加强细胞新陈代谢，让您彻底放松的同时使您的肌肤光滑，柔软。

按摩疗法

按摩是一种疗法，通过专业的技术和关爱，能够让您的身心都会得到有益的变化。这是一种很有作用的护理，因为它不仅作用于我们的身体上，而且也作用于我们的心灵上，通过各种不同的技术和手法，达到刺激和放松的效果，缓解肌肉疼痛和紧张感，促进循环，减轻精神压力。

芳香热石按摩

光滑的火山石配合深层加热疗法，这种奢华的按摩把纯净的香精油和强烈的热量结合在一起，可松弛您紧张的肌肉。这些古老的热石作用于几个重要的能量中心，能缓解压力，使您振作精神，完全放松。

芳香按摩

根据香薰按摩和瑞典按摩的基本原理，这个护理把嗅觉系统和大脑有关心情，感情和记忆系统结合起来，通过从植物，花卉和水果中提取的精油，运用各种不同的专业手法作用于您的全身，可以有效地缓解压力和焦虑感。每一种成份都会彻底地发挥其功效，调节和平衡您的身心。

运动按摩

运动按摩使用著名的瑞典按摩5种手法中的3种，深层地作用于肌肉，拉伸肌肉组织，缓解紧张感，疼痛，加强灵敏度。通过增强血液流动来加强循环系统，运动按摩可以加强柔韧性，防止受伤，加速酸痛或拉伤肌肉的恢复速度。

传统泰式按摩

又称之为“Nuad Boram”，这种疗法在泰国已经被运用和传承了2500年。这种按摩结合了穴位和拉伸技术，在按摩过程中理疗师使用手指，拇指，肘关节和手臂，可以有效地帮助身体内部能量的流动更流畅，减轻背部疼痛，关节炎，头痛和神经紧张等内部问题。

传统中式按摩

几千年前中国人已经体会到了按摩所带来的益处，中式按摩是一种使用指压，轻拍和拉伸来刺激通道和穴位的古老按摩技术，通过活动技术排出不流通的气并激活能量的流通，使用镇静技术达到平静和放松的效果，调节人体阴阳的平衡。

足部反射按摩

反射疗法是建立在人体包含能量或气不断流通，接合足部反射点的原理基础上的疗法。这种专业的足部按摩很容易缓解压力和紧张感，帮助增强循环，促进人体自然平衡状态的恢复。

头手足按摩

这是一个身体局部按摩，从敏感的头部的按摩开始，接着是舒服的手部按摩，最后以放松的足部按摩结束整个按摩，能快速解除疲劳，精神百倍。

解压背部护理

以颈部，肩部和背部为界，这种护理集中作用于这些工作过度，承担每日压力和紧张的部位，专为缓解肌肉酸痛而设计。深层组织按摩可以帮助活动关节和放松肌肉，增强灵活性，改善体形，极大程度地缓解疲劳和疼痛。适合忙碌人群和时间紧张人群。

头部按摩

作用于头部和肩颈部经络和穴位的按摩帮助您慢慢消除紧张感，让您不停工作的大脑稍作休息。可以帮助您缓解头痛，适合于用脑过度和工作紧张者。

身体护理

由于环境造成的伤害导致身体内部杂质的积聚，我们需要通过对肌肤补充足够的养份来起到修复和预防作用。任意选择我们独特的净化全身护理，让自己从内而外更健康。

全身裹体

我们的皮肤是排毒最大的组织。在我们每天的生活中，通过我们吃的食物，我们呼吸的空气，辐射和化学物品等等，我们不断地被毒素包围着，这会让我们身体由于这些有害元素的侵害而失去生命力。专为帮助清除毒素而设计的全身裹体护理，可以通过肌肤的毛孔有效地排出毒素，同时刺激循环，放松肌肉。裹体护理还可以帮助提升和协调肌肤，减少橘皮现象，修复全身轮廓，让肌肤感觉柔软光滑。

瘦身感受

排毒

来自德国的瘦身护理。首先我们将用深海海盐给您的全身去除角质，同时有效地刺激新陈代谢，然后用深海矿泥把您包裹起来，帮助排除毒素，减少水份的滞留。接着是海藻浴的浸泡，来帮助您补充水份，让肌肤吸收海藻的精华。最后就是最重要的瘦身按摩，可有效地改善您的体形和脂肪的外观。为了取得最佳效果，建议在短期内连续做三次同样的护理。

矿泥裹体

新生

富含矿物质和微量元素的矿泥体膜能够帮助治疗，滋润肌肤，使肌肤恢复青春活力。这是一个放松，激发身体活力的护理，同样适用于长期感觉疲劳者。

Boreh裹体

平衡

采用古老的配方，用草药和香料摩擦来温暖全身，给全身去除角质，同时以深层渗透高温来保持体温，最后使用黄瓜体膜来降低体温。对于平衡身体状态有良好的疗效。

中草药背部护理

释放压力

这种背部护理先从草药和香料去角质开始，清洁并滋润肌肤，接着是深层组织按摩，最后将使用中草药热敷的方法，彻底放松您紧张的背部肌肉，消除酸痛感。

全身角质护理

肌肤细胞的新陈代谢是一种自然的过程，当这个过程减缓的时候，我们的年龄在增长，我们的肌肤就会变得失去光泽，没有生命力，非常干燥。角质护理是加速肌肤天然细胞新陈代谢的最佳护理，通过刺激淋巴系统的血液循环，把氧气和营养成份输送到肌肤的表皮，同时帮助身体排出各种毒素。如果有规律地进行角质护理，可以极其有效地防止橘皮现象，使肌肤光滑，柔软，具有光泽。

咖啡角质护理

活力

新鲜的咖啡豆和天然火山石粉混合而成，去除干燥的肌肤，刺激血液循环，激发人体活力，唤醒您的感觉器官。富含维他命A的胡萝卜给您的肌肤补充水份，修复并且调节您肌肤的状态。

Javanese Lulur

美颜

传统的美体护理，使用印尼香料粉和香木，通过轻柔的按摩，去除角质，同时滋养改善您的肌肤。清凉的酸奶能给肌肤深层补水，改善肌肤的结构，让肌肤留住美丽。

海盐之光

清新

这种角质护理通过循环的按摩手法去除角质，让身体感觉清新，充满活力，真正地加速循环系统，去除老化阴黯的死皮，使您的肌肤得到彻底地清洁和修复。

草药角质护理

柔滑

精选混合的草药和香精油进行轻柔的按摩，使肌肤细腻，具有光泽。在完成全身清洁后，将在您的肌肤上涂上富含植物精华的润肤露，使您真正感觉到如丝般柔滑。

Mandara 面部护理

寻找美颜的秘密，来体验我们精心设计，充满香气的豪华面部护理。

阴阳护理

适合各种肤质

在享受放松的足部按摩的同时享受我们的保湿面部护理。由两位护理师同时进行护理，真正的幸福！

抗衰老胶原蛋白护理

适合各种肤质，特别适用缺水，干性和成熟肌肤。

胶原蛋白是组成韧带，腱，肌肉以及身体最大的器官－皮肤结构的蛋白质纤维。胶原蛋白具有保湿功效，但是会随着年龄的增长和环境的影响而流失。在这个面部护理中我们使用从胶原蛋白中提取的弹性硬蛋白，氨基酸和芦荟来恢复肌肤的弹性，给肌肤补充水份，让肌肤更紧致，有效地减少皱纹和细纹，永保青春。如果配合家用装使用效果更显著。

木瓜滋养面部护理

适合各种肤质，特别适用细纹，晒黑和阴黯肌肤。

从海藻和木瓜中提取有效天然成份，可以帮助清洁和滋养肌肤，并且给肌肤补充维他命和氨基酸，让您感觉无法想象的柔滑和光彩。

美白护理

适合各种肤质，特别适用晒黑，成熟肌肤。

美白护理可光洁肌肤表层，使您恢复容光焕发的容颜，减少色素沉淀。从桑叶，大豆和甘草中萃取的有效成份，有效地控制黑色素的产生，防止及中和表面的黑斑。

深层洁肤护理

适合各种肤质，特别适用油性，综合性，问题肌肤和男士肌肤。

深层洁肤护理包括深层清洁去角质，去除阴黯肌肤的细胞。两种面膜的组合是专为肌肤补充养份，恢复肌肤活力，减少肌肤的瑕疵，收缩毛孔，可使您的肌肤保持健康。

东方之珠面部护理

适合各种肤质

体验由清朝女皇慈禧发明的古代美颜之秘密，把珍珠粉应用于面部护理中，可使脸容更年轻，更有光泽，光洁雪白。天然物质和矿物的独特结合，再加上珍珠粉帮助肌肤细胞再生的功效，使肌肤更光滑，柔软，细腻。

芳香面部护理

适合各种肤质

植物精华配合芳香的精油，专为净化肌肤，使肌肤容光焕发而设计，让您的面部肌肤享受自然的恩赐。这个轻柔芳香的面部护理能有效地唤醒肌肤，让肌肤散发年轻的光彩。

活力再生面部护理

适合灰暗，敏感，缺水，男性，干性或成熟肌肤。

利用绿茶和葡萄籽的抗氧化疗效，保护肌肤免受环境和污染的侵袭，使您的面部肌肤光彩夺目，柔软健康。

帝王之尊

国王般的享受！我们的中草药蒸汽浴为您的身体循环系统排毒，富含海洋精华的角质护理为您剥落皮肤表层的老化细胞，接着是一个帮助解除压力的按摩。最后的男士手部或足部护理将让您倍感清新，优雅，清爽。
花瓣足浴 - 中草药蒸汽浴 - 海洋精华角质护理 - 60分钟运动按摩 - 男士手部或足部护理 - 放松

Mandara绅士

选择一个最放松的按摩或者是一个大力的深层组织按摩，紧接着是我们含有绿茶，鳄梨，葡萄籽精华的男士面部护理，将让您从头到脚焕然一新。
花瓣足浴 - 60分钟香薰按摩或运动按摩 - 男士清新面部护理 - 放松

内外兼修

一个解除压力的背，颈，肩部按摩后是一个清新男士面部护理，立即使您精神百倍！
花瓣足浴 - 解压背部护理 - 男士清新面部护理 - 放松

芦荟紧致眼部护理

适合各种肤质，成熟和缺水肌肤。

这个护理可以加入任何一个面部护理或是单独使用。眼睛周围的组织是最薄最纤细的，因此也需要更多的呵护。这个专业的眼部护理使用天然的弹性硬蛋白和芦荟有效成份，通过特别的按摩，帮助您渐渐消除岁月的痕迹，羊胎素眼膜可以减少细纹，收紧肌肤。

男士深层清洁面部护理

适合各种肤质，油性和混合性肌肤。

这是个彻底清洁面部肌肤的护理，面部的角质护理可以除去灰暗的表层细胞，然后使用蒸汽设备打开闭塞的毛孔，补充养份的面膜可以帮助肌肤减少杂质，让肌肤看起来更清洁，更精神。

男士清新面部护理

适合各种肤质

使用专为男士肌肤设计的产品，一个完整介绍如何为自己做肌肤保养的面部护理。

男士脱毛护理

由专业的技师为您提供全背和双肩脱毛。

男士足部护理

在这个足部护理中，我们将使用活力脚膜帮您除去足部的发硬的老皮和老茧，修剪您的脚趾甲，最后您将会享受到一个舒适的足部按摩。

男士手部护理

这个手部护理我们将帮您修剪整理您的手指甲，柔软您的手部肌肤，让您的双手始终保持最佳状态。

Mandara 健康护理

水是最纯净和保持生命的首要元素，也是Spa体验中最基本的元素。体验我们的水护理来拉开您整个体验的序幕，您也可以选择和其它身体护理来个梦幻般的组合

浸浴

我们豪华的芳香浸浴是和其它护理组合最完美的选择。无论是作为套餐的一部分或是单个护理，在您私人的套房中无忧无虑地沉浸在放松的浸浴中，那是多么地美好！

所有浸浴为30分钟

草药浴

排毒

采用中草药配方可帮助恢复身体内部平衡。

补水花茶牛奶浴

补水

玫瑰花和牛奶的豪华组合彻底补充水份，滋养您的肌肤。

芳香花瓣浴

情趣

鲜花和精油的完美结合，来体验从内而外的平静。

蒸汽浴

我们的蒸汽浴将为您的身体护理拉开完美的序幕。为您的身体在接受自然代谢循环前做好准备，调节身体机能和谐。

中草药蒸汽浴

放松

这是一个放松的草药蒸汽浴，运用了中草药古方里草药和香料的治疗功效。

Mandara Spa 其它护理

上房服务

您可以在您的酒店客房中享受以下按摩，请提前预约。

10:00 - 20:00

传统中式按摩

传统泰式按摩

足部反射按摩

Spa足部美甲

Spa手部美甲

沙龙

11:00 - 20:00

我们的沙龙提供全方位的美丽，美甲，美发以及脱毛护理。

*周一周二不提供美发服务。



您的Spa旅程

帮助您选择最适合您的护理对于我们来说是非常重要的。事实上，在Mandara Spa您的旅程从开始到结束，我们最重视的是在每一个细节上给予您独一无二的悉心照料。

- 为了使您的Spa体验更完整，请在护理开始前15分钟到达Spa。
- 我们的Spa经理和前台接待将帮助您设计最适合您需要的护理。为了可以给您提供最适当的推荐，请您填写Spa咨询单。
- 您的私人物品请放在您护理室内带锁的抽屉里。
- 如果您迟到的话可能会减少您的护理时间。我们将尽力使您得到您护理的全部时间。我们期待您的谅解。
- 如果您要取消预订必须至少提前4小时通知，否则将按照所预订护理的价格的50%收取费用。

Spa的环境是安静而又放松的。我们将保证所有的客人都能享受这份平静。

请不要在Spa内吸烟并且关闭您的手机。

非常感谢 — 尽享您的旅程，在Mandara找到您的健康。