

Mandara Spa at Palau Royal Resort

Open 10am to 10pm daily

Packages of Mandara

Ultimate Indulgence 2 hrs 30 mins \$260
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 ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.

Frangipani Body Glow 2 hrs \$185
Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous Elemis Exotic Lime & Ginger Salt Glow massaged into the skin to slough away dryness ~ shower ~ embalm the body with Elemis Exotic Frangipani Monoi Oil ~ receive a relaxing scalp massage and a mini facial whilst wrapped in the fragrant cocoon ~ Balinese Massage.

Harmony 2 hrs \$170
A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage or Pure Nature Facial.

Nirvana Massage 1 hr 15 mins
With Mandara Massage \$150
With Balinese Massage \$95
Begin with a Floral Footbath, a symbolic cleanse to wash away the world and prepare you for total relaxation. Sink into a luxurious Aromatherapy Floral Bath or step into the steam shower – infused with a detoxifying concoction of aromatic oils, herbs and spices – and enjoy herbal tea and cookies as you take time out to relax. Finally, enjoy a blissfully relaxing and rejuvenating massage of your choice.

Spa Discovery 1 hr 20 mins \$135
Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Balinese Massage ~ Elemis Taster Facial.

Spa Sampler 1 hr 20 mins \$120
Experience more of the pleasure with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

Elemis Face

Elemis Pro-Collagen Quartz Lift Facial 1 hr 15 mins \$145
Anti-wrinkle facial with proven results.

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just 1 treatment*. Specialised lifting massage, combined with proven marine extract, Padina Pavonica, helps re-energise cell communication and rejuvenate skin.

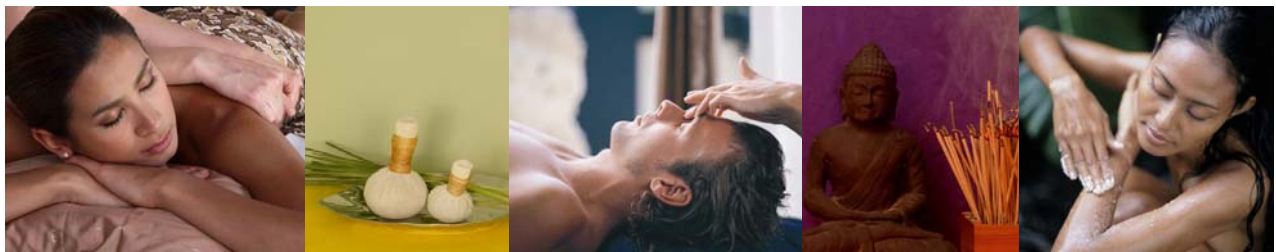
Elemis White Brightening Facial 1 hr \$135
Illuminates and brightens for a naturally more even complexion.
This highly effective white brightening facial visibly illuminates the complexion to leave it naturally more even and translucently clear. This targeted treatment responds to individual skin needs, helping to reduce age spots, discolouration, and dull skin tone and texture on the face, neck, décolleté, arms and hands. Leaves the complexion illuminated, more even and beautifully white bright.

Elemis Skin Specific Facial 1 hr \$95
The perfect skin maintenance facial.
Customised to your skin type, this facial combines skin conditioning plant actives, a prescribed mask and unique eastern facial massage techniques. Your face is deeply cleansed to help renew radiance, nourish and balance skin.

**Independent clinical trials*

Elemis Body

Elemis Exotic Frangipani Body Nourish Wrap 45 mins \$75
Deeply nourishing aromatic treat.
Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce monoi, which is poured all over your body and then cocooned in a nourishing foil wrap. Skin is drrenched with moisture for immediate softness, suppleness and radiance.



Please arrive 15 minutes before your spa treatment is scheduled to begin. All prices are quoted in US Dollars. Rates are subject to change without notice. For reservations, please call +680 488 2000 ext 211. Published 3/16.



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Elemis Exotic Lime & Ginger Salt Glow 45 mins \$75

Invigorating deep cleanse.

Feel your senses lifted and your body invigorated by the sublime Exotic Lime and Ginger Salt Glow infused with skin enriching Japanese Camellia Oil Blend. After light body brushing, warm oil is drizzled luxuriously over the body. Skin is deeply cleansed, leaving it silky-smooth and glowing.

Face of Mandara

Pure Nature Facial 50 mins \$65

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. There are two options for different skin types

Preserve ~ a cleansing and rejuvenating facial for normal skin types.

Enrich ~ a nourishing facial for dry or mature skin.

Body of Mandara

Mandara Massage 1 hr 20 mins \$224
50 mins \$140

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 – Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

Island Rhythm 1hr 30 mins \$135

Mandara Spa style. Invigorating strokes of different depths & speeds connected together in dance-like movements.

Balinese Massage 1 hr 20 mins \$130
50 mins \$85

Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. It can also help to improve the circulatory, lymphatic, muscular and nervous systems. For jetlag recovery, choose our Tranquility massage oil blend.

Warm Stone Massage 50 mins \$100

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.

Asian Head Massage 50 mins \$95

This shoulder, neck, upper back, arm and scalp massage is based on the ancient healing system of Ayurveda. A Thai poultice filled with exotic leaves, flowers and lime essential oil is dipped in warm coconut oil and used on the scalp, for scalp and hair care as well as complete relaxation. Deep thumb and finger pressure, friction and soothing strokes help to reduce tension, improve circulation and flush out physical and emotional toxins.

Muscle Ease Massage 50 mins \$95

This deep tissue sports massage is an effective way to assist with muscle relaxation. It is designed to increase flexibility, relieve muscle tightness and improve circulation and recovery time.

Fancy Foot-work 50 mins \$85

The most blissful ride your feet will ever take you on. It's 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.

More of Mandara

Spa Pedicure 1 hr 15 mins \$50

French Manicure 1 hr 15 mins \$45

Spa Manicure 1 hr \$40

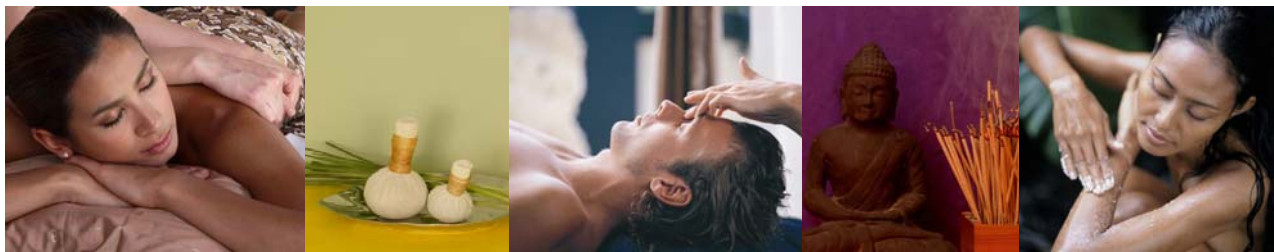
These deluxe treatments include an aromatherapy hand or foot soak, traditional nail care, cuticle stimulation, nail polish and a wonderfully relaxing hand and arm or lower leg massage. The Spa Pedicure also includes a rejuvenating foot mask.

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 our spa boutique.



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