

Tamara Spa by Mandara

Open 10.00am to 9.00pm daily

Packaged Rituals

** indicates inclusion of Elemis Spa - therapy

Ultimate Indulgence 2 hrs 50 mins \$389
An exotic, luxurious and unforgettable celebration of indulgence. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Herbal Steam ~ Jacuzzi ~ Mandara Massage ~ Foot Massage ~ Refresher Facial.

Luscious & Luminous** 2 hrs 05 mins \$239
Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses. Aroma Foot Ritual with Elemis product ~ Elemis Exotic Frangipani Body Nourish Wrap, including mini facial ~ Specialty Elemis Bath or Herbal Steam ~ Balinese Massage.

Sultry Citrus Body Buff** 1 hr 50 mins \$239
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 Foot Ritual with Elemis product ~ Elemis Exotic Lime & Ginger Salt Glow, including mini facial ~ Specialty Elemis Bath or Herbal Steam ~ Balinese Massage.

Transcendence 2 hrs 10 mins \$229
Immerse yourself in the spa experience with this exquisite package that offers you choices from around the globe. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Jacuzzi or Herbal Steam ~ choice of Balinese Massage, Fancy Foot-work, Warm Stone Massage or Shiro Dhara.

Dream Weaver 2 hrs 10 mins \$229
Head to toe indulgence for radiant skin and a dream-like sense of overall well-being. Aroma Reflex Foot Ritual ~ Jacuzzi or Herbal Steam ~ Balinese Massage ~ Pure Nature Facial.

Spa Discovery** 1 hr 35 mins \$169
Age-old tradition combines with the finest European skin care for a deliciously relaxing experience. Aroma Reflex Foot Ritual ~ Balinese Massage ~ Elemis Taster Facial.

Elemis Face

These face treatments begin with an Aroma Foot Ritual, followed by a luxurious soak in a Bath.

Elemis Pro Collagen Quartz Lift Facial 1 hr 45 mins \$189

This anti-wrinkle facial is clinically proven to reduce wrinkles and improve skin firmness after just one treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals including Quartz, to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.

Elemis Skin IQ+ Facial for Men 1 hr 45 mins \$189

Helping to calm irritation and minimize 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 61% and elasticity by 40% after just 1 treatment.

Elemis Skin Specific Facial 1 hr 30 mins \$169

It combines the power of absolutes with true premium grade essential oils, to treat the skin at the deepest level, gently but surely. Specialised eastern massage movements help to stimulate and oxygenate your skin, whilst bringing the body and mind into balance.

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.

Face Ritual

Our Face Rituals begin with an Aroma Foot Ritual, followed by a luxurious soak in a Jacuzzi.

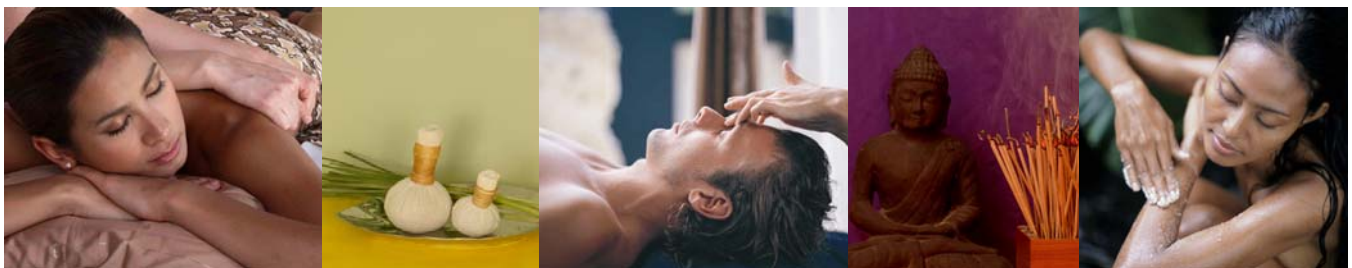
Pure Nature Facial 1 hr 20 mins \$149

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



All prices are quoted in US dollars & subject to 10% Service Charge and 3.5% Tourism, Goods and Services tax. Rates are subject to change without notice. For reservations, please call +96 668 00 13 extn 855. Published 03/11



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Open 10.00am to 9.00pm daily

Massage Rituals

Every Massage begins with an Aroma Reflex Foot Ritual to prepare you for total relaxation, follow with an exotic Aromatherapy Floral Bath.

Mandara Massage 1 hr 20 mins \$211

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 synchronization of the two therapists makes this massage a sublime experience.

Royal Thai Massage 2 hrs \$189

Using no oil, this firm massage aims to release tension, increase vitality and flexibility, and create wholeness of body, mind and spirit. It is a masterful fusion of Indian Ayurvedic stretching techniques and the Chinese method of deep tissue pressure point massage. It helps to release toxins, stimulate blood flow, realign the body and restore suppleness.

Shiro Dhara 1 hr 20 mins \$169

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 hr 20 mins \$159

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.

Balinese Massage 1 hr 20 mins \$149

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.

Fancy Foot-work 1 hr 20 mins \$149

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.

Indian Head Massage 1 hr 20 mins \$149

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.

More Rituals

For those short on time the following single treatments are offered in the privacy of your own Spa villa.

Pure Nature Facial	50 mins	\$125
Mandara Massage	50 mins	\$187
Royal Thai Massage	1 hr 30 mins	\$159
Shiro Dhara	50 mins	\$145
Warm Stone Massage	50 mins	\$135
Balinese Massage	50 mins	\$125
Fancy Foot-work	50 mins	\$125
Indian Head Massage	50 mins	\$125

Spa French Manicure	1 hr 15 mins	\$89
Spa Pedicure	1 hr 15 mins	\$79
Spa Manicure	50 mins	\$75

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.

Absolute Escapes *Please contact the Spa for details*

Choose from 2, 3 or 5 day programs that combine exotic and ancient in health, beauty and relaxation.



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