

# *Mandara Spa*



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The name "Mandara" comes from an ancient Sanskrit legend about the gods' quest to find the elixir of immortality and eternal youth. Mandara Spa, originating in Bali, has embraced the legend. With over 60 land and sea-based spas worldwide, we have developed unique and exotic spa treatments to reflect the beauty, spirit and traditions of Bali. We cannot promise immortality, but when you experience one of our unique treatments, you too will feel as if you can live forever.





## Body Language

### ELEMIS AROMA STONE THERAPY

Harnessing the properties of the stones, we bathe them in warm water, anoint them with the spicy, sensual aromas of the orient, and then place them on key energy points of the body with the intent to harmonize the mind, body, and spirit. In a firm rhythmic massage sequence, which mimics the strong but steady stream of water, the stones forfeit their power and warmth to tired and tense muscles, promoting inner peace and releasing muscular tension. A treatment that balances energy senses and provides a unique aromatic journey for the soul. 50 MIN: \$130

### HAWAIIAN POHAKU

Enjoy this favorite massage inspired by the islands. Smooth lava rocks are heated then covered in a rich Ke Kino Butter that carries the therapeutic warmth deep into muscles and joints. 80MIN: \$185

### HAWAIIAN LOMI LOMI

Originally reserved for Hawaiian Kings and Queens, this is the traditional Lomi Lomi massage passed down through the generations, focuses on balancing the body, mind and spirit. A combination of long, gentle strokes and manipulation of muscle tissues induces deep relaxation and a sense of well-being. Leave feeling like royalty. 50 MIN: \$115 / 80 MIN: \$160

### BALINESE AROMATHERAPY

Indulge in this authentic massage style influenced by ageless traditions. Your choice of signature Mandara aromatherapy oils is applied using palm pressure and stretching techniques to bring you waves of muscle relief and deep relaxation. 50 MIN: \$115 / 80 MIN: \$160

### K'ALANI A ME KA'AINA (Heaven & Earth Massage)

A soothing neck, scalp and face massage followed by hand and foot pressure point massage. Feel like you are floating in heaven... 50 MIN: \$99

### MASSAGE AROUND THE WORLD

Can't decide which massage to do? Why not allow our therapist to incorporate a combination of massage techniques from around the world. 50 MIN: \$99 / 80 MIN: \$140

### ELEMIS DEEP TISSUE SPORTS MASSAGE

A massage that penetrates to the belly of the muscle using Swedish and Sports Therapy techniques. Recommended to ease muscular pain. 50 MIN: \$115

### MANDARA FOUR HANDS MASSAGE

Hypnotic...Exotic...Euphoric... This is the ultimate! Our signature Mandara Spa treatment is enjoyed throughout the world. Experience our unique blend of five massage styles including Swedish, Lomi Lomi, Balinese, Shiatsu and Thai as two therapists work together in harmonious rhythm. 50 MIN: \$180

### MANDARA TO YOU!

We bring the spa to you. A massage in the privacy of your own suite. 50 MIN: \$140 / 80 MIN: \$185

### ELEMIS AROMA SPA OCEAN WRAP

The power of aromatherapy is combined with the riches of the ocean in this deeply warming and detoxifying therapy. A heated seaweed mask containing a warming blend of essential oils is applied to your body before you are cocooned in a warm wrap. Relax, weightless in a foil wrap while your body absorbs the active ingredients. The treatment concludes with a relaxing massage. 90 MIN: \$158

Choose from:

- MUSCLEASE AROMA SPA – soothes, warms and helps to ease arthritis, fatigue and muscle spasm.
- CELLUTOX AROMA SPA – focuses on detoxifying and cleansing the entire internal system.

### THE ALI'I SPA PACKAGE

This royal experience begins with a purely exotic scrub. Follow this pleasure with a nourishing and detoxifying Pahoehoe Mud. Enveloped in warm natural minerals, relieve water retention and help flush toxins from the body. A neck and scalp massage transcends you to paradise. 80 MIN: \$160

Choose from:

- PAAKAI GLOW - experience the exfoliating benefits of the Hawaiian Sea as a sea salt scrub polishes and smoothes your skin to a glow.
- CHOCOLATE MACADAMIA NUT SCRUB - absolutely delicious... indulge your senses and relax while you are completely covered and polished with an exotic blend of pure chocolate and island macadamia nuts with the finest oils.
- KONA COFFEE SCRUB - this treatment uses a blend of finely ground Kona Coffee and emollients...savor the intoxicating aroma and enjoy its revitalizing effect.
- TROPICAL COCONUT SCRUB - a nourishing treatment made from freshly grated coconuts and Hawaiian Olena root is perfect for sensitive and dry skin.

### PAHOEHOE WRAP

Nourishing and detoxifying mud is applied to your body before you are enveloped in a warm wrap. Natural minerals relieve water retention and help to flush toxins from the body. A neck and scalp massage transcends you to paradise! Complete this experience with an application of a tropical essence of your choice. 50 MIN: \$125

## The Face of Mandara

### LA THERAPIE HYDRALIFT FACIAL

An oxygenating facial that uses galvanic stimuli and hi-frequency to penetrate into the deepest layers gently and effectively by prolonging the life of skin cells and withdrawing deeply embedded impurities. This facial will assist in lifting the appearance of the skin while helping blemished or impure skin-types to heal quickly. 55 MIN: \$117

### LA THERAPIE INTENSIVE AGE ZONE TREATMENTS

+\$25

Choose any two of the following treatments to focus on areas vulnerable to aging:

- INTENSIVE EYE TREATMENT - patented anti-oxidants target physical signs of aging, helping to reduce dark circles, puffiness, fine lines and wrinkles.
- HYDRA LIP INTENSIVE - potent anti-oxidants increase collagen production to plump out and improve the contours of the lips.
- HYDRA NECK INTENSIVE - caviar extract is used to gently lift the fragile skin on the neck and décolleté.
- HYDRA PEEL HAND TREATMENT - a combination of dermatological products effectively resurfaces the skin to reduce brown spots, dryness and signs of aging.

### LA THERAPIE INTENSIVE VITAMIN ANTI-OXIDANT TREATMENT

+\$25

Anti-oxidant serums, bursting with Vitamin A and Vitamin C are applied to the skin, helping protect the skin from free radicals.

### ELEMIS PRO-COLLAGEN MARINE FACIAL

Experience the ultimate in holistic skin therapy. This facial promises to take your skin on a journey of total renewal. Natural Asian silk protein or sulphur compresses combined with pure phytoamine biocomplexes have been formulated for advance aromatherapy skincare to produce immediate results beyond question. 50 MIN: \$140

### ELEMIS PRO-COLLAGEN EYE ZONE THERAPY

+\$53

This treatment combines reflexology with a unique Asian silk protein compress and our Eternal Synergy range. Add this eye treatment to the Pro-Collagen Marine Facial to bring the eyes back to their sparkling best.

Choose from:

- ABSOLUTE PRO-COLLAGEN LIFT – helps to plump out, smooth and define eye contour.
- ABSOLUTE BRIGHT EYES – helps to disperse congestion and reduce eye puffiness.

### KE KANE FACE CARE

Time for men...enjoy a facial designed especially for men with focus on purifying, toning and hydrating. Complement this experience with a neck & scalp massage. 50 MIN: \$99



### Bathing in Glory

Wonderfully relaxing, luxurious private hydrotherapy baths. 25 MIN: \$40 (upon availability)

- **ELEMIS ENRICHING MILK BATH** - immerse yourself in a bath as rejuvenating as eternal youth...Cleopatra did.
- **ELEMIS WARMING OCEAN BATH** - let your aching muscles be soothed by a bubbling warmth infused with Maritime Pine, Rosemary and Algae.
- **ELEMIS DETOX OCEAN BATH** - infused with Juniper, Lemon, Sea Fennel and Sea Buckthorn Essential Oils to detoxify and cleanse the system.

### Salon Menu

#### HAIR CARE

Blow Dry / Roller Set .....	\$45+
Up-Do .....	\$40+
Comb Out .....	\$15+
Ladies Cut & Blow Dry/Style .....	\$60+
Men's Cut (with or without Blow Dry) .....	\$30
Bang Trim .....	\$15
Braid Only without Shampoo .....	\$25
Deep Conditioning Hair Treatment incl. Scalp Massage .....	\$26

#### COLOR SERVICES

Hair Color .....	\$.65+
Partial Highlights .....	\$.3 per foil
Weaves and Highlights .....	\$.95+

### Hands and Feet

#### ELEMIS EXOTIC HAND RITUAL

Simply beautiful. Pure pampering for your hands and nails to restore beauty and suppleness. Warmed aromatherapy oils nourish and condition, while the sublime sensation of Milk lavishes its richness and healing action on your skin. Our Exotic Hand Ritual includes a complete traditional manicure. 45 MIN: \$40

#### ELEMIS SOLE DELIGHT

Aromatherapy oils nourish and condition your feet and nails while the decadence of Milk lavish their richness and healing action on your skin. Sole Delight Foot Treatment includes a complete traditional pedicure. A sensory experience for your feet which promise to leave you walking on cloud nine! 55 MIN: \$55

#### TRADITIONAL MANDARA FOOTBATH

A traditional Mandara foot cleansing in our copper footbath is an experience to remember. Your feet are bathed in a warm aromatic footbath that includes cleansing and exfoliation with a volcanic pumice stone. Gentle foot brushing and foot massage complete this sole restoring footbath. 25 MIN: \$45

### Fitness Menu

#### BODY COMPOSITION ANALYSIS

Measure the body's metabolism, water retention, body fat percentage and lean mass. This will help to determine a healthy exercise program. \$30

#### PERSONAL TRAINING

Your personal training program will be tailor made with your needs and concerns in mind. 55 MIN: \$75 per session / 3 sessions for \$191

#### ALPHA MIND & BODY CAPSULE

Designed to reduce stress, the Alpha Mind & Body Capsule indulges the senses with aromatherapy, soft music and light therapy. 25 MIN session \$45 / 50 MIN session \$60 (upon availability)

#### SPECIALTY FITNESS CLASSES

Yoga, Pilates, Spinning and Cardio Kick Boxing. \$10 per class

#### MANDARA TREATMENTS OF NORWEGIAN SEAS

Mandara Spa seeks out local spa traditions and therapies particular to the history, culture and geographical regions we sail to. We go out and select fresh indigenous products from local markets and use them on your skin. This supports local communities and makes every Mandara experience unique. Ask about these Mandara specialty treatments and immerse yourself even further into exciting lands we visit.

### Spa Etiquette

**PRICES & SERVICE CHARGE** For your convenience a 15% service charge will automatically be added to your spa and salon services.

**CANCELLATION POLICY** We hope you do not have to cancel. Please give us 24 hours notice when canceling appointments or your onboard account may be charged with 50% of your treatment cost.

**ARRIVE EARLY** We suggest you arrive at least 15 minutes prior to your treatment. Please understand your treatment will end on time so the next guest will not be inconvenienced.

**VALUABLES** For the safety of your valuables, we suggest that you leave them in your stateroom. We are not responsible for lost or stolen items.

**LOCATIONS** Find Mandara Spa in over 60 locations worldwide, on land and at sea. For more information, visit our website at: [www.mandaraspas.com](http://www.mandaraspas.com).

**CONTINUE YOUR MANDARA EXPERIENCE AT HOME** Elemis, La Therapie and Ionithermie skin care products are available for purchase through [www.timetospa.com](http://www.timetospa.com) You can also speak to a professional spa consultant by calling 1-800-423-5293.

