



MADIFUSHI  
PRIVATE ISLAND  
MALDIVES



MANDARA  
— SPA —

Transcend, Transform, Trust the Moment

| Open 10 am - 9 pm |



## **PACKAGED BY MANDARA**

### **Yin & Yang (2 hrs)**

The ideal 'him and her' package for a magically romantic spa experience.

**Him:** Aroma Reflex Footbath ~ Lavender Body Wash ~ Coffee Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage or Warm Stone Massage.

**Her:** Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Javanese Lulur ~ Aromatherapy Floral Bath ~ Balinese Massage or Warm Stone Massage.

### **Ultimate Indulgence (2 hrs 30 mins)**

An exotic, luxurious and unforgettable celebration of indulgence. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Mandara Massage ~ Foot Massage ~ ELEMIS Taster Facial.

### **Frangipani Body Glow (2 hrs)**

Uplifting and re-energising, this full body exfoliation and nourish ritual featuring ELEMIS Skincare is designed to transform and restore, completed with a facial and massage, promises to impart a true sense of joy and lightness.

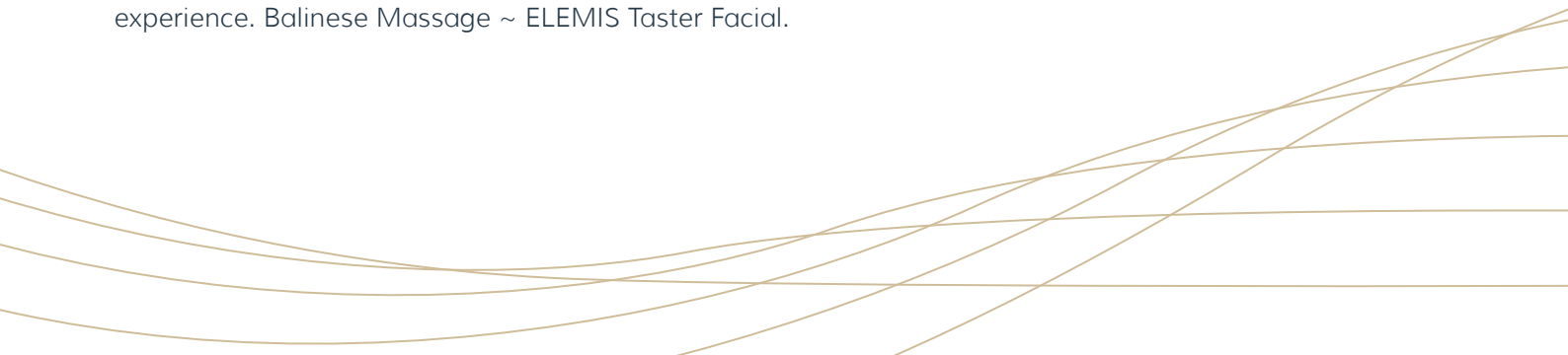
Warm Oil Drizzle - Lime and Ginger Exfoliation ~ Frangipani Monoi Body Cocoon ~ Mini Facial ~ Balinese Massage.

### **Transcendence (2hrs)**

Immerse yourself in the spa experience with this exquisite package that offers you choices from around the globe. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Choice of Warm Stone Massage, Balinese Massage or Fancy Foot-work.

### **Spa Discovery (1 hr 20 mins)**

Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Balinese Massage ~ ELEMIS Taster Facial.





## ELEMIS FACE

### ELEMIS Pro-Collagen Age Defy (1 hr)

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

### ELEMIS Dynamic Resurfacing Precision Peel (1 hr)

Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

### ELEMIS Superfood Pro-Radiance (1 hr)

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

*\*Independent clinical trials*



## ELEMIS BODY

### ELEMIS Body Nectar Nourishing Wrap - Frangipani (45 mins)

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

### ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger (45 mins)

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.



## FACE OF MANDARA

### Pure Nature Facial (50 mins)

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. There are three options for different skin types, relying on nature's life-force to restore the equilibrium and deliver a vitamin and mineral burst to your skin.

**Preserve** - a cleansing and rejuvenating facial for normal skin.

**Enrich** - a nourishing facial for dry or mature skin.

**Renew** - a fruit acid facial for treating environmentally damaged skin.



## BODY OF MANDARA

### Mandara Massage (1 hr 20 mins) (50 mins)

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.

### Tension Relief Massage (1 hr 20 mins)

Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up the blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition.



## **BODY OF MANDARA**

### **Warm Stone Massage (50 mins)**

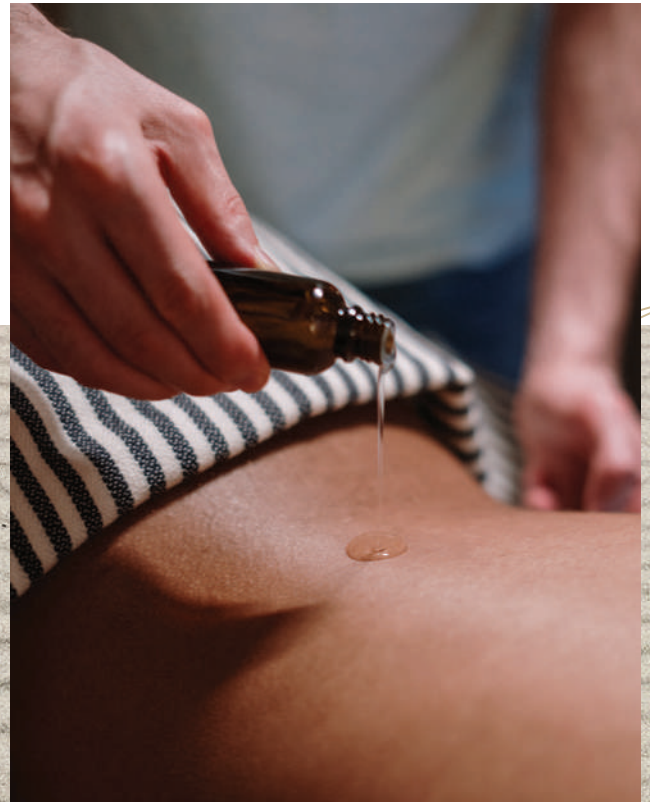
The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Simultaneously, rocks are placed on the body's various energy points to encourage the body's healing potential.

### **Balinese Massage (1 hr 20 mins) (50 mins)**

Our most relaxing massage, harnessing the therapeutic properties of 100% pure essential oils. 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 (50 mins)**

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.



## AYURVEDA

A Sanskrit word - Ayus meaning 'life' and Veda meaning 'sacred knowledge'. Ayurveda is a system of medicine designed to remove the imbalance of the physical body, while providing the mental clarity needed to change unproductive mindsets.



### **Shirodhara (1 hr 30 mins)** **(1 hr)**

"Shiro" means head, and "dhara" is the continuous flow of a liquid. In this process, warm herbal oils are poured in a slow steady stream on your forehead. This treatment is profoundly relaxing and nourishing and will improve your mental clarity.

### **Abhyanga (1 hr 30 mins)** **(1 hr)**

Abhyanga is an ancient Indian ayurvedic oil massage therapy for healing and detoxifying body, mind and spirit. With quick forward and backward movements all over the body and using selected herbal oils, this treatment is invigorating and assists in balancing your doshas (air, water, fire).

### **Padabhyangam (1 hr)**

Sit back and listen to soothing music and the sound of the waves, while we indulge you in an exotic foot ritual with a mix of herbal ayurvedic oils. This therapy benefits with complete relaxation and in promoting a good sleep pattern.

### **Shirobhyangam (30 mins)**

A therapeutic head massage with Ayurvedic oil that helps in insomnia, de-stresses the mind and body, strengthens the hair roots, and improves scalp circulation to promote hair growth.

## **MORE OF MANDARA**

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

**Spa Pedicure Power Polish** (1 hr 15 mins)

**Spa Manicure Power Polish** (1 hr)

**Spa Pedicure** (1 hr 15 mins)

**Spa Manicure** (1 hr)



### **GIFT CERTIFICATE**

Gift certificate purchase is available for all spa treatments or at a value amount. Please contact our Spa Reception for further details.

### **MECARE & GIFTS**

Luxury skin and body care products along with beautiful gifts are available at our Spa Boutique.

## SPA BASICS

### Should I reserve my treatments ?

Yes, either phone or visit the Spa to book a reservation at your earliest convenience so we may accommodate your schedule.

### When should I arrive ?

Please arrive at the Spa 15 minutes before the scheduled time to check-in and change.

### What if I have special health considerations?

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, let us know.

### What do I wear during my treatment?

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### What about my valuables?

Please leave valuables in the safe in your hotel room, as we do not assume any liability for personal items.

### What if I'm late for my appointment?

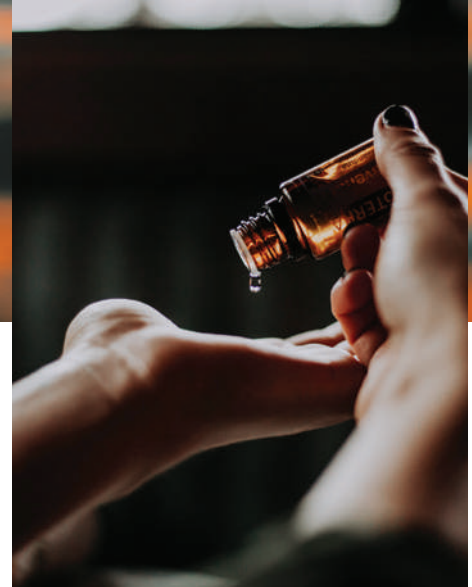
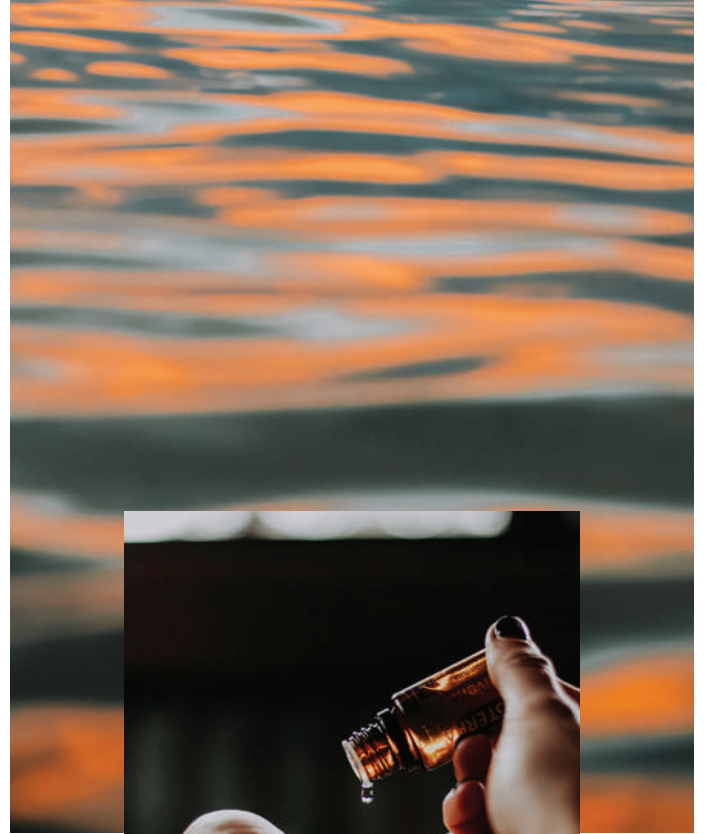
Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

### What if I need to cancel a Spa reservation?

The treatments you select are reserved especially for you. Guests will be charged 50% for treatments not cancelled six hours in advance.

### What about payment for Spa services?

You may charge spa services to your room bill.







Bahamas | Bali | Caribbean | California | Dubai | Egypt  
Hawaii | Japan | Las Vegas | London | Malaysia | Maldives Oman |  
Orlando | Palau | Puerto Rico | Russia | Spas at Sea

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