



serenity can't wait

Club Med Spa
by MANDARA

SPA MENU

SPA MOMENTS FROM 45 MINS TO 2 H 30 MINS

WHERE TIME SLOWS DOWN...

PACKAGES OF CLUB MED SPA

PURE INDULGENCE (2 hrs 30 mins) **\$299**
Immerse yourself in the Spa experience with this indulgent treatment package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage ~ Choice of Refresher Facial or Foot Massage.

BLISS (2 hrs) **\$259**
Immerse yourself in the spa experience with this exquisite package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage.

FRANGIPANI BODY GLOW (2 hrs) **\$259**
Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger, massaged into the skin to slough away dryness ~ shower ~ embalm the body with ELEMIS Frangipani Monoi Body Oil ~ receive a relaxing mini facial whilst wrapped in the fragrant cocoon ~ Balinese Massage.

ENTICE (1 hr 50 mins) **\$239**
Everything you need for head to toe pampering and deep relaxation. Enjoy a Balinese Massage, followed by a Refresher Facial and Foot Massage.

SPA DISCOVERY (1 hr 20 mins) **\$169**
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) **\$169**
Experience the pleasure of relaxation with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

HEAVEN & EARTH (1 hr) **\$125**
A cleansing and refreshing facial followed by a foot massage to pamper you from head to toe.

FAMILY PACKAGE

FAMILY SPA DAY (1 hr) **\$399**
Aromatherapy Floral Footbath for everyone in the family.
Kids: Aromatherapy Floral Bath with tasty Cookies and Orange Juice or Tea, followed with Nail Polish and Shoulder Massage.
Parents: Choice of Balinese Massage or Fancy Footwork.

(for two adults and two kids below 12 years old)

PRETTY GLOWING - MUM AND DAUGHTER

(1 hr 55 mins)

\$349

A mother and daughter spa package is one of the loveliest ways to spend quality time together to feel rested and recharged: 2x 50 mins Balinese Massage; 2x 45 mins Coffee Scrub; 2x 15 mins Bubble Bath.

ELEMIS

ELEMIS FACE

OXYGEN FACIAL (1 hr 15 mins) **\$149**

Oxygeneuticals treatment delivers beautifully hydrated, refreshed and contoured skin with absolutely no downtime and results that last. This treatment uses ELEMIS products and is designed to nourish your skin and promote collagen growth. It involves a machine to spray highly concentrated molecules of oxygen right into your epidermis (the outer layer of your skin). The oxygen that's applied to your face and neck is infused with vitamins, minerals, essential nutrients, and botanical extracts.

ELEMIS PRO - COLLAGEN AGE DEFY

(1 hr)

\$149

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 SUPERFOOD PRO - RADIANCE

(1 hr)

\$129

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.

ELEMIS SENSITIVE SKIN SOOTHER

(1 hr)

\$129

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS ANTI - BLEMISH MATTIFY AND CALM

(1 hr)

\$129

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

**Independent Clinical Trials.*

ELEMIS BODY

ELEMIS BODY NECTAR NOURISHING WRAP - FRANGIPANI

(45 mins)

\$109

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 & GINGER

(45 mins) \$109

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 CLUB MED SPA

PURE NATURE FACIAL (50 mins) \$109

Club Med 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.

Renew ~ a fruit acid facial for treating environmentally damaged skin.

Enrich ~ a nourishing facial for dry or mature skin.

BODY OF CLUB MED SPA

FOUR HAND MASSAGE (1 hr 20 mins) \$189 (50 mins) \$159

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.

BALINESE MASSAGE (1 hr 20 mins) \$149 (50 mins) \$125

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.

TENSION RELIEF MASSAGE (1 hr 20 mins) \$149

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.

WARM STONE MASSAGE (50 mins) \$139

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.

FANCY FOOT-WORK (50 mins) \$109

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.

Ayurveda recognizes that all living creatures, whether human, plant, or animal, must live in harmony with nature in order to survive. Like the owner's manual of your car prescribes maintenance schedules for the long-term health of your car, Ayurveda speaks of daily and seasonal routines that ensure maximal health, mental clarity, and longevity.

ABHYANGA (1 hr 30 mins) \$189 (1 hr) \$159

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).

SHIRODHARA (1 hr 30 mins) \$189 (1 hr) \$159

"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.

PADABHYANGAM (1 hr 30 min) \$189 (1 hr) \$159

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) \$99

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 CLUBMED SPA

SPA PEDICURE	(1 hr 15 mins)	\$79
FRENCH MANICURE	(1 hr 15 mins)	\$79
SPA MANICURE	(1 hr)	\$69

GIFT CERTIFICATE

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

HEMOCARE & 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?

Choose what is most comfortable for you. Treatments may be enjoyed without clothes. Our therapists will always use draping techniques to respect your privacy. Alternatively you may wear your own bikini or briefs.

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 hotel bill. We accept all major credit cards (Visa, Amex, Mastercard, JCB).

All prices are quoted in US dollars (USD) and inclusive of Tourism, Goods and Service Tax. Rates are subject to change without prior notice.



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