

Tamara Spa by Mandara

Open 10am to 9pm daily

Packaged Rituals

Ultimate Indulgence 2 hrs 45 mins \$419
An exotic, luxurious and unforgettable celebration of indulgence.

Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Choice of Herbal Steam or Sauna ~ Mandara Massage ~ Foot Massage ~ ELEMIS Taster Facial ~ Jacuzzi with Refreshments.

Frangipani Body Glow 2 hrs \$239

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.

Sultry Citrus Body Buff 2 hrs 05 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 Reflex Foot Ritual ~ ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger, including mini facial ~ ELEMIS Specialty Bath or Herbal Steam ~ Balinese Massage.

Harmony 2 hrs \$219

A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Balinese Massage or Pure Nature Facial ~ Jacuzzi with refreshment.

Spa Discovery 1 hr 35 mins \$169

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

Elemis Face

ELEMIS 1 hr \$169

Pro-Collagen Age Defy

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 1 hr \$149

Superfood Pro-Radiance

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 1 hr \$149

Sensitive Skin Soother

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 1 hr \$149

Mattify and Calm

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 45 mins \$99

Nourishing Wrap - Frangipani

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.



All prices are quoted in US dollars (USD) and subject to 10% Service Charge and 12% Tourism, Goods and Service Tax. Rates are subject to change without prior notice. For reservations, please call +960 668 0013 extn 855.



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ELEMIS Intensely 45 mins \$99
Cleansing Salt Scrub - Lime and Ginger

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 Ritual

Our Face Ritual begins with an Aroma Reflex Foot Ritual, followed by a therapeutic soak in a Jacuzzi before your facial begins.

Pure Nature Facial
 1 hr 20 mins with ritual \$149
 50 mins without ritual \$129

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 equilibrium and deliver a vitamin and mineral burst to your skin.

- Preserve** ~ a cleansing and rejuvenating facial for normal skin.
- Renew** ~ a fruit acid treat for environmentally damaged skin.
- Enrich** ~ a nourishing facial for dry or mature skin.

Massage Rituals

The Massage Rituals begin with an Aroma Reflex Foot Ritual, followed by relaxing in a Jacuzzi overlooking the turquoise waters and wrap up beautiful with your massage of choice.

Mandara Massage
 1 hr 50 mins with ritual \$259
 1 hr 20 mins without ritual \$239
 1 hr 20 mins with ritual \$219
 50 mins without ritual \$199

Not to 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.

Royal Thai Massage
 2 hrs with ritual \$209
 1 hr 30 mins without ritual \$189

Exotic, rejuvenating and the ultimate subliminal body workout. 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.

Tension Relief Massage
 1 hr 50 mins with ritual \$199
 1 hr 20 mins without ritual \$179

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.



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Asian Head Massage

1 hr 20 mins with ritual \$169
50 mins without ritual \$149

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.

Warm Stone Massage

1 hr 20 mins with ritual \$159
50 mins without ritual \$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.

Balinese Massage

1 hr 50 mins with ritual \$189
1 hr 20 mins without ritual \$169
1 hr 20 mins with ritual \$149
50 mins without ritual \$129

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

1 hr 20 mins with ritual \$149
50 mins without ritual \$129

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

French Pedicure	1 hr 30 mins	\$99
Spa Pedicure	1 hr 15 mins	\$89
French Manicure	1 hr 15 mins	\$89
Spa Manicure	1 hr	\$79

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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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.

Abyanga	1 hr 30 mins	\$ 209
	1 hr	\$ 179

Abyanga 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	\$ 209
	1 hr	\$ 179

"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	45 mins	\$ 129
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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	\$ 119
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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.



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