

Tamara Spa by Mandara

Open 10.00am to 9.00pm daily

Packaged Rituals

Ultimate Indulgence 2 hrs 40 mins \$419
An exotic, luxurious and unforgettable celebration of indulgence. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Choice of Sauna or Herbal Steam ~ Jacuzzi ~ Refreshments ~ Mandara Massage ~ Foot Massage ~ Elemis Taster Facial.

Luscious & Luminous 2 hrs 05 mins \$259
Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses. Aroma Foot Ritual with Elemis product ~ Choice of Elemis Body Wrap, including mini facial ~ Jacuzzi or Elemis Specialty Bath ~ Refreshments ~ Balinese Massage.

Sultry Citrus Body Buff 2 hrs 05 mins \$259
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 ~ Jacuzzi or Elemis Specialty Bath ~ Refreshments ~ Balinese Massage.

Transcendence 2 hrs 10 mins \$259
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 ~ Choice of Sauna or Herbal Steam ~ Jacuzzi ~ Refreshments ~ choice of Balinese Massage, Warm Stone Massage or Fancy Foot- work.

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 ~ Refreshments ~ 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 your choice of Elemis Specialty Bath or Jacuzzi before your facial begins.

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

Clinically proven, after just one treatment, this facial reduces the number wrinkle by up to 94%* and improves skin firmness by up to 57%*. Specialised techniques with anti-ageing formulations leave a firmer, uplifted, youthful-looking appearance.

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

Helps to calm irritation and minimise signs of ageing, this is the ultimate overhaul for male skin. Incorporating the Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-ageing treatment protects against the harsh effects of shaving and environmental damage.

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.

*Independent clinical trials

Face Ritual

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

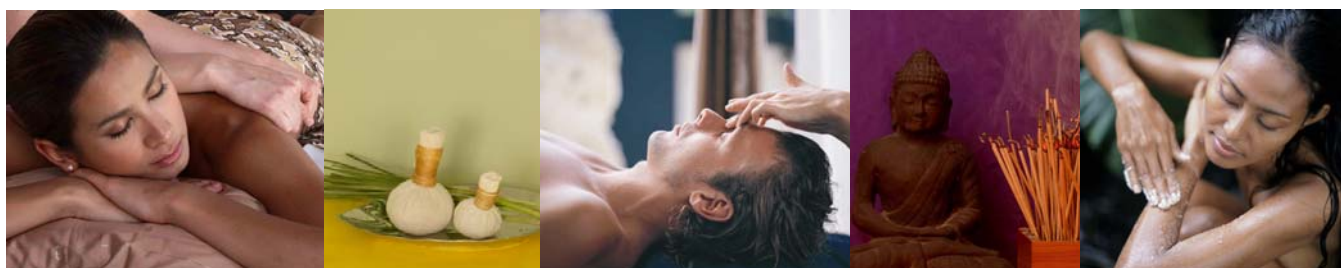
Pure Nature Facial 1 hr 20 mins \$149

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 and subject to prevailing Service Charge and Tourism, Goods and Services Tax. Rates are subject to change without prior notice. For reservations, please call +960 668 00 13 extn 855. Published 03/14.



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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 20 mins \$239

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.

Shiro Dhara 1 hr 50 mins \$185

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 20 minutes, a gentle flow of aromatic oil is poured onto the third eye on your forehead. An uplifting and inspiring experience.

Royal Thai Massage 2 hrs \$199

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.

Asian Head Massage 1 hr 20 mins \$169

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.

Warm Stone Massage 1 hr 20 mins \$159

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.

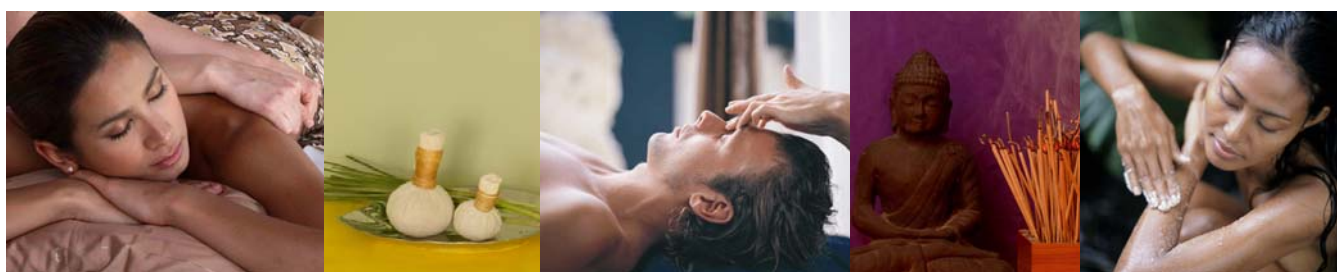
More Rituals

For those short on time the following single treatments are also offered.

Mandara Massage	1 hr 20 mins	\$229
Mandara Massage	50 mins	\$199
Balinese Massage	1 hr 20 mins	\$169
Balinese Massage	50 mins	\$139
Shiro Dhara	1 hr 20 mins	\$189
Royal Thai Massage	1 hr 30 mins	\$159
Asian Head Massage	50 mins	\$145
Warm Stone Massage	50 mins	\$135
Fancy Foot-work	50 mins	\$125
Pure Nature Facial	50 mins	\$125

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



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