



MANDARA  
— SPA. —

THE MAGELLAN SUTERA RESORT

## Packaged by Mandara

Ultimate Indulgence 2 hrs 40 mins RM775

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

Frangipani Body Glow 2 hrs RM660

Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous Elemis Exotic Lime & Ginger Salt Glow massaged into the skin to slough away dryness ~ shower ~ embalm the body with Elemis Exotic Frangipani Monoi Oil ~ receive a relaxing scalp massage and a mini facial whilst wrapped in the fragrant cocoon ~ Balinese Massage.

Yin and Yang 2 hrs 05 mins RM560/ person

**Him:** Aromatherapy Reflex Footbath ~ Lavender Body Wash ~ Coffee Scrub ~ Herbal Steam, Aromatherapy Floral Bath, with Refreshment & Fruit Platter ~ Balinese Massage or Warm Stone Massage.

**Her:** Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Javanese Lulur ~ Herbal Steam, Aromatherapy Floral Bath, with Refreshment & Fruit Platter ~ Balinese Massage or Warm Stone Massage.

Harmony 2 hrs RM475

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

Spa Discovery 1 hr 20 mins RM350

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 RM340

Experience the pleasure of relaxation with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

## Elemis Face

Elemis Pro-Collagen Quartz Lift Facial 1 hr 15 mins RM555

*Anti-wrinkle facial with proven results.*

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just 1 treatment\*. Specialised lifting massage, combined with proven marine extract, Padina Pavonica, helps re-energise cell communication and rejuvenate skin.

Elemis White 1 hr RM555

## Brightening Facial

*Illuminates and brightens for a naturally more even complexion.*

This highly effective white brightening facial visibly illuminates the complexion to leave it naturally more even and translucently clear. Precision, feather-light movements delicately layer proven brightening actives on the skin to encourage the breakdown and washing-out of melanin, whilst reducing the visible dullness that develops over time. This targeted treatment responds to individual skin needs, helping to reduce age spots, discolouration, and dull skin tone and texture on the face, neck, décolleté, arms and hands. Leaves the complexion illuminated, more even and beautifully white bright.

## Elemis Skin IQ+

Facial for Men 1 hr 15 mins RM510

*Anti-ageing booster for tired, stressed and dehydrated skin.*

The ultimate skin overhaul for maximum anti-ageing results. Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a hectic lifestyle and environmental stressors.

Elemis Skin Specific Facial 1 hr RM300

*The perfect skin maintenance facial.*

Customised to your skin type, this facial combines skin conditioning plant actives, a prescribed mask and unique eastern facial massage techniques. Your face is deeply cleansed to help renew radiance, nourish and balance skin.

*\*Independent clinical trials*

## Elemis Body

### Elemis Exotic Frangipani

Body Nourish Wrap 45 mins RM275

*Deeply nourishing aromatic treat.*

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce monoi, which is poured all over your body and then cocooned in a nourishing foil wrap. Skin is drenched with moisture for immediate softness, suppleness and radiance.

Elemis Exotic Lime & Ginger Salt Glow 45 mins RM275

### Invigorating deep cleanse.

Feel your senses lifted and your body invigorated by the sublime Exotic Lime and Ginger Salt Glow infused with skin enriching Japanese Camellia Oil Blend. After light body brushing, warm oil is drizzled luxuriously over the body. Skin is deeply cleansed, leaving it silky-smooth and glowing.

## Face of Mandara

Pure Nature Facial 50 mins RM230

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.

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

Enrich - a nourishing facial for dry or mature skin.

## Body of Mandara

Mandara Massage 1 hr 20 mins RM660

50 mins RM415

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.

Warm Stone Massage 1 hr 20 mins RM380

50 mins RM265

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 RM360

50 mins RM230

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.

Muscle Ease Massage 1 hr 20 mins RM360

50 mins RM230

This deep tissue sports massage is an effective way to assist with muscle relaxation. It is designed to increase flexibility, relieve muscle tightness and improve circulation and recovery time.

Oxygen Therapy Massage 50 mins RM345

Energise and beat end-of-day fatigue. Breathing pure oxygen has been proven to boost the immune system and promote cell regeneration. Begin with a 20-minute inhalation of pure oxygen, simple yet powerful in balancing your body's energy. Combined with a relaxing massage to increase circulation and relieve tension, the treatment enhances mental clarity, alertness; whilst improving mood, concentration levels and overall well-being.

Fancy Foot-work 50 mins RM205

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.

## 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.

## 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. Alternatively, treatments may be enjoyed without clothes. 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 hotel bill. We accept all major credit cards (Visa, AmEx, MC, JCB).



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