



MANDARA  
— SPA. —

AT  
LOTTE HOTEL  
MOSCOW



## Packaged Rituals

### Ultimate Indulgence

2 hrs 45 mins                      25 000 ₪

An exotic, luxurious, and unforgettable celebration of indulgence.

Aroma Reflex Foot Ritual ~ Herbal Steam ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Hydrobath ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.

### Luscious & Luminous\*

2 hrs 20 mins                      19 500 ₪

Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses.

Aroma Reflex Foot Ritual ~ ELEMIS Specialty Bath or Herbal Steam ~ ELEMIS Body Nectar Nourishing Wrap – Frangipani, including mini facial ~ Balinese Massage.

### Exotic Body Bliss\*

1 hr 50 mins                      19 200 ₪

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 Specialty Bath or Herbal Steam ~ Choice of ELEMIS Intensely Cleansing Salt Scrub, including mini facial ~ Balinese Massage.

### Ocean Detox Wrap

2 hrs 5 mins                      17 600 ₪

Essentially a seaweed and clay body treatment designed to stimulate the lymphatic system, purge impurities and provide a mineral blast to the skin.

Aroma Reflex Foot Ritual ~ Detox Wrap: Body Brushing, Seaweed Wrap & Scalp Massage ~ Herbal Steam & Cleansing Tea ~ Balinese Massage.

*\* indicates inclusion of  
ELEMIS Spa-therapy.*



## Packaged Rituals

### Transcendence

2 hrs 5 mins                      17 600 ₪

Immerse yourself in the spa experience with this exquisite package that offers choices from around the globe.

Aroma Reflex Foot Ritual ~ Hydrobath or Herbal Steam ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Choice of Balinese Massage, Fancy Foot-work or Warm Stone Massage.

### Spa Discovery\*

1 hr 35 mins                      16 600 ₪

Age-old tradition combines with the finest European skincare for a deliciously relaxing experience.

Aroma Reflex Foot Ritual ~ Balinese Massage ~ ELEMIS Taster Facial.

*\* indicates inclusion of  
ELEMIS Spa-therapy.*

## Massage Rituals

*Every massage begins with an Aroma Reflex Foot Ritual, a symbolic cleansing process to wash away the world and a divine foot massage to prepare you for total relaxation.*

### Mandara Massage

1 hr 35 mins 19 400 ₺

1 hr 5 mins 14 200 ₺

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 35 mins 16 600 ₺

1 hr 5 mins 12 200 ₺

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 also helps to improve the circulatory, lymphatic, muscular and nervous systems. For recovery from jet lag, we recommend our Tranquility massage oil blend.

### Warm Stone Massage

1 hr 5 mins 12 200 ₺

The healing power of touch combines with the energy of the earth in this relaxing, muscle-melting massage. Smooth, warmed rocks glide across the 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

1 hr 5 mins 9 000 ₺

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.



## Massage Rituals

### Tension Relief Massage\*

1 hr 20 mins 15 800 ₺

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.

### Express Massage\*

30 mins 7 500 ₺

For those of you on a tight schedule, this short but effective massage focusing on the back, neck and shoulders will help to relieve tension and stress.

*\*Aroma Reflex Foot Ritual is not included.*



## Face Ritual

*Your face ritual will begin with a relaxing and cleansing Aroma Reflex Foot Ritual.*

### Pure Nature Facial

1 hr 5 mins 9 400 ₺

Mandara Spa's signature facial is rich in enzymes that peel away dead skin, antioxidant-rich vitamins that protect and treat skin cells from environmental (and self-induced!) pollutants and natural oils that provide 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 skin's equilibrium and deliver a burst of vitamins and minerals to the 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.





## ELEMIS Face

*Our philosophy is to provide you with an exceptional and memorable spa experience, languidly paced and sublimely indulgent.*

### **ELEMIS Pro-Definition Lift and Contour**

1 hr 17 600 ₪

Powered by breakthrough technology, this facial helps restore the architecture of the face using potent, active plant nutrients to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

### **ELEMIS Dynamic Resurfacing Precision Peel**

1 hr 17 600 ₪

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

### **ELEMIS Pro-Collagen Age Defy**

1 hr 16 400 ₪

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 16 400 ₪

This nutritional boost, rich in superfoods and essential minerals, is 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 16 400 ₪

Fragile skin needs special attention. 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 16 400 ₪

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.

### **ELEMIS High Performance Skin Energiser**

1 hr 16 400 ₪

The hard-working facial for ageing, dehydrated skin and tired eyes. Cell regeneration is maximised, while steam and extraction decongest the skin. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

*\*Independent clinical trials.*



## ELEMIS Face

### **ELEMIS Peptide 24/7 Skin Sync**

1 hr 16 400 ₪

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful ELEMIS-exclusive botanical formulations are combined with specialist massage techniques to replenish skin with a well-rested glow.

### **ELEMIS Taster Facial**

30 mins 7 000 ₪

The perfect way to experience a taste of the world-renowned ELEMIS Facials. This introductory facial will give you a quick and instant pick-me-up for dull, lifeless skin, as well as make an excellent pre-makeup facial for extra special occasions.

## ELEMIS Body

*All body therapies begin with an Aroma Reflex Foot Ritual.*

### **ELEMIS Targeted Toning Tightener**

1 hr 15 mins 13 000 ₪

A powerful blend of massage and detoxifying clay for targeted toning and tightening of the hips, thighs, abdomen and backs of the arms. Clinically-proven\* to reduce the appearance of cellulite after just one treatment.

### **ELEMIS Body Nectar Nourishing Wrap – Frangipani**

1 hr 15 mins 12 200 ₪

The velvety texture of the Monoi Oil quenches thirsty skin with its super hydrating properties. You are kept cocooned and warm while mood-balancing aromatics and skin conditioning oils do their work.

### **ELEMIS Intensely Cleansing Salt Scrub – Lime and Ginger or Frangipani**

45 mins 10 300 ₪

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

*\*Independent clinical trials.*





## Kerstin Florian Face

### Ultimate Lifting Facial

1 hr 10 mins 17 000 ₺

A global corrective procedure against ptosis degradation and other age-related changes in facial skin. The patented Kerstin Florian Hyaluronic Serum Formula instantly improves metabolic processes and provides deep visible rejuvenation. A blend of precious oils provides intense, long-lasting hydration.

### Vitamin Boost Facial

1 hr 20 mins 15 500 ₺

A vitamin treatment that saturates the skin with vitamin C, providing antioxidant protection against free radicals, stimulating collagen synthesis, and preventing the appearance of age spots. An irreplaceable procedure for vitamin deficiency and in between seasons.

### Advanced Repair Facial

1 hr 15 500 ₺

The treatment of choice for instant hydration, textural improvement, and maximum lifting. A combination of high and low molecular weight hyaluronic acid is complemented by the firming action of Senegalese acacia gum. The result is significantly younger and firmer facial skin even after only one procedure.

### Traditional Heviz Facial

1 hr 15 000 ₺

This procedure is aimed at active restoration and renewal of the skin. A face mask with moor mud from the famous lake Heviz in Hungary acts as a gentle peel, exfoliating and renewing skin cells while saturating skin with vitamins, amino acids, and phytoestrogens. A skin-matched serum massage provides pronounced lifting and removes swelling. The result: smooth, lifted, wrinkle-free skin.



## Kerstin Florian Body

### Superfood Body Wrap

1 hr 20 mins 14 000 ₺

Rich in nutrients and powerful antioxidants, as well as vitamins, minerals, proteins, chlorella, kelp, and spirulina algae, this regenerating wrap is a great stimulus for dull, dry, and ageing skin. Deeply nourishes the skin, stimulating blood circulation and collagen production, reducing inflammation, promoting metabolism, and combatting cellulite. Gives skin a healthy, youthful appearance with its anti-ageing properties.

### Moor Mud Detox Body Wrap

1 hr 13 500 ₺

A renewal wrap with moor mud that enhances microcirculation and intensively cleanses and renews the skin, saturating it with vitamins and microelements.

### Soothing Anti-stress Body Wrap

1 hr 12 000 ₺

A soothing wrap that not only works on problem skin, relieving irritation, redness, and excessive dryness, but also cheers you up, relieving stress and fatigue. This wrap is intended for dry and dehydrated skin, especially after sun exposure or long flights.

### Turkish Body Scrub with Eucalyptus

30 mins 9 000 ₺

A procedure that deeply cleanses, removes dead cells, and improves microcirculation. Aromatic eucalyptus oil boosts immunity while chamomile oil improves your mood. The skin becomes soft, smooth, and silky.



## 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 concerns at all, please let us know.

### **What should 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. Please choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### **What facilities can I use?**

All treatments include the use of our Hydrotherapy Area and Relaxation Lounge.

### **What about my valuables?**

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

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

Arriving late will simply limit your treatment time, 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 also accept all major credit cards and cash payments.



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