



# MANDARA SPA

HILTON BALI RESORT

# Welcome to Mandara Spa

Integrating age-old Eastern healing traditions in contemporary luxury, a Mandara moment is as indulgent as it is therapeutic and as magical as it is real.

Imagine boundaries ceasing to exist. Imagine science and nature dancing together in perfect harmony. And then, imagine a Spa experience at Mandara Spa.

## Our Story

Originating on the sacred island of Bali, Mandara Spa epitomizes the essence of time-honored healing traditions that transcend through the ages. The ancient art of massage and the profound impact of touch hold a sacred place in the heart of Bali, seamlessly integrated into the tapestry of daily self-nurturing rituals.

Mandara Spa, inspired by an unwavering commitment to balance and holistic wellness, extends this devotion and sacred practice to every Spa.

The name Mandara comes from an ancient Sanskrit legend about the gods' quest to claim Tirta Sanjiwani - a powerful holy water that holds the secret of eternal youth and beauty.

Unlock the secret in your own Mandara moment.



## Packaged by Mandara



### PURE INDULGENCE

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.

**2 hrs 30 mins | IDR 2.025.000**

### HARMONY

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.

**2 hrs | IDR 1.750.000**

### OCEAN DETOX WRAP

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 ~ Dry Body Brushing ~ Green Clay and Seaweed Wrap ~ Infrared Detox Sauna ~ Express Massage.

**1 hr 50 mins | IDR 1.475.000**

### SPA SAMPLER

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

**1 hr 20 mins | IDR 1.235.000**

### SPA DISCOVERY

Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Enjoy a Balinese Massage followed by an Éminence Express Facial.

**1 hr 20 mins | IDR 1.100.000**

## ÉMINENCE Organic Face

### ÉMINENCE MARINE FLOWER PEPTIDE COLLAGEN BOOSTING FACIAL

Dive deep into ageless results with the magic of marine flowers! This revitalizing treatment combines sustainably sourced algae extracts with botanical peptides to support collagen production and smooth wrinkles for lifted, firmer skin.

**1 hr 15 mins | IDR 1.450.000**

## ÉMINENCE



### ÉMINENCE STRAWBERRY RHUBARB HYALURONIC FACIAL

Indulge deep hydration and vitamins from Botanical Hyaluronic Acid, Strawberry and Rhubarb to make your skin soft, plump and smooth. Ideal for dry, dehydrated skin, will leave you refreshed, revitalized, hydrated and calm.

**1 hr | IDR 1.175.000**

### ÉMINENCE CLEAR SKIN FACIAL

Purify, detoxify, cool and balance acne-prone and oily skin! Hungarian Herbal Mud warms up the skin and opens pores to eliminate toxins while kaolin clay, cooling cucumber and yogurt exfoliates, absorbs sebum and eliminates blemishes.

**1 hr | IDR 1.175.000**

### ÉMINENCE STONE CROP FACIAL

Calm and treat sensitive skin with the power of nature. Our proprietary lactic acid complex paired with antioxidant rich super fruit Mangosteen will slough off dead skin cells while Stone Crop hydrates, heals and reduces pigmentation. Safe and gentle for sensitive and young skins.

**1 hr | IDR 1.175.000**

## ÉMINENCE Organic Body

### ÉMINENCE COCONUT & MANGO BODY POLISH

Reveal smooth and glowing soft skin with a tropical cocktail of super foods, gently exfoliate with a coconut sugar scrub followed by a mango enzyme peel, nourish with firming coconut body lotion.

**1 hr | IDR 1.075.000**

### ÉMINENCE STONE CROP BODY FIRING RITUAL

Featuring one of the globe's great super plants stone crop, this treatment ritual unique to Éminence Organics promises to smooth and firm, correct pigmentation and heal skin conditions, ideal for uneven complexions.

**1 hr | IDR 1.075.000**

*All prices are quoted in Indonesian Rupiah and are inclusive of Service Charge and Government Tax. Rates are subject to change without notice.*

## Face of Mandara

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### PURE NATURE FACIAL

1 hr | IDR 950.000

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Mandara Spa's signature facial is rich in enzymes to exfoliate, antioxidants to protect from pollutants and natural oils for nourishment. Relying on nature's life-force to deliver a vitamin and mineral burst to your skin.

**Preserve** ~ a cleansing and rejuvenating facial for normal skin.

**Enrich** ~ a nourishing facial for dry or mature skin.

## Body of Mandara

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### TENSION RELIEF MASSAGE

1 hr 30 mins | IDR 1.325.000

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Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. Relieves pain, boosts circulation and supports the body's innate healing system.

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### BALINESE MASSAGE

1 hr 30 mins | IDR 1.200.000

1 hr | IDR 950.000

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Based on ancient Balinese traditions this medium pressure massage combines long strokes, skin rolling and palm pressure to relieve tension, relax the body and improve circulation.

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### MANDARA MASSAGE

1 hr | IDR 1.175.000

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Our signature massage is a blend of five massage styles – Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. Engaging two therapists to create a deeply transformative experience of calm.

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### ASIAN HEAD MASSAGE

1 hr | IDR 1.050.000

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Rooted in China and India, this back and upper body massage combines multiple techniques to release tension. Your hair is doused in warmed oils and features a Thai Poultice application and jade combing.

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### WARM STONE MASSAGE

1 hr | IDR 1.050.000

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Smooth, warmed stones glide across the body in long, flowing strokes. The heat relaxes muscles and soothes the mind. Simultaneously, stones are placed on the body's energy points to encourage healing.

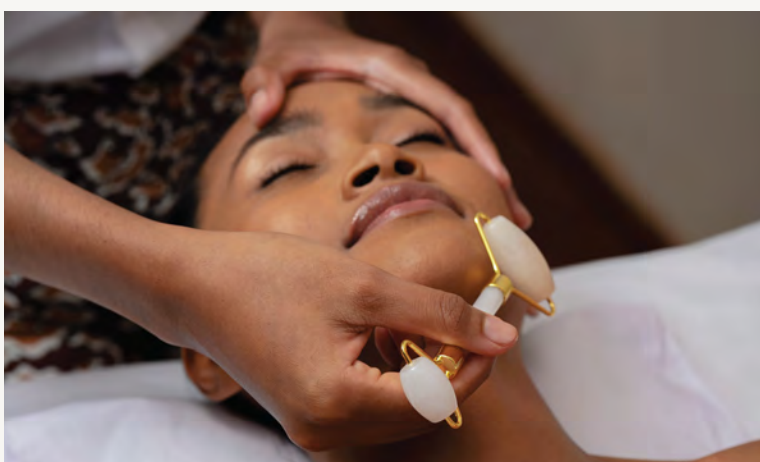
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### FANCY FOOT-WORK

1 hr | IDR 950.000

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Based on the same therapeutic principles of Chinese Reflexology without the pain, this foot massage will help to release toxins and restore your body's energy flow.



## More of Mandara

<b>POWER GEL POLISH PEDICURE</b>	<i>1 hr 15 mins   IDR 600.000</i>
<b>POWER GEL POLISH MANICURE</b>	<i>1 hr   IDR 525.000</i>
<b>SPA PEDICURE</b>	<i>1 hr 15 mins   IDR 575.000</i>
<b>SPA MANICURE</b>	<i>1 hr   IDR 475.000</i>
<b>GEL POLISH REMOVAL</b>	<i>30 mins   IDR 225.000</i>

These deluxe treatments include a soak, exfoliation, nail care, cuticle stimulation, nail colour and a hand 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 Mandara Spa Boutique.



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# 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).



Opening Hours:  
**10am - 10pm**

# MANDARA SPA

## HILTON BALI RESORT

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