



# MANDARA SPA

MULU MARRIOTT RESORT & SPA

# 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 / RM 625**

### 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 / RM 525**

### DREAM WEAVER

Head to toe indulgence for radiant skin and a dream-like sense of overall well-being. Aromatherapy Floral Footbath ~ Balinese Massage ~ Pure Nature Facial.

**1 hr 50 mins / RM 485**

### 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 / RM 370**

## Face of Mandara



### PURE NATURE FACIAL

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.

**1 hr / RM 250**

## Body of Mandara

### MANDARA MASSAGE

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.

**1 hr 30 mins / RM 730**

**1 hr / RM 455**

### WARM STONE MASSAGE

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.

**1 hr 30 mins / RM 425**

### GUA SHA THERAPY

This centuries' old Chinese therapy utilizes a curved crystal to scrape the skin in firm strokes, this action stimulates blood flow and reduces tension. Gua Sha aims to reshape body contours.

**1 hr 20 mins / RM 415**

### BALINESE MASSAGE

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.

**1 hr 30 mins / RM 400**

**1 hr / RM 250**

*All prices are quoted in Malaysian Ringgit and inclusive of applicable Government Tax.  
Rates are subject to change without notice.*

# Body of Mandara

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## TENSION RELIEF MASSAGE

1 hr 30 mins | RM 400

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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## ASIAN HEAD MASSAGE

1 hr 30 mins | RM 400

1 hr | RM 300

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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## FANCY FOOT-WORK

1 hr | RM 220

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.

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## GIFT CERTIFICATE

Gift certificate purchase is available for all Spa treatments or at a value amount. Please contact our Spa Reception for further details.

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## 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:  
**12pm - 10pm**

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