



Transcend. Transform. Trust the Moment.

Open 10am to 9pm
Extension 8178



MANDARA
— SPA —

HULHULE ISLAND HOTEL

Packaged by Mandara

Pure Indulgence 2 hrs 15 mins \$239
Immerse yourself in the Spa experience with this indulgent treatment package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Balinese Massage ~ Choice of Refresher Facial or Foot Massage.

Frangipani Body Glow 2 hrs \$209
Uplifting and re-energising, this full body exfoliation and nourish ritual featuring ELEMIS Skincare is designed to transform and restore, completed with a facial and massage, promises to impart a true sense of joy and lightness. Warm Oil Drizzle - Lime and Ginger Exfoliation ~ Frangipani Monoi Body Cocoon ~ Mini Facial ~ Balinese Massage.

Luscious & Luminous 1 hr 50 mins \$179
Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses. Aroma Reflex Foot Ritual ~ ELEMIS Body Nectar Nourishing Wrap - Frangipani, including mini facial ~ Balinese Massage.

Harmony 1 hr 45 mins \$179
A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Balinese Massage or Pure Nature Facial.

Spa Discovery 1 hr 20 mins \$159
Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Balinese Massage ~ ELEMIS Taster Facial.

ELEMIS Face

ELEMIS Pro-Collagen Age Defy 1 hr \$159
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 Dynamic Resurfacing Precision Peel 1 hr \$149
Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS Superfood Pro-Radiance 1 hr \$139
A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

**Independent clinical trials*

ELEMIS Body

ELEMIS Body Nectar Nourishing Wrap - Frangipani 45 mins \$119
The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger 45 mins \$119
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Face of Mandara

Pure Nature Facial 50 mins \$129
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 \$209
50 mins \$149
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 LomiLomi, Swedish and Balinese. The synchronisation of the two therapists makes this a sublime experience.

Tension Relief Massage 1 hr 20 mins \$169
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.

Warm Stone Massage 50 mins \$159
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	\$149
	50 mins	\$129

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.

Fancy Foot-work	50 mins	\$129
------------------------	---------	-------

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 of Mandara

French Pedicure	1 hr 30 mins	\$109
Spa Pedicure	1 hr 15 mins	\$99
French Manicure	1 hr 15 mins	\$99
Spa Manicure	1 hr	\$89

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.

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. 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?

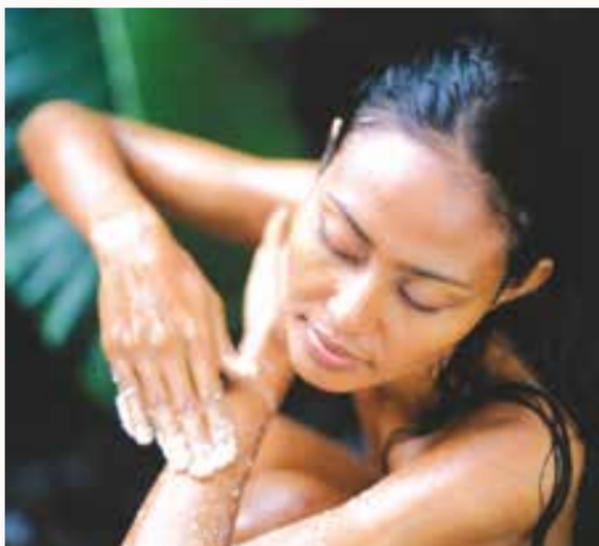
Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

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 room bill.



Bahamas • Bali • Caribbean • California • Dubai • Egypt
Hawaii • Japan • Las Vegas • London • Malaysia • Maldives • Oman
Orlando • Palau • Puerto Rico • Russia • Spas at Sea



infoasia@mandaraspa.com
www.mandaraspa.com

Hulhule Island Hotel
P.O. Box 2118, Male,
Republic of Maldives
Phone: +960 333 0888
E-mail: hih@mandaraspa.com
www.hih.com.mv