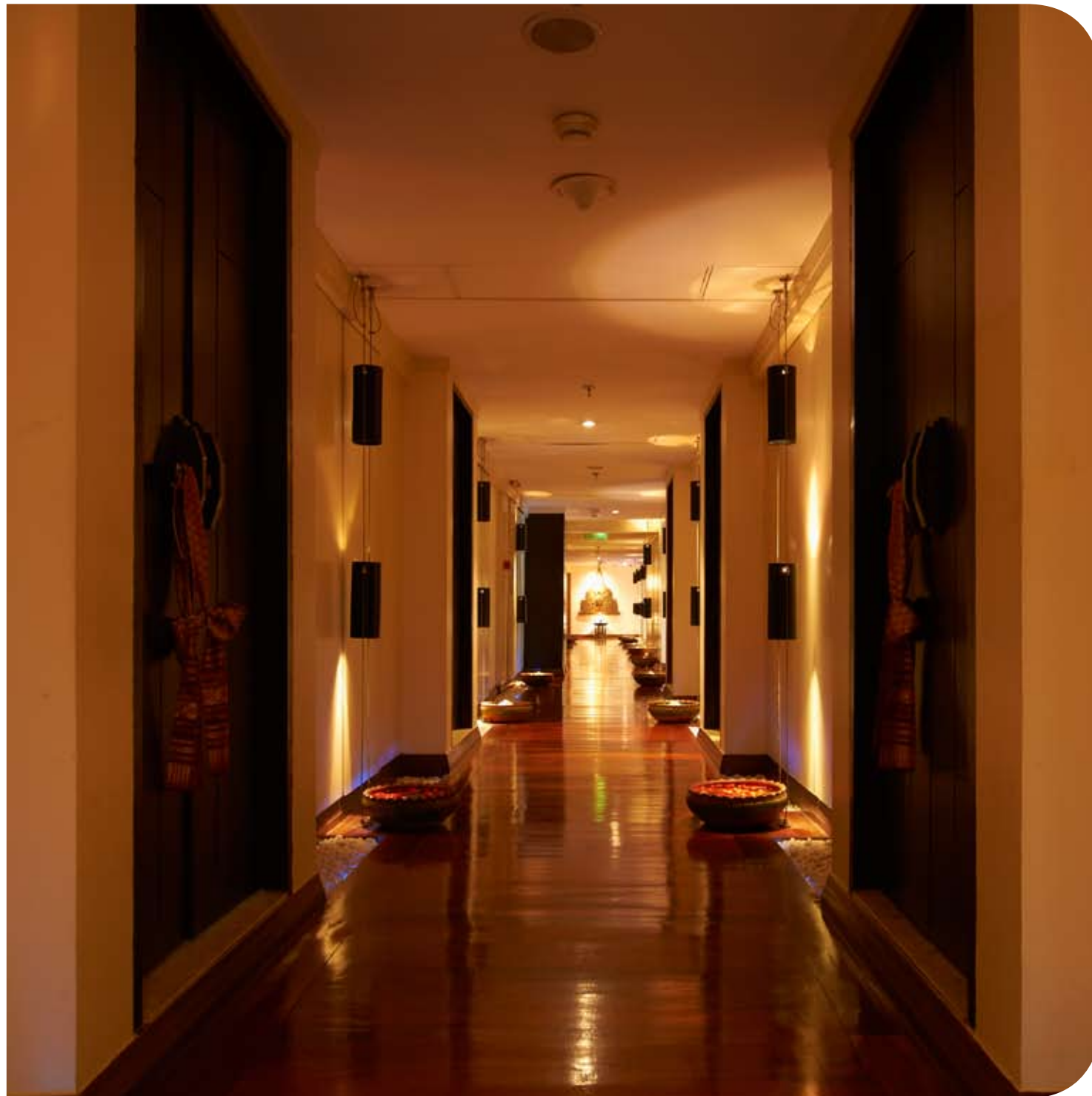




MANDARA
— SPA —

at

The Royal Orchid Sheraton
Hotel & Towers



MANDARA SPA PASSAGES

Escape the limits of time with one of our exquisitely packaged recipes for relaxation. Whether the occasion merits a celebration of love or friendship, a side by side treatment in one of our luxurious double spa suites promises a truly indulgent experience.

Romantic Getaway - Couples

Embrace synchronised serenity in this aromatic journey. Melt away tension, loosen muscles and tendons, smooth the texture of your skin and improve your blood circulation as we cocoon you in deep relaxation, reminded of how sacred it truly is to spend quiet time together.

Floral Foot Ritual - Aromatic Steam - Aromatic Salt Scrub ~ Aromatic Floral Bath ~ Aromatic Massage ~ Aromatic Facial ~ Refreshment

Journey of Joy

Heed your body's calling for the attention it needs most, with a journey designed to pamper skin and ease away all tension. Treat yourself to a rejuvenating body scrub or wrap, followed by a luxurious full body massage. Then glow like the rays of a perfect sunset after a purifying, toning and revitalising facial.

Floral Foot Ritual ~ Choice of Body Scrub or Body Wrap (Excluding Elemis) ~ Choice of 60 minute Body Massage

(Excluding Elemis & Signature) ~ Aromatic Facial ~ Refreshment

Elemis Absolute Spa Ritual

Promising the ultimate in combined face and body therapy for pure relaxation with maximum results, pair one of the unique Elemis Advanced Anti-ageing or Skin Solutions Facials with the powerful effects of an Elemis Deep Tissue Muscle Massage or Aromatic Massage using Elemis Oil.

Elemis Welcome Touch ~ Choice of Elemis Deep Tissue Muscle Massage or Aromatic Massage using Elemis Oil ~ Choice of Elemis Facial Treatment ~ Refreshment

Mandara Bliss

Knowing the needs of your body best, create your own personal heaven with the flexibility of this treatment, combining the nourishing benefits of a scrub or wrap together with a healing massage, to unleash blockages and relieve emotional and physical tension.

Floral Foot Ritual ~ Choice of Body Scrub or Body Wrap (Excluding Elemis) ~ Choice of Body Massage (Excluding Elemis & Signature) ~ Refreshment

Mandara Delight

Discover a relaxing face and body experience that promises head to toe transformation. Melt into the massage style that best suits your needs, and look as naturally refreshed as you feel with a sensual Aromatic Facial.

Floral Foot Ritual ~ Choice of Body Massage (Excluding Elemis & Signature) ~ Aromatic Facial – Refreshment



MANDARA SIGNATURE RITUALS

The legacy of Mandara philosophy is best experienced through our signature rituals. Drawing on the origins of time honoured wellness traditions, these treatments have been selected and created with only one thing in mind - you.

Ritual of Javanese Lulur

Experience the bliss of royal Javanese heritage. Indulge in a scrub of powdered spices and sweet woods. Envelop your body with cooling yoghurt for skin that is luxuriously conditioned and hydrated, before unwinding into exotic harmony with a Balinese Massage.

Floral Foot Ritual ~ Lulur Scrub ~ Yoghurt Splash ~ Honey & Milk Bath ~ Balinese Massage ~ Refreshment

Mandara Signature Massage

A truly sublime and unforgettable spa experience, this “four hand massage” incorporates the exacting skills of two therapists working together in rhythmic synchronicity. Combining the five different styles of Japanese Shiatsu, Hawaiian Lomi Lomi, Thai, Swedish and Balinese massage, specially blended essential oils of sandalwood, patchouli and ylang ylang are applied by our therapists’ gentle healing hands to calm the nervous system, warm and relax muscle tissue, and promote the growth of healthy new skin cells, ultimately resulting in total relaxation and beautiful, supple skin.

Floral Foot Ritual ~ Mandara Signature Massage ~ Refreshment



MASSAGE THERAPIES

Massage is a therapy that, when applied with skill and care, can precipitate many beneficial changes within the body, mind and spirit. It is a powerful treatment because it works on both physical and psychological levels to invigorate and relax, while various techniques and strokes can also ease pain or tension from stiff aching muscles, boost circulation and alleviate mental stress.

Traditional Thai Massage

Also known as “Nuad Borarn”, this healing therapy has been handed down through the generations in Thailand for over 2500 years. Combining acupressure and stretching techniques using the therapist’s fingers, thumbs, elbows, arms and feet, the body’s internal energy is encouraged to flow more freely to alleviate problematic conditions such as lower back pain, arthritis, headaches and stress related conditions.

“Luk Prakob” Hot Compress Therapy

Tensions drift away during this traditional heated Thai massage, which has been used for many centuries in Thailand for the relief of pain and inflammation. Following a sport massage, a selection of therapeutic herbs including plai, ginger, turmeric and lemongrass are wrapped in a muslin compress, steamed and then applied to the body in gentle circular and rolling movements. As the pores open and allow the herbs to take effect, ailments such as stiff, sore or pulled muscles and ligaments, back pain, migraines, stress and anxiety are almost instantly relieved.

Elemis Aroma Stone Therapy

Therapeutic heat is slowly released deep into the muscles as warm stones bathed in aromatherapy oils glide smoothly over your entire body, enhancing the benefits of your massage. Small stones placed on key energy points balance chakras and harmonise your vital energy flow.

Swedish Massage

Swedish Massage is the foundation of nearly all western massage techniques. Enjoy a firm and invigorating treatment that uses sweet almond oil combined with the five classic strokes – gliding, kneading, friction, vibration and percussion – to improve blood circulation, reduce muscle tension, relieve aches and pains, and provide a wonderfully energising boost.

Aromatic Massage

Based on the principles of Aromatherapy and Swedish massage, stress and anxiety are relieved as essential oils extracted from plants, flowers and fruits are generously glided over your body using a variety of techniques. Each ingredient works to ground, balance and calm the body and mind, while their powerful effects are also known deterrents of muscular pains and digestive disorders.



Sport Massage

Combining three of the five classic Swedish massage strokes, this therapy works deeply into the muscles, stretching muscle fibres and releasing tension in the fascia that may otherwise cause restricted movement and pain. By generating increased blood flow and thus improving circulation, you will discover a wealth of flexibility and relaxation benefits.

Balinese Massage

In this authentic massage style of ageless tradition, your therapist applies Indonesian floral oil together with palm pressure and stretching techniques to relieve tension, improve blood flow and in turn create waves of relaxation.

Indian Head Massage

Based on the principles of Ayurveda, this soothing and energising head massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. A gentle yet powerful remedy for insomnia, chronic headaches, migraines and sinusitis.

Oriental Foot Massage

This dynamic treatment works by applying thumb, finger and palm pressure to reflex zones of the feet which correspond to organs and systems in the upper body. Experience general relief from pain, illness and stress, while this therapy is particularly beneficial in treating tension headaches, poor circulation and a sluggish digestive system.



BODY TREATMENTS

Deep seated impurities caused by the harmful effects of today’s environment often prevent necessary nutrients from reaching the skin. Choose from any of our purifying body treatments below to replenish vital nourishment, and experience a welcome boost to your overall wellness.

BODY SCRUBS

Cell renewal occurs naturally, yet slows down as we age leading to dull, lifeless and dry skin. Exfoliation accelerates the process by stimulating the circulation of blood through the lymphatic system to bring oxygen and nutrients to the surface of the skin, at the same time assisting the body to flush away toxins. When performed on a regular basis, exfoliation is also highly effective in the treatment of cellulite.

Elemis Exotic Lime and Ginger Salt Glow

Invigorating

An exotic exfoliation ritual to energise and revitalise, this luxurious treatment inspires the senses with citrus fragrances and oils, and leaves skin feeling deeply cleansed, replenished and softened to perfection.

Detoxifying Green Tea scrub

Detoxifying

The ideal treatment to purify, nourish and rejuvenate. The therapeutic properties of green tea have long been revered for their ability to naturally detoxify, leaving you with skin that is beautifully healthy.

White Coconut Mint Scrub

Softening

Walnut shell removes dead cells and strengthens new skin to leave it feeling completely clear and flawlessly smooth, while coconut is rich in vitamins and antioxidants to purify, nourish and heal.



BODY WRAPS

Our skin is the largest organ of detoxification. As we are exposed to toxins on a daily basis in our lives - through the foods we eat, the air we breathe, free radicals, chemicals and so on - it is vital to rid the body of such harmful elements. Designed to help eliminate toxins from the body through the pores of the skin, as well as to stimulate circulation and soothe the muscles, body wraps can also help to firm and tone the skin, reduce cellulite, smooth body contours, and create sumptuous softness and suppleness.

Elemis Body Sculpting Cellulite and Colon Therapy

Redefine and smooth your silhouette

Target stubborn cellulite and sagging skin for visible, rapid results with a clinically proven Body Sculpting System that includes a lipo-refining serum application, a detoxifying fennel and birch body mask and specialised massage techniques to deeply cleanse the body of waste, stimulate circulation, reduce fluid retention, and also smooth and firm the skin.

Green Tea Splash

Detoxifying

Anti-inflammatory properties and enriching minerals gently hydrate and detoxify your skin. A calming cocoon wrap encourages deeper penetration of these remedial benefits, and a heavenly scalp massage adds a touch of indulgence.

Aloe Poultice

Skin soothing

Aloe vera, otherwise known as the ‘healing plant’, has long been recognised for its curative abilities, especially in the treatment of burns and wounds. Enjoy a soothing application of natural aloe vera gel, followed by a cooling compress of mint and black tea leaves, to reduce redness and irritation.





MANDARA FACIAL ELIXIRS

Aromatic Facial

Designed to promote healthy and radiant skin

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to encourage cell renewal and oxygenation. Lapse into a state of pure relaxation with a gentle massage, and then let our herbal mask restore the natural balance of your skin.

Elemis Advanced Anti-Ageing Facials

Elemis Pro-Collagen Quartz Lift Facial

Anti-wrinkle

Clinically proven to reduce wrinkles and improve skin firmness after just one treatment, this exceptional anti-ageing facial combines specialised lifting massage techniques with professional strength collagen-boosting formulations that are accelerated by the electrical energy of precious minerals. Quartz and tourmaline re-energise cell communication, respiration and regeneration, revealing a firmer, smoother, brighter and more youthful appearance.

Elemis Visible Brilliance Facial

Combat ageing, stressed and slackened skin

This unique face and eye treatment will instantly firm, rejuvenate and restore moisture to the skin while smoothing and sculpting, promoting a youthful tone and texture. Dedicated clinical trials have shown that moisturisation levels of the skin can increase by up to 38% and elasticity by 28% after just one treatment.

Elemis Skin Solutions Facial

Elemis Oxygen Skin Calm Facial

Pure soothing heaven for sensitive skin

This face and eye treatment is pure soothing heaven for sensitive skin. Helping to calm and rebalance delicate and fragile skin, this superior treatment combines calming actives with a unique Japanese Silk Mask that helps to reduce redness and offer immediate comfort.

Elemis Skin Specific Facials

Elemis Fruit Active Glow

Bring back the glow to a lifeless complexion

Skin is deeply cleansed and stimulated by specialist eastern massage techniques, as powerful conditioning actives nourish and renew for vital radiance.

Elemis Exotic Moisture Dew

Treat your skin to a moisture boost

Following a specialist facial massage, skin is fed with thirst-quenching actives that will bring back a healthy, dewy look to your complexion.

Elemis Herbal Lavender Repair

For perfect restoration of skin balance

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.



TIME FOR MEN

Elemis Skin IQ+ Facial

Anti-ageing booster for tired, stressed skin

Enhanced by clinically proven anti-ageing formulations, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the detrimental effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

Elemis Urban Cleanse Facial

Deep cleanse and complete skin detox

This super-grooming facial decongests the skin, works overtime to eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Elemis Deep Tissue Muscle Massage

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

- **Stress-a-Way:** Wind down and release the tension of the day
- **Spirit Reviver:** A powerful surge to invigorate and recharge
- **Muscle Melt:** Relax and re-energise a tired and aching body
- **Chakra Balancing:** Reconnect your mind, body and soul



SPLENDOURS OF MANDARA

Water is one of the purest and most vital essences of life, as well as the base element of all spa experiences. Indulge in one of our water-based rituals as an ideal prelude to any of our sensual body treatments.

BATHS

Our luxurious aromatic baths are the perfect complement to any of our treatments. Recline, relax and enjoy a private leisurely soak as part of a package or as an individual treatment.

Green Tea Bath

Detoxifying

Renowned for being rich in antioxidants and medicinal properties, this special blend of natural ingredients will soothe your body and relax your mind.

Honey & Milk Bath

Softening

A luxurious blend of honey and milk to nourish and hydrate.

Aromatic Flower Bath

Exotic

An enchanting fusion of local flowers and essential oils to help your inner calm blossom.

STEAMS

Our collection of steam rituals offers relaxing pre-treatment bliss to suit your mood and wellness goals. As the room fills with the scents of aroma oil, your body begins to relax and naturally detoxify, while your mind and soul are coaxed into peaceful harmony.

Aromatic Steam Ritual

Relaxing

As the calming scent of essential oils surround you, allow the soothing warmth to unwind your every inhibition.

Thai Herbal Steam Ritual

Refreshing

Inspired by the healing properties of Thai herbs, this exotic ritual provides nutrition to your body and energises your soul.

BEAUTY SALON

Our salon offers a wide range of pampering beauty, nail and hair care treatments to suit your needs.

NAILS

Mandara Manicure

Relax as an expert therapist treats your hands and nails to a sequence of soaking, filing and buffing, a nourishing mask and gentle massage, before applying an immaculate paint finish.

Mandara Pedicure

Feet are first soaked to soothe and soften, then clipped, filed and buffed to perfection. A foot mask replenishes vital moisture and a massage deeply relaxes. An immaculate paint finish concludes this lavish beauty ritual.

Paint Change

Hands or feet.

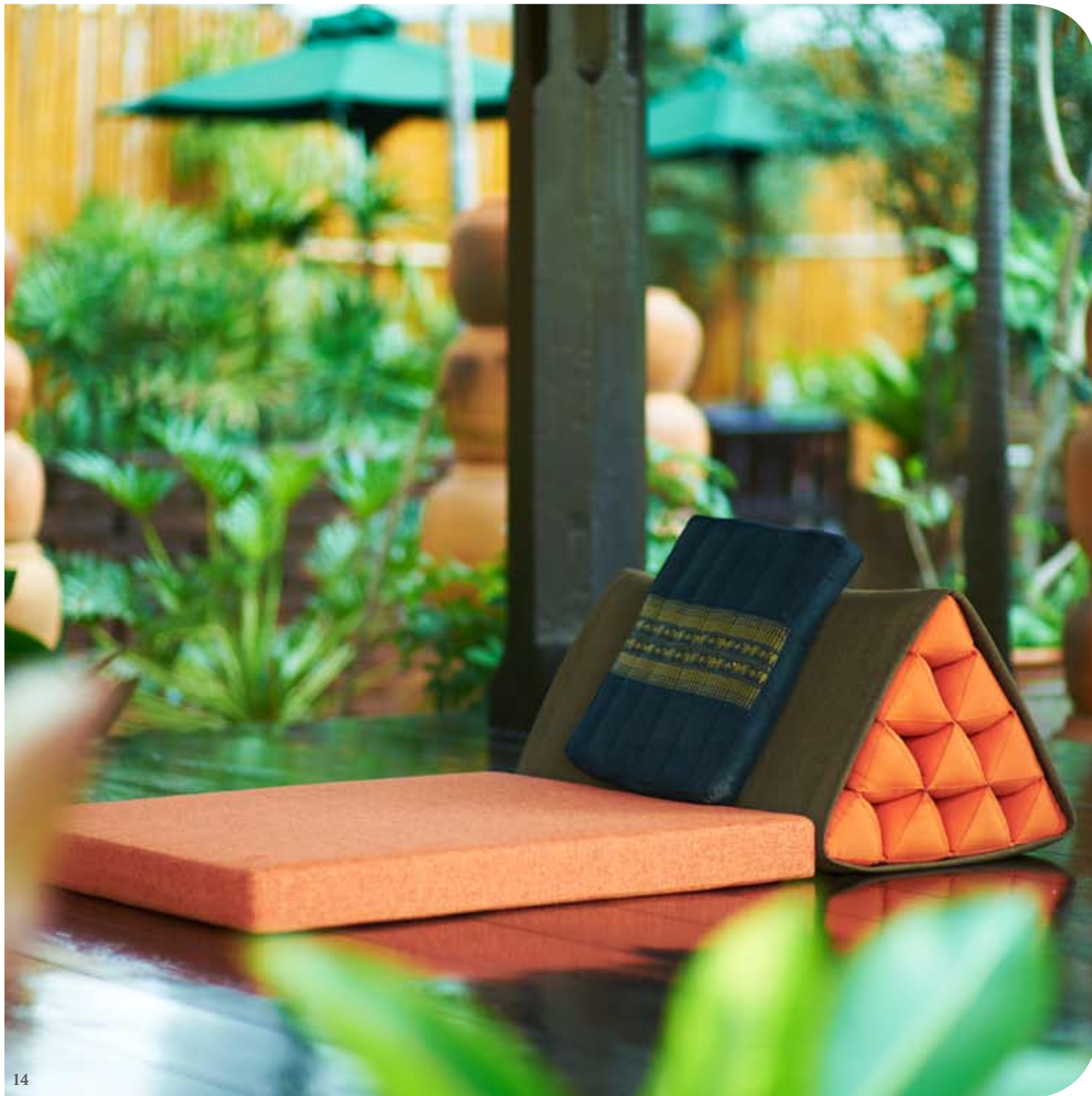
French Finish

Add to any manicure or pedicure.

DEPILATORY WAXING

A full range of waxing treatments using premier brand products are available.





YOUR SPA JOURNEY

Assisting you in the selection of treatments that best suit your needs and desires is of great importance to us. In fact here at Mandara Spa, from the moment your spa journey begins until it ends, we consider it paramount that your every comfort and expectation are not only tended to, but anticipated with unrivalled personal care.

- In order to maximise the benefits of your spa experience, please kindly arrive for your appointment at least 15 minutes prior to your treatment time.
- Our Spa Manager and Spa Consultants will gladly advise you on which treatments best suit your needs. In order for us to make an appropriate recommendation, we will ask that you complete our spa consultation form.
- For personal belongings, a safety deposit box is provided for you in your spa treatment room.
- While every effort will be made to provide you with your full treatment time reserved, should you arrive late for your appointment, the treatment time may have to be reduced or rescheduled depending on availability. We appreciate your understanding.
- If you would like to cancel your appointment, please kindly do so at least 4 hours prior to the treatment time in order to avoid a 50% penalty charge.
- The spa environment is one of tranquillity and relaxation for all of our guests. It is our mission to ensure that you, as well as our other customers, reap the benefits of this peacefulness.
- Kindly refrain from smoking or using mobile phones when in the spa.

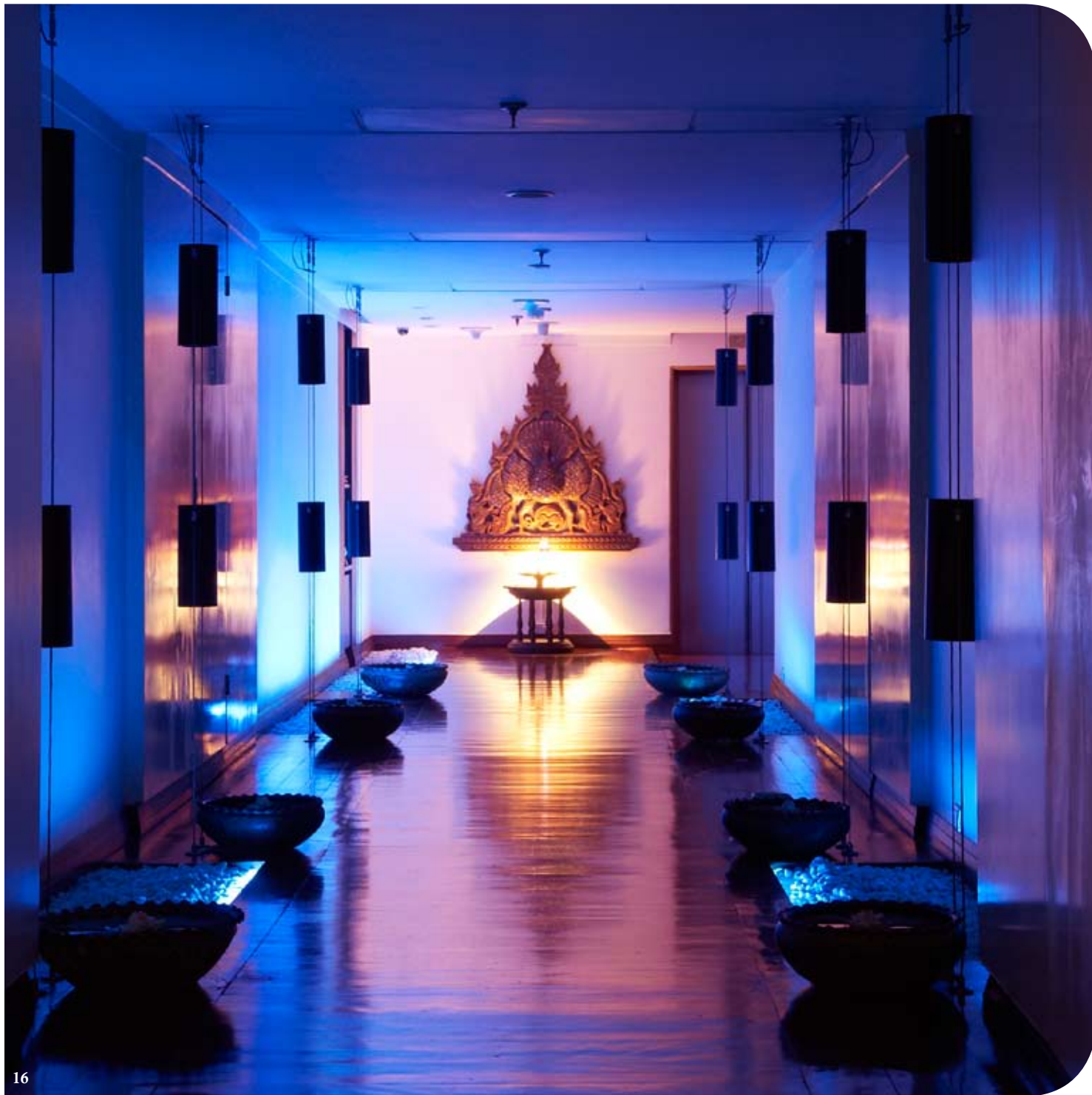
Thank you – and enjoy your journey to wellbeing with Mandara.

Advance booking for spa services is highly recommended to ensure availability.

All prices are in Thai Baht, subject to 10% service charge and applicable government tax.

Prices are subject to change without prior notice.

Treatments available from 10am - 10pm.



TIME PRICE

Mandara Spa Passages

Romantic Getaway - Couple	4 Hrs	14,500
Journey of Joy	3 Hrs	6,600
Elemis Absolute Spa Ritual	2 Hrs 30 Mins	8,200
Mandara Bliss	2 Hrs	4,700
Mandara Delight	2 Hrs	4,700

Mandara Signature Rituals

Ritual of Javanese Lulur	2 Hrs	4,700
Mandara Signature Massage	1 Hr	4,200

Massage Therapies

Traditional Thai Massage	90 / 120 Mins	2,900 / 3,500
'Luk Prakob' Hot Compress Therapy	90 Mins	3,500
Elemis Aroma Stone Therapy	75 Mins	4,500
Swedish Massage	60 / 90 Mins	2,500 / 3,500
Aromatic Massage	60 / 90 Mins	2,500 / 3,500
Sport Massage	60 / 90 Mins	2,500 / 3,500
Balinese Massage	60 / 90 Mins	2,500 / 3,500
Indian Head Massage	60 Mins	2,500
Oriental Foot Massage	60 Mins	2,200

Body Treatments

Body Scrubs

Elemis Exotic Lime & Ginger Salt Glow	45 Mins	3,000
Detoxifying Green Tea crub	60 Mins	2,200
White Coconut Mint Scrub	60 Mins	2,200

Body Wraps

Elemis Body Sculpting Cellulite and Colon Therapy	60 Mins	4,500
Green Tea Splash	60 Mins	2,800
Aloe Poultice	60 Mins	2,800

Facials

Elemis Pro-Collagen Quartz Lift Facial	75 Mins	5,000
Elemis Visible Brilliance Facial	75 Mins	5,000
Elemis Oxygen Skin Calm Facial	75 Mins	4,400
Elemis Skin Specific Facial	60 Mins	3,400
Aromatic Facial	60 Mins	2,700



Mandara Spa
at The Royal Orchid Sheraton
Hotel & Towers

Tel: +66 (0) 2266 0123 Ext.3401-2
 Email: ms_shro@minor.com

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Mandara Spa
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	TIME	PRICE
Time for Men		
Elemis Skin IQ ⁺ Facial	75 Mins	5,000
Elemis Urban Cleanse Facial	75 Mins	5,000
Elemis Deep Tissue Muscle Massage	60/90 Mins	3,500/5,000
Splendours of Mandara		
Baths		
Green Tea Bath	30 Mins	950
Honey & Milk Bath	30 Mins	950
Aromatic Flower Bath	30 Mins	950
Steams		
Aromatic Steam Ritual	30 Mins	950
Thai Herbal Steam	30 Mins	950
Beauty Salon		
Nails		
Mandara Manicure		1,200
Mandara Pedicure		1,200
Paint Change		550
French Finish		250
French Manicure		1,200
French Pedicure		1,300
Depilatory Waxing		
Lips/Chin		350
Underarms		950
Arms		1,350
Bikini		1,350
Brazilian		1,500
Half Leg		1,650
Full Leg		1,950
Full Leg and Bikini		2,250
Back		2,250
Mandara Spa Elements		
In-room Massages		
Traditional Thai Massage	90 Mins	3,200
Aromatic Massage	60 Mins	2,800
Oriental Foot Massage	60 Mins	2,400
Garden Pampering Massages		
Traditional Thai Massage	60 Mins	1,500
Oriental Foot Massage	60 Mins	1,200

All prices are in Thai Baht and subject to 10% service charge and applicable Government Tax.