

# Tamara Spa by Mandara at Lily Beach Resort

Open 10.00 am to 9.00 pm daily

## Packaged Rituals

\*\* indicates inclusion of Elemis Spa-therapy

### Ultimate Indulgence 2 hrs 50 mins \$389

With two therapists devoted only to you, this is an exotic, luxurious and unforgettable celebration of indulgence. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath and Herbal Steam ~ Refreshments ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.

### Luscious & Luminous\*\* 2 hrs 15 mins \$239

Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses. Aroma Foot Ritual with Elemis product ~ Choice of Elemis Body Wrap, including mini facial ~ Specialty Elemis Bath and Herbal Steam ~ Refreshments ~ Balinese Massage.

### Sultry Citrus Body Buff\*\* 2 hrs \$239

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 Foot Ritual with Elemis product ~ Elemis Exotic Lime & Ginger Salt Glow, including mini facial ~ Specialty Elemis Bath and Herbal Steam ~ Refreshments ~ Balinese Massage.

### Transcendence 2 hrs 20 mins \$229

Immerse yourself in the spa experience with this exquisite package that offers you choices from around the globe. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath and Herbal Steam ~ Refreshments ~ Choice of Balinese Massage, Fancy Foot-Work, or Warm Stone Massage.

### Dream Weaver 2 hrs 20 mins \$229

Head to toe indulgence for radiant skin and a dream-like sense of well-being. Aroma Reflex Foot Ritual ~ Aromatherapy Floral Bath and Herbal Steam ~ Refreshments ~ Balinese Massage ~ Pure Nature Facial.

### Spa Discovery\*\* 1 hr 35 mins \$149

Age-old tradition combines with the finest European skin care for a deliciously relaxing experience. Aroma Foot Ritual with Elemis product ~ Balinese Massage ~ Elemis Taster Facial.

### Elemis Face

*These superior face treatments begin with an Aroma Foot Ritual, followed by a luxurious soak in a Bath or a cleansing spell in the Herbal Steam and then there's time to relax with a pot of tea before your facial begins.*

### Elemis Pro-Collagen Quartz Lift Facial 1 hr 45 mins \$189

Immediate results in the fight against time. This anti-wrinkle facial is clinically proven to reduce wrinkles and improve skin firmness after just one treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals including Quartz to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.

### Elemis Skin IQ+ Facial for Men 1 hr 45 mins \$189

Anti-ageing booster for tired stressed skin. Helping to calm irritation and minimize ageing this facial is the ultimate overhaul for male skin. Protecting against the harsh ageing effects of shaving and environmental damage, moisturisation levels are proven to increase after just treatment

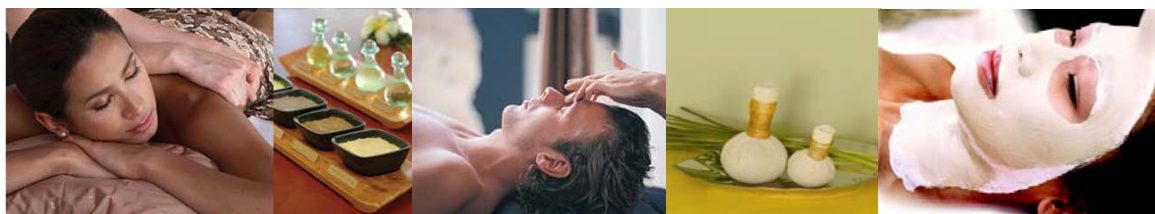
### Elemis Skin Specific Facial 1 hr 30 mins \$169

It combines the power of absolutes with true premium grade essential oils, to treat the skin at the deepest level, gently but surely.

**Fruit Active Glow** ~ a great pick-me-up and pre-occasion treat to lift dull, lifeless skin.

**Herbal Lavender Repair** ~ helps to heal and repair congested oil-rich skins.

**Exotic Cream Moisture Dew** ~ for dry, thirsty skin in need of a hydrating surge.



All prices are quoted in US dollars & subject to 10% Service Charge. Rates are subject to change without prior notice.



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## Face Ritual

*Our Face Ritual begins with an Aroma Reflex Foot Ritual, followed by a luxurious soak in a Bath or a cleansing spell in the Herbal Steam and then there's time to relax with a pot of tea before your facial begins.*

### Pure Nature Facial 1 hr 20 mins \$149

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.

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

**Renew** ~ a fruit acid treat for environmentally damaged skin.

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

## Massage Rituals

*Every Massage begins with an Aroma Reflex Foot Ritual, follow with an exotic Aromatherapy Floral Bath and wrap up beautifully with your massage of choice.*

### Mandara Massage 1 hr 20 mins \$211

Our signature massage, performed by two therapists working together, is a unique blend of five different massage styles – Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

### Balinese Massage 1 hr 20 mins \$149

Used for centuries to renew, strengthen and heal both body and mind, this massage combines stretching, long strokes, skin rolling, and palm and thumb pressure techniques. A tonic for the soul, it can also help to improve the circulatory, lymphatic, muscular and nervous systems.

### Warm Stone Massage 1 hr 20 mins \$159

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.

### Fancy Foot-work 1 hr 20 mins \$149

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.

## More Rituals

### Spa Pedicure 1 hr 15 mins \$79

### French Manicure 1 hr 15 mins \$89

### Spa Manicure 1 hr \$75

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.

*For those short on time the following single treatments are offered in the privacy of your own Spa villa.*

### Mandara Massage 50 mins \$187

### Royal Thai Massage 90 mins \$159

### Warm Stone Massage 50 mins \$135

### Balinese Massage 50 mins \$125

### Fancy Foot- work 50 mins \$125

### Pure Nature Facial 50 mins \$125



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