

## Mandara Spa®

We've chosen Mandara, one of the world's most respected spa brands, as our partner on board. Here's a selection of treatments available and they feel even better than they sound.

### Massage Treatments

#### Mandara's Hot Stone Heaven

This indulgent and therapeutic massage uses the power of touch and aroma with heated Basalt stones to soothe away stiff and sore muscles. In Polynesia it's believed that the river rocks harness the healing power of the water that flows over them. As your therapist massages your body with the stones, you'll believe they're right.

#### Mandara Four Hands Massage

This is Mandara Spa's signature treatment. Two therapists working on you simultaneously, in synchrony and in serene silence – the ultimate indulgence!

#### Mandara To You

We bring the spa to you. A massage in the privacy of your own stateroom. (Stateroom size permitting)

...and these are just three of the many choices.

### Body Wraps

All wraps include a gentle face, scalp or foot massage.

#### Elemis Exotic Frangipani Body Nourish Wrap

Creating a perfect combination from nature itself, coconut extract and Tahitian Frangipani are soaked together to produce the most exotic aroma and texture imaginable. Traditionally used by Polynesian women to protect their beautiful bodies and lustrous hair, Monoi oil will soothe, condition and soften your skin. Drench yourself in its moisture and bathe in sensuality.

#### Elemis Exotic Coconut Rub and Milk Ritual Wrap

A ceremony of pure sensuality to tantalise and delight! A traditional Balinese coconut recipe polishes the skin while the exotic body oil indulges your senses. Cleopatra was renowned for bathing in milk before her secret liaisons with Mark Anthony, so now it is your turn to bask in the ritual as a warm Milk Bath is smothered over your entire body. Healing, comforting opulence with pure unadulterated pleasure.

### Facial Treatments

Exquisite facial treatments that will nurture you inside and out. Natural ingredients, Caring touch, Perfect combinations.

#### Oxy-Derm Microdermabrasion Facial

Give your skin what it's been craving. Now you can fight lines, wrinkles, spots and get the radiant glow that's been eluding you. Let us pamper your skin with our new cutting-edge technology that brings microdermabrasion and oxygen together in one luxurious treatment. We will cleanse, polish and massage your skin into sweet oblivion using our new dual microdermabrasion/oxygen system and elemis skincare.

### La Thérapie HydraLift Facial

The appearance of fine lines and wrinkles will be reduced as galvanic frequency and our specialised ingredients treat the deeper layers of the skin where cell renewal takes place. The stimulating effects of high frequency will boost circulation and enhance oxygen absorption, resulting in a smoother complexion that will leave your skin looking youthfully radiant after just one treatment.

### **Acupuncture**

#### Pain Management with Acupuncture

If you want to relieve aches and pains, this acupuncture treatment is for you. This pain management therapy will reduce or eliminate chronic back, neck and joint pain.

#### Weight-Loss Acupuncture

Having trouble shedding those extra pounds? This acupuncture treatment will help you lose weight safely and effectively.

#### "Just to Try" Acupuncture

Curious about acupuncture and how it can benefit you? Try this 60-minute special introductory treatment.

### **Medi-Spa Treatments**

Schedule a 30-minute consultation with the medi-spa physician on board who will create an individualised treatment plan for you.

#### BOTOX® Cosmetic

A simple, non-surgical treatment that can safely and effectively soften lines and reduce wrinkles.

#### Restylane® and Perlane®

Provide volume and fullness to the skin with instantaneous and long-lasting results.

### **Other Treatments**

#### GoSmile Tooth Whitening

Arguably the best feature of any face is the smile that emanates from it. So, nurture one of the most important qualities you have, with GoSMILE whitening treatment for your teeth. Our tooth whitening treatment will lighten and brighten your smile in just minutes. Come and see us for a free consultation. Couples treatments are also available.

### **Salon Favourites**

#### Elemis Frangipani Conditioning Hair and Scalp Ritual

We use rich Frangipani Monoi Oil, which is legendary for its ritual uses in Tahiti. After cleansing your hair, enjoy a deep scalp massage using this precious ingredient that eases away stress and leaves hair shiny.

#### Elemis Exotic Hand Ritual with Manicure

Simply beautiful. This is pure pampering for your hands and nails to restore beauty and suppleness. Warmed aromatherapy oils nourish and condition, while the sublime sensation of milk lavishes its richness and healing action on your skin. Our Exotic Hand Ritual includes a complete traditional manicure.

### Elemis Sole Delight with Pedicure

Warmed aromatherapy oils nourish and condition your feet and nails while the decadence of milk and Exotic Frangipani Monoi Oil lavish their richness and healing action on your skin. Sole Delight Foot Treatment includes a complete traditional pedicure. A sensory experience for your feet which promises to leave you walking on cloud nine!

### **Men's Grooming**

#### Shave of All Shaves

This premium treatment begins with the ultimate in shaving experience, upon finishing your close shave we will then begin an anti-ageing treatment combined with face, scalp, hand and arm massage.

#### Deep Cleanse Grooming

Enjoy a two phase shave followed by a deep cleanse treatment which will rejuvenate your skin whilst enjoying a soothing scalp and face massage. Fantastic for a formal night.

#### Express Shave

This includes a deep cleanse exfoliation followed by the two phase shaving experience leaving your skin super smooth. Great for that last minute touch up.

### **Finishing Touches**

Step out in perfection! Hair care and skin care products are available for purchase at our salon.

- Shampoo / Set or Shampoo / Blow Dry
- Up-Do (Shampoo and Blow Dry not included)
- Colour Services
- Traditional Manicure
- French Manicure
- Nail Polish Change
- Toe Polish Change
- French Polish Change
- Traditional Pedicure
- Paraffin Hand Dip
- Paraffin Feet Dip

### **When visiting Mandara Spa on board ask for:**

- Your free Tongue and Pulse analysis
- Our new express menu
- Our added value times with our recommended treatments
- Your tour of the spa
- Your lifestyle seminars for your cruise
- Our 10/20/30 promotion.

*\*Please note some of these treatments may not be available on your ship.*