



BARCELÓ  
WHALE LAGOON  
MALDIVES

Extension #203





Turn your stay into a heavenly escape  
with blissful moments  
at Wellness by Mandara . . .



## Wellness by Mandara

A visit to Wellness by Mandara at Barceló Whale Lagoon Maldives is a total sensory experience. Our Spa menu offers a range of treatments, incorporating the wisdom and traditions of ancient cultures and the latest Spa science from ELEMIS Spa-therapy. Our gracious staff will serve you from the heart, careful never to intrude on your experience.

The exotic aromas of spices and fragrant blooms, accompanied by the gentle sound of soothing music, will bathe your senses and lull you into a state of relaxation. Wellness by Mandara is the ideal place for reflection, inspiration and sublime indulgence.

If you wish to take the feeling home, visit our boutique to view the beautiful range of Spa products and accessories... a wonderful way to remember your holiday and great gift ideas for friends and family.





## Packaged by Wellness

### Wellness

2 hrs 30 mins \$390

An exotic, luxurious and unforgettable celebration of indulgence.

Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Mandara Massage ~ Foot Massage ~ ELEMIS Taster Facial.

### Royal Retreat

2 hrs 30 mins \$360

Feel like royalty as you succumb to a relaxing experience combining age old tradition with the finest European skin care. Aromatherapy Floral Footbath ~ Choice of Balinese Massage or Tension Relief Massage ~ ELEMIS Facial.

### Frangipani Body Glow

2 hrs \$300

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.

### Harmony

2 hrs \$260

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.

### Spa Discovery

1 hr 20 mins \$190

Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Balinese Massage ~ ELEMIS Taster Facial.

### Sun Soother Wrap

45 mins \$150

Although designed to ease and heal sunburned skin, this wrap is a delightfully refreshing treatment that delivers hydrating, balancing, anti-inflammatory and healing properties to any skin. Begin with a compress of chilled lavender-infused towel, followed by a cooling and hydrating banana leaf wrap that combines cucumber and peppermint essential oil with a good dose of bliss courtesy of a divinely relaxing foot massage. Shower off, and then immerse your now-soothed body into an anti-inflammatory bath infused with green tea and lavender essential oil. Finish off with a soothing and healing application of stabilized Aloe Vera gel.





## ELEMIS Face

### ELEMIS Pro-Collagen Age Defy

1 hr \$210

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 \$200

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 \$190

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 \$150

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 & Ginger

45 mins \$150

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.



## Wellness Face

### Pure Natural Facial

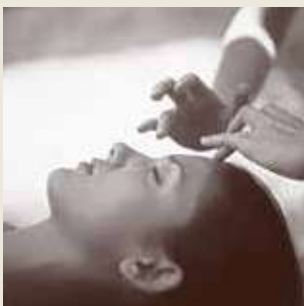
1 hr

\$175

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 two 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.

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



## Wellness Body

### Mandara Massage

1 hr 30 mins

\$265

1 hr

\$210

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 Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

### Royal Thai Massage

1 hr 30 mins

\$255

Exotic, rejuvenating and the ultimate subliminal body workout. Using no oil, this firm massage aims to release tension, increase vitality and flexibility, and create wholeness of body, mind and spirit. It is a masterful fusion of Indian Ayurvedic stretching techniques and the Chinese method of deep tissue pressure point massage. It helps to release toxins, stimulate blood flow, realign the body and restore suppleness.

### Tension Relief Massage

1 hr 30 mins

\$245

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.





### Balinese Massage

1 hr 30 mins	\$220
1 hr	\$175

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.

### Warm Stone Massage

1 hr	\$190
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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.

### Fancy Foot-work

1 hr	\$175
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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 Wellness

Spa Pedicure Power Gel Polish	1 hr 15 mins	\$145
Spa Manicure Power Gel Polish	1 hr	\$115
Spa Pedicure	1 hr 15 mins	\$130
Spa Manicure	1 hr	\$105
Gel Polish Removal	30 mins	\$ 50

These deluxe treatments include an aromatherapy hand or foot soak, traditional nail care, cuticle stimulation, nail colour 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. 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.

*All prices are quoted in US Dollars (USD) and inclusive of 10% Service Charge and 16% Tourism, Goods and Service Tax. Rates are subject to change without notice.*



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