



MANDARA
— SPA —

AT
PARK PLAZA
WESTMINSTER BRIDGE
LONDON



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



Our journey began in 1995 on the spiritual island of Bali, where we discovered a true reverence for the healing arts. In Bali, this knowledge is deeply entwined in everyday life, passed down from generation to generation, from mother to daughter, from father to son.

Every Mandara Spa experience is completely unique, because we honour the diversity of the culture we are immersed in, combined with Balinese traditions from our past. Today, Mandara Spa is known worldwide for luxurious spa experiences in over 100 beautiful exotic locations and indulgent city spas across the four corners of the globe.

At Mandara Spa while our therapists and aestheticians bestow their expert touch upon your physical body, its effect resonates through the core of your being. Much can happen in a Mandara moment.

"Escape your world and indulge in ours". What are you waiting for?



Your time with us is all about relaxation, rejuvenation and sensory discovery. About slowing down, resting up and taking time out.

Through our desire to care for you, and attention to detail, we have created an environment in which you can relax in a dream-like paradise. Mandara Spa has been designed for your well-being, fulfilling all of your needs. Featuring the best treatments and products from Mandara Spa, Elemis Face and Body Therapies and Bliss Nails and Waxing. Let us help you shed your world-weariness and allow you to rejoice in the knowledge that we are here to take care of you.

Our desire is to renew your vitality and zest for living;
experience the difference in a Mandara moment.

Packaged Rituals

Mandara Harmony

1 hr 55 mins

A delightful package that will leave you looking refreshed and radiant. Aroma Reflex Foot Ritual ~ Choice of Traditional Body Scrub ~ Shower ~ Balinese Massage.

Mandara Spa Discovery

1 hr 35 mins

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

Elemis Face and Body Sensation

55 mins

An unforgettable combination. Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve

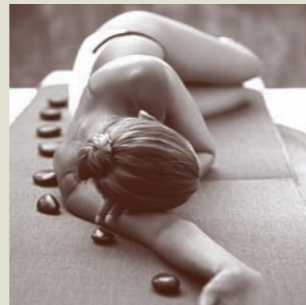
stress tension and ease aching muscles, or Tranquility, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. Choose your intensive booster anti-ageing facial from:

- Pro-Collagen Quartz Lift Facial
- Tri-Enzyme Resurfacing Facial
- Visible Brilliance Facial
- Skin IQ+ Facial for Men

Absolute Escapes

Divine Indulgence! Each day promises a blissful experience to rejuvenate body, mind and spirit. Choose from 2, 3 or 5 day programmes that combine exotic and ancient traditions in health, beauty and relaxation. Make the most of your time and return home feeling refreshed, rejuvenated and glowing with good health and vitality.

For more information contact the Spa Reception.



Mandara Body

Balinese Massage

1 hr 20 mins or 50 mins

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.

Warm Stone Massage

50 mins

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.

Asian Head Massage

50 mins

This shoulder, neck, upper back, arm and scalp massage is based on the ancient healing system of Ayurveda. A Thai poultice filled with exotic leaves, flowers and lime essential oil is dipped in warm coconut oil and used on the scalp, for scalp and hair care as well as complete relaxation. Deep thumb and finger pressure, friction and soothing strokes help to reduce tension, improve circulation and flush out physical and emotional toxins.

Muscle Ease Massage

50 mins

This deep tissue sports massage is an effective way to assist with muscle relaxation. It is designed to increase flexibility, relieve muscle tightness and improve circulation and recovery time.

Fancy Foot-work

50 mins

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.

Express Massage

25 mins

For those of you on a tight schedule, this short but effective massage focusing on the back, neck and shoulders will help to relieve tension and stress.

Choose from the following selection of aromatherapy massage oils:

- Calming ~ Tropical Blooms
- Comforting ~ Honeymilk Dreams
- Sensual ~ Amber Heaven
- Energising ~ Citrus Spice

Face Therapy

Elemis Pro-Collagen Quartz Lift Facial

1 hr 15 mins

Anti-wrinkle facial with proven results

Clinically proven, after just one treatment, this facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*. Specialised techniques with anti-ageing formulations leave a firmer, uplifted, youthful-looking appearance.

Elemis Visible Brilliance Facial

1 hr 15 mins

To combat ageing, stressed and slackened skin

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61%* and elasticity by 40%* after just one treatment.

Elemis Tri-Enzyme Resurfacing Facial

1 hr

Peel away the years for smoother, more radiant skin

Clinically proven to visibly resurface by up to 70%* and increase skin smoothness by up to 32%* after just one treatment. This unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin.

Elemis Skin IQ+ Facial for Men

1 hr 15 mins

Anti-ageing booster for tired stressed skin.

Helps to calm irritation and minimize ageing, the ultimate overhaul for male skin. Protecting against the harsh ageing effects of shaving and environmental damage, moisturisation levels are proven to increase by up to 61%* and elasticity by 40%* after just one treatment.

Elemis Modern Skin Facial

1 hr

For skin challenged by modern living

Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins caused by environmental and lifestyle stresses and helps to increase important mineral levels, regenerate skin cells, rebalance sebum and reduce rosacea.

*Independent clinical trials

Detox Therapy

Elemis Body Sculpting Cellulite & Colon Therapy

1 hr

Deep cleanse, purify and improve skin texture. Help refine the appearance of cellulite and boost the circulation, with a detoxifying fennel and birch peel off body mask, combined with specialist massage drainage techniques to leave skin smoother and firmer to the touch.

Elemis Cellutox Aroma Spa Ocean Wrap

1 hr 15 mins

Let your thoughts drift away whilst cocooned in a comforting foil wrap and treated to pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and marine algae, this therapy helps to refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky, soft and smooth.

Elemis Exotic Lime & Ginger Salt Glow

45 mins

Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied and followed by a mini facial. Skin is deeply cleansed and moisturised, leaving it glowing, vibrant, replenished and flawless.

Finishing Touches

Power Nap

20 mins

End any spa treatment with a revitalising power nap and reap the benefits. Whether you're simply tired, stressed or have jet lag, power naps improves muscle memory, clears the brain and rejuvenates the body.

Aroma Reflex Foot Ritual

15 mins

A symbolic cleanse to wash away the world and a divine foot massage. Using Island Paradise Gel and Citrus Spice Body Mist, this ritual will prepare you for total relaxation.

Bubbly Treat

Indulge yourself with a glass of champagne and seasonal berries after any spa treatment.

Paraffin Foot Cocoon

Built into any treatment.

Pamper your feet by adding this warm wax foot wrap into any spa treatment.

Nails

Flower Power Pedicure

1 hr

A softening, sensory pedicure with a rose petal-infused milk soak, followed by buffing, filing, clipping and painting.

The Milk-‘Made’ Pedicure

1 hr

Feet are soaked in whole milk and almond oil, then scrubbed and buffed, filed and clipped and finished with painting.

The Mandara Pedicure

1 hr

Includes soaking, buffing, scrubbing, clipping and painting.

Mend a Hand Manicure

1 hr

For dry, chapped or sun damaged hands. With a brightening mask, warm wax wrap and finished with The Mandara Manicure.

The Mandara Manicure

30 mins

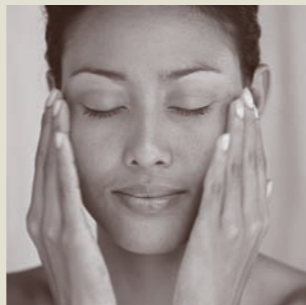
Hands are softened in hot cream, followed by cuticle clipping, filing and polishing.

Paint Change

15 mins ~ Hands or Feet.

French Finish

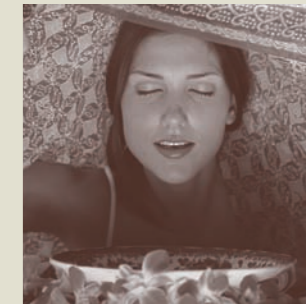
Add to any manicure or pedicure.



Waxing

| | |
|---|---------|
| Lip | 15 mins |
| Chin | 15 mins |
| Cheeks | 15 mins |
| Brow | 15 mins |
| Ear | 15 mins |
| Underarm | 15 mins |
| Half Arm | 15 mins |
| Arm | 30 mins |
| Chest | 30 mins |
| Stomach | 15 mins |
| Half Back | 15 mins |
| Back | 30 mins |
| Basic Bikini | 15 mins |
| Brazilian Bikini <i>(the full monty)</i> | 30 mins |
| Lower Leg | 30 mins |
| Upper Leg | 30 mins |

You must refrain from using wax as a hair removal method if you are using Retin-A (currently or in the last 3 months), Accutane (currently or in the past 6 months), other keratolytic medications (that increase skin exfoliation) or are sunburned or recovering from a recent laser peel.



Eyebrow Shaping & Tinting

| | |
|----------------------|---------|
| Eyebrow Shape | 25 mins |
| Eyebrow Tint | 25 mins |
| Eyelash Tint | 25 mins |

Spa Basics

How to find us?

Two spa lifts are located with the main guest lifts on the first floor, by hotel Reception. To call the spa lifts, please press the spa button and select floor -4.

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 facilities can I use* if I have booked a treatment**?

You may use the gym and wet facilities, which includes steam, sauna and swimming pool. A locker is provided for your personal effects with amenities for your convenience.

*Additional charge applies for guests not staying at the hotel

**Does not apply for nail and waxing reservations.

What do I wear during my treatment?

You may wish to wear your own underwear or briefs, or we can provide you with hygienic disposable briefs. Our therapists will always use draping techniques to respect your privacy.

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 100% for treatments not cancelled 24 hours in advance.

What about payment for spa services?

You may charge spa services to your hotel bill. We accept all major credit cards (Visa, AmEx, MC).

As the spa is an environment of relaxation and tranquillity, we request that all mobile phones, PDAs and pagers are turned off while in the spa.

Mandara Spa is a smoke-free zone.



Transcend. Transform. Trust the moment.

www.mandaraspaspa.com uk@mandaraspaspa.com

*Bahamas • Bali • Caribbean • California • China • Dubai • Egypt • Fiji • Guam • Hawaii
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