

Mandapa
SPA

In Bali, the concept of living in harmony based on ancient science philosophies and Balinese healing tradition play a very significant role.

According to the ancient Sanskrit text - Upanishads, within these bodies, there are five different dimensions. Our physical body expands into more subtle layers of energy around our spiritual center. These five distinct bodies that surround our soul are called *koshas* or *sheaths*. Each kosha vibrates at different speeds, they interact and overlap with each other, ranging from gross to transcendental dimensions.

The Pancamaya koshas (five sheaths) provide us with a road map for better understanding of our psychological and spiritual development.

- Annamaya Kosha - Physical
- Pranamaya kosha - Energy Astral
- Manamaya kosha - Mental Awareness
- Vijñanamaya kosha - Wisdom
- Anandamaya kosha - Bliss

This is the road map that ancient seers have left us to understand our journey back to wholeness, so that we can break free from all bondage.

Mandapa Spa invites each guest to experience the Pancamaya kosha journeys. It combines a natural healing traditions, bodywork therapies and energy healing to put you in touch with your inner joy and deeply personal, a sweet sublime connection for your body, mind and spirit in experiencing all of life during your journey in this planet.



Signature Ceremonies

SIGNATURE CEREMONIES FOR TWO

‘Enjoyed in our Mandapa Private Spa Suite, relaxation lounge, River-view terrace with plunge pool and separate treatment areas, our signature ceremonies have been thoughtfully designed to be enjoyed with a loved one. Taking inspiration from the rich local culture, heritage and use of powerful healing herbs and indigenous ingredients, these ceremonies reflect the essence of Mandapa Spa and create special moments that we hope will last with you long after you leave.

Each selected ceremony is created with the intention to address the Pancamaya koshas (five sheaths), bringing deep spiritual connection and purify the mind.



SIGNATURE CEREMONIES

Cellular Restoration Journey **210 minutes**

Rebalance, revitalize, renew. Drawing on potent active ingredients, enhance cell regeneration and repair with this indulgent treatment experience. Your restoration process begins with a purifying body exfoliation and a phytonutrient rich wrap, which tightly tones the skin, before being transported to a state of deep relaxation with our signature marma massage. Our customized age-defying facial completes this opulent journey, restoring cellular radiance and vitality on every level of being.

Royal Spice Ceremony **150 minutes**

Traditionally given to the Bride and Groom 40 days prior to their wedding, we have utilized the customary methods and herbal actives to create an exclusive sensory journey. Your therapist will invite you into your private Mandapa Spa Suite with a traditional Balinese welcome ceremony. Indigenous, locally sourced herbs and spices are combined for a warming body exfoliation or lulur, preparing your mind and body for the 7- flower cleansing ritual.

This floral infusion drench helps to cleanse the physical and spiritual body and balance energy levels. The four-hand synchronized massage that follows uses traditional Balinese methods and highly effective essential oils with warm river-smoothed stones to ease tension and restore energetic balance.

A deeply relaxing and nourishing hair and scalp massage complete this idyllic ritual - restoring your inner harmony.

Kamaratih Kamajaya **150 minutes**

“Love is the answer to everything. I am an infinite being full of Divine Love, which I give freely and openly accept from others”

Inspired by the ultimate Balinese myth, this inspiring treatment focuses on the heart, the center of unconditional love, compassion and forgiveness.

A traditional Balinese foot ritual welcomes you and your loved one to your own private spa suite, and prepares your body and mind for the ceremony to come. Skin brushing with a natural cactus brush and body exfoliation rich in sandalwood to energize and open the heart will follow afterwards. Continue with rosemary oil to release deep-seated tension, invigorate and ease muscle fatigue. Culminate in a cool rose quartz crystal scalp massage to gently reconnect the body and mind to inner peace and stillness.

Complete the experience with a light and healthy spa cuisine, whilst enjoying the sacred river as the backdrop scenery.

Signature Ceremonies

Mandapa Journey

MANDAPA JOURNEY

'Unwind together and awaken all senses with this revitalizing journey. Each journey are connected towards enhancing the strength of the Koshas. By blending ancient secret techniques and ingredients, we offer the perfect amalgamation that will heal the mind, body and spirit through our exhilarating spa journey.

Discover our unique treatment selection to bring balance and vitality to the wellbeing. Each selection has been thoughtfully designed to address the marma points where the prana is dominant. Bringing harmony to the mind- body-spirit connection.



Empower Me, a Woman's Journey **150 minutes**

A complete treatment journey, as you celebrate your inner and outer beauty, addressing emotional and hormonal balance. Begin with a gentle meditation, the whole body is then massaged with ancient active oils of empowerment and renewals, as a fusion of therapeutic techniques increase your vital energy. This continues into a result-driven facial that is tailored to bring harmony and nourishment to your skin, using potent actives such as Mogra, saffron and Indian rose.

Be empowered, be rejuvenated, be you.

Sacred Radiance **120 minutes**

Offering an intimate riverfront setting where the sound of flowing water lulls into a state of pure bliss, begin the ritual with a purifying body exfoliation and a phytonutrient rich wrap to tone the skin. Prepare to be transported to a state of deep relaxation with our signature Subtle Energies marma massage allowing for a deep connection of the self.

A Gentleman's Day **150 minutes**

For the active man to the constant traveler, this customized treatment journey balances and restores one self, maintaining immunity, muscle strength and healthy skin. Your body will be invigorated and renewed with a zesty body polish, before a full-body detox massage invigorates you to a state of deep relaxation, helping to release adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman essential hydration facial to complete this wellbeing journey.

Sleep Support Therapy **105 minutes**

Subtle Energies Sleep Support Therapy is a tailored signature program based on clinical research and ancient practices, to assist sleep concerns and insomnia. The treatment begins with guided meditation and yogic pranayamas, that will positively impact the vital energy. The full body Blissful Marma massage, are designed to release tension and bring the body's rhythm back into balance together with the Facial Marma massage and potent active ingredients, stimulating the pineal gland. The Nasya (nasal oil application) which has been used for centuries for many concerns including sleep follows this process.

An ideal holistic sleep support resulting in emotional and hormonal balance, connecting you to your body of bliss.

Mandapa Journey

Body scrubs & wraps

BODY SCRUBS & WRAPS

Through an in-depth understanding of traditional Balinese practices and ancient rituals, we have created an exclusive range of Mandapa experiences with a royal touch. Each of these experiences has been carefully crafted to stay true to the traditional style of healing.

Explore the selection of treatments dedicated to honor the physical body being the temple of the living spirit. Each treatment consists of the purest ingredient that corresponds to the earth element. These allow you to feel physically and emotionally grounded.



BODY SCRUBS & WRAPS

Healing Herb of Paradise

120 minutes

This deeply nourishes and aids in healing ritual. Start with a body envelopment with Boreh, an indigenous herb of paradise made of rice, galangal and coriander. A mind-calming scalp massage with patchouli and magnolia oil to stimulate circulation, and Siddhi Taru body massage with essential oils of clove and ginger to follow. The ritual encourages toxin release and gently removes aches and pain.

Beras Kencur

90 minutes

A traditional Balinese body exfoliation, using rice extract, aromatic white ginger and sandalwood to cleanse, smooth and hydrate the skin. Combined with a 30-minute back massage and finally the application of nourishing body oil of your choice to nourish your skin.

Rasayana Detox Body Wrap

90 minutes

Revitalise, tone and purify with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as the exquisite mineral rich clay infused with powerful herbs of spiked ginger lily, spirulina and green tea envelope your body providing the ultimate detox. Experience full body hydration that replenishes essential nutrients and minerals into the skin.

Rasayana Detox Body Buff

75 minutes

This rejuvenating light to medium exfoliation of walnut shells, buffs away dead skin cells, reducing the signs of cellulite as hot compresses are applied in between. Uplifting aromatics of Tulasi, wild turmeric and Limbu invigorate, ideal for beating jet lag and tired skin, followed by a personalized full body hydration to complement the detoxification process.

Body scrubs & wraps

Mandapa Messages

MANDAPA MESSAGES

Travel to a time and place where body and soul experience the harmony of nature. Where ancient secrets come alive to reawaken the ageless beauty that belongs to all of us. The wisdom of the ancient science and the cultures of Bali is blended with a modern approach to offer a global, holistic wellbeing experience.

We invite you to embark on a journey of rediscovery with the caring touch and guidance from our highly-trained therapists.



MASSAGE

Blissful Marma Massage 75/90 minutes

Experience effective and immediate relaxation, relieving all stress related tension. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst marma therapy and chakra balance align vital energy centers. Enriching results-based blends deliver powerful active benefits, enhancing overall wellbeing.

Mepijet Massage 75/90 minutes

Our signature massage that targets tight, sore muscles - ideal post-traveling to revitalize both body and mind. This deep, yet relaxing massage incorporates long rolling, kneading, stretching strokes to lengthen muscles with acupressure movements to release deep-seated tension.

Hot Stone Massage 75/90 minutes

A therapeutic full body massage using aromatherapy oils and combination of warm volcanic to relieve deep muscle tightness. The warm stones penetrates your muscles to soothe aches and pains; helping to unwind tension and your body to feel rejuvenated and balanced.

Aromatherapy Massage 75/90 minutes

Using a blend of individually chosen oils, a combination of long strokes, thumb slides and light stretching aims to strengthen the immune system and improve lymphatic circulation. The treatment helps to ease the nervous system, warms the muscles and brings a feeling of deep relaxation.

Indian Head Massage 60 minutes

This traditional Indian Head Massage incorporates the benefits of Ayurveda Aromatherapy and uses an exquisite blend of therapeutic ingredients such as Neem and coriander seed to induce a sense of grounding, while rejuvenating the scalp and releasing tension in the neck and shoulders. This treatment starts with *shiroabhyanga* and concludes with a choice of facial marma massage or arm marma massage.

Mandapa Massages

Mandapa Facial

MANDAPA FACIAL

Subtle Energies, celebrated for its results-based aromatherapy, organic skincare, and wellness solutions founded on authentic ancient science principles sources the highest grade of oils - through sustainable and ethical trade using artisan distillers that produce rare, pure and quality active ingredients - each with its own intent and purpose. Created to address multiple skin and body concerns, Subtle Energies' skincare range delivers high-performance results to soothe, enrich, and restore one's wellbeing. Providing an exceptional spa journey designed to benefit one's mind, body and soul.

Discover Subtle Energies facial combine the knowledge found in ancient science philosophies and Aromatherapy principles with holistic Balinese and modern techniques.



FACIAL

24K Gold Age-Defying Facial **90 minutes**

Combine the anti-ageing and restorative powers of 24K gold leaf with a sensory experience that will penetrate and revive the deep layers of the skin, reducing fine lines and wrinkles. Mogra, the Queen of Jasmine, will reduce stress, anxiety and works synergistically to boost collagen production and increase cell renewal. This exotic and enriching skin remedy will enliven the skin whilst restoring emotional balance.

Soothe and Enrich Advanced

Antioxidant Facial **90 minutes**

Designed for sun exposed, dry, sensitive, or damaged skin, this intense enriching facial therapy delivers an exceptional nutrient rich elixir that revitalizes tired ageing skin. Infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of ageing. The marma massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. This restorative treatment will leave you with smooth, vitamin enriched skin that is deeply hydrated.

Essential Daily Hydration **60 minutes**

This deeply hydrating and nourishing facial restores natural vitality to the skin. Ideal for most skin types, it combines nature's best actives with gul heena, neem and carrot seed oil, which is known for its firming properties. An earthy aroma, leaving skin more revitalized, supple and resistant to the effects of urban living.

Holistic Anti-Aging Facial **90 minutes**

Harnessing the potent blend of ancient cellular wisdom and modern science, this customized facial delivers a unique anti-ageing treatment experience. A purifying skin cleanse is followed by a dynamic double mask designed to penetrate and deliver hydration to the deep layers of the dermis. This opulent facial indulgence releases muscle tension and anxiety with a signature aromatic facial marma massage. Restore cellular radiance, leaving the skin visibly smoother and luminous.

Wild Kashmir Purifying Facial **90 Minutes**

This powerful facial will optimize your well-being and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic kashmir lavender soothes and restores. This deeply detoxing treatment will revitalize tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, saffron and frankincense exfoliation, and a purification mud mask. A complete indulgence that purifies and tones.

Mandapa Facial

Mandapa Grooming

MANDAPA GROOMING

Mani Makeover

60 minutes

This indulgent treatment provides long lasting results and meticulous cuticle work with deeply nourishing products to repair, replenish and condition your nails.

Pedi Perfection

90 minutes

An intensive treatment for your feet, combined with deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.

Sheelac Manicure/Pedicure

90/120 minutes

Enhance your manicure or pedicure with an application of Sheelac nail polish – a high-resistance polish that can last for up to two weeks with no cracking, peeling or chipping.

Sheelac nail polish removal is also available. Please allow additional 30 minutes for removal with additional charges. Please contact the Spa Reception for details.



SPA INFORMATION

Spa Opening Hours

Daily 09:00 – 21:00

Scheduling an Appointment

To schedule an appointment for your perfect treatment, please contact Mandapa Spa reception team (extension 6201 or press 'spa' button from the room telephone) or your Patih who will guide you to choose the treatment that fits your needs. To ensure your preferred time and service is available, we recommend to book in advance. Non-residents are welcome to reserve spa appointments, minimum 2 hours in advance. All spa treatments and packages will need to be guaranteed with a credit card.

Arrival Time

Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you to arrive up to 1 hour in advance prior your treatment so you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will shorten the treatment time.

SPA FACILITIES AND ACCESS

The following spa facilities are available at Mandapa Spa - sauna, steam room, ice fountain, vitality pool, spa changing facility and relaxation areas.

Vitality Pool and Heat Experiences

Overlooking the Ayung River, the open air vitality pool with air and water massage jets is available for spa guest use. Heat experiences consisting of Sauna, Steam Room, Ice Fountain and Experience Showers are available for male and female guests separately. We recommend you enjoy these facilities prior to treatment in order to relax and prepare your mind and body.

Gym

The Gym offers the latest cardio and weight equipment - 24 hour access.

Yoga Pavilion

Atop the Spa with stunning views out over the Ayung River and the forest, the Yoga Pavilion is the ideal location for yoga, meditation and reflection. Private and small group classes are held here - Mandapa Spa Reception team will be delighted to assist you to make a reservation.

Private Spa Suite Experiences

The Mandapa Spa Suite offers private relaxation lounge, river-view terrace with hydrotherapy dipping pool and separate treatment areas.

The suite offer relaxation terrace and couples treatment room with side-by-side massage beds.

Children's Policy

We are delighted to offer treatments for children under 16 years old. However, they must be accompanied by an adult for the whole duration of treatment, except for manicures and pedicures. Please contact our reception for details on treatments available for our young guests. Access to the rest of the spa including changing facilities, heat experiences and gym are restricted to over 16's.

Cancellation Policy

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

Spa Etiquette

Our spa environment is relaxing and tranquil. Please respect the privacy and serenity of all our spa guests. The spa is a mobile phone, pager, camera and smoke-free zone.

Health Conditions

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

Pregnancy

We have specially designed treatments for expectant mothers or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

Gift Vouchers

An ideal gift for someone special. Please contact Mandapa Spa Reception team for more details.

Home Care

To continue your spa experience at home, most products used in our treatments are available at Mandapa Spa reception.

Prices

All prices are quoted in Indonesian Rupiah and are subject to 21% government tax and service charge.

