



MANDARA  
— SPA® —

ATLANTIS PARADISE ISLAND





# Namaste

My soul honors your soul.

I honor the place in you where the entire universe resides.

I honor the light, love, truth, beauty and peace  
within you because it is also within me.

In sharing these things, we are united;  
we are the same; we are one.



# WELCOME TO MANDARA SPA

Imagine the mystery of the East meeting the science of the West. Imagine boundaries ceasing to exist. Imagine science and nature dancing together in perfect harmony. And then, imagine a spa experience at **Mandara Spa at Atlantis Paradise Island**. Here, science and nature; practicality and mystery; beauty and peace are entwined, offering an experience as luxurious as it is therapeutic and as magical as it is real.

**ESCAPE YOUR WORLD. INDULGE IN OURS.** Leave time at the door and enter a sanctuary where wellness meets wonder. Discover the beauty of Mandara Spa and an ethos encompassing well-being from around the world. Mandara Spa captures the essence of our Balinese heritage while charting a path to the New World – a journey that touches on regional influences infused into unparalleled Mandara experiences.

**OUR STORY** The Mandara experience began on the spiritual island of Bali, inspired by the beautiful tradition of healing touches which is deeply immersed within the culture and passed on from mother to daughter from generation to generation. These time-honored therapies, combined with European methods and natural elements indigenous to the spa's region, meld together to provide the most unique and indulgent spa treatments.

The name Mandara comes from a Sanskrit legend about the gods' quest to find the secret to eternal youth and beauty. We believe you will unlock the secret when you experience a timeless Mandara moment. Here, time stands perfectly still.



## **Not sure what to choose?**

Throughout this menu, our most well-loved services are indicated with the Mandara symbol.



## TAKING OF THE WATERS

The ideal prelude to any treatment or fitness experience. Immerse yourself in our amenities: hydrotherapy pool, cold plunge pool, steam and sauna rooms in both the women and men's changing areas. The women's area features a relaxing aromatherapy room while men can watch TV in their lounge. Taking of the Waters is complimentary with any service.

1 Day Pass \$30  
2 Day Pass \$60  
3 Day Pass \$80  
4-7 Day Pass \$90

# WHERE WELLNESS MEETS WONDER

## MORE THAN A SERVICE, A JOURNEY

### **TIME IS THE ULTIMATE LUXURY**

There is nothing like time for self. Embrace a moment in solitude or share the relaxation. Arrive before your therapy to experience the wonders of Mandara Spa and discover your private haven – a place to escape for an hour or a few.

### **A SOOTHING ELIXIR FOR THE SOUL**

Rich in antioxidants, tea is a mood changer. Depending on the selection, tea can calm you prior to your treatment, boost your endurance, and improve your health while safeguarding your immune system. In addition to tea, drink plenty of water to hydrate and replenish the body.

### **IMMERSE YOURSELF IN WELLNESS**

Our spa amenities are a gateway to relaxation. Begin your spa journey by dipping into the hydropool and allowing the warm waters to relax your muscles in preparation for your massage or facial. The sauna and steam room are equally beneficial. The moist heat in the steam room aides in opening the airways and releasing toxins from the body while the heat of the sauna calms the body and helps release stress.

### **WASH YOUR CARES AWAY**

Prepare to receive the most from your treatment. Prime the skin and body with a cleanse prior to your service and wash away any impurities – salts, minerals and oils – that will be massaged into the skin. After a shower, wait in the Relaxation Lounge to be whisked away for your treatment.

### **CONNECT WITH YOUR THERAPIST**

Healing hands are intuitive, but a conversation with your therapist will help guide them in addressing your areas of concern. During your therapy, let your therapist know if there is any discomfort or if the environment – temperature, lighting or sound – needs adjusting for your comfort. A consultation before your service will allow you to receive the most from your treatment.

### **INDULGE IN THE MOMENT**

An anticipated period of silence. Close your eyes. Inhale a deep breath. Exhale the breath. Let your mind drift away. Enjoy the quiet. Every bit of tension will disappear.

### **LINGER IN THE LOUNGE**

Extend your stay by resting in our Relaxation Lounge after your treatment. The quietude will lull you into a deeper state of relaxation.

### **CONTINUE YOUR JOURNEY**

After your service, wander through our retail section and browse our products – many of which are featured in our treatments. Your therapist will provide you with recommendations to purchase and continue your journey at home.

# FACIALS

Experience the ultimate in advanced skincare. In addition to our Mandara Signature Facial, we feature ELEMIS, an award-winning, professional spa-therapy brand. Discover how TOUCH and TECHNOLOGY can transform the ever-changing nature of your skin.

## *ELEMIS Touch Facial*

### **SUPERFOOD PRO-RADIANCE**

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals, and trace elements, Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energizing nutrients. Skin is left smoother, plumper and luminously radiant – stress-free and lit up with good health.

50 min \$175 | 75 min \$250

## *ELEMIS BIOTEC Technology*

BIOTEC facial treatments are where groundbreaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Thriving, visibly healthy, and energized skin. Book a complimentary consultation to select the facial for your concerns.

### **BIOTEC LINE ERASER**

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells towards dynamic functionality. Circulation is improved, increasing the production of collagen and elastin while the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energizing Amber balm. Red

and blue light therapy warms and de-stresses the skin as a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

50 min \$220 | 75 min \$295

### **BIOTEC FIRM-A-LIFT**

Rediscover the architecture of your face with this groundbreaking blend of massage and sculpting technology. Circulation-stimulating Arjuna, Gardenia stem cells, and Alaria Esculenta Seaweed are activated by microcurrent pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

50 min \$220 | 75 min \$295

### **BIOTEC SKIN RESURFACER**

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion, using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon oils. Steam and extraction deeply cleanse and detoxify before massage and light therapy restore equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother

50 min \$210 | 75 min \$285

### **BIOTEC SUPER-CHARGER FOR MEN**

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean,



simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best-face-forward results. A multi-tasking, time-efficient solution.  
50 min \$195 | 75 min \$270

 **MANDARA  
SIGNATURE FACIAL**

A breath of fresh air for the skin, this multi-faceted treatment is designed to address individual needs. Following a deep cleansing, exfoliation, necessary extractions, in addition to lifting and firming using microcurrent technology, this facial is topped off with a pure oxygen spray infused with vitamins to brighten and revitalize the skin. This rejuvenating therapy includes a decadent hand, arm and scalp massage as well as an application of our signature beauty oil.

50 min \$225 | 75 min \$300





# ENRICH OR EXTEND YOUR FACIAL

Customize your service with any of our face, scalp and foot enhancements – a perfect way to enrich or extend the experience.

## *Enrich Your Experience\**

### **BROW MAINTENANCE**

Be fuzz free by removing the unwanted hair from your eye-brow area.

**\$20**

### **CONDITIONING FOOT TREATMENT**

An indulgent treat for the feet to hydrate, rejuvenate and revitalize the soles.

**\$35**

### **FRANGIPANI NOURISHING HAIR AND SCALP TREATMENT**

Restores luster to the hair and scalp while promising unadulterated relaxation.

**\$35**

### **LIP OR CHIN WAX**

These two maintenance musts are essential in removing hair from your face.

**\$20**

### **WARMING PARAFFIN TREATMENT**

The warmth of this therapy stimulates circulation while relieving and moisturizing chapped, dry hands or feet. Select one area – hands or feet – for healing or hydrating. A perfect addition to any skincare service.

**\$25**

## *Extend Your Experience\**

### **BROW SCULPTING**

For high-brow occasions, get yours shaped.

**15 min \$30**

### **BIOTEC EYE TREATMENT**

BIOTEC technology gently stimulates and tightens the delicate eye area without disturbing fragile skin.

**15 min \$70**

### **BIOTEC NECK TREATMENT**

Microcurrent reminds the muscle to firm up while the jowl and chin mask lifts and tightens.

**15 min \$70**

### **WAXING**

Try our ouchless waxing services, which promise to leave your skin smooth and hair-free. See page 21 for more details.

\*Enrich your experience with a service enhancer that is built in to your service without adding time. Extend your experience with a service enhancer that adds time to your service.

# BODY

Escape to a place where tranquility pervades. A body therapy does more than evoke a sense of comfort. It helps your body eliminate toxins through the lymphatic system, gives your circulatory system a boost of energy, and brings about a state of peace and harmony.

## MANDARA CUSTOMIZED MASSAGE

Retreat to a private haven that transcends the extraordinary. Whether seeking a luxuriously-relaxing therapy or one tailored to soothe over-exerted muscles, our bespoke massage – based on the Swedish method and enhanced by worldwide techniques – achieves desired results. This heavenly escape includes a coconut-infused scalp massage and a Warming Paraffin Treatment to hydrate the feet.

50 min \$155 | 80 min \$225

## BALINESE MASSAGE

Utilized for centuries to strengthen and heal the body, this traditional therapy combines stretching, long strokes, as well as palm and thumb pressure techniques. Flowing and graceful, the Balinese massage relieves tension, improves blood flow, eases stress, and encourages harmony.

50 min \$160 | 80 min \$230

## MANDARA DEEP TISSUE MASSAGE

Excessive physical activity and sports can cause deep muscular and joint distress. This massage helps to warm and relax the muscles, improving range of motion. Enjoy before physical activity to increase flexibility and afterward to help the speedy recovery of strained muscles.

50 min \$165 | 80 min \$235

## FIRE & ICE MASSAGE

A customized, heated Basalt stone massage complemented by ice-cool gels to gently detoxify the body and address areas of concern, alleviating stress and easing aching muscles. While the body is in a pure state of blissful relaxation, melted paraffin on the back will enhance the warming sensation of this contrast therapy.

50 min \$195 | 75 min \$270

## COCONUT POULTICE MASSAGE

This nourishing and soothing massage utilizes heated and scented coconut poultices rich in vitamins E and K. The body is sumptuously drizzled in Frangipani Monoi Body Oil to heal and moisturize the skin. Using an array of Eastern and Western massage techniques and acupressure movements, the poultices are then applied to the body at pressure points to relax the muscles and release tension.

75 min | \$230

## COUPLE'S MASSAGE

Indulge in a side-by-side Mandara Customized Massage and spend quality time together in a suite reserved for two. Select any other massage category for an additional fee.

50 min \$330 | 80 min \$470

## PEACEFUL PREGNANCY MASSAGE

This unique pregnancy massage is a profoundly nurturing and tranquil oasis. Mothers-to-be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing massage hydrates and moisturizes skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted – along with wisdom, empathy and respect.

50 min | \$190

 **CELLUTOX AROMA SPA  
OCEAN WRAP**

Let your thoughts drift away while cocooned in a comforting wrap combining the richness of sea plants, marine algae, and detoxifying Juniper and Lemon. Enjoy a de-stress scalp treatment and soothing foot massage as the active ingredients help refine the appearance of cellulite and relieve the discomfort of fluid retention.

*With 25-minute back  
massage*

**75 min | \$230**

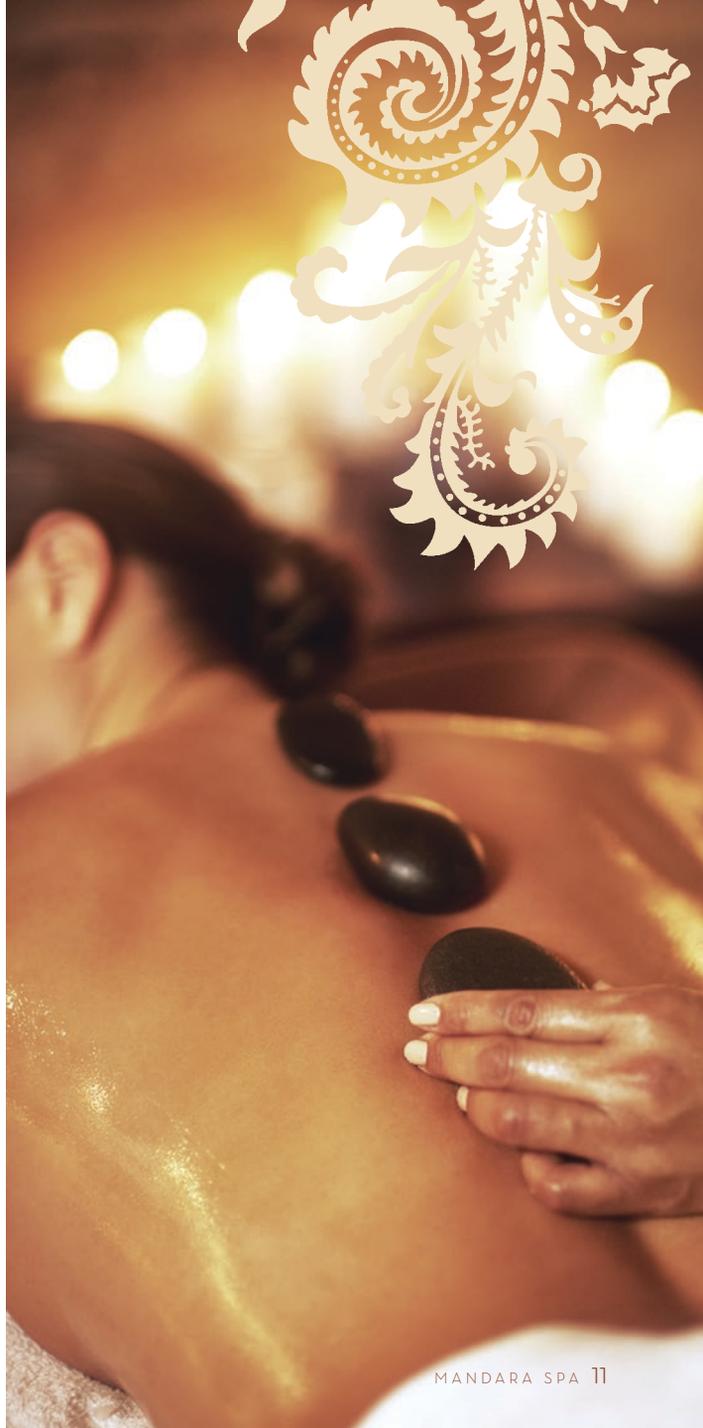
*With 50-minute, full-body  
massage*

**100 min | \$305**

**TARGETED TONING  
TIGHTENER**

Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Nigari salt deeply cleanses, followed by a targeted sculpting massage to kick-start the micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling rubberized mask, rich in super-detoxing caffeine and green clay is applied to problem areas while clinically proven Red Algae redefines areas prone to sagging. The result is a targeted body airbrush and skin that looks and feels intensely toned and refreshed.

**75 min | \$235**



# ENRICH OR EXTEND BODY THERAPIES

Complement your body therapy with any service from an all-inclusive selection of soothing baths, body polishes, signature wraps, and rituals to enrich or extend the experience.

## Enrich Your Experience\*

### BAMBOO THERAPY

Warm bamboo of various sizes is soaked in essential oils to soothe muscles and melt away tension.

\$45

### CONDITIONING FOOT TREATMENT

An indulgent treat for the feet to hydrate, rejuvenate and revitalize the soles.

\$35

### FRANGIPANI NOURISHING HAIR AND SCALP TREATMENT

Restores luster to the hair and scalp while promising unadulterated relaxation.

\$35

### HOT STONE THERAPY

The vitality and energy of heated stones are used to soothe away stress and relieve muscular tension, aches and pains.

\$45

### STICKS AND STONES

Bamboo Therapy and Hot Stone Therapy are fused to give the body an out of this world experience, soothing muscles into sweet oblivion.

\$45

### WARMING PARAFFIN TREATMENT

The warmth of this therapy stimulates circulation, relieves stiff necks and sore lower backs, and moisturizes chapped, dry hands or feet. Select one area – back, hands or feet – for healing or hydrating. A perfect addition to any body service.

\$25

## Extend Your Experience\*

### BATHING RITUAL

Add a luxurious hydrotherapy experience to any massage or body treatment. Choose from an *Asian, Indian, Mediterranean* or *New World* bathing ritual. See pages 18-19 for details.

25 min \$85

### DETOX THERAPIES

#### CELLUTOX AROMA SPA OCEAN WRAP

Cocoon the body in a detoxifying wrap to refine the appearance of cellulite and relieve the discomfort of fluid retention.

50 min \$160

#### MUSCLEASE AROMA SPA OCEAN WRAP

Envelop the body in an aromatic seaweed mask to relieve stiff joints and muscular tension.

50 min \$160

### TARGETED TONING TIGHTENER

A powerful blend of massage and detoxifying clay for targeted toning and improved circulation. Select a localized treatment: arms, hips and thighs, or abdomen.

25 min \$95

### EXOTIC BODY POLISHES

#### CITRUS BODY GLOSS

Citrus extracts are blended with sugar granules and sunflower oil to exfoliate and sumptuously soften the skin. This 'scent'-sational polish is followed by a zesty lime and creamy coconut body butter to hydrate and moisturize.

25 min \$95

#### EXOTIC FRANGIPANI MONOI SALT GLOW AND NOURISH WRAP

Found in sub-tropical climates, exotic Frangipani flowers are the centerpiece to

this silky, mineral-rich salt and Hibiscus polish that melts on contact. The salt and hibiscus cleanse and exfoliate while monoi oil and Frangipani flowers seal in moisture. The skin is left nourished, soothed and delicately fragranced.

**25 min \$105**

#### **EXOTIC LIME AND GINGER SALT GLOW**

This exotic exfoliation ritual invigorates and brings vitality to the skin. After a light body brushing, warm oil is luxuriously drizzled all over before our Exotic Lime and Ginger Salt Glow is applied. The skin is deeply cleansed, polished and softened to a touch.

**25 min \$95**

#### **MANDARA COFFEE BODY POLISH AND COCONUT MILK WRAP**

An evocative blend of coffee granules and coconut oil is used to exfoliate the body, leaving the skin feeling soft

and smooth prior to being enveloped in a nourishing and deeply moisturizing wrap of coconut, sweet almond, and starflower oil.

**25 min \$105**

#### **REFLEXOLOGY**

Send waves of deep relaxation throughout the body with an ancient healing therapy that is as blissful as it is beneficial. Massage the reflex points on the feet to restore natural energy flow and improve overall health.

**25 min \$100**

#### **PROLONG-THE-BLISS!**

50 or 80 minutes just not enough? Add more time to your massage to prolong the bliss a little longer.

**30 min \$75**

\*Enrich your experience with a service enhancer that is built in to your service without adding time. Extend your experience with a service enhancer that adds time to your service.



### **WELLNESS WONDERS**

#### **BREATHING RELEASE**

Surrender the mind and body to a wealth of relaxation exercises. Your therapist will combine deep, meditative breathing with movements and point release tools to relieve head, neck and shoulder tension.

**25 min \$80**

#### **MYOFASCIAL RELEASE**

Muscles are stretched, pain reduced, and motion improved. Your therapist will use a revolutionary roller to target major muscles in the back, hips and legs to increase mobility, alleviate soreness and release restrictions from the body.

**25 min \$80**

#### **SOUND WAVE THERAPY**

Lull the mind and body to a meditative state. Your treatment will begin and end with a beautiful shower of peaceful sound wave vibrations produced by therapeutic singing bowls to promote total relaxation and help realign your chakras.

**25 min \$80**

#### **ACUPRESSURE — HANDS AND FEET**

Soothe sore, tired hands and feet with a point release tool utilized on pressure points to alleviate the pain and discomfort of overworked muscles.

**25 min \$80**



# QUARTZ CRYSTAL BED

Experience a new wave of relaxation while enveloped in the signature Amber and Quartz Crystal bed for which three new treatments have been uniquely pioneered. Warm crystals mold and shape around your body helping to release muscle tension, detoxify and promote a deeper state of relaxation. A revolutionary mineral-charged experience of skin conditioning, metabolic balancing, and energizing wellness.

## HOT MINERAL BODY BOOST

Harnessing the ground-breaking restorative power of the pioneering Amber and Quartz Crystal bed, this powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, perfectly prepping for the nourishing Amber balm, while the mind is whisked off to invigorating shores with the aromatic Ocean Spa.

**60 min \$265**

*With facial massage*

**75 min \$300**

## POULTICE-POWERED MUSCLE RELEASE

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Using a uniquely designed Amber and Quartz poultice, and combining the power of Eucalyptus and Juniper, each area of tension is specifically targeted with vibrational energy to re-mineralize. Painful knots are eased. Tension is dissolved. The Amber and Quartz in the poultice talks to the Amber in the bed; a powerful mineral connectivity that invigorates the body and elasticizes the skin.

**50 min \$215**

*With facial massage*

**60 min \$255**

## AMBER & QUARTZ CRYSTAL SOUND BATH HEALING TREATMENT

Nothing can prepare you for the healing power of sound as it resonates through your body. This innovative, individual treatment combines the therapeutic benefits of the Amber and Quartz Crystal bed with the pure sounds that emanate from Sound Bowls. Your sound therapist will play the bowls to lull the mind into a deep meditative state.

**35 min \$130**





# JOURNEYS OF THE SPIRIT

Modern lifestyles are far removed from those of our ancestors. Charting the movements of *air, fire, water* and *earth*, Mandara Spa has taken key elements of ancient wisdom to restore our personal balance.

**Enliven, Replenish, Release** and **Embrace** with our Journeys of the Spirit, a mosaic of treatments that unite traditional rituals with modern-day services and a holistic approach – the ultimate experience for those seeking relaxation, invigoration and renewal.

Drawing on world-inspired therapies and philosophies, immerse yourself in the cultures of *Asia, India, the Mediterranean, and the New World*. Each region is symbolized by one of the four elements and evokes a sense of place and self.

A collection of unique experiences, these Journeys have been curated to transport the mind and spirit to destinations across the globe. Select a Journey that connects with your state of being.

*Transcend. Transform. Trust the Moment.*



Air | Enliven

**ASIAN JOURNEY**

An air of mystery, the Asian Journey is an experience of movement. Revitalizing to the body and soul, this anthology of therapies also enlivens the mind and senses. Considered the most important element, air promotes strength, longevity and vigor. Breathe in deep and exhale.

**BALINESE MASSAGE**  
50 min \$160 | 75 min \$230

**MANDARA SIGNATURE FACIAL**  
50 min \$225 | 75 min \$300

**MANDARA COFFEE BODY POLISH AND COCONUT MILK WRAP**  
25 min \$105

**WELLNESS WONDER: BREATHING RELEASE**  
25 min \$80

**ASIAN BATHING RITUAL**  
25 min \$85

**PARTIAL JOURNEY**  
SELECT ANY TWO SERVICES AND SAVE 10%.

**COMPLETE JOURNEY**  
EXPERIENCE THE MASSAGE, FACIAL, BODY POLISH WITH WRAP, BATHING RITUAL AND SAVE 20%.

*Includes:*

- Welcoming Aroma Reflex Foot Ritual
- A symbolic cleanse followed by a divine foot massage.
- 10 min
- Asian-Inspired Tea

**RECOMMENDED PAIRING**  
MANDARA RITUAL FOR THE HANDS AND FEET

**RECOMMENDED FITNESS**  
YOGA

Fire | Replenish

**INDIAN JOURNEY**

Bold and beautiful, India beckons with colors of infinite richness. This Journey is one that ignites the fire within us and encourages us to discover a sense of self. A powerful force, fire is not only warming, but it is also alive and energizing. Replenish and emerge totally exhilarated.

**FIRE & ICE MASSAGE**  
50 min \$195 | 75 min \$270

**BIOTEC SKIN RESURFACER FACIAL**  
50 min \$210 | 75 min \$285

**EXOTIC LIME AND GINGER SALT GLOW**  
25 min \$95

**WELLNESS WONDER: MYOFASCIAL RELEASE**  
25 min \$80

**INDIAN BATHING RITUAL**  
25 min \$85

**PARTIAL JOURNEY**  
SELECT ANY TWO SERVICES AND SAVE 10%.

**COMPLETE JOURNEY**  
EXPERIENCE THE MASSAGE, FACIAL, BODY POLISH, BATHING RITUAL AND SAVE 20%.

*Includes:*

- Welcoming Aroma Reflex Foot Ritual
- A symbolic cleanse followed by a divine foot massage.
- 10 min
- Indian-Inspired Tea

**RECOMMENDED PAIRING**  
FIRE & ICE MANICURE AND PEDICURE

**RECOMMENDED FITNESS**  
SPINNING



Water | Release

### MEDITERRANEAN JOURNEY

This Journey reflects the beauty and serenity of a region known for its picturesque landscapes and deep blue waters. Through this element, discover therapies that connect with your emotions. Like gentle waves, water and complementary ingredients calm the mind, hydrate the body, and soothe the spirit. Release and allow yourself to flow.

 **CELLUTOX AROMA SPA OCEAN WRAP WITH MASSAGE**

75 min \$230 | 100 min \$305

 **BIOTEC LINE ERASER FACIAL**

50 min \$220 | 75 min \$295

**CITRUS BODY GLOSS**

25 min \$95

**WELLNESS WONDER: SOUND WAVE THERAPY**

25 min \$80

**MEDITERRANEAN BATHING RITUAL**

25 min \$85

**PARTIAL JOURNEY**  
SELECT ANY TWO SERVICES  
AND SAVE 10%.

**COMPLETE JOURNEY**  
EXPERIENCE THE DETOX  
WRAP WITH MASSAGE,  
FACIAL, BODY POLISH,  
BATHING RITUAL AND  
SAVE 20%.

*Includes:*

- Welcoming Aroma Reflex Foot Ritual  
A symbolic cleanse followed by a divine foot massage.  
10 min
- Mediterranean-Inspired Tea

**RECOMMENDED PAIRING**  
CLASSIC SPA MANICURE AND  
PEDICURE

**RECOMMENDED FITNESS**  
PILATES

Earth | Embrace

### NEW WORLD JOURNEY

With ingredients indigenous to the New World and the element of earth as its foundation, this Journey nurtures the mind, body and spirit while restoring inner balance. The earth is round, and the New World Journey brings a Mandara Spa experience to a full circle, connecting traditional therapies from the East with the modern knowledge of the West. Embrace your Mandara moment.

**COCONUT POULTICE MASSAGE**

75 min \$230

**BIOTEC FIRM-A-LIFT FACIAL**

50 min \$220 | 75 min \$295

**EXOTIC FRANGIPANI MONOI SALT GLOW AND NOURISH WRAP**

25 min \$105

**WELLNESS WONDER: ACUPRESSURE**

25 min \$80

**NEW WORLD BATHING RITUAL**

25 min \$85

**PARTIAL JOURNEY**  
SELECT ANY TWO SERVICES  
AND SAVE 10%.

**COMPLETE JOURNEY**  
EXPERIENCE THE MASSAGE,  
FACIAL, BODY POLISH,  
WELLNESS WONDER, AND  
SAVE 20%.

*Includes:*

- Welcoming Aroma Reflex Foot Ritual  
A symbolic cleanse followed by a divine foot massage.  
10 min
- New World-Inspired Tea

**RECOMMENDED PAIRING**  
CND® SHELLAC® MANICURE  
AND PEDICURE

**RECOMMENDED FITNESS**  
PERSONAL TRAINING

# SALON SERVICES

Beauty begins with be: be your best you. Vibrant hair and groomed hands and feet are a reflection of your inner health and beauty. Let that natural brilliance shine through. Because being you is being beautiful.

## Signature Services

### FRANGIPANI CONDITIONING HAIR AND SCALP RITUAL

We use rich, exotic Frangipani Monoi Oil, legendary for its ritual uses in Tahiti. After cleansing your hair, we massage the scalp with this precious ingredient and wrap the hair in a warm towel to ease away stress and give your locks a vibrant, healthful shine. Add this treatment to any hair service.

25 min \$50

### MANDARA RITUAL FOR THE HANDS AND FEET

Featuring a sumptuous lineup of citrus, coconut, and lotus flower milk, this luxurious ritual treats the hands and feet to an invigorating cleansing, signature exfoliation, soothing bamboo massage, and conditioning body butter application, followed by a traditional manicure, pedicure and polish.

manicure \$65  
pedicure \$90

### FIRE & ICE MANICURE AND PEDICURE

This invigorating therapy will warm your spirit and cool your stress. Using a combination of therapeutic cooling gels and the warmth of massage with a heated stone, your skin will be smoother and your nails will be polished to perfection.

manicure \$60  
pedicure \$85

### CND® SHELLAC® MANICURE AND PEDICURE

No drying time. No chipping. No smudging. This tough as nails treatment uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color, and perfect finish. It provides excellent wear and comfortable protection for up to 14 days.

manicure \$60  
pedicure \$85

### HAIR SERVICES\*

Shampoo and Style includes blow dry . . . **from \$70**

Shampoo and Roller Set. . . . . **from \$55**

Special Occasion Hair Design . . . . . **from \$100**

French Braid . . . . . **\$35**

Haircut and Style includes blow dry . . **from \$80**

Bang Trim . . . . . **\$25**

Flat or Curling Iron . **from \$25**

Children's Haircut and Style includes blow dry (12 and under). . . . . **from \$45**

Full Highlighting or Low Lighting includes blow dry. . . . . **from \$170**

Partial Highlighting or Low Lighting includes blow dry . . . . . **from \$130**

Color & Shine . . . . . **from \$105**

Color Correction . . . **from \$195**

Color Touch-up . . . . **from \$80**

Hair Conditioning Treatment . . . . . **\$35**

### NAIL SERVICES

Classic Spa Manicure. . . . **\$45**

Classic Spa Pedicure. . . . . **\$75**

French Polish. . . . . **add \$10**

Aromatherapy Paraffin Infusion Treatment. . . . . **\$30**

Polish Change. . . . . **\$20**

Nail Art. . . . . **per nail \$5**

Nail Repair. . . . . **per nail \$10**

Shellac® Removal. . . . . **\$20**

\*Most hair services are priced based on very short length and increase depending on hair length (short, medium, long, extra long). Consult a hair stylist to determine the length.

#### MAKE-UP ARTISTRY

Make-up Application . . . \$100

Temporary Eyelash  
Enhancements . . . . . \$35

For Bridal Day Makeup and  
Trial as well as other wedding  
services, please see our  
wedding menu.

#### MEN'S GROOMING

Men's Haircut and Style . . \$55

Men's Wet Trim . . . . . \$45

Mustache Beard and  
Eyebrow Trim . . . . . \$30

Men's Sports Manicure . . \$35

Men's Sports Pedicure . . \$70

#### WAXING SERVICES

Brow Maintenance . . . . . \$20

Brow Sculpting . . . . . \$30

Nose or Ear . . . . . \$20

Lip or Chin . . . . . \$20

Full Face . . . . . \$55

Underarms . . . . . \$35

Full Arm . . . . . \$50

Half Arm . . . . . \$30

Men's Chest . . . . . \$65

Full Back . . . . . \$90

Half Back . . . . . \$50

Stomach . . . . . \$30

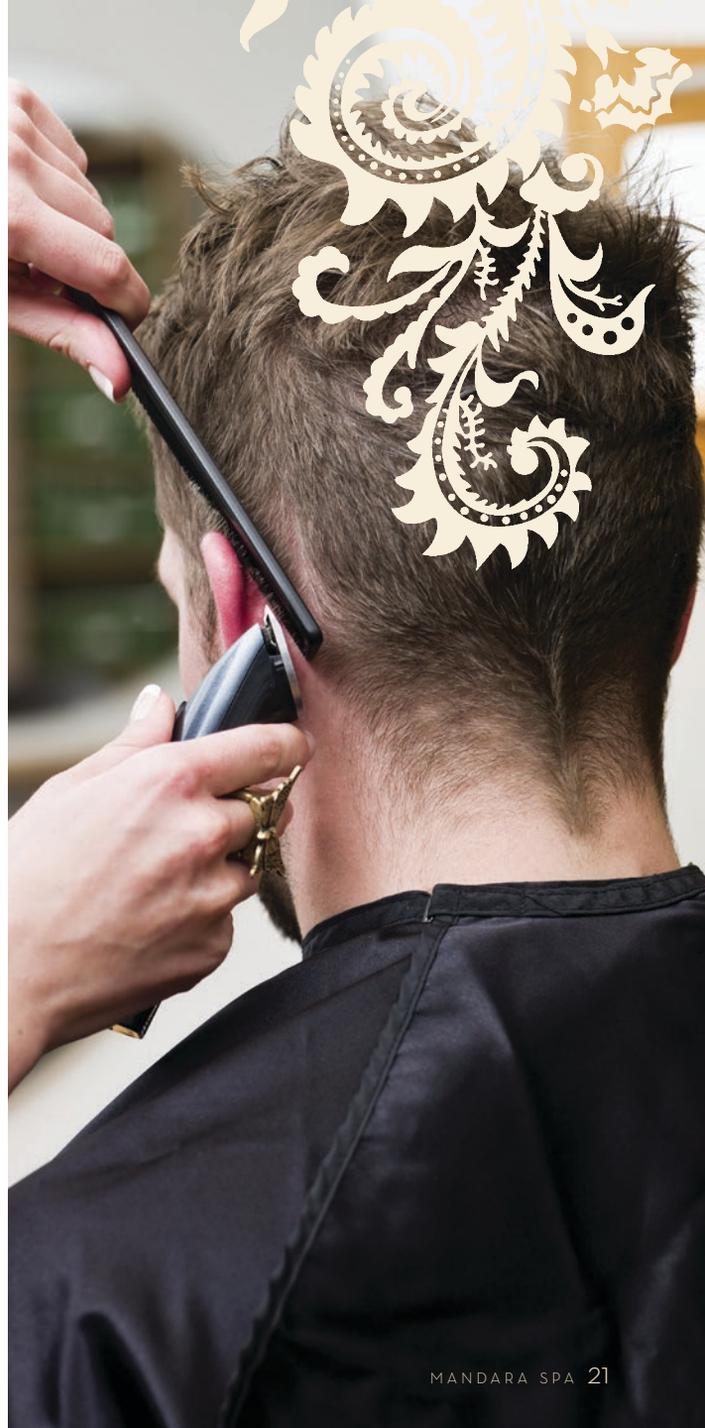
Basic Bikini . . . . . \$55

Bikini Plus . . . . . \$65

Brazilian . . . . . \$85

Full Leg . . . . . \$90

Half Leg . . . . . \$65





# FITNESS

The body is a sanctuary. Take it to a temple of wellbeing. Discover a healthier you at our Fitness Center where state-of-the-art cardiovascular and strengthening equipment, spinning, yoga and Pilates will fuel the body with energy and vitality. Daily, weekly and monthly passes are available for purchase and include complete use of fitness equipment and facility.

## **BODY COMPOSITION ANALYSIS**

Your overall wellbeing can be determined by the balance of various fluids, including fat that circulates within your body. We are 70% water and, more often than not, our bodies are thirsty and dehydrated, causing fatigue. Use this analysis to measure your body fluids and discuss ways to improve your overall health.

**30 min \$50**

## **NUTRITION AND FITNESS ANALYSIS**

How can you be fitter and healthier? How can you improve your overall quality of life? This highly-personalized consultation looks at you, your lifestyle, your fitness goals, and your

level of contentment with your overall physical and emotional health. Based on the analysis, your wellness consultant will create a personal outline of how you can improve your health while accommodating your lifestyle.

**60 min \$95**

## **PERSONAL TRAINING**

After conducting a Body Composition Analysis, our fitness professionals will design an exercise plan to help you achieve the results you always wanted. Based on your body's particular needs, this personalized session will expose you to the wellness program that works best for your body, your lifestyle, and your terms.

**60 min \$100**

## **PRIVATE YOGA CLASS**

This one-on-one session will help ensure your body learns the correct postures. The instructor also helps you move deeper into each pose, allowing you to stretch your body beyond its normal paradigm.

**60 min \$180**

## **PILATES STUDIO**

This exercise system combines posture and controlled moves. Using the Pilates reformer, your instructor will devise a program to help tone your areas of concern, help you focus, and set your repetition targets. Contact the Pilates studio at extension 65711 for class schedule and rates.

## **FITNESS CENTER DAY PASS**

For up to 2 guests per room included in the resort fee.

Additional guest:

**1 Day Pass \$15**

**2 Day Pass \$30**

**3 Day Pass \$40**

**4-7 Day Pass \$50**

## Special Services

### IN-SUITE MASSAGE

Let us bring the spa to you. Allow the power of touch, combined with the healing qualities of aromatherapy, to relax your mind, body and soul in the comfort of your room. All in-suite massages are booked with same gender therapists. See spa for details. Additional fees apply.

### WEDDING DAY MAKEUP AND STYLING

Your special day requires special attention. Allow us to tailor our services to create lasting memories for you and to meet the needs of your wedding party. Prices vary by season and wedding party size. Ask the Spa Director for details.

### SPA GROUP EVENTS

If you are bringing a group to **Atlantis Paradise Island**, do not forget to plan spa arrangements for your guests. Our Spa Director will be happy to ensure your spa appointments are scheduled and that you and your group are completely indulged. Please call us at **242-363-3000** to find out about our group programs.

## Spa Information

### HOURS OF OPERATION

Spa and Salon . . . . .8am-9pm  
Fitness Center . . . . .6am-8pm

### OUR PROMISE TO YOU

We are committed to inspiring your wellness journey while delivering uncompromising indulgence and the finest expression of service. Your comfort and enjoyment is important to us. If we have not fulfilled our promise to you, please visit the spa reception desk to ensure we remedy your experience.

### RESERVATIONS

To schedule treatments, you may call our spa directly from a hotel phone by dialing extension **65900** or call **242-363-3000** from outside of the hotel. You may also book online at <http://onespaworld.na.book4time.com/onlinebooking>. We require a credit card upon booking and accept most major credit cards. Pre-scheduling your services is recommended, although we do welcome walk-ins and will do our best to accommodate you.

### MINIMUM AGE REQUIREMENTS

Spa guests are required to be 18 years or older to receive treatments or utilize the facilities. Guests under 18 receiving a teen or kid treatment must be accompanied by a parent or guardian for all services.

Swimsuits are required. For further details, please see our teen and kid spa menu.

### CANCELLATION POLICY

We require at least 4 hours' notice for cancellation to avoid being charged the full price for your treatments to the credit card provided when booking your services.

### PURCHASE POLICY

Unopened products may be exchanged within 14 days of purchase if you have an original receipt. We cannot exchange opened products.

### SERVICE CHARGE AND PRICES

For your convenience, a 20% service charge in lieu of gratuity will be automatically applied to the final bill. Your provider will receive 100% of the service charge. Gratuity for exemplary service is discretionary. Service prices are inclusive of a 12% value-added tax. Prices and services are subject to change without notice.

### ARRIVAL

Please arrive at least 30 minutes prior to your scheduled appointment so you can relax and make full use of the facilities. To maintain the serenity of the spa, we ask you turn off your mobile phone and electronic devices upon arrival. Regretfully, if you are late for an appointment, we may have

to shorten your treatment time to be on schedule for the next guest.

### VALUABLES

For the safety of your valuable items, we suggest you leave all jewelry and money in the safe provided in your hotel room. The spa will not assume any liability for valuables.

### THE GIFT OF MANDARA

Gift cards are available in any dollar amount and will be packaged in an attractive envelope ready for presentation.

### OUR LOCATIONS

Mandara Spas can be found in diverse locations around the world. To find a location nearest you, visit [www.mandaraspas.com](http://www.mandaraspas.com).

### KEEP IN TOUCH

Make taking care of your skin, body and hair part of your daily ritual and visit us at [www.timetospa.com](http://www.timetospa.com). Here, you may repurchase your skin, body and hair care products as well as read our inspiring articles, find some delicious healthful recipes, and be privy to our special offers.

Customer Service c/o  
One Spa World, LLC.  
**1-855-848-3059**





