



MANDARA  
— SPA —

*Sofitel Fiji  
Resort and Spa*



*Mandara ....*

A sacred mythological  
mountain.

A symbol of eternal youth.

A spa.



## *The name Mandara*

comes from an ancient Sanskrit legend about the gods' quest to find the elixir of immortality and eternal youth. With roots in Bali and Indonesia and influences from North America, our exotic spa treatments reflect the beauty, spirit and traditions of both Eastern and Western cultures.

Mandara Spa is a sanctuary where you can relax and discover the elixir of youth, not as a goal, but as a moment of blissful reverie.

Today Mandara is not a mountain. But it is a peak experience.

Enjoy your journey to the peak.

## *Spa Director's Recommendations...*

The following new treatments focus upon providing great results after just one treatment.

### **Luxury Villa Experience Add-on**

Up-grade your massage, body treatment or spa package with this ceremony of indulgence. Within your luxury spa villa, each treatment begins with a Floral Foot Wash Ritual to symbolically cleanse life's stresses and tensions, preparing you for total relaxation. Following your treatment, enjoy a Tea Ceremony with a selection of fresh fruit and use of the whirlpool bath in your private villa garden. See page 8 for more details.

### **Gentle Touch Tooth Whitening**

This new revolutionary tooth whitening system offers you a cleaner, whiter smile in just 45 minutes. Our procedure is so relaxing, don't be surprised if you fall asleep. We use specially formulated Gentle Touch Gels that are activated by the Gentle Touch Whitening Light. There is no heat or laser used with this treatment. You can maintain your new bright smile with the Appera Brush On Enhancer. Simply use it once a week. See page 16 for more details.

### **Elemis Visible Brilliance Facial**

A two-phase Amino Active mask and Exotic Cream Moisture Mask, combined with micro-circulatory massage techniques, re-define facial contours transforming tired, slackened skin into instantly more radiant, plumper and luminous skin. This advanced booster facial and eye therapy promises to take your skin and eyes on a journey of total renewal. See page 6 for more details.

### **Elemis Aroma Spa Ocean Wraps**

With our Aroma Spa treatments we have captured the healing powers of the ocean in a concentrated formula of freeze dried seaweed and combined it with the healing powers of Aromatherapy. Naturally these wraps help to detoxify the body's internal systems and at the same time replace vital trace elements back into the system. Choose from Cellutox for firming and Musclease to help resolve sore joints and arthritic pain. See page 10 for more details.

### **Elemis Aroma Stone Therapy**

One of Mandara Spa's most popular treatments, the Elemis Aromastone massage is specially designed to melt away muscle tension & calm the spirit. It will reduce stress, increase blood & lymph flow, and balance your body by using the warmth of the stones, aromatherapy oils and the key energy points on the body. See page 12 for more details.



# Mandara Facial Elixirs...

Let the joy of youth embrace your very being and radiate within you like the eternal sun.

## **Elemis Visible Brilliance Facial**

Independently tested with revolutionary results, this anti-aging face and eye treatment instantly firms, rejuvenates and plumps up the skin while reducing dark circles from around the eye contour. Moisture levels of the skin are proven to increase by up to 38% and elasticity by 28% after just 1 treatment. This treatment includes a luxurious hand, arm or scalp massage. 50 minutes

## **Elemis Pro-Collagen Marine Facial**

Providing immediate results in the fight against time, this exceptional face treatment helps to slow down the signs of premature aging, reducing the appearance of fine lines and wrinkles on the face and crows feet around the eye contour. Skin will have a more youthful appearance after just 1 treatment. 50 or 80 minutes

## **Elemis Oxygen SkinCalm Facial**

This face treatment is pure soothing heaven for sensitive skins. Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin. The 80 minute treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in advanced skin-therapy. 50 or 80 minutes

## **Elemis Aromapure Facial**

A deep cleansing, active aromatherapy facial for women and men combines the power of Absolutes with true premium grade Essential Oils, treating the skin at the deepest level without aggression. One of the following will be prescribed: *Absolute Lift* helps to lift, *Herbal Lavender Repair* to heal and repair, *Exotic Cream Moisture* for dry, thirsty skin and *Fruit Active Glow* to revive dull, lifeless skin. 50 minutes

## **Elemis Eye Zone Upgrades**

Restore the delicate skin around your eyes by refining, oxygenating and increasing cellular renewal around the eyes so they look smoother and firmer. Choose from Absolute Pro-Collagen Lift or Absolute Bright Eyes.

## **Elemis S.O.S. Purifying Facial for oily, problem and congested skin**

This powerful face treatment helps to absorb excess sebum, regulate and balance the function of the skin, while helping to repair scarring. Purifying massage techniques combined with the unique Japanese Sulphur Mask impregnated with Vita-CBooster Serum help to calm irritated skin and rebalance oil-rich pores, leaving a beautiful matte skin. The 80 minute treatment includes a massage on the hands, arms and scalp. 50 or 80 minutes

## **Elemis Urban Cleanse for Men**

The deep complexion cleanse and complete skin detox. This super-grooming, deep cleansing facial decongests the skin, working overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralize impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean. 50 minutes



## *Exotic Rituals with Villa Experience...*

The following Exotic Rituals include our Luxury Villa Experience within your luxury spa villa, each treatment begins with a Floral Foot Wash Ritual to symbolically cleanse life's stresses and tensions, preparing you for total relaxation. Following your treatment, enjoy a Tea Ceremony with a selection of fresh fruit and use of the whirlpool bath in your private villa garden.

### **Elemis Sublime Lime and Ginger Ritual**

Re-invigorate the senses with this exfoliation ritual. Your body is enveloped in the decadent Elemis Lime and Ginger Salt Glow—a mixture of fresh Limes, Ginger, Sea Salt, Kukui Nut Oil and Essential Oils. Your skin is deeply cleansed, polished and softened to perfection, then soaked with moisturizing Exotic Island Flower Body Lotion. This is a delightful experience that encourages a glowing, satin smooth skin, followed by a 50 minute or 80 minute massage. Choose from: Elemis Deep Tissue Massage, Balinese Aromatherapy Massage or Fijian Bobo Massage. 140 minutes or 170 minutes

### **Elemis Exotic Coconut Rub & Milk Ritual**

A traditional Balinese Coconut recipe polishes the skin while the exotic oil indulges the senses. Cleopatra was renowned for bathing in milk, and now you can bask in this opulent experience. A warm milk bath is poured over your body before you are draped in a comforting foil wrap. Following the ritual, you can bask in the decadence of either a 50-minute or 80-minute massage. Choose from: Elemis Deep Tissue Massage, Balinese Aromatherapy Massage or Fijian Bobo Massage. 140 minutes or 170 minutes

### **Elemis Exotic Frangipani Body Nourish Ritual**

Inspired by a Tahitian recipe, this wrap blends fragrant Coconut and Frangipani Flowers to produce Monoi oil traditionally used by the beautiful Polynesian women to keep their skin soft and their hair conditioned. After the powerful potion is massaged onto your body, you are wrapped to let the ingredients absorb into your skin, before being indulged with either a 50-minute or 80-minute massage. Choose from: Elemis Deep Tissue Massage, Balinese Aromatherapy Massage or Fijian Bobo Massage. 140 minutes or 170 minutes

## *Mandara Body Consciousness...*

Your body is pure intelligence. It reflects you. Isn't it time you were good to yourself?

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

A ceremony of pure sensuality to tantalize and delight! A traditional Balinese recipe with Coconut, Mungbean, Spices and Lavender polishes the skin, while the exotic body oil indulges your senses. Bask in the ritual as warm Milk Bath is poured over your entire body before being cocooned in a comforting foil wrap. The healing ritual combines comforting opulence with pure unadulterated pleasure for women and men. 50 minutes

### **Elemis Exotic Lime and Ginger Salt Glow**

This exotic exfoliation ritual invigorates and brings vitality to your face and body. After light body brushing, warm oil is dripped luxuriously over your body, before our sublime Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed, polished and softened to perfection. For the ultimate indulgence this treatment includes a 50 minute massage. 80 minutes

### **Elemis Exotic Frangipani & Body Nourish Wrap**

Coconut and Frangipani flowers are soaked together to produce Monoi Oil which soothes and conditions the skin. Drench yourself in the moisture of Elemis Frangipani Monoi Oil and bathe in sensuality in a comforting foil wrap. 50 minutes

### **Traditional Javanese Lulur**

A traditional cleansing ceremony practiced in the palaces of Java since the 17th century. An authentic polish of Turmeric, Red Rice, Fenugreek, Jasmine, Cempak and Ylang Ylang gives the skin a spicy aroma and leaves it sensuously smooth. The ritual is completed by a traditional massage. 80 minutes

## *Detoxify, purify and glow...*

True change starts behind the scenes. With detoxification beginning behind the skin, results are witnessed in a healthier, more vital body.

### **Elemis Cellutox Aroma Spa Ocean Wrap**

Combining the richness of sea plants and marine Algae with Aromatherapy, this treatment is deeply detoxifying at all levels for women and men. A warm seaweed body mask containing a synergy of cleansing Juniper and Lemon Essential Oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away while you have a soothing face and scalp massage and let the active ingredients work to detoxify, decongest, and stimulate your body systems. 75 minutes

### **Elemis Musclease Aroma Spa Ocean Wrap**

The power of Aromatherapy is combined with the riches of the ocean to give women and men a deep muscle warming treatment. A heated seaweed mask containing a warming blend of Pine and Rosemary Essential Oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away while you enjoy a soothing face and scalp massage and let the active ingredients work to ease arthritis, fatigue, and muscle spasm. 75 minutes

## *Bathing Rituals...*

Enjoy a luxurious bath drawn to the perfect temperature and infused with an alchemy of aromatic ingredients. Presented with a tray abundant with bathing delicacies, these baths are the most exotic you have ever experienced. A la carte bathing rituals take place in the comfort of your guest room.

### **Villa Bath Time**

30 minutes

### **Exotic Flower Bath**

Fresh Rose Petals, Exotic Island Flower Bath Oil, Exotic Lime and Ginger Salt Glow, Wild Lavender Shower, Exotic Island Flower Body Balm.

### **Ocean Detox Bath**

Cellutox Herbal Bath Synergy, Devil's Mint Body Scrub, Sharp Shower, Cellutox Body Concentrate.

### **Cleopatra's Secret**

Skin Nourishing Milk Bath, Wild Lavender Shower, Devil's Mint Body Scrub, Vitamin-Rich Body Lotion.

### **Muscle Warming Bath**

Musclease Herbal Bath Synergy, Sharp Shower, Musclease Body Concentrate, Instant Refreshing Gel.



## *Rites of Massage...*

The Mandara Ritual begins as we invite you to choose the aroma that appeals the most ... *Enjoy your massage in one of our deluxe spa suites with a loved one, side-by-side.*

### **Elemis Deep Tissue Muscle Massage**

Excessive physical activity can cause deep muscular and joint distress. This massage helps to warm and relax the muscles and improve range of motion. Enjoy before physical activity to increase flexibility and afterward to help the speedy recovery of strained muscles. 50 minutes

### **Elemis Aroma Stone Therapy**

In Bali it is believed that "batu" stones are filled with vitality and energy of the water that flows over them in an eternal stream. Harnessing the properties of the volcanic basalt stones, we bathe them in warm water and anoint them with spicy, sensual aromas of the Orient. Small stones are placed on key energy points on the body, evoking an aura of warmth, while the deep penetrating heat from the stones is used to massage the body using traditional techniques to soothe away stress and to relieve muscle aches. 75 minutes

### **Balinese Aromatherapy Massage**

Indulge in this authentic massage style that has been influenced by ageless traditions. Using your choice of fine Indonesian aromatherapy oils with palm pressure and stretching techniques, this treatment will bring you waves of muscle relief. 50 or 80 minutes

### **Fijian Bobo Massage**

Experience the traditional massage of Fiji passed down through the generations, focusing on balancing the body, mind and spirit. A combination of long, gentle strokes and manipulation of muscle tissues is used to induce deep relaxation while improving circulation to give the skin a radiant glow. 50 or 80 minutes

### **Mandara Four Hand Massage**

Experience our unique blend of five massage styles including Swedish, Lomi Lomi, Balinese, Shiatsu and Thai as two therapists work together in harmonious rhythm. 50 minutes

### **Royal Thai Massage**

Developed centuries ago in Thailand, this firm, dry 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 Chinese methods of deep-tissue pressure point massage. These ancient techniques stimulate the blood flow and release toxins, allowing the body to heal itself naturally. 80 minutes

ADD  
INS

## *Massage Add-Ins...*

### **Conditioning Foot Treatment**

An indulgent treat for the feet that rejuvenates and revitalizes.

### **Frangipani Hair and Scalp Conditioning**

Restores luster to the hair and scalp as the exotic Frangipani Monoi Oil penetrates and nourishes.



## Mandara Rituals...

A Mandara ritual is like a blessing that caresses your entire being.

### **Elemis Absolute Spa Ritual**

Experience revitalization through the Elemis Visible Brilliance Facial followed by a soothing Elemis Deep Tissue Muscle Massage based on the ancient power of touch. Add a Spa Manicure and Pedicure for a complete spa ritual experience. 2 hours or 4 hours with Ultimate Spa Manicure and Pedicure

### **Mandara Day of Perfect Bliss**

Emerge radiant from your Aromapure Facial, then bask in the pleasures of an Elemis Deep Tissue Massage, followed by a luxurious and pampering Ultimate Spa Manicure and Pedicure. Treat yourself to a shampoo and blow dry hair styling and personalized make-up application. Leave feeling refreshed and beautiful all over.

5 hours 45 minutes

### **Ayurvedic Body Cleansing**

Start with an Exotic Lime and Ginger Salt Glow exfoliation. Follow with the ultimate Cellutox Aroma Spa Ocean Wrap combining sea plants and marine Algae with Aromatherapy. Finish with a stress release Balinese Massage. The ultimate ritual for women and men to detoxify, decongest, and stimulate body systems. 3 hours

### **Men's Spa Escape**

Men can enjoy revitalizing spa skin and body care without the fuss, starting with an Aromapure Facial for skin cleansing and exfoliation followed by a Sports massage for pure relaxation and de-stress. Upgrade to the Aroma Stone Therapy massage for the ultimate spa experience. 2 hours or 2 hours 15 minutes with Aroma Stone Therapy

## Mandara Salon Specialties...

The Mandara Salon offers a full complement of services facilitated by hair stylists who are expert in contemporary hair artistry... styling, cutting, coloring, curling... our hairstylists are masters in their field. Please see salon menu for a complete list of hair and nail services.

### **Mandara Frangipani Hair and Scalp Conditioning**

We use rich Frangipani Monoi Oil, legendary for its ritual uses in Tahiti. After cleansing your hair, we massage the scalp with this precious ingredient to ease away stress and give the hair a vibrant, healthful shine. To ensure the full benefits are received, we wrap the hair in a warmed towel. Add this to any hair service.

### **Ultimate Spa Manicure**

The nails are cleaned, filed and buffed before we exfoliate the hands with gentle lime crystals. We then apply a hot towel wrap that delights your senses with citrus infused finishing lotion and a relaxing hand massage, completed with polish of your choice. 30 minutes

### **Ultimate Spa Pedicure**

It's time to fuss over your feet. Indulge them with the Ultimate Spa Pedicure. We dip your feet in a warm ocean of foaming sea soak to invigorate circulation, then we slough away dry skin with a sea scrub and nourish with a Marine Mask. Your feet will feel like they're on cloud nine! 60 minutes



# YSPA *Teen Program...*

## **Gentle Touch Tooth Whitening**

Our Gentle Touch Tooth Whitening treatment is the safest, most effective system available. By using an FDA approved non-toxic gel, your teeth will be visibly whiter after just one session. Other professional tooth whitening systems cost several hundred dollars and use peroxides that damage tooth enamel. With our cost-effective whitening treatment, you will see instant results without harming your teeth. Consultations are free.

It's time for Y, the generation that is coming of age in the dawn of the 21st century. Being a teen is very stressful. So Mandara Spa offers a menu created especially for teen-stress. Dating blues... exam anxiety... just one or two treatments and all worries are forgotten. Don't ask YSPA? Ask YNOT.

## **YCARE FOR YOUR BODY**

### **Heavenly Massage**

Massage away school blues with this 25 minute Aromatherapy back massage. 25 minutes

### **Surfers Scrub**

Whether you prefer surf or turf, this treatment will refresh you after a day of activities. Surrender to this exfoliating treatment for the body and let our mixture of fresh limes, lemon and ginger energize you for the fun ahead. 25 minutes

## **YCARE FOR YOUR FACE**

### **Fabulous Fruity Facial**

This fruity facial uses an organic mixture of fresh fruits. Combined with the power of touch, this facial is deep cleansing, moisturizing and nourishing and quite literally a tasty treat for your skin. 50 minutes

### **Acne Attack Facial**

Spots a problem? Blast them away with our revolutionary oxygen facial. 50 minutes



## Y-CARE FOR YOUR HAIR

### **Beach Babe**

Deep conditioning hair ritual followed by French braid.

### **Stylin' Session**

Funky cut and color after a personalized consultation with your stylist.

## Y-CARE FOR YOUR HANDS & FEET

### **Magical Manicure**

Manicure with or without polish. Upgrade your Magical Manicure with French Polish.

### **Sole Mate**

Pedicure with polish. Upgrade your Sole Mate pedicure with French Polish.

## *Special Services...*

**Pre-Wedding Hair and Make-Up** For the bride and her attendants too, this planning and try-out session provides recommendations for a wedding day style which incorporates hair and make-up perfect for an individual setting. 45 minutes each

**Wedding Day Make-Up And Styling** Let us develop an individual in-spa or on-location service tailored to the needs of you and your wedding party. Prices are based on time and number of persons participating. Ask your Spa Coordinator for details.

**The Gift of Mandara** Gift Certificates are available for all services and spa packages and may be requested by dialing (679) 6751-111. Gift Certificates are packaged in an attractive gift envelope ready for presentation. At your request, we will mail Gift Certificates to the designated recipient at a nominal fee. We will also customize special packages for you.



# Spa Policy...

**Appointments** To make an appointment you may call (679) 6751-111 or for more information go online at [www.mandaraspaspa.com](http://www.mandaraspaspa.com). We accept most major credit cards which is required to hold your reservation. We suggest making appointments in advance. However, we will always do our best to accommodate your requests.

**Cancellation** If you need to cancel a reservation or reschedule one, we require 4 hours notice for individual appointments and packages. Appointments canceled in less than the required time will be billed 100% of published tariff of each service.

**Check-In** Please arrive 30 minutes ahead of your scheduled reservation. This allows time for a leisurely check-in, a change of clothes, and a few moments to relax and enjoy our facilities. To keep the serenity of the spa, we ask that you turn off your cellular phone upon arrival. Please present all Gift Certificates and promotional coupons at check-in.

**Valuables** For the safety of your valuables, we suggest that you leave them in the safe provided in your hotel room. Mandara Spa will not assume any liability for valuables.

**Refunds** You can exchange unopened products within 30 days of purchase if you have a receipt. We cannot exchange any opened products.

**Gratuuity** For exemplary service, gratuity is discretionary.

**Face and Body Treatments** The minimum age required to receive a facial, body treatment or massage is 16 (16 – 18 must be accompanied by an adult in the treatment room). Children under 16 may enjoy salon services when accompanied.

**Mandara Spa**

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