



MANDARA
— SPA —

AT

THE H DUBAI



Packaged Rituals

Ultimate Indulgence

2 hrs 35 mins

AED 1990

With two therapists devoted only to you, this is an exotic, luxurious and unforgettable celebration of indulgence. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.

Pure Indulgence

2 hrs 35 mins

AED 1290

Immerse yourself in the Spa experience with this indulgent treatment package.

Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage ~ Choice of Refresher Facial or Foot Massage.

Luscious & Luminous

1 hr 50 mins

AED 1025

Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses. Aroma Foot Ritual with Elemis product ~ Elemis Exotic Frangipani Body Nourish Wrap, including mini facial ~ Balinese Massage.

Sultry Citrus Body Buff

1 hr 50 mins

AED 1025

Delivered with a refreshing burst of zing, this package gives you the look and feel of healthy, radiant skin and a mood to match. Aroma Foot Ritual with Elemis product ~ Elemis Exotic Lime & Ginger Salt Glow, including mini facial ~ Balinese Massage.

Dream Weaver

1 hr 55 mins

AED 890

Head to toe indulgence for radiant skin and a dream-like sense of overall well-being. Aroma Reflex Foot Ritual ~ Balinese Massage ~ Pure Nature Facial.

Spa Discovery

1 hr 35 mins

AED 690

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

Elemis Face

These superior and advanced face treatments begin with an Aroma Foot Ritual. Whatever your choice, our philosophy is to provide you with an exceptional and memorable spa experience, languidly paced and sublimely indulgent.

Elemis Pro-Collagen Quartz Lift Facial

1 hr 30 mins

AED 725

Anti-wrinkle facial with proven results

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just 1 treatment*. Specialised lifting massage, combined with proven marine extract, Padina Pavonica, helps re-energise cell communication and rejuvenate skin.

Elemis Tri-Enzyme Resurfacing Facial

1 hr 15 mins

AED 725

Peel away the years for smoother, renewed skin.

Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment*. Pioneering precision layering of Tri-Enzyme serums, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger-looking skin

Elemis Visible Brilliance Facial

1 hr 30 mins

AED 675

Revives dull, slackened skin, restoring radiance.

Perfect pre-occasion treatment. Moisturisation levels are clinically proven to increase by up to 61% and elasticity by 40% after just 1 treatment*. Specialised micro-circulatory massage, combined with a 2-phase amino active mask, helps smooth, firm, plump and restore radiance.

Elemis Skin IQ+ Facial for Men

1 hr 30 mins

AED 675

Anti-ageing booster for tired, stressed and dehydrated skin.

The ultimate skin overhaul for maximum anti-ageing results. Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a hectic lifestyle and environmental stressors.

**Independent clinical trials.*





Elemis Body

** indicates inclusion of Aroma Foot Ritual.*

Elemis Cellutox Aroma Spa Ocean Wrap*

1 hr 30 mins

AED 715

A deeply detoxifying blend to decongest and stimulate the system.

Let thoughts drift away whilst cocooned in a comforting wrap of rich marine algae and detoxifying Juniper and Lemon. Enjoy a facial massage and de-stress scalp treatment or soothing foot massage. Helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

Elemis Body Sculpting Cellulite and Colon Therapy*

1 hr 15 mins

AED 650

Redefine and smooth your silhouette.

ELEMIS' clinically proven Body Sculpting System is combined with a detoxifying Birch and Fennel peel-off body mask. Specialist abdominal, hip and thigh drainage massage techniques help with colon cleansing to smooth the appearance of cellulite, boost circulation and reduce fluid retention. Skin is firmer and smoother to touch.

Elemis Nurturing Massage for Mother-to-Be

1 hr 15 mins

AED 475

Massage for each stage of pregnancy.

Award-winning therapy that's good for you and your baby from the first trimester. Performed on the unique ELEMIS beanbag for ultimate safety, comfort and relaxation, this unique therapy helps relieve back tension, swollen hands and feet. Eases the mind and lifts the spirits.

Recommended: 1 treatment every 2 weeks in 1st/2nd trimester. 1 treatment every week in 3rd trimester.

Elemis Exotic Lime & Ginger Salt Glow

30 mins

AED 320

Invigorating deep cleanse.

Feel your senses lifted and your body invigorated by the sublime Exotic Lime and Ginger Salt Glow infused with skin enriching Japanese Camellia Oil Blend. After light body brushing, warm oil is drizzled luxuriously over the body. Skin is deeply cleansed, leaving it silky-smooth and glowing.



Face Ritual

Our Face Ritual begins with a relaxing and cleansing Aroma Reflex Foot Ritual.

Pure Nature Facial

1 hr 05 mins

AED 460

Mandara Spa's signature facial is rich in enzymes that can peel away dead skin, antioxidant vitamins to protect and treat the cells from environmental (and self-induced!) pollutants and natural oils for deep nourishment. We use only natural ingredients with no harmful preservatives or additives. There are three options for different skin types, relying on nature's life-force to restore the equilibrium and deliver a vitamin and mineral burst to your skin.

- **Preserve** - a cleansing and rejuvenating facial for normal skin.
- **Renew** - a fruit acid facial for treating environmentally damaged skin.
- **Enrich** - a nourishing facial for dry or mature skin.

Body of Mandara

Traditional Body Scrub

45 mins

AED 325

Select your choice of body scrubs; Soothing Coconut, Bali Coffee, Javanese Lulur or Balinese Boreh.

Massage Rituals

The following massage rituals go that extra step with indulgent touches and the luxury of time. Every massage over 50 minutes begins with an Aroma Reflex Foot Ritual, a symbolic cleanse to wash away the world and a divine foot massage to prepare you for total relaxation.

Couples Balinese Massage

1 hr 35 mins or 1 hr 05 mins

AED1050 / 875

Align your heart with your partner in our couples' suite as you enjoy the Balinese Massage; used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling, palm and thumb pressure techniques to relieve the tension, improve blood flow, and ease stress. It can also assist in lymphatic, muscular and nervous systems. Come together, enjoy and relax together.

Mandara Massage

1 hr 35 mins, 1 hr 05 mins

AED 1050 / 775

Not to be missed, never to be forgotten. Our signature massage, performed by two therapists working together, is a unique blend of five different massage styles – Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

Royal Thai Massage

1 hr 45 mins

AED 700

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

Shiro Dhara

1 hr 35 mins

AED 600

This oil flow treatment aims to clear the mind and encourage deep relaxation acting as a gateway to total rejuvenation. It begins with an Abhyanga Massage, Ayurveda's principal healing tool and the mother of all massages. Next, for 20 minutes, a gentle flow of aromatic oil is poured onto the third eye on your forehead. An uplifting and inspiring experience.

Balinese Massage

1 hr 35 mins, 1 hr 05 mins or 50 mins

AED 550 / 460 / 400

Our most relaxing massage, harnessing the therapeutic properties of 100% pure essential oils. Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. It can also help to improve the circulatory, lymphatic, muscular and nervous systems. For jetlag recovery, choose our Tranquility massage oil blend.

Muscle Ease Massage

1 hr 35 mins, 1 hr 05 mins or 50 mins

AED 550 / 460 / 400

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.



Warm Stone Massage

1 hr 05 mins

AED 550

The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Simultaneously, rocks are placed on the body's various energy points to encourage the body's healing potential.

Fancy Foot-work

1 hr 05 mins

AED 525

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.

Jet Lag Massage

50 mins or 30 mins

AED 410 / 300

This is a delightful therapy to soothe your body after a long journey. It balances the body system by using selected oils that enhances the blood circulation, eases muscular pain and relaxes the muscles of the shoulder, back, neck, feet and ends with calming head massage.

Express Massage

30 mins

AED 290

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.

Absolute Escapes

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

For more information and reservations, please contact the Spa reception.

Open 10am to 10pm and on request.



Spa Basics

Should I reserve my treatments?

Yes, either phone or visit the spa to book a reservation at your earliest convenience so we may accommodate your schedule.

When should I arrive?

Please arrive at the Spa 30 minutes before the scheduled time, to check-in, change and enjoy the wet and heated facilities in preparation of your treatment.

What if I have special health considerations?

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, let us know.

What do I wear during my treatment?

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

What about my valuables?

We strongly recommend that you do not bring valuables to the spa. The management will not assume any liability for personal items.

What if I'm late for my appointment?

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

What if I need to cancel a spa reservation?

The treatments you select are reserved especially for you. Guests will be charged 50% for treatments not cancelled six hours in advance.

What about payment for spa services?

You may pay in cash or charge spa services to your hotel bill. We also accept all major credit cards (Visa, AmEx, MC, Diners).



THE LEADING HOTELS
OF THE WORLD®



The H Dubai

One Sheikh Zayed Road, P.O. Box 125511, Dubai, United Arab Emirates

Tel: +971 4 501 8270 Fax: +971 4 501 8899

Email: spa@h-hotel.com Website: www.h-hotel.com