



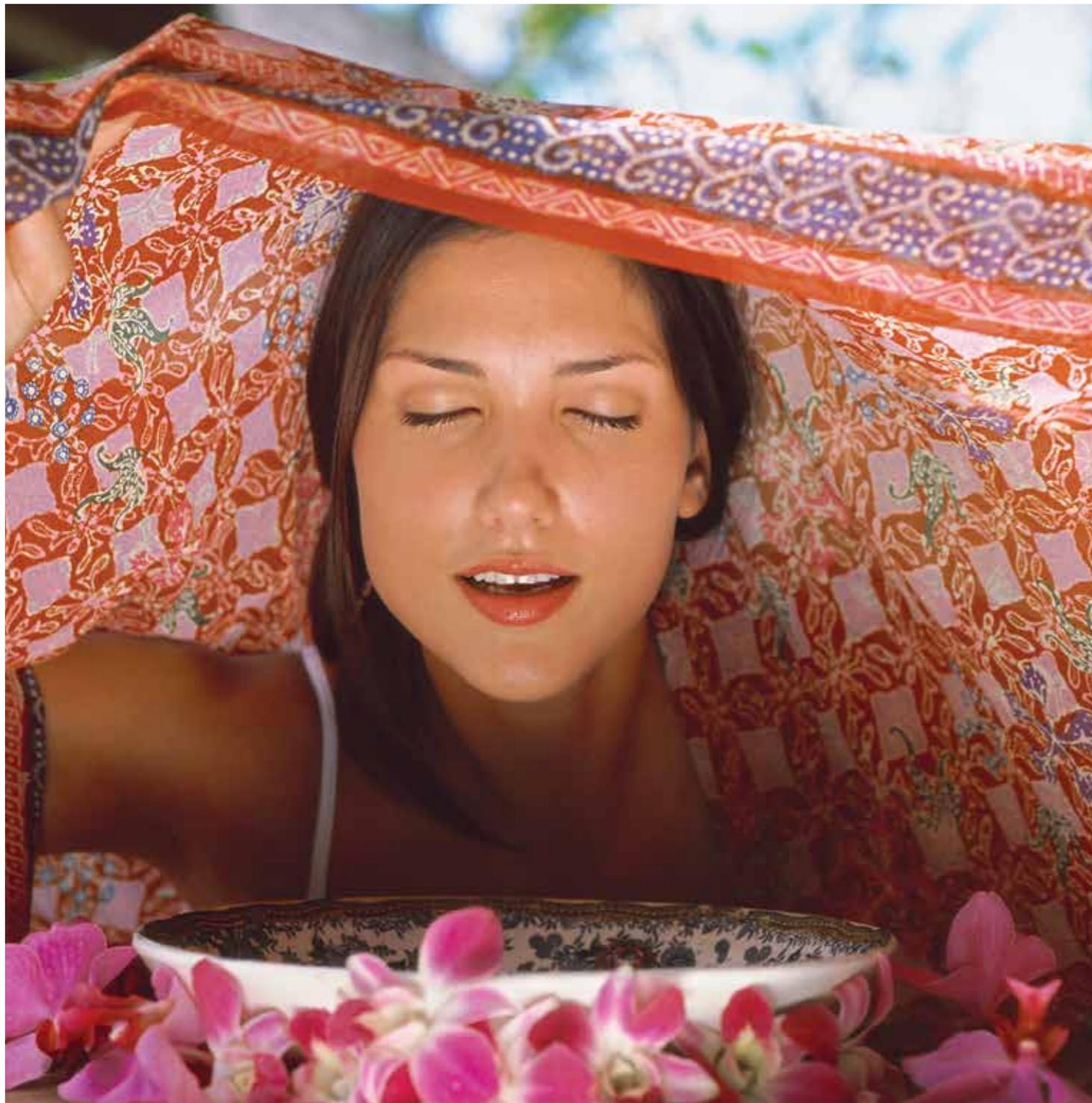
MANDARA
— SPA —

AT THE H DUBAI



MANDARA
— SPA. —

Transcend. Transform. Trust the moment.



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



Beautiful, tranquil and intimate.

Mandara Spa at The H Dubai is a luxurious urban retreat. Our specially appointed Spa Suites for both ladies and gentlemen are designed with luxury and privacy in mind. Thai Massage is performed in traditional style on the floor in our Thai Room. The Spa also features separate Female and Male relaxation rooms and hydro facilities including steam, sauna and jacuzzi providing you with the ultimate Spa journey. The exotic aromas of spices and pure essential oils, and the gentle sounds of soothing music, will bathe your senses and lull you into a state of relaxed bliss. The ideal place for reflection, inspiration and sublime indulgence.

Our Spa Menu offers a range of treatments, incorporating the wisdom and traditions of ancient cultures and the latest Spa science from ELEMIS Spa-therapy.

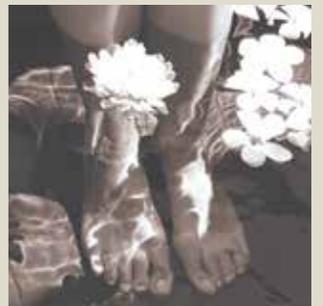
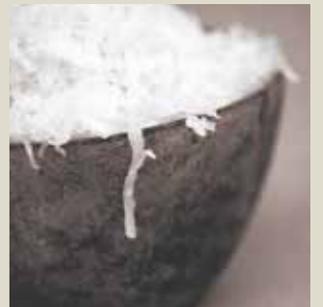
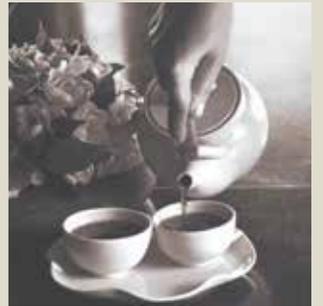
All treatments have been thoughtfully created to provide a sensory adventure and an uplifting escape. For the ultimate spa experience, try one of our deluxe combination packages.

Exclusive products, adapted from traditional beauty recipes, capture the healing and nourishing essence of nature. Using the finest and freshest ingredients, they are nutrient rich and lusciously aromatic. Just like food for your skin.

Our Balinese Therapists will enrich your spa experience with warm and gracious hospitality and unpretentious charm. Their innate sense of touch, their gentle, open hearts and a genuine desire to make your visit exceptional transforms any treatment into a ceremony of indulgence.

An unforgettable experience awaits you.

If you wish to take the feeling home, visit our Boutique to view the beautiful range of spa products and accessories, or give the gift of time with an exclusive Spa Gift Certificate. A wonderful way to remember your visit and great gift ideas for friends and family.





Packaged Rituals

Ultimate Indulgence

2 hrs 35 mins

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 ~ ELEMIS Taster Facial ~ Foot Massage.

Pure Indulgence

2 hrs 35 mins

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.



Frangipani Body Glow

2 hrs

Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous ELEMIS Intensely Cleansing Salt Scrub ~ Frangipani, massaged into the skin to slough away dryness ~ shower ~ embalm the body with ELEMIS Frangipani Monoi Body Oil ~ receive a relaxing mini facial whilst wrapped in the fragrant cocoon ~ Balinese Massage.

Sultry Citrus Body Buff

2 hrs 05 mins

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 Reflex Foot Ritual ~ ELEMIS Intensely Cleansing Salt Scrub ~ Lime and Ginger, including mini facial ~ ELEMIS Specialty Bath ~ Balinese Massage.



Dream Weaver

1 hr 55 mins

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

Age-old tradition combines with 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 Reflex 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 Age Defy

1 hr 15 mins

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS Dynamic Resurfacing Precision Peel

1 hr 15 mins

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS Superfood Pro-Radiance

1 hr 15 mins

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

ELEMIS High Performance Skin Energiser for Men

1 hr 15 mins

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

**Independent clinical trials*

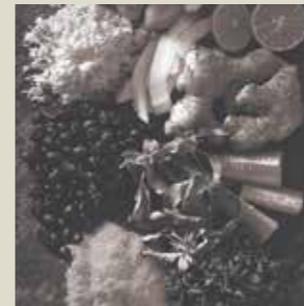
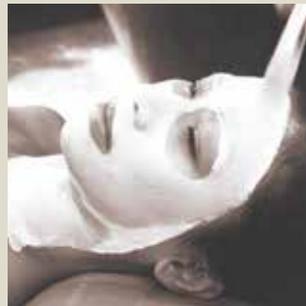
ELEMIS Body

ELEMIS Targeted Toning Tightener

1 hr 45 mins** (Full body)

A powerful blend of massage and detoxification clay for targeted toning and tightening on hips, thighs, abdomen and back of arms. Clinically proven* to reduce the appearance of cellulite after just one treatment.

**Independent clinical trials.*



ELEMIS Thousand Flower Detox Wrap

1 hr 15 mins**

This nutrient-rich detox wrap uses the deeply nourishing Green Tea balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave your feeling completely reinvigorated.

ELEMIS Peaceful Pregnancy Massage

1 hr 15 mins

Performed as a side lying massage using pillows for ultimate comfort, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger

30 mins

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

*** Includes 15-minute Aroma Reflex Foot Ritual*

Face Ritual

Facial will begin with an Aroma Reflex Foot Ritual.

Pure Nature Facial

1 hr 05 mins

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

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

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. Enjoy and relax together, side by side.

Mandara Massage

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

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

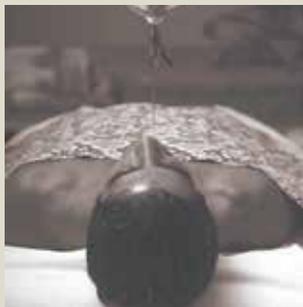
1 hr 45 mins

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

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.



Warm Stone Massage

1 hr 05 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. Simultaneously, rocks are placed on the body's various energy points to encourage the body's healing potential.

Balinese Massage

1 hr 35 mins or 1 hr 05 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. For jetlag recovery, choose our Tranquility massage oil blend.

Muscle Ease Massage

1 hr 35 mins or 1 hr 05 mins or 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

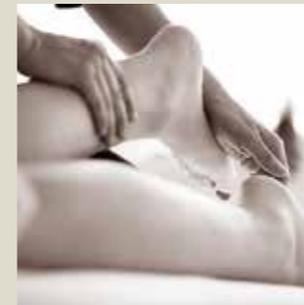
1 hr 05 mins

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

30 mins

For those of you on a tight schedule, this short but effective massage will help to relieve tension and stress, allowing you to return to your day feeling relaxed and revitalised. It focuses on the shoulders, back and neck to loosen and relax the muscles that carry the stress of everyday living. Firm pressure helps to ease any muscle stress from exercise or repetitive activities.





Natura Bissé

Live an experience in which we promise you surprises, discoveries and unforgettable moments. Join us for an exclusive and unparalleled adventure.

Natura Bissé – Facials

Exceptional facial treatments of 60 to 90 minutes especially designed to treat any skin need or condition. All skin types, hyper pigmented skin, dull skin and sensitized skin- will find the right protocol to restore all their beauty and radiance.

Diamond Experience Life Infusion Facial

1 hr 30 mins

Renews · Firms · Revitalizes

Preserves the youth of skin and slows the aging process. Visibly diminishes fine lines and wrinkles and restores a youthful energy to every level of the skin. Dramatically reverses premature aging while increasing firmness and elasticity.

Cure Detox Facial

1 hr 15 mins

Detoxifies · Restores · Hydrates

A true antidote against the ravaging effects our modern lifestyle has on our skin. This deep cleansing facial includes an innovative enzymatic detox and as well as steam to open and purify pores as well as a meticulous extraction process, revealing extraordinarily soft, radiant skin.

Oxygenating Facial

1 hr

Purifies · Brightens · Balances

This essential exfoliating and invigorating treatment reenergizes cellular function and reveals perfectly hydrated skin. The revitalizing power of pure oxygen will decongest and brighten a dull complexion restoring clarity and a healthy glow.

Natura Bissé – Massage

Discover the new body treatments by Natura Bissé with pioneering innovative concepts and revolutionary ingredients to provide an exquisite experience and astounding results.

Diamond Experience Rose Massage

1 hr 30 mins or 1 hr

Restores · Nourishes · Relaxes

Take a journey through an unprecedented sensory experience. Enjoy a smoothing and nourishing body exfoliation followed by a regenerating massage with the exquisite absolute Damask rose oil that will transport you to a complete state of relaxation and well-being.

Lomi Juma Massage

1 hr 30 mins or 1 hr

Energizes · Balances · Soothes

Restore your inner balance with a fusion of massages inspired by different techniques. This protocol improves microcirculation, unblocks your joints and relaxes your muscles, while restoring your physical and mental well-being.





Oxygen Perfecting Body Massage

1 hr 30 mins or 1 hr

Purifies · Hydrates · Revitalizes

Rich in macronutrients to provide an intensely nourishing, firming and rejuvenating effect. Helps prevent fluid retention, eliminate toxins and reduce cellulite.

Natura Bissé – Others

Essential Eyes

30 mins

De-puffs · Decongest · Nourishes

Infuse your skin with all the benefits of marine algae. A treatment that relieves puffiness and dehydration around the eye contour area with a cocktail that includes draining, nourishing and decongesting ingredients.

Bamboo Scrub

30 mins

Exfoliates · Stimulates · Softens

Nourishes and hydrates the skin with essential elements of bamboo microfibers and essential oils.



Natura Bissé – Package

Exceptional Spa Packages from 2 hrs 30mins to 3 hrs. Rejuvenate the health and beauty of your skin. The Natura Bissé packages are created to relax and soothe, treat, hydrate and reveal glowing skin.

Diamond Experience Package

3 hrs

Diamond Experience Rose Massage

Restores · Nourishes · Relaxes

Take a journey through an unprecedented sensory experience. Enjoy a smoothing and nourishing body exfoliation followed by a regenerating massage with the exquisite absolute Damask rose oil that will transport you to a complete state of relaxation and well-being.

Diamond Experience Life Infusion Facial

Renews · Firms · Revitalizes

Preserves the youth of skin and slows the aging process. Visibly diminishes fine lines and wrinkles and restores a youthful energy to every level of the skin. Dramatically reverses premature aging while increasing firmness and elasticity.

Cure Detox Package

2 hrs 45 mins

Bamboo Scrub

Exfoliates · Stimulates · Softens

Nourishes and hydrates the skin with essential elements of bamboo microfibers and essential oils.



Lomi Juma Massage

Energizes · Balances · Soothes

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Cure Detox Facial

Detoxifies · Restores · Hydrates

A true antidote against the ravaging effects our modern lifestyle has on our skin. This deep cleansing facial includes an innovative enzymatic detox and as well as steam to open and purify pores as well as a meticulous extraction process, revealing extraordinarily soft, radiant skin.

Oxygenating Relax Package

2 hrs 30 mins

Bamboo Scrub

Exfoliates · Stimulates · Softens

Nourishes and hydrates the skin with essential elements of bamboo microfibers and essential oils.

Oxygen perfecting Body Massage

Purifies · Hydrates · Revitalizes

Rich in macronutrients to provide an intensely nourishing, firming and rejuvenating effect. Helps prevent fluid retention, eliminate toxins and reduce cellulite.

Oxygenating Facial

Purifies · Brightens · Balances

This essential exfoliating and invigorating treatment reenergizes cellular function and reveals perfectly hydrated skin. The revitalizing power of pure oxygen will decongest and brighten a dull complexion restoring clarity and a healthy glow.

Les Sens De Marrakech Treatments

From the intricate hand crafted and distinctive artisan packaging to effective traditional concoctions and time tested bespoke rituals, Les Sens de Marrakech offers a delightful ancestral voyage with a modern twist.

Argan Body Scrub and Arabesque Massage

1 hr 30 mins

A sublime Arabian rejuvenating experience that comprises deep body exfoliation with an infusion of refined argania nut shells, Mango Butter and Shea butter, and a deep tissue massage. The Exfoliating cream- removes dead cell and impurities, revealing brighter, soft and moisturised skin. Then you end with the Arabesque massage- with your choice of Aromatic Mandarin or Amber & Musk sensual oil. This Unique massage, where by the use of a herbal hot compress with the aromatic cooling effect of the Nana Mint and the timija mint, together with the skilful hands of therapists, energizes the body and refreshes the soul and the spirit.

Arabesque Massage

1 hr 30 mins or 1 hr

Asia meets Arabia with our Arabesque Signature ritual. Indulge in a full body massage using your choice from eight Le Sens de Marrakech Sensual Oils; Jasmine, Verbena, Orange Blossom, Amber & Musk, Rose & Sandal, Patchouli, Aromatic Mandarin or Sahraoui for men; combined with the intuitive hands of the therapist, a warm herbal compress to offer a truly authentic Arabian experience!



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?

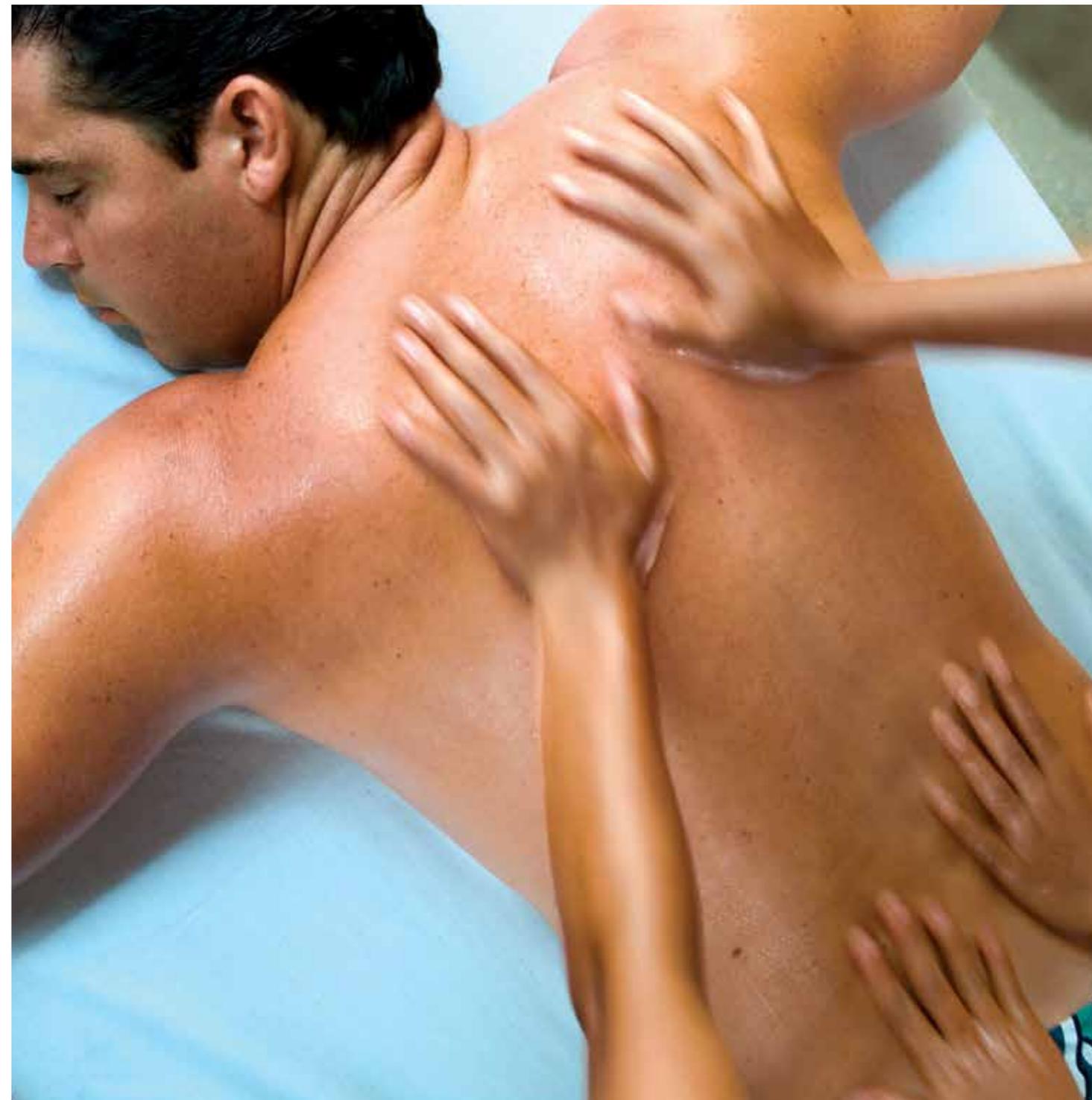
Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

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).



A photograph of a spa treatment room. A white massage table is the central focus, with a person in a white uniform standing at the head of the table. The room has a clean, minimalist aesthetic with white walls and a white ceiling. The lighting is soft and even.


MANDARA
— SPA —
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An unforgettable experience awaits you...



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MANDARA
— SPA —

Packaged Rituals

Ultimate Indulgence	2 hrs 35 mins	AED 2145
Pure Indulgence	2 hrs 35 mins	AED 1390
Frangipani Body Glow	2 hrs	AED 1160
Sultry Citrus Body Buff	2 hrs 05 mins	AED 1105
Dream Weaver	1 hr 55 mins	AED 960
Spa Discovery	1 hr 35 mins	AED 745

ELEMIS Face

ELEMIS Pro-Collagen Age Defy	1 hr 15 mins**	AED 780
ELEMIS Dynamic Resurfacing Precision Peel	1 hr 15 mins**	AED 780
ELEMIS Superfood Pro-Radiance	1 hr 15 mins**	AED 730
ELEMIS High Performance Skin Energiser for Men	1 hr 15 mins**	AED 730

ELEMIS Body

ELEMIS Targeted Toning Tightener	1 hr 45 mins**	AED 700
ELEMIS Thousand flower Detox Wrap	1 hr 15 mins**	AED 635
ELEMIS Peaceful Pregnancy Massage	1 hr 15 mins	AED 510
ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger	30 mins	AED 345

Face Ritual

Pure Nature Facial	1 hr 05 mins	AED 495
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Body of Mandara

Traditional Body Scrub	45 mins	AED 350
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Massage Rituals

Couples Balinese Massage	1 hr 35 mins or 1 hr 05 mins	AED 1130 / 945
Mandara Massage	1 hr 35 mins or 1 hr 05 mins or 50 mins	AED 1130 / 835 / 755
Royal Thai Massage	1 hr 45 mins	AED 755
Shiro Dhara	1 hr 35 mins	AED 645
Warm Stone Massage	1 hr 05 mins	AED 595
Balinese Massage	1 hr 35 mins or 1 hr 05 mins or 50 mins	AED 590 / 495 / 430
Muscle Ease Massage	1 hr 35 mins or 1 hr 05 mins or 50 mins	AED 590 / 495 / 430
Fancy Foot-work	1 hr 05 mins	AED 565
Express Massage	30 mins	AED 310

Natura Bissé Facial

Diamond Experience Life Infusion Facial	1 hr 30 mins	AED 1510
Cure Detox Facial	1 hr 15 mins	AED 860
Oxygenating Facial	1 hr	AED 755

Natura Bissé Massage

Diamond Experience Rose Massage	1 hr 30 mins or 1 hr	AED 860 / 645
Lomi Juma Massage	1 hr 30 mins or 1 hr	AED 725 / 540
Oxygen Perfecting Body Massage	1 hr 30 mins or 1 hr	AED 725 / 540

Natura Bissé- Others

Essential Eyes	30 mins	AED 350
Bamboo Scrub	30 mins	AED 350

Natura Bissé- Packages

Diamond Experience Package	3 hrs	AED 2025
Cure Detox Package	2 hrs 45 mins	AED 1510
Oxygenating Relax Package	2 hrs 30 mins	AED 1400

Les Sens de Marrakech

Arabesque Massage with Scrub	1 hr 30 mins	AED 755
Arabesque Massage	1 hr 30 mins or 1 hr	AED 755 / 540

*Treatments exclude Aroma Reflex Foot Ritual

Gift Vouchers and retail products can be purchased at the Spa Reception. Please contact Spa Reception for shorter treatments and Special Promotions. All prices are quoted in AED and inclusive of 10% Service Charge, 10% Municipality Fees and 5% VAT.

THE H DUBAI

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