



MANDARA
— SPA —

Sofitel Fiji
Resort and Spa



Your body is a temple. Treat it as such.

It's true. A single moment spent in joy colors all the moments that follow. At Mandara Spa at Sofitel Fiji Resort and Spa, while our therapists and aestheticians bestow their expert touch upon your physical body, its effect resonates to the core of your being. Much can happen in a Mandara moment. *What are you waiting for?*

Our Story

Mandara had its beginnings on the spiritual island of Bali, where bougainvilleas border the narrow streets and the pace of life meanders like a gentle flowing river. It was here that we discovered the reverence for the healing arts, especially massage and aromatherapy, which are so deeply entwined within the culture that they have become part of the Balinese way of life.

Mandara has traveled far from its roots while still maintaining a strong connection. Today we offer Balinese-inspired services in luxury resorts that stretch from the South Pacific Islands to the Far East and across the Americas to the Caribbean.

The name Mandara is Sanskrit and comes from an ancient legend about the gods' quest to find the secret to eternal youth and beauty. **In a Mandara moment, you may just discover it yourself.**

Transcend. Transform. Trust the Moment.



Not sure what to choose? Throughout the brochure, our most well-loved services are denoted with the Mandara symbol.



Spa Villa Experience

You can choose to upgrade your experience by enjoying your treatments in a spa villa. Within your luxury villa, each treatment begins with a Floral Wash Ritual to symbolically cleanse life's stresses and tensions, preparing you for total relaxation. Each villa is equipped with a waterfall shower and a private Hydrotherapy Jacuzzi tub for one of our signature bathing rituals below and includes thirty minutes of 'My Time' to enjoy the villa on your own while you enjoy a Tea Ceremony with a selection of fresh fruit.

Choose your bathing ritual from the following selections: find your yourself anew, while you bathe in moment of perfect serenity, a place within where your untapped brilliance exists waiting to emerge with your awareness. Spa Villa Upgrade 60 minutes

Island Romance

Includes Fresh Tropical Flower Selection, Candles, Aromatherapy Oils, Wild Lavender Shower and Exotic Island Flower Body Balm.

Ocean Detox

Includes Cellutox Herbal Bath Synergy, Devils Mint Body Scrub, Sharp Shower, and Cellutox Active Body Concentrate.

Milk and Honey

Includes Skin Nourishing Milk Bath, Fresh Honey, Wild Lavender Shower, Devils Mint Body Scrub, and Vitamin-Rich Body Lotion.

Muscle Warming Bath

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



Face

Elemis Pro-Collagen Quartz Lift Facial

This anti-wrinkle facial is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just one treatment*. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energize cell communication, while Laminaria Digitata and Red Coral optimizes cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance. 60 minutes **Independent Clinical Trials 2007*

Elemis Tri-Enzyme Resurfacing Facial

This ground breaking anti-aging facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just one treatment, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin. Pioneering the precision layering of three targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion. 60 minutes

**Independent Clinical Trials 2006*

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 helping to reduce dark circles. Moisture levels of the skin are proven to increase by up to 61% and elasticity by 40% after just one treatment*. Specialized micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance. This amazing treatment is further enhanced by a luxurious hand, arm and scalp massage. 60 minutes **Independent Clinical Trials 2004*

Elemis Skin Specific Facial

A deep cleansing, active aromatherapy facial for men and women. This facial combines the power of premium grade essential oils to help de-stress and oxygenate the skin cells. Choose from: Herbal Lavender Repair to help heal and balance combination skin types, Exotic Moisture Dew for dry, dehydrated skin and Fruit Active Glow to revive dull, lifeless complexions. 60 minutes

Elemis Skin IQ for Men Facial

Helping to calm irritation and minimize the signs of aging, this facial is the ultimate overhaul for male skin. Incorporating the NEW Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-aging treatment protects against the harsh effects of shaving and environmental damage. 60 minutes

Elemis Urban Cleanse for Men Facial

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. 60 minutes

Massage

When you enjoy a massage, you are participating in an ancient healing practice that has been used for centuries all over the world. It is our oldest form of healthcare.

Mandara Four Hand Massage

This is Mandara Spa's signature treatment. Two therapists working on you simultaneously in synchronicity – and serene silence. The ultimate indulgence! 50 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 is used to induce deep relaxation while improving circulation to give the skin a radiant glow. 50 or 80 minutes

Mandara Balinese Body Polish with Massage

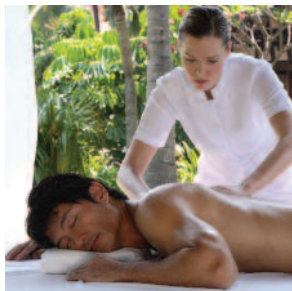
Experience the exfoliating benefits of Mandara's natural ingredients from Bali. Your skin will be polished and smoothed to a glow and completed with an application of an exotic conditioner to moisturize the skin. Choose from: Coffee, Lime & Ginger, and Balinese Boreh. Includes a 25 or 50 minute massage. 50 minutes/75 minutes

Mandara Deep Tissue 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 or 80 minutes

🌿 Mandara Hot Stone Therapy

In Bali it is believed that "batu" stones are filled with the 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. 50 or 75 minutes



Swedish Massage

This classical European technique of manipulating muscles with aromatic massage oils is both relaxing and invigorating. While providing tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems. 50 or 80 minutes

Balinese Massage

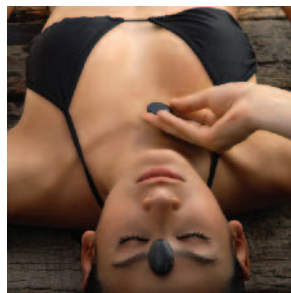
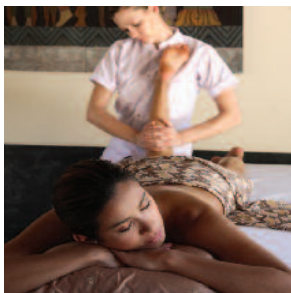
A choreographed massage using a combination of aromatherapy, acupressure, pressure point and traditional Balinese massage techniques. For those who have trouble relaxing, this is a must! 50 minutes

Nurturing Massage for Mother-to-Be

The nine-month journey of nurturing is a special time, connecting with the mother through the power of touch, working with two heartbeats as one. Tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialized positioning is used to ensure the ultimate in comfort and relaxation. 50 minutes

Couples Massage

Indulge in a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a full body massage side by side and then relax in your private Hydrotherapy Jacuzzi tub for an additional 25 minutes. 80 minutes



Massage Indulgences

Fancy some extra pampering? Choose from the following delights to add to your treatment.

Bathing Rituals

Add a 25-minute luxurious bathing experience to any massage or body treatment.

Hot Stone Therapy

We use the vitality and energy of heated stones to soothe away stress and relieve muscular tension, aches and pains.

Conditioning Foot Treatment

An indulgent treat for the feet that rejuvenates and revitalizes.

Frangipani Nourishing Hair and Scalp Treatment

Restores luster to the hair and scalp and promises unadulterated relaxation.

Prolong-the-Bliss

50 or 80 minutes just not enough for you? Add a 30-minute segment to your massage to prolong the bliss a little longer.

Mandara Balinese Body Polish

Add a 25-minute exotic Body Polish to any treatment.

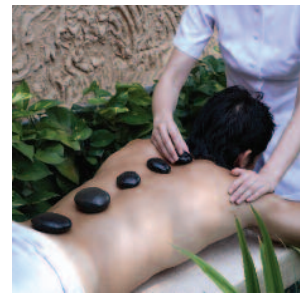
Mandara to go

In-Suite Massage

Let us bring the spa to you. Allow the power of touch combined with the healing qualities of Aromatherapy relax your mind, body and soul in the comfort of your room.

Oceanside Massage

Under the shade of coconut palms, overlooking the spectacular views of the Mamanuca Islands, rests an idyllic setting for the perfect massage in paradise. Couples may also experience their massage together while listening to the soothing sound of ocean waves.



Body Therapy

We use the healing power of plants, flowers and roots combined with expert touch to nourish your body and increase energy.

◆ **Elemis Aroma Spa Seaweed Massage**

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 essential oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away and relax with a scalp massage and foot massage while the active ingredients work to detoxify, decongest and stimulate your body systems. Then we follow with a full body massage focusing on the main areas of tension. Choose from Cellutox for detoxification and Musclease to help relieve sore joints and muscular tension. Wrap with a 50 minute massage / 100 minutes or wrap with a 25 minute back massage / 75 minutes

Elemis Body Sculpting Cellulite and Colon Therapy

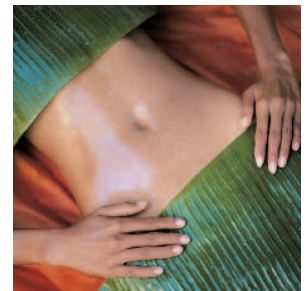
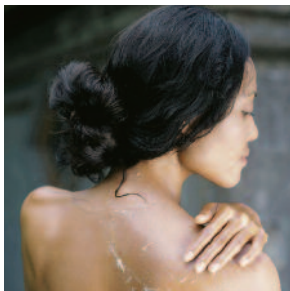
Elemis has developed a clinically proven body sculpting treatment that targets cellulite, helps to reduce fluid retention, firm and tones the body. This treatment includes an abdominal massage that will cleanse the body from the inside-out, and a relaxing scalp massage. It also contains a special fennel mask to firm and tone the hip and thigh area. 60 minutes

Elemis Exotic Coconut Rub and Milk Ritual Wrap

A traditional Balinese recipe with Coconut, Mungbean, Spices and Lavender polishes the skin while the sensation of warmed Monoi Oil and Milk Bath being drizzled over your body is simply divine. The natural ingredients work to heal while you enjoy a relaxing scalp massage. Includes a 25 or 50-minute massage

Elemis Exotic Frangipani Body Nourish Wrap

Inspired by a Tahitian recipe, this wrap blends fragrant Coconut and Frangipani Flowers to produce Monoi Oil, a scented oil traditionally used by Polynesian women to protect and condition their bodies from environmental stressors. We anoint your body with this warm, rich and creamy formula before you are cocooned in a comforting wrap while you enjoy a conditioning scalp massage. Includes a 25 or 50-minute massage



Mandara Rituals

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

Sunrise Awakening

Experience revitalization through the Mandara Balinese Body Polish and a traditional Fijian Bobo Massage. Rejuvenate your skin with an Elemis Visible Brilliance Facial. Add a Classic Manicure and Pedicure for a complete spa ritual experience. 2 hours 30 minutes.
With a Classic Manicure and Pedicure. 4 hours

Nirvana...Bliss for a Day

Bask in the pleasures of a Fijian Bobo Massage, then emerge radiant from your anti-aging Elemis Pro-Collagen Quartz Lifting Facial, followed by a luxurious and pampering Mandara Hand and Foot Ritual. Treat yourself to a shampoo and blow dry hair styling and personalized make-up application. Leave feeling refreshed and beautiful all over. 5 hours 30 minutes

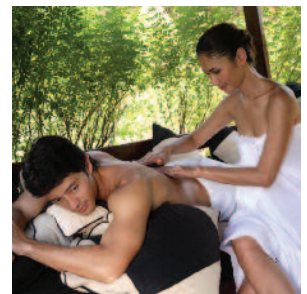
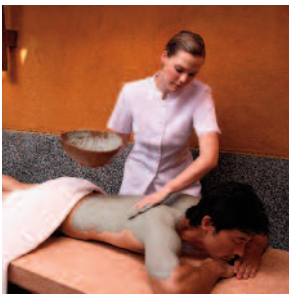
Couples Retreat Ritual

Indulge in a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a full body massage side by side and then relax in your private Hydrotherapy Jacuzzi tub for an additional 25 minutes. The finale...a facial elixir, for her the Elemis Visible Brilliance and for him the Elemis Urban Cleanse for Men. 2 hours 25 minutes

Men's Spa Escape

Men can enjoy revitalizing spa skin and body care without the fuss, starting with a Mandara Deep Tissue Massage for pure relaxation and de-stress followed by a Elemis Urban Cleanse for Men Facial for skin cleansing and exfoliation. Upgrade to the Men's Sports Manicure and Pedicure for the ultimate spa experience. 2 hours

All packages include a luxurious take-home spa gift.





Beauty Salon

Shining hair and groomed hands and feet are a reflection of your inner health and beauty.

Hair

The Mandara Salon offers a full complement of services facilitated by expert hair stylists in contemporary hair artistry... styling, cutting, coloring, curling... our hair stylists are masters in their field. Please see our price list for a complete list of the salon services we offer.

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 warm towel. Add this to any hair service.

Hands and Feet

Your hands touch and hold. Your feet take you to new places. Treat them well. We have a full list of nail services which can be found in our price list, as well as the following indulgences:

Mandara Ritual for the Hands and Feet

What could be more sumptuous than having both your hands and feet treated with heavenly indulgence? In this ritual they will enjoy an invigorating cleansing, exfoliation and massage, followed by a traditional manicure, pedicure and polish!

Mandara Hand Ritual

Redefine the hands of time with this Anti-Aging treatment to soothe dry, chapped hands and nails. The nails are cleaned, filed and buffed before we exfoliate the hands with lime infused crystals. We then apply a hot towel wrap and delight your senses with a luxurious finishing lotion and a relaxing hand massage, completed with a polish of your choice.

Mandara Foot Ritual

A total sensory experience for your feet. We dip your feet in a warm ocean of foaming sea soak to invigorate circulation, then slough away dry skin with a sea scrub and nourish with a moisturizing mask. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin. Your feet will feel like they're on cloud nine!

Make Up Artistry

Sometimes having someone do your make-up offers you a fresh perspective and gives you new ideas for enhancing your best features. Services provided include application, lessons, eyebrow shaping and tinting, and pre-wedding hair and make-up consultations.



Special Services

Wedding Day Make-Up and Styling

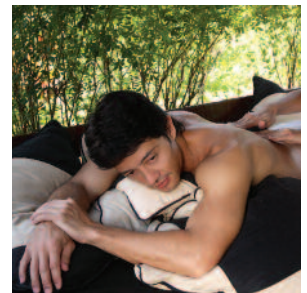
Let us develop an individual service tailored to the needs of you and your wedding party. Prices are based on time and number of persons participating. Ask your Spa Group Coordinator for details.

The Gift of Mandara

Gift Certificates are available for all services and spa packages and may be requested by dialing 74370 from a hotel phone. If you are calling from outside the hotel complex dial (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 Group Events

If you are bringing a group to stay at the Sofitel Fiji Resort & Spa, don't forget to pre-plan spa arrangements for your guests. Our Group Coordinator will be happy to ensure your spa appointments are scheduled, and that you and your group are indulged completely. Please call us at (679) 6751-111 to find out about our group programs.





Spa Tips

Appointments To make an appointment you may call our spa directly from a hotel phone by dialing (679) 6751-111 or for more information go online at www.mandaraspaspa.com. We accept most major credit cards which are required to hold your reservation. We suggest making appointments in advance. However, we will always do our best to accommodate your requests.

Treatment Times 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. 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 valuables, we suggest that you leave them in the safe provided in your hotel room. Mandara Spa will not assume any liability for valuables.

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

Refunds You can exchange unopened products within 14 days of purchase if you have a receipt. We cannot exchange any opened products.


Gratuuity Gratuuity for exemplary service is discretionary. Prices and services subject to change without notice.

Minimum Age Requirements Children under 16 must be accompanied by a parent or guardian for all Spa and Salon services.

Spa Gift Cards Treat friends and family with a gift of the sublime. A Spa Gift Card means that you can let your friends choose the treatments they want to enjoy. When you spend \$250 or more on your gift card it is presented in an envelope along with a Balinese gift.

Comments We would love you to fill out our comment card and tell us about the service you received and how it compares to your other spa experiences. Please pick up a comment card from the front desk.

Keep In Touch Make the spa part of your lifestyle and visit us at www.timetospa.com. Here you may purchase 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.





MANDARA SPA

Sofitel Fiji Resort and Spa

Private Mail Bag 396

Nadi Airport

Fiji Island

Tel: (679) 6751-111

Fax: (679) 6751-122

www.mandaraspaspa.com

