



MANDARA  
— SPA —

MANDARA SPA AT MOHEGAN SUN  
EARTH TOWER





# 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 Mohegan Sun**. 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.

## 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 Bali, 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.



# MASSAGE

Escape to a place where tranquility pervades. A massage 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 minutes | \$135

80 minutes | \$195

## 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 minutes | \$145

80 minutes | \$205

## FIRE & ICE MASSAGE

A customized, ice-cool muscle massage complemented with heated Basalt stones will 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.

75 minutes | \$235

## COUPLES MASSAGE

What a perfect way to spend time with someone you love. Enjoy a full-body massage side by side.

50 minutes | \$280

80 minutes | \$400

## ELEMIS NURTURING MOTHER-TO-BE MASSAGE

Specially designed for mothers-to-be, this massage promotes relaxation, increases circulation, and provides comfort during this wondrous time of change. This treatment helps to relieve tension and alleviate swelling in the hands and feet while uplifting the spirit. Comfort and safety is ensured with supportive pillows and Japanese Camellia Oil.

50 minutes | \$160

# EXTEND OR ENRICH YOUR MASSAGE

Complement your massage therapy with any service from an all-inclusive selection of soothing service enhancers to extend or enrich the experience.

*Massage Indulgences ...  
Extend Your Experience\**

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

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

30 minutes | \$60

#### **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 minutes | \$75

*Massage Indulgences ...  
Enrich Your Experience\**

#### **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 and promises 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.

\$40

#### **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 massage or skincare service.

\$25

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





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# FACIALS

Experience the ultimate in advanced skincare. We feature Elemis, a professional spa-therapy brand that offers clinically-trialed, facial treatments without compromising on indulgence.



## 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, and an application of our signature beauty oil.

**60 minutes | \$180**

## ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just one treatment.\* Specialized lifting massage, combined with proven marine extract Padina Pavonica, helps re-energize cell communication and rejuvenate skin. This hydrating facial includes a luxurious hand, arm and scalp massage.

**60 minutes | \$180**

\*Independent Clinical Trials

## ELEMIS PRO-INTENSE LIFT EFFECT FACIAL

Powered by breakthrough technology that combines cutting-edge plant stem cells, nutrient-rich natural lipids, and firming plant actives. Powerful lifting techniques target sagging jowls, cheeks, the chin, and neck while helping to reduce the puffiness and fluid retention associated with loose skin.

**60 minutes | \$185**



 **ELEMIS TRI-ENZYME  
RESURFACING FACIAL**

Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just one 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. This superior treatment is further enhanced by a luxurious hand, arm, décolletage and scalp massage.

**60 minutes | \$190**

\*Independent Clinical Trials

**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. The skin's moisture levels 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 and restore skin radiance. This amazing treatment is further enhanced by a luxurious hand, arm and scalp massage.

**60 minutes | \$175**

\*Independent Clinical Trials

**ELEMIS URBAN CLEANSE  
FOR MEN FACIAL**

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 effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

**60 minutes | \$140**

# EXTEND OR ENRICH YOUR FACIAL

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

**Facial Enhancements ...**  
*Extend Your Experience\**

## **BROW SCULPTING**

For high-brow occasions, get yours shaped.

15 minutes | \$25

## **OXYGEN BLAST**

Includes a quick fruit acid wash, massage with vitamins, a hydrating hot towel, enzyme pack, and a five-minute oxygen spray. Great pre-date, post-flight, mid-life.

25 minutes | \$70

**Facial Enhancements ...**  
*Enrich Your Experience\**

## **CONDITIONING FOOT TREATMENT**

See page 6 for details.

\$35

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

See page 6 for details.

\$35

## **GLYCOLIC/SALICYLIC**

Transform your facial into an indulgent overhaul by adding one of these peels. Depending on your skin type and goals, your therapist will recommend the best peel for you.

\$45

## **LED LIGHT THERAPY**

A precise combination of red, amber and infrared light penetrates the deeper layers of the skin to naturally reduce the appearance of fine lines and wrinkles.

\$25

## **LIP THERAPY**

There is no 'pout' about this pucker-perfecting treatment, which includes a smoothing sugar scrub; a boost of lip-enhancing, micro-current technology; and an application of hydrating lip balm.

\$25

## **OXYGENATING EYE TREATMENT**

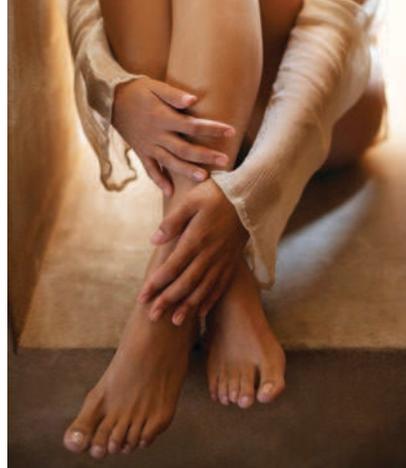
The essential addition to any facial, this eye-perfecting treatment is like an energy drink for the eyes. With three forms of glow-inducing oxygenation, antioxidant vitamin C, and cucumber extract, it will leave your eyes looking fresh in no time.

\$25

## **OXYGEN AND VITAMIN INFUSION**

Like drinking a tonic, this vitamin-infused concoction is applied to the skin, giving a boost of energy. Highly recommended after periods of high stress or illness.

\$25



# WAXING

Brow Maintenance | \$20

Nose or Ear | \$15

Lip or Chin | \$20

Full Face | \$45

Full Leg | \$75

Half Leg | \$55

Underarms | \$30

Full Arm | \$45

Half Arm | \$25

Basics Bikini | \$45

Bikini Plus | \$50

Brazilian | \$65

Back | \$75

Men's Chest | \$55

Stomach | \$25

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

# SPA INFORMATION

## HOURS OF OPERATION

Spa ..... 9am-7pm

## RESERVATIONS

To schedule treatments, you may call our spa directly from a hotel phone by dialing extension **24500** or **860-862-4500** from outside of the hotel.

You may also book online at <http://steinerspas.vipguestservice.com>. We require a credit card upon booking and accept most major credit cards. Pre-booking 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 24 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 a receipt. We cannot exchange opened products.

## PRICES AND SERVICE CHARGE

Prices and services are subject to change without notice. For your convenience, a 20% service charge, in lieu of gratuity, will be automatically applied to your final bill. Gratuity for exemplary service is discretionary.

## ARRIVAL

Please arrive at least 10 minutes prior to your scheduled appointment to allow for a timely 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.

To maintain the serenity of the spa, we ask you turn off your mobile phone and electronic devices upon arrival.

## 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.

## PETS

In consideration of other guests, please leave your animals to play at home while you relax at the spa.

## THE GIFT OF MANDARA

Gift cards are available for all services, spa packages, or a dollar amount and are 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.

