



MANDARA  
— SPA —

AT  
LOTTE HOTEL  
ST. PETERSBURG



## Packaged Rituals

### Pure Indulgence

2 hrs 45 mins      Rub 18,700

Immerse yourself in the Spa experience with this indulgent treatment package. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Herbal Steam ~ Choice of Hydrobath or Aromatherapy Floral Bath ~ Balinese Massage ~ Choice of ELEMIS Taster Facial or Foot Massage.

### Luscious & Luminous

2 hrs 5 mins      Rub 14,700

Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses. Aroma Reflex Foot Ritual ~ ELEMIS Body Nectar Nourishing Wrap - Frangipani, including mini facial ~ Balinese Massage.

### Transcendence

2 hrs 5 mins      Rub 13,100

Immerse yourself in the spa experience with this exquisite package that offers you choices from around the globe. Aroma Reflex Foot Ritual ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Choice of Herbal Steam, Hydrobath or Aromatherapy Floral Bath ~ Choice of Balinese Massage, Muscle Ease Massage, Fancy Foot-work or Warm Stone Massage.

### Sultry Citrus Body Buff

1 hr 55 mins      Rub 12,800

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 & Ginger, including mini facial ~ Choice of Herbal Steam, Hydrobath or Aromatherapy Floral Bath ~ Balinese Massage.

### Spa Discovery

1 hr 35 mins      Rub 11,800

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



## ELEMIS Face

*Our philosophy is to provide you with an exceptional and memorable spa experience, languidly paced and sublimely indulgent. All facials will begin with an Aroma Reflex Foot Ritual.*

### ELEMIS Pro-Definition Lift & Contour

1 hr 15 mins      Rub 8,500

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

### ELEMIS Pro-Collagen Age Defy

1 hr 15 mins      Rub 8,000

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      Rub 7,500

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      Rub 7,500

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.

*\*Independent clinical trials.*



## ELEMIS Face

### **ELEMIS Peptide 24/7 Skin Sync**

1 hr 15 mins      Rub 7,500

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow.

### **ELEMIS High Performance Skin Energiser for Men**

1 hr 15 mins      Rub 7,000

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.



## ELEMIS Body

*All body therapies will begin with an Aroma Reflex Foot Ritual.*

### **ELEMIS Body Nectar Nourishing Wrap – Frangipani**

1 hr 15 mins      Rub 8,000

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

### **ELEMIS Intensely Cleansing Salt Scrub – Lime & Ginger**

50 mins      Rub 5,000

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.



## Bellefontaine Face

### **Anti-Aging Bellefontaine Modelling & Nourishment**

1 hr 10 mins      Rub 11,200

Extremely effective facial for very dry and damaged skin, with signs of age-related changes. Jojoba, Shea, Sweet Almond and Cocoa oils have unique nutritional and regenerating properties to protect the skin, reduce the depth of wrinkles and other signs of premature aging, increasing skin's elasticity. Highly suitable for aging skin subjected to stress, it provides prolonged hydration and nutrition, eliminates the feeling of tightness and dryness of different nature, enhanced with signature hands-on face massage techniques.

### **Silky Dew Intensive Moisturising Treatment**

1 hr 10 mins      Rub 9,800

This intensive moisturising facial aims to effectively replenish external and internal moisture within the epidermis. It also generates a protective film over the surface of the epidermis, thereby preventing water loss and dehydration through the epidermis. The Silky Dew treatment reduces the number of free radicals, stimulates the synthesis of collagen and restores damaged cells, all of which improve skin elasticity and reduce the risk of premature ageing.

### **Regenerating Care for Men**

1 hr      Rub 8,500

A revitalising treatment to restore and revive tired male skin, due to constant stress, sun exposure and intoxication. Providing effective and immediate results, this facial will equalize the skin tone, soothe and strengthen blood vessels, significantly increasing the skin's protective functions. Recommended for normal, combination and oily male skin with varying degrees of age-related changes.





## Bellefontaine Body

### Modeling and Strengthening

1 hr 40 mins      Rub 16,800

Post-pregnancy; to restore skin firmness and elasticity.

A program of care with pronounced toning and firming effect. This treatment is especially recommended post-pregnancy; with the first signs of age-related skin atony, stretch marks, as well as after significant weight loss, to activate the regenerative abilities of the skin. This effective treatment will improve skin condition and restore the strength of tissues.

## Face Ritual

*Your face ritual will begin with a relaxing and cleansing Aroma Reflex Foot Ritual.*

### Pure Nature Facial

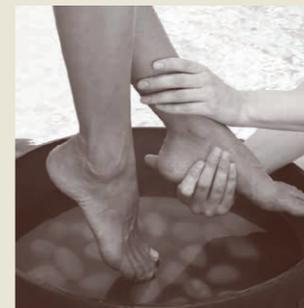
1 hr 5 mins      Rub 7,000

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, relying on nature's life-force to restore equilibrium and deliver a vitamin and mineral burst to your skin.

**Preserve** ~ a cleansing and rejuvenating facial for normal skin.

**Renew** ~ a fruit acid treat for environmentally damaged skin.

**Enrich** ~ a nourishing facial for dry or mature skin.



## Massage Rituals

*Every massage 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.*

### Mandara Massage

1 hr 35 mins or 1 hr 5 mins      Rub 14,000 / 11,000

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 – Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

### Warm Stone Massage

1 hr 35 mins or 1 hr 5 mins      Rub 10,800 / 8,500

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 5 mins      Rub 9,600 / 7,500

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 massage combines stretching, long strokes, skin rolling, and palm and thumb pressure techniques. A tonic for the soul, it can also help to improve the circulatory, lymphatic, muscular and nervous systems.

### Muscle Ease Massage

1 hr 35 mins or 1 hr 5 mins      Rub 9,600 / 7,500

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 5 mins      Rub 6,500

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.



## [comfort zone] Body

*Offering a range of body treatments, each one designed and tailored specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.*

### **Body Strategist Thermal Detox**

1 hr 30 mins      Rub 7,500

The thermal water of the Bagni di Pisa spa, known for its slimming properties, is combined with a base of powdered green tea with antioxidant and anti-inflammatory action, for an effective cellulite treatment.

*Renewing Body Scrub ~ Bagni di Pisa Body Wrap*

### **Tranquillity™ Pro-Sleep Massage**

1 hr      Rub 6,000

Innovative massage acting on multi-sensoriality for a relaxing sensation, useful for rest and sleep. Combined with the use of soft brushes, gently guide the way to achieve a quiet and peaceful mind and body state favoring sleep and helping to recover jetlag side-effects.

### **Detox Massage Bagni Di Pisa**

1 hr      Rub 6,000

Double action of an intensive thermal mask and unique massage technique.

An intensive treatment with thermal water from Bagni di Pisa, with detoxifying and anti-cellulite actions. A blend of essential oils encourages a profound purification of the tissues, while the focus and laminaria algae promote lipolytic action.

### **Body Strategist Thermogenic Attack**

1 hr 30 mins      Rub 5,800

Double action cellulite treatment. An intense treatment specifically for the imperfections of resistant cellulite characterized by localised adiposity. The thermogenic action stimulates microcirculation and favours the absorption of active ingredients with lipolytic action.

*Not recommended for those with fragile capillaries, thyroid concerns and during pregnancy.*



## More of Mandara

### **The FaceLab**

*Multi-technology and non-invasive treatments to enhance and provide effective solutions to your facials.*

*Reserve your preferred treatment on its own, combined or add-on to any facial.*

### **Infrared**

45 mins      Rub 5,500

Thermolifting to stimulate collagen, reducing redness and overproduction of sebaceous glands, improves skin tone and elasticity for face, neck and décolleté.

### **Radiofrequency**

45 mins      Rub 5,500

Electromagnetic waves regenerate the structure of the skin by activating collagen renewal and effectively fighting skin laxity and ageing.

### **Water Peel**

40 mins      Rub 3,000

Micro-fine water droplets in cooled air stream is dispensed on with high pressure, gently ablating the upper skin layer. Simultaneously the skin is clarified, oxygenated with improved blood circulation, lymphatic drainage and skin tone. Ideal for face, décolleté and hands.

### **Combination of all treatments**

1 hr      Rub 8,000

*Includes Infrared, Radiofrequency and Water Peel.*

An intensive treatment to lift and rejuvenate the skin; including tightening, improving fine lines and wrinkles, skin tone and elasticity for face, neck and décolleté.



## More of Mandara

### **Express Massage**

30 mins                      Rub 4,500

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.

### **Nourishing Scalp Massage**

30 mins                      Rub 4,500

Aims to alleviate discomfort and tension due to stress and fast-paced lifestyle.

### **Foot Massage**

30 mins                      Rub 4,500

A foot massage based on the ancient principles of Reflexology. Massage of these reflex points can improve the health by restoring the natural flow of body energy.

### **Gift Certificate**

Gift certificate purchase is available for all spa treatments or at a value amount. Please contact our Spa Reception for further details.

### **Homecare & Gifts**

Luxury skin and body care products along with beautiful gifts are available at our spa boutique.



## 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 15 minutes before the scheduled time to check-in and change.

### **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. Alternatively, treatments may be enjoyed without clothes. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### **What facilities can I use?**

All treatments include the use of pool, sauna, changing room and relaxation lounge.

### **What about my valuables?**

Please leave valuables in the safe in your hotel room, as we do 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 charge spa services to your hotel bill. We accept all major credit cards.



**LOTTE**  
HOTELS & RESORTS

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