



Transcend. Transform. Trust the Moment.

Open 10am to 7pm
Extension 218



DESERT NIGHTS RESORT

Packaged by Mandara

Frangipani Body Glow 2 hrs OMR 152
Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger, 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.

Pure Indulgence 2 hrs 15 mins OMR 147
Immerse yourself in the Spa experience with this indulgent treatment package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Balinese Massage ~ Choice of Refresher Facial or Foot Massage.

Harmony 1 hr 45 mins OMR 107
A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Balinese Massage or Pure Nature Facial.

Spa Discovery 1 hr 20 mins OMR 76
Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Balinese Massage ~ ELEMIS Taster Facial.

ELEMIS Face

ELEMIS Pro-Collagen Age Defy 1 hr OMR 84
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 Superfood Pro-Radiance 1 hr OMR 68
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 Sensitive Skin Soother 1 hr OMR 68
Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS Anti-Blemish Mattify and Calm 1 hr OMR 68
A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

**Independent Clinical Trials*

ELEMIS Body

ELEMIS Body Nectar Nourishing Wrap - Frangipani 45 mins OMR 58
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 45 mins OMR 58
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.

Face of Mandara

Pure Nature Facial 50 mins OMR 47
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 two 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.
Enrich - a nourishing facial for dry or mature skin.

Body of Mandara

Mandara Massage 1 hr 20 mins OMR 113
50 mins OMR 84

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.

Warm Stone Massage 1 hr 20 mins OMR 84
50 mins OMR 63

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 20 mins OMR 74
50 mins OMR 53

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.

Tension Relief Massage 1 hr 20 mins OMR 79
Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up the blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition.

Fancy Foot-work 50 mins OMR 42
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.

Sun Soother Body Wrap 30 mins OMR 42
Although designed to ease and heal sunburned skin, this wrap is a delightfully refreshing treatment that delivers hydrating, balancing, anti-inflammatory and healing properties to any skin. Begin with a compress of chilled lavender-infused towel, followed by a cooling and hydrating wrap that combines cucumber and lavender essential oil with a good dose of bliss, courtesy of a divinely relaxing foot massage. Shower off and finish with a soothing and healing application of stabilised Aloe Vera gel.

Express Massage 30 mins OMR 32
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.

More of Mandara

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 wear suitable clothing in keeping with the culture, or we can provide you with hygienic disposable briefs. Our therapists will always use draping techniques to respect your privacy.

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?

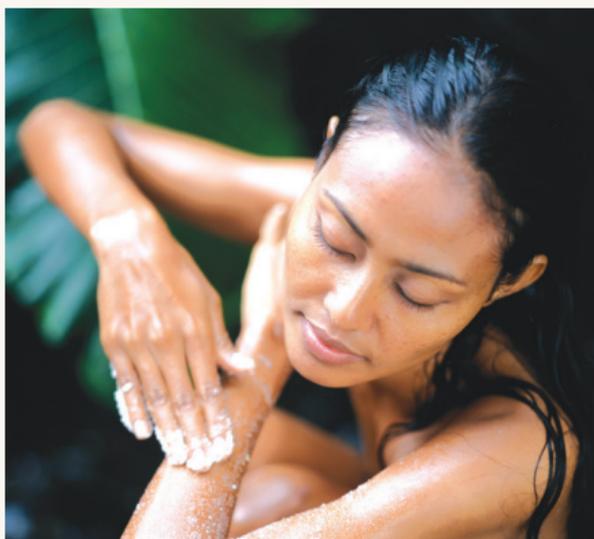
Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

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?

Your treatment charges will be posted to your main hotel bill. We also accept all major credit cards (Visa, AmEx, MC).



Bahamas • Bali • Caribbean • California • Dubai • Egypt
Hawaii • Japan • Las Vegas • London • Malaysia • Maldives • Orlando
Oman • Palau • Puerto Rico • Russia • Spas at Sea



infoasia@mandaraspa.com
www.mandaraspaspa.com

Desert Nights Resort
Al Wasil, Sultanate of Oman
Phone: +968 9281 8388 ext.218
E-mail: sumorspa@desertnightscamp.com
www.desertnightscamp.com