



# Elilai Spa

By Mandara

at Palau Pacific Resort

## PURE RETREAT - \$100 PER PERSON

For the ultimate in holiday experience, try our PURE RETREAT PACKAGE; choose any one from **Balinese massage** or **Fancy Foot-work** or **Elemis Skin Specific facial** followed by a **Sensual** or **Bliss** menu option.

Available from 11:00 am to 4:00 pm

A unique experience that you will remember long after the holiday is over.

### **Balinese Massage**

*50 mins*

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. A deeply relaxing path to health and harmony.

### **Fancy Foot-work**

*50 mins*

The most blissful ride your feet will ever take you on. It's like reflexology without '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.

### **Elemis Skin Specific Facial**

*60 mins*

Combining the power of absolutes with true premium grade essential oils, to treat the skin at the deepest level, gently but surely. Specialised Eastern massage movements help to stimulate and oxygenate your skin, whilst bringing the body and mind into balance. The four prescribed facials are:

- Fruit Active Glow – a great pick me-up and pre-occasion treat to lift dull, lifeless skin.
- Herbal Lavender Repair – helps to heal and repair congested oil-rich skins.
- Exotic Cream Moisture Dew – for dry, thirsty skin in need of a hydrating surge.
- Absolute Lift – helps to improve skin tone, revitalize and add lift to the skin.

### **HEALTHY DELIGHT**

Three course healthy set menu to complement the massage

### **SENSUAL**

#### **Betel Leaf Wrap**

grated coconut, diced ginger, lime, chopped roasted almonds, diced shallots, and chopped chilies

#### **Steamed Reef Fish**

soy sauce and ginger

#### **Sour Sop Sorbet**

### **BLISS**

#### **Green Mango Salad**

with dried shrimp and prawns

#### **Grilled Tuna**

with pineapple and papaya salsa

#### **Oats, Apple Tart**



All prices are quoted in US Dollars.

Please arrive 15 minutes before your spa treatment is scheduled to begin.

To avoid charges, please honor our 6-hour advance notice cancellation policy. Prices are subject to change.

For reservations, please call extn 493. Published 1/8/2008