



at Palau Pacific Resort

Pure Retreat \$100 per person

For the ultimate in holiday experience, try our Pure Retreat package; select your preferred spa treatment from Balinese Massage, Fancy Foot-work or Pure Nature Facial, followed by Sensual or Bliss menu options.

Available from 10am to 4pm

Balinese Massage

50 mins

The 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 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 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.

Pure Nature Facial

50 mins

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-included!) pollutants and natural oils for deep nourishment. 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

Healthy Delight

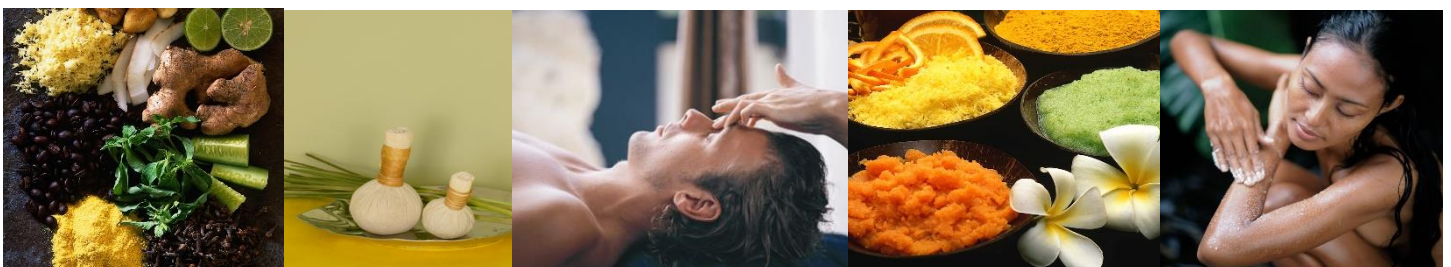
Three course healthy set menu to complement your spa treatment.

SENSUAL

- Avocado and Crab Green Salad
- Steamed Reef Fish
with Ginger Garlic Sauce served with rice and vegetables
- Green tea ice cream with fruits

BLISS

- Green Papaya Salad
Shredded green papaya, tomato, shallots, cilantro herb, chili, lemon juice and fish sauce.
- Grilled Tuna
with balsamic vinegar and teriyaki sauce served with rice and vegetables
- Fruit Tart and ice cream



Price is quoted in US Dollars and subject to change.
Please arrive 15 minutes before your spa treatment is scheduled to begin.
To avoid charges, please honor our 6-hour advance notice cancellation policy.
For reservations, please call ext. 493. Published 05/19