



at Palau Pacific Resort

## Pure Retreat \$110 net 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 experience to restore harmony and balance.

### 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

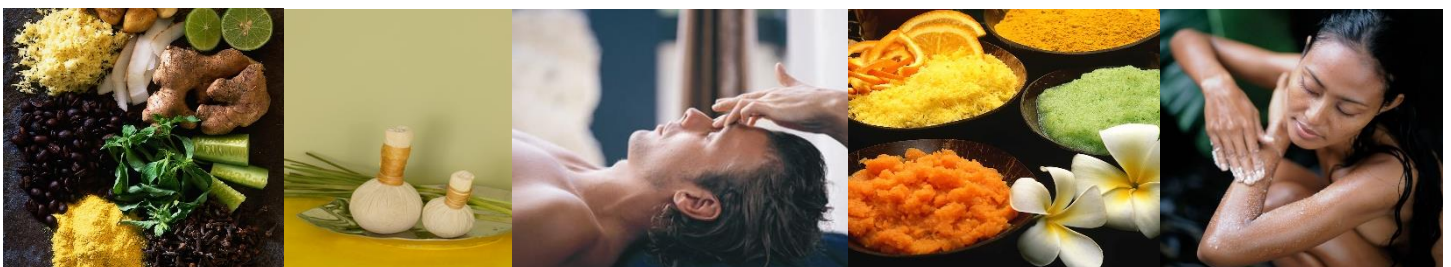
Select your choice of three course set menu to complement your spa treatment.

### Sensual Set Menu

- **Pan Seared Scallop**  
*served with Green Salad and Citrus Avocado Dressing*
- **Pan Seared Salmon Steak (4oz)**  
**with Pesto & Balsamic Vinegar Sauce**  
*served with Coconut Chilli Rice and Vegetables*
- **Green Tea Mousse with Fresh Fruit**

### Bliss Set Menu

- **Tomato and Cheese Salad with Crab Meat**  
*served with Balsamic Vinaigrette and Extra Virgin Olive Oil*
- **Blackened Seared Tuna with Tomato Salsa Sauce**  
*served with Steamed Potato and Vegetables*
- **Chocolate Brownies with Vanilla Ice Cream**



Price is quoted in US Dollars and inclusive of 10% Service Charge and 10% Palau Goods and Services Tax.

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 01/23