



MANDARA
— SPA —

AT
PARK PLAZA
WESTMINSTER BRIDGE
LONDON



Turn your stay into a
heavenly escape with
blissful moments
at Mandara Spa...



Our journey began in 1995 on the spiritual island of Bali, where we discovered a true reverence for the healing arts. In Bali, this knowledge is deeply entwined in everyday life.

Every Mandara Spa experience is completely unique, because we honour the diversity of the culture we are immersed in, combined with Balinese traditions from our past.

At Mandara Spa while our therapists and aestheticians bestow their expert touch upon your physical body, its effect resonates through the core of your being. Much can happen in a Mandara moment.

Escape your world and indulge in ours.



Packaged Rituals

Royal Retreat

125 mins

Feel like royalty as you indulge in a relaxing experience combining age-old tradition with the finest European skin care.

Aroma Reflex Foot Ritual - Balinese Massage
– Choice of ELEMIS Facial.

Spa Discovery

95 mins

Everything you need for head to toe pampering and deep relaxation.

Aroma Reflex Foot Ritual – Choice of
Balinese Massage or Muscle Ease Massage –
ELEMIS Taster Facial.

Tranquility

75 mins

An ideal package to banish stress, nourish your skin and rejuvenate your body and mind.

Choice of Warm Stone Massage or Muscle
Ease Massage – ELEMIS Taster Facial.

Body of Mandara

Muscle Ease Massage

50 mins or 25 mins

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.

Balinese Massage

80 mins, 50 mins or 25 mins

Used for centuries to renew, strengthen and heal both the 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.

Warm Stone Massage

80 mins, 50 mins or 25 mins

The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. 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.

Warm Bamboo Massage

50 mins or 25 mins

Let your mind and body escape reality and find its inner-balance. This deep but soothing massage will release knots and relax tense muscles through the use of long strokes, using warm bamboo stalks and aromatherapy massage oil.

Fancy Footwork

50 mins or 25 mins

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.



ELEMIS Face

ELEMIS Pro-Definition Lift and Contour

50 mins or 25 mins

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

50 mins or 25 mins

Tackles fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral.

A targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS Superfood Pro-Radiance

50 mins

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, with a radiant and healthy looking glow.

*Independent Clinical Trials.

What are clinical trials?

ELEMIS invests heavily in independent clinical trials to discover the physical effect on the skin whilst using the product, which is much more accurate and realistic than user trials or the battle of percentages as it is commonly known i.e. 99% of women felt their skin looked smoother.

In all independent clinical trials, products must achieve a 'statistically significant' effect on the skin, otherwise they will go back into re-formulation and re-efficacy trials. ELEMIS genuinely believes that if the product has no affect whilst in use then it cannot be launched into the market – the proof is in ELEMIS' customer results and feedback which are constantly monitored.

ELEMIS Body

ELEMIS Intensely Cleansing Salt Scrub

35 mins

Choice between Lime and Ginger or Frangipani

Fragranced salt will gently buff 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.

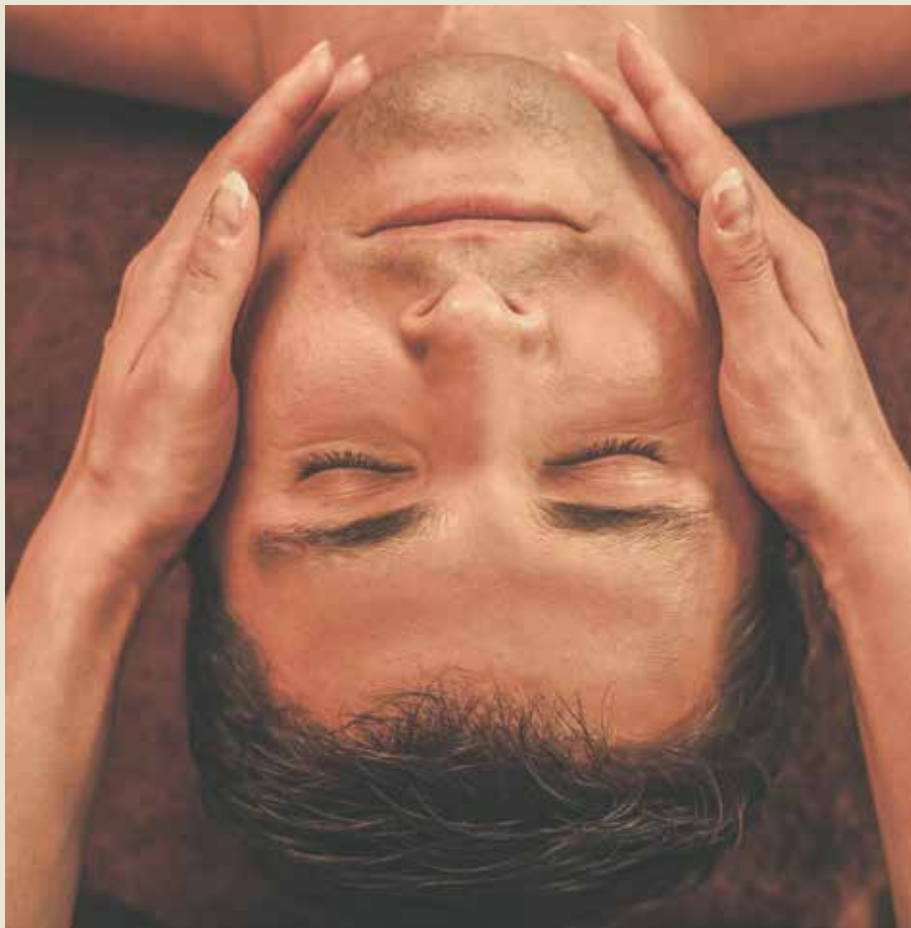
Targeted Toning Cellulite Treatment

50 mins

Ocean Detox Wrap

80 mins

Essentially a seaweed and clay body treatment designed to stimulate the lymphatic system, purge impurities and provide a mineral blast to the skin.



Male Grooming

ELEMIS High Performance Skin Energiser

50 mins or 25 mins

A hard-working facial for ageing, dehydrated skin and tired eyes.

It maximises cell regeneration. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

Mandara Facial

Pure Nature Facial

50 mins or 25 mins

Mandara Spa's signature facial is rich in enzymes that peel away dead skin, antioxidant- rich vitamins that protect and treat skin cells from environmental and self-induced pollutants and natural oils that provide deep nourishment. We use only natural ingredients with no harmful preservatives or additives. There are three options available for different skin types, relying on nature's life force to restore the skin's equilibrium and deliver a burst of vitamins and minerals to the 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

Private Hire

VIP private room hire

(4-10 people)

For that extra special touch, why not hire out our exclusive VIP suite. Perfect for hen parties, birthday celebrations and baby showers, you can enjoy this private space with a wide range of delicious refreshments available. You will also have access to the swimming pool, fitness centre, sauna and steam room with complimentary bathrobes and slippers for the day.



Spa basics

To make a booking

We advise guests to book in a minimum of two weeks in advance of their preferred date to avoid disappointment.

To make a booking, please contact the Spa concierge team on; Tel: +44 (0) 207 620 7268 Or email mandaraspawestminster@pphe.com.

Please note that at the time of booking you will be asked to provide credit card details to secure your appointment.

To cancel a booking

We require 24 hours notice in order to cancel or amend a booking.

Please be advised that the full treatment cost will be incurred if less than 24 hours notice is given of an appointment postponement, cancellation or non arrival.

How to find us

Our nearest underground stations are Waterloo which is on the Northern, Jubilee and Bakerloo lines and Westminster which is on the Jubilee, Circle and District lines.

Mandara Spa is located on -4 Floor located in Park Plaza Westminster Bridge London.

Your arrival

Please arrive a minimum of 30 minutes prior to your scheduled booking.

All 50 minute or longer treatments include use of facilities; to enjoy these before treatments we advise that you arrive a minimum of 1 hour before your treatment time.

Late arrivals

Late arrival will shorten your treatment time but it will still be charged at the full price.

Your personal belongings

All spa guests are provided with a locker for their personal effects and valuables.

We advise that lockers are used during your visit to Mandara Spa.

We regret that we cannot take responsibility for any loss or damage to your personal articles that are not kept in your locker.

The Spa reserves the right to close any of the facilities at any time for engineering or maintenance works. All facilities at Mandara Spa are shared with hotel guests. The relaxation area and treatment rooms are strictly for over 16s only.

What to bring and what to wear

We provide all guests with a spa bathrobe and slippers. Please ensure that you bring swimwear which must be worn while using the wet facilities and suitable gym attire must be worn if you wish to use the fitness centre.

Use of facilities

If you book a 50 minute or longer face or body treatment, you will have complimentary access to use the fitness centre, swimming pool, sauna and steam room.

Health concerns

Please let us know prior to your treatment any health or wellbeing concerns.

If you are pregnant please notify us at the point of booking so we can advise on treatments that are safe during pregnancy.

We reserve the right to cancel the treatment should the guest not be fit to have the treatment.

Spa etiquette on the day

To maintain the serene ambience of the Spa, and in respect for our other guests we ask you not to use your mobile phone or cameras while using our facilities.

Children

Children under the age of 16 are not permitted in Mandara Spa. We regret that we do not provide a treatment service to children under the age of 16.

Please note that the swimming pool is open to children from 08.00 – 20.00pm

Gift vouchers

Lost or stolen vouchers cannot be replaced.

Vouchers cannot be extended past their expiry date.

Damaged vouchers can only be redeemed if the serial number is clearly visible.

Gift vouchers are non-refundable.

Please note

Opening times, treatment details and prices are subject to change and subject to availability.

All prices are quoted in Pounds Sterling and include VAT.

Rates are subject to change without prior notice.

Gratuities are not included.



Park Plaza Westminster Bridge London

Overlooking Big Ben and the Houses of Parliament, Park Plaza Westminster Bridge London places guests at the heart of the capital. The hotel's contemporary guestrooms and suites include family-friendly Studio Rooms to luxurious Suites with iconic views and outdoor space. Additional facilities include Brasserie Joël, Ichi Sushi & Sashimi, Primo Bar and illy Caffè.



MANDARA
— SPA —

Transcend. Transform. Trust the moment.

mandaraspa.com mandaraspawestminster@pphe.com

*Bahamas • Bali • Caribbean • California • China • Dubai • Egypt • Fiji • Guam • Hawaii
India • Japan • Las Vegas • London • Malaysia • Maldives • Moscow • Oman • Orlando
Palau • Puerto Rico • South Pacific • Spas at Sea • Thailand*

An unforgettable experience awaits you...



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