



# MANDARA SPA

LOTTE HOTEL MOSCOW

# Welcome to Mandara Spa

Imagine the mystery of the East meeting the science of the West. Imagine boundaries ceasing to exist. Imagine science and nature dancing together in perfect harmony. And then, imagine a spa experience at Mandara Spa at LOTTE HOTEL MOSCOW.

Here, science and nature; practicality and mystery; beauty and peace are entwined, offering an experience as luxurious as it is therapeutic and as magical as it is real.

## Our Story

The Mandara experience began on the spiritual island of Bali, inspired by the beautiful tradition of healing touches which is deeply immersed within the culture and passed on from mother to daughter from generation to generation.

These time-honored therapies, combined with European methods and natural elements indigenous to the spa's region, meld together to provide the most unique and indulgent spa treatments.

The name Mandara comes from a Sanskrit legend about the gods' quest to find the secret to eternal youth and beauty. We believe you will unlock the secret when you experience a timeless Mandara moment.

Here, time stands perfectly still.



# Packaged Rituals

## ULTIMATE INDULGENCE

An exotic, luxurious, and unforgettable celebration of indulgence.

Aroma Reflex Foot Ritual ~ Hydrobath or Herbal Steam ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Mandara Massage ~ Refresher Facial ~ Foot Massage.

*2 hrs 35 mins / 42.000*

## ALGOTHERM: IMMERSION\*

An exclusive ritual based on the healing properties of seawater, algae, and soothing oils.

Aroma Reflex Foot Ritual ~ Hydrobath or Herbal Steam ~ Sugar and Sea Salt Scrub ~ Warming Massage with Seaweed Stamps ~ Balinese Massage.

*2 hrs 40 mins / 30.600*

## LUSCIOUS & LUMINOUS\*\*

Exotically aromatic oils and essences deliver nourishment to thirsty skin and jaded senses.

Aroma Reflex Foot Ritual ~ ELEMIS Specialty Bath or Herbal Steam ~ ELEMIS Body Nectar Nourishing Wrap ~ Frangipani, including mini facial ~ Balinese Massage.

*2 hrs 20 mins / 28.600*

## EXOTIC BODY BLISS\*\*

Delivered with a refreshing burst of zing, this treatment results in radiant, healthy-looking skin and a mood to match.

Aroma Reflex Foot Ritual ~ ELEMIS Specialty Bath or Herbal Steam ~ Choice of ELEMIS Intensely Cleansing Salt Scrub, including mini facial ~ Balinese Massage.

*2 hrs 5 mins / 26.200*

## OCEAN DETOX WRAP

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

Aroma Reflex Foot Ritual ~ Herbal Steam ~ Detox Wrap: Body Brushing, Seaweed Wrap & Scalp Massage ~ Balinese Massage.

*2 hrs 5 mins / 24.000*

## TRANSCENDENCE

Immerse yourself in an exquisite spa experience with this treatment package that features healing practices from around the globe.

Aroma Reflex Foot Ritual ~ Hydrobath or Herbal Steam ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Choice of Balinese Massage, Fancy Foot-work or Warm Stone Massage.

*2 hrs 5 mins / 24.000*

## SPA DISCOVERY\*\*

Age-old tradition combines with the finest European skincare for a deliciously relaxing experience.

Aroma Reflex Foot Ritual ~ Balinese Massage ~ ELEMIS Taster Facial.

*1 hr 35 mins / 22.600*

## TRANQUILLITY\*\*\*

A restorative ritual combining aromatherapy, exfoliation, and wrap for deep relaxation and stress relief.

Aroma Reflex Foot Ritual ~ Body Scrub ~ Balinese Massage ~ Moisturizing Wrap.

*2 hrs 15 mins / for 1 person 27.000*

*2 hrs 15 mins / for 2 persons 46.000*

\* indicates inclusion of ALGOTHERM spa therapy.

\*\* indicates inclusion of ELEMIS spa therapy.

\*\*\* indicates inclusion of COMFORT ZONE spa therapy.

# Massage Rituals

Every massage begins with an Aroma Reflex Foot Ritual, a symbolic cleansing process to wash away the world and a divine foot massage to prepare you for total relaxation.

## MANDARA MASSAGE

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.

*1 hr 35 mins / 32.800*

*1 hr 5 mins / 25.400*

## BALINESE MASSAGE

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 also helps to improve the circulatory, lymphatic, muscular and nervous systems.

*1 hr 35 mins / 22.400*

*1 hr 5 mins / 16.600*

## TENSION RELIEF MASSAGE

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.

*1 hr 35 mins / 22.000*

## WARM STONE MASSAGE

The healing power of touch combines with the energy of the earth in this relaxing, muscle-melting massage. Warm rocks are placed on various energy points to encourage the body's healing potential and smoothed across the body in long, flowing strokes, helping to relax the muscles and soothe the emotions.

*1 hr 5 mins / 16.600*

## ASIAN HEAD MASSAGE

This shoulder, neck, upper back, arm, and scalp massage is based on the ancient healing techniques of Ayurveda. A Thai poultice, filled with exotic leaves, flowers, and lime and soaked in warm coconut oil, soothes the scalp, providing extra care for the hair. Acupressure of the thumbs and forefingers relieves tension and improves circulation, flushing out toxins and emotional stress.

*1 hr 5 mins / 13.000*

## FANCY FOOT-WORK

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.

*1 hr 5 mins / 13.000*

## EXPRESS MASSAGE\*

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.

*30 mins / 9.800*

# Face Ritual

Your face ritual will begin with a relaxing and cleansing Aroma Reflex Foot Ritual.

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## Pure Nature Facial

1 hr 5 mins | 12.200

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 two options 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.

**Enrich** - a nourishing facial for dry or mature skin.

# ELEMIS Face

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## ELEMIS Pro-Glow Resurface

1 hr | 21.200

Purify and brighten the skin while transforming its texture. This unique facial is powered by patented Tri-Enzyme technology to minimise the look of uneven tone, texture, fine lines, and pigmentation. Skin will appear instantly brighter, smoother, and renewed.

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## ELEMIS Pro-Glow Smooth

1 hr | 21.200

Improve skin-fitness and firmness, whilst reducing fine lines and wrinkles with our clinically proven\* formulas and signature skin-lifting massage techniques. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

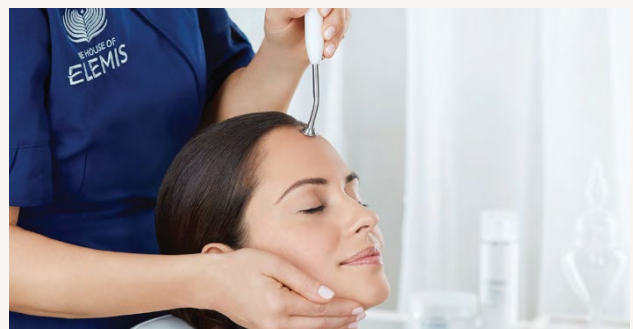
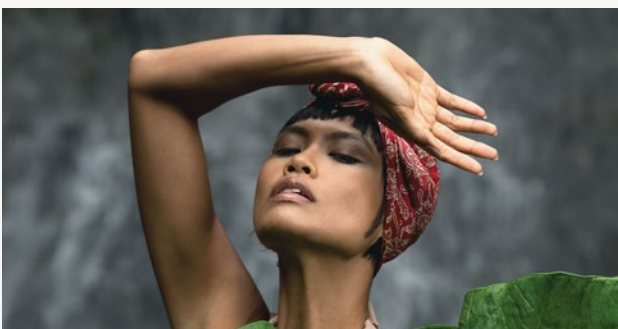
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## ELEMIS Taster Facial

30 mins | 8.500

The perfect way to experience a taste of the world-renowned ELEMIS facials. This introductory facial will give you a quick and instant pick-me-up for dull, lifeless skin, as well as make an excellent pre-makeup facial for extra special occasions.

*\*Independent clinical trials.*



# ELEMIS Body

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## **ELEMIS Body Nectar Nourishing Wrap - Frangipani**

*1 hr | 14.500*

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.

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## **ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani**

*45 mins | 12.600*

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

# ALGOTHERM Face

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## **Ocean Life**

*1 hr | 19.800*

A mixture of four types of algae provides targeted effects to correct age-related changes. Stimulates the work of skin youth genes, reducing wrinkles, increasing skin tone, correcting hyperpigmentation, and protecting against photoageing.

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## **Ocean Time**

*1 hr | 19.800*

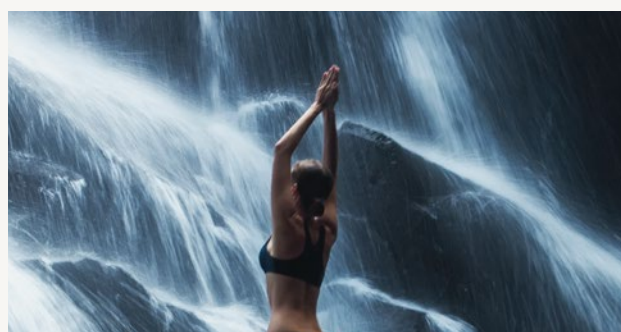
A regenerating and revitalising facial with seaweeds and powerful ALFAALFA® and OSILIFT® cosmeceuticals provides instant smoothing and tightening effects.

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## **Ocean Defence**

*1 hr | 19.800*

The ritual, specially designed for men's skin, is aimed at preventing ageing while offering skin protection, restoration, and anti-inflammatory effects, as well as reducing the impact of oxidative environmental factors.



# ALGOTHERM Body

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## **Restorative Body Ritual — Power of Minerals**

*with Sugar and Sea Salt Scrub 1 hr 30 mins | 19.800*

*Without Body Scrub 1 hr | 14.500*

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A restorative and remineralising algae ritual. Oligoelements and natural salts help to restore the skin's mineral balance, removing harmful toxins from the body and filling it with renewed energy.

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## **Body Sculpting Ritual — Slim Contour**

*with Sugar and Sea Salt Scrub 1 hr 30 mins | 19.800*

*Without Body Scrub 1 hr | 14.500*

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This gel wrap made with algae, caffeine, and ivy has powerful lymphatic drainage and lipolytic effects. It actively remineralises the skin and stimulates metabolism.

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# QMS MEDICOSMETICS Face

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## **Skin Cell Renewal Treatment**

*1 hr 15 mins | 21.500*

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A highly effective, rejuvenating, and regenerating program that prevents photo- and chrono-ageing at the cellular level. Thanks to the use of innovative products including an anti-pigmentation radiance serum, collagen mask, and mineral-enriched 'Botox effect' cream, the skin is radiant, even in tone, hydrated, and tightened.

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## **Atonic Skin Restoring Treatment**

*1 hr 15 mins | 21.500*

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This multifunctional procedure restores skin elasticity, turgor, and density for instant restoration. Pronounced thermal effects deeply saturate the skin with nutrients, promoting collagen production. Lasting results are equivalent to mesotherapy and biorevitalisation, leading to more pronounced facial contours, brighter complexion, and reduced signs of inflammation.

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## **Carboxy Sculpting: Tone & Luminosity**

*1 hr | 20.000*

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This signature QMS procedure is based on next-generation controlled carboxytherapy. Skin becomes visually flawless: color unevenness disappears, pigment spots fade, and skin tone becomes more even.

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## **Express Care ~ Radiance Facial with Gouache Massage**

*30 mins | 9.400*

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This relaxing care treatment features a collagen mask enriched with high molecular-weight hyaluronic acid, giving skin a radiant tone as it refreshes and helps restore the epidermis. The procedure is conducted with a branded gouache scraper during the cleansing stage for additional relaxation of facial muscles and increased blood flow.

# Technology – Face & Body

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## Intracuticals Oxygen Facial

*with a two-serum treatment option 50 mins | 25.000*

*with a one-serum treatment option 50 mins | 19.600*

Intracuticals hyperbaric technology uses an oxygen concentrator that infuses the skin with multi-weight hyaluronic acid, vitamins, and powerful anti-ageing ingredients to instantly illuminate, lift, and hydrate facial tissues, ensuring immediate result with the very first treatment. This technology is non-invasive, relaxing, and suitable for all skin types and environmental conditions. Select from one or two treatment serums to enhance effectiveness.

**Rejuvenate** ~ The first step in your skin's transformation targets the appearance of fine lines and wrinkles and dramatically enhances overall hydration. Perfect for any skin type, the instant and visible results will leave your skin looking younger, visibly lifted, toned, and hydrated.

**Clarity** ~ Impurities are banished, leaving an environment for calm, clear, refined skin. Acne-affected skin is visibly comforted while oil-free nourishment ensures moisture balance is maintained while helping defend against breakouts.

**Atoxelene** ~ A targeted treatment to smooth the appearance of expression lines and wrinkles. Firms, lifts, and plumps the appearance of wrinkles caused by facial muscle contractions in just one treatment.

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## EndoSphères Therapy®

*45 mins | 15.200*

A highly effective anti-cellulite treatment using the innovative Micro-Vibration Compression® system to treat cellulite, refine body contour and muscle toning. The medical device uses mechanical oscillations at low frequencies to stimulate the tissues and collagen with a soothing lymphatic drainage process, leaving you with an overall lightweight feeling and toned body. With immediate visible results after the first session, continued treatments will see a reduction of orange-peel skin and water retention, with beneficial effects on muscle and tissue toning.

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## Icoone Laser

*1 hr 30 mins | 18.000*

*1 hr | 12.300*

*30 mins | 6.800*

Icoone Laser is a cutting-edge technology that transforms the appearance in just a few procedures. The unique technique of multi-micro alveolar stimulation (MMAS) of the connective tissue combined with cold laser lipolysis and LED lifting ensures the elimination of aesthetic imperfections and improvement of well-being after just one treatment.

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## AROSHA

*Bandage Wrap & Pressotherapy 1 hr | 11.500*

*Bandage Wrap 1 hr | 9.000*

*Pressotherapy 30 mins | 7.300*

AROSHA is an Italian brand with a progressive approach to full-body treatments. Every procedure begins with a thorough figure assessment for a customised treatment program.



# 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. To enhance your spa experience, we recommend that you arrive at least 45 minutes before your scheduled time to enjoy the Hydrotherapy facilities in preparation for your treatment.

## **What should I do if I have a health condition?**

If you suffer from high blood pressure, allergic reactions, or other physical ailments, please notify the spa administrator. If you are pregnant, only facial treatments will be provided. Please let us know if you have any health concerns.

## **What do I wear during my treatment?**

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Alternatively, treatments may be enjoyed without clothes. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

## **What about my valuables?**

Please leave valuables in your hotel room safe or complimentary safety deposit boxes at Mandara Spa reception, 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?**

You may charge spa services to your hotel bill. We also accept all major bank cards and cash payments.



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