



SUMOR SPA

by MANDARA

DESERT NIGHTS RESORT



# Welcome to Sumor Spa by Mandara

Integrating age-old Eastern healing traditions in contemporary luxury, a Mandara moment is as indulgent as it is therapeutic and as magical as it is real.

Imagine boundaries ceasing to exist. Imagine science and nature dancing together in perfect harmony. And then, imagine a Spa experience at Sumor Spa by Mandara.

## Our Story

Originating on the sacred island of Bali, Mandara Spa epitomizes the essence of time-honored healing traditions that transcend through the ages. The ancient art of massage and the profound impact of touch hold a sacred place in the heart of Bali, seamlessly integrated into the tapestry of daily self-nurturing rituals. Inspired by an unwavering commitment to balance and holistic wellness, we extend this devotion and sacred practice to every Spa treatment.

The name Mandara comes from an ancient Sanskrit legend about the gods' quest to claim Tirta Sanjiwani - a powerful holy water that holds the secret of eternal youth and beauty.

**Unlock the Secret in Your Own Mandara Moment**



## Packaged by Mandara



### PURE INDULGENCE

Immerse yourself in the Spa experience with this indulgent treatment package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Balinese Massage ~ Choice of Refresher Facial or Foot Massage.

**2 hrs 15 mins | OMR 94**

### HARMONY

A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Balinese Massage or Pure Nature Facial.

**1 hr 45 mins | OMR 74**

### SPA SAMPLER

Experience the pleasure of relaxation with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

**1 hr 20 mins | OMR 54**

## Face of Mandara

### PURE NATURE FACIAL

Mandara Spa's signature facial is rich in enzymes to exfoliate, antioxidants to protect from pollutants and natural oils for nourishment. Relying on nature's life-force to 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.

**1 hr | OMR 42**

## Body of Mandara



### MANDARA MASSAGE

Our signature massage is a blend of five massage styles - Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. Engaging two therapists to create a deeply transformative experience of calm.

**1 hr 30 mins | OMR 82**

**1 hr | OMR 60**

### WARM STONE MASSAGE

Smooth, warmed stones glide across the body in long, flowing strokes. The heat relaxes muscles and soothes the mind. Simultaneously, stones are placed on the body's energy points to encourage healing.

**1 hr 30 mins | OMR 65**

**1 hr | OMR 50**

### BALINESE MASSAGE

Based on ancient Balinese traditions this medium pressure massage combines long strokes, skin rolling and palm pressure to relieve tension, relax the body and improve circulation.

**1 hr 30 mins | OMR 60**

**1 hr | OMR 45**

### TENSION RELIEF MASSAGE

Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. Relieves pain, boosts circulation and supports the body's innate healing system.

**1 hr 30 mins | OMR 65**

*All prices are quoted in Omani Riyal (OMR) and inclusive of applicable tax and service charge.  
Rates may be subject to change without notice.*

# Body of Mandara

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## DETOX MASSAGE

1 hr 30 mins | OMR 65

Combining trusted techniques to assist the body to detoxify. Body brushing removes dead skin, cold and hot therapy constrict and dilate blood vessels stimulating circulation, deep work followed by light lymphatics activate the body's flushing ability and stomach massage assists colon function. Utilizing diuretic and tonifying essences to aid the process.

*\*Do not eat just before the massage, avoid alcohol after to give the body time to process.*

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## FANCY FOOT-WORK

1 hr | OMR 35

Based on the same therapeutic principles of Chinese Reflexology without the pain, this foot massage will help to release toxins and restore your body's energy flow.

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## EXPRESS MASSAGE

30 mins | OMR 25

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.

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## FOOT MASSAGE

30 mins | OMR 20

Inspired by a selection of different Asian massage styles, this combination of strokes stimulates circulation, relieves tired and painful feet.

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## SCULPT & DEFINE FACIAL MASSAGE

30 mins | OMR 20

Lift, sculpt and define the face and décolletage whilst releasing tightly held tension in the shoulders and neck. Using the power of the hands to produce a more youthful, radiant complexion.

## Gift Certificate

Gift certificate purchase is available for all Spa treatments or at a value amount. Please contact our Spa Reception for further details.

## Homecare & Gifts

Luxury skin and body care products along with beautiful gifts are available at Spa Boutique.



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# 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.

## **What if I have special health considerations?**

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, let us know.

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

You may wear suitable clothing in keeping with the culture, or we can provide you with hygienic disposable briefs. Our therapists will always use draping techniques to respect your privacy.

## **What about my valuables?**

Please leave valuables in the safe in your hotel room, 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 accept all major credit cards (Visa, AmEx, MC)



Opening Hours:  
**10am - 7pm**



**DESERT NIGHTS RESORT**

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