



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, passed down from generation to generation, from mother to daughter, from father to son.

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. Today, Mandara Spa is known worldwide for luxurious spa experiences in over 100 beautiful exotic locations and indulgent city spas across the four corners of the globe.

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". What are you waiting for?

Spa Facials

The Pro-Collagen Age Defy

1 hour

Anti-wrinkle facial with proven results

Clinically proven, after just one treatment, this facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*. Specialised techniques with anti-ageing formulations leave a firmer, uplifted, youthful-looking appearance.

£120.00

Mandara Bespoke Facial

50 minutes

Tailored to your individual needs

This bespoke facial is individual to you. Your therapist will carry out a detailed consultation to target your skincare concerns and build a facial treatment that caters to your needs.

£100.00

* Statistics are based on independent clinical trials

Elemis Skin Boosting Facial

25 minutes

For a smooth, glowing complexion

Perfect for a lunch-time or early evening 'quick fix', these facials are uniquely designed for maximum results to fit in with your busy lifestyle.

£55.00

Book a course of 4 facials and get the 5th facial free

High Performance Skin Energiser for Men

1 hour

Anti-ageing booster for tired, stressed and dehydrated skin

Helps calm irritation and minimise signs of ageing, this is the ultimate overhaul for male skin. Incorporating the Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-ageing treatment protects against the harsh effects of shaving and environmental damage.

£120.00

Facial Add-Ons

The finishing touches that make all the difference

Hot towel and Extraction

£10.00

Ultrasonic Pore Cleansing

£15.00

Eyebrow Shape Using Tweezers

£15.00

Eyelash Tint

£15.00

Eyebrow Tint

£15.00

All About Eyes

Eyebrow shape, tint and eyelash tint

£40.00

Advanced Facial Treatment Add Ons

From £15.00

Details available upon request

A patch test is required for all tinting treatments 24 hours prior to your scheduled treatment.

Advanced Beauty

CACI

As the driving force behind the world acclaimed CACI Non-Surgical Facial Toning system, CACI International has been at the forefront of anti-ageing technologies for over two decades. CACI treatments have been voted the most effective anti-ageing treatments available. CACI non-surgical face and body treatments deliver visible and corrective results without the need for surgery or invasive procedures worldwide.

Often described as the 'red-carpet beauty secret', CACI clients include royalty, television and movie stars, supermodels, beauty editors and make-up artists from around the globe.

Non-surgical Face Lift

1 hour

CACI's signature Non-Surgical Facial Toning is an advanced non-invasive facial, with twenty years medical research behind it. Micro-current impulses will lift and tone the facial muscles and the neck area, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles. This gives a more youthful, fresh appearance and glow.

£105.00

Course of 5 – £420.00

Ultra Anti-Ageing Facial

1 hour 30 minutes

The CACI Ultra is the most effective non-surgical treatment method to redefine facial contours, plump out deep lines and wrinkles as well as tackle a range of skin imperfections. It is the very first treatment system to combine micro-current facial toning, ultra-sonic skin peeling and LED photo rejuvenation. This is the ultimate in skin maintenance.

£140.00

Course of 5 – £560.00

CACI Ultra-Sonic Peel

1 hour

This revolutionary system uses waves of energy to dislodge dead skin cells, gently exfoliating the epidermis. This unique peel helps inhibit bacteria and also enhances the absorption of products into the skin. The hydra mask is then applied to deeply hydrate, soften and smooth your skin.

£100.00

Course of 5 – £460.00

Radiant Bride

1 hour 30 minutes

Get your skin ready for your special day. During this facial expertly applied spa products will nourish and illuminate your skin. You will also experience the power of technology with the use of the CACI machine which will deep cleanse, lift, tone and firm your skin. This treatment is bespoke and will be customised to your individual needs and expectations. We recommend a course of facials in the run up to your wedding day in order to achieve a flawless complexion.

£140.00

Course of 5 – £560.00

Just like any exercise, you need to keep working on it to see long lasting results. The effect of the CACI machine is immediate but to help retrain your muscles to fight the pull of gravity, a course of treatment is highly recommended. We want you to get the best results and will work with you to create a bespoke package that fits your skin and lifestyle needs. Talk to us today about designing a course of treatments best for you.

Mandara Body

Warm Bamboo Massage

1 hour 15 minutes

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.

£100.00

Hot Stone Massage

50 minutes

The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. 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.

£100.00

Asian Head Massage

50 minutes

This shoulder, neck, upper back, arm and scalp massage is based on the ancient healing system of Ayurveda. A Thai poultice filled with exotic leaves, flowers and lime essential oil is dipped in warm coconut oil and used on the scalp, for scalp and hair care as well as complete relaxation. Deep thumb and finger pressure, friction and soothing strokes help to reduce tension, improve circulation and flush out physical and emotional toxins.

£100.00

Balinese Massage

Our most relaxing massage. 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 can also help to improve the circulatory, lymphatic, muscular and nervous systems. Ideal for jetlag.

25 minutes £55.00

50 minutes £90.00

1 hour 20 minutes £140.00

Fancy Foot-work

50 minutes

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 using nourishing Mandara body butter will help to release toxins and restore your body's energy flow. It feels like bliss at its celestial best.

£85.00

Muscle Ease Massage

This deep tissue 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.

25 minutes £60.00

50 minutes £100.00

Book a course of 4 massages and get the 5th free

Couple's Massages

Share your ultimate spa experience with someone special in our exclusive luxurious couples suite. Whether it is your partner or best friend, you can indulge with one or a selection of our pampering treatments. Prices vary according to the type of massages selected.

£15.00 additional charge for couples facilities

VIP Couples Experience

3 Hours

Relax with exclusive use of our VIP lounge followed by your couples Balinese 50 minute massage, a relaxing foot ritual and finish with a glass of sparkling wine with a selection of Champagne truffles. You are also welcome to use our facilities including sauna, steam room and swimming pool.

£240.00 per couple

Enhance your experience by adding:

Aroma Reflex Foot Ritual

15 minutes

A symbolic cleanse to wash away the world and a divine foot massage. Using Bali Santi shower cream, this ritual will prepare you for total relaxation.

£15.00

This enhancement is for 50 minute treatments or longer and cannot be booked alone.



Mums To Be

Peaceful Pregnancy Massage

1 hour 15 minutes

A treatment especially adapted for mums to be and during each stage of pregnancy. Indulge in this heavenly massage ritual by candle light, combining tried and tested safe pregnancy massage techniques. Specialised positioning is used to ensure safety, comfort and relaxation. Helps to relieve tension in your lower and upper back and alleviate any swelling in the hands and feet. Ultimately it connects the mother to her baby through the power of touch.

£95.00

Absolute Mum-to-Be Experience

2 hours 15 minutes

The perfect package to indulge during any stage of pregnancy when skin needs that extra TLC. A nurturing massage is combined with a professionally customised Skin Solution or Anti-Ageing Facial to balance hormones that may be playing havoc during pregnancy.

£180.00

Male Grooming

Elemis' range of advanced skincare products that are uniquely designed for men's skin.

Elemis Shave Experience

45 minutes

This is the perfect treatment for a busy man which combines invigorating hot towels, an extra close shave using an open razor and Elemis Skin Intelligence facial range; the ultimate overhaul for male skin leaving you feeling fresh and ready for the day.

£50.00

Elemis High Performance Skin Energizer

1 hour

This treatment is an anti-ageing booster for tired, stressed and dehydrated skin. The ultimate skin overhaul, providing maximum anti-ageing results for men. Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a busy lifestyle, ageing from frequent shaving and environmental stressors.

£120.00

Elemis Platinum Shave Experience

2 hours

The ultimate shaving experience, incorporating a selection of products designed especially for male skin to help calm irritation and rapidly accelerate skin repair. Starting with a cleanse and exfoliation, infused aromatic hot towel followed by a wet shave and post shave recovery mask with active anti-ageing qualities. All of this is complemented with a relaxing scalp massage and finished with a cold infused towel to seal your pores, facial moisturiser, eyebrow tidy and nail buff.

£150.00



CACI Men's Skin Rejuvenator

1 hour

This bespoke treatment will target your skin care needs. This revolutionary system uses waves of energy to dislodge dead skin cells, gently exfoliating the skin. This unique peel helps inhibit bacteria and also enhances the absorption of products into the skin. The Hydramask is then applied to deeply hydrate and smooth your skin. This rejuvenating facial will help reduce and eliminate ingrown hairs and shaving irritation.

£100.00

Course of 5 – £400.00

After any of your chosen shave experiences, relax with a glass of Prosecco or non-alcoholic beverage on us.

Advanced Body

CACI Lift & Sculpt

1 hour

The CACI lift & sculpt treatment will help to firm and sculpt body muscles that have lost shape and definition in localised areas such as the bust, stomach, legs and buttocks. This treatment will create a firmer, more toned appearance. A treatment that offers immediate visible results, improving skin tone, skin rejuvenation and tightening, and body contouring. This popular treatment uses Electro Cellulite Massage – which combines the therapeutic benefits of massage with the effectiveness of micro-current technology. It utilises 24 conductive rollers electrically charged with micro-current to firm and lift. The rollers are designed to pivot to the body contours of each individual targeting specific problem areas. The stimulatory action of the Electro Cellulite Massager helps to break down fatty deposits, tone muscles and reduce inches. It will also stimulate circulation and lymphatic drainage, which will help to flush toxins away giving a smoother and tighter, dimple free appearance. Great as a pre-holiday body blitz.

£70.00

Course of 5 – £280.00

Deep cleansing back treatment

25 minutes

A thorough deep cleanse and exfoliation helps to smooth and cleanse the skin. This is followed by a mud mask and bacteria inhibiting blue light technology. This treatment is perfect for anyone who suffers with back acne, congestion on their back or ingrown hairs.

£45.00

Course of 5 – £180.00

Just like any exercise, you need to keep working on it to see long lasting results. The effect of the CACI machine is immediate but to help retrain your muscles to fight the pull of gravity, a course of treatment is highly recommended. We want you to get the best results and will work with you to create a bespoke package that fits your skin and lifestyle needs. Talk to us today about designing a course of treatments best for you.

Personal Training

Personal Training

1 hour

Access to the spa facilities and workout with our personal trainers to help you get into shape.

£45.00

Get your personal training half price when booked with any of the following treatments:

- Elemis Targeted Toning Tightener
- Muscle Ease Massage
- Elemis Intensely Cleansing Salt Scrub – Lime and Ginger

Spa Ritual Packages

Escape from it all with our selection of expertly created spa rituals.

Mandara Spa Escape

2 hours

Escape your world and indulge in ours with this spa ritual. Allow yourself to escape the stresses of daily life. The treatment begins with a relaxing Aroma Reflex Foot Ritual followed by a custom back, neck and shoulder massage to treat your individual needs. Your skin will then be soothed and nourished with the Mandara bespoke facial. Your ritual is complete with a tension relieving scalp massage. Complete your experience by relaxing in our Spa lounge with a glass of Prosecco.

£180.00

Mandara Spa Discovery

2 hours

An age-old tradition combines with the finest of European skincare for a deliciously relaxing experience. Aroma Reflex Foot Ritual ~ Balinese Massage ~ Elemis Taster Facial ~ File and paint on fingers or toes.

£160.00

Comforting Retreat

1 hour 20 minutes

The perfect package for those in need of some TLC. This ritual begins with our Aroma Reflex Foot Ritual followed by a warming and comforting full body massage using our comforting massage oil and Thai herbal poultice containing coconut to nourish and cocoon the skin.

£120.00

Exotic Retreat

1 hour 20 minutes

A traditional Balinese ritual inspired by the ancient tradition of the Mande Lular. A ritual experienced by brides-to-be in the weeks before their wedding. Let your senses be immersed in the evocative blend of spices, coffee, coconut and yoghurt. An energising body scrub will brighten skin whilst a nourishing yoghurt wrap will hydrate and soothe. A deeply relaxing scalp massage allows you to escape everyday stresses and our traditional Balinese full body massage completes this indulgent ritual.

£120.00

Elemis Couture Touch

55 minutes

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. Choose your intensive booster anti-ageing facial from:

- Pro-Collagen Age Defy
- High Performance Skin Energiser for Men
- Super Food Pro-Radiance

£95.00

Detox Therapy

Mid-week Spa Package

Full use of spa facilities, a personal training session and 25 minute facial or massage.

Monday: 9.00am to 9.00pm

Tuesday & Wednesday: 2.00pm to 9.00pm

£55.00

Revitalise Afternoon Tea

Combining the best of Balinese with the best of British. Your 50 minute Balinese massage is complete with a traditional Champagne afternoon tea.

£120.00 per person



Elemis Targeted Toning Tightener

50 minutes

Using the new clinically proven Elemis Targeted Toning Cellulite products, your silhouette will be redefined. The Targeted Toning Cellulite Serum and Targeted Toning Cellulite Cream targets stubborn cellulite, for visible, rapid results. A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven* to reduce the appearance of cellulite after just one treatment.

£95.00

*Independent clinical trials.

Elemis Intensely Cleansing Salt Scrub – Lime and Ginger

45 minutes

Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is drizzled luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied and followed by a mini facial. Skin is deeply cleansed and moisturised, leaving it glowing, vibrant, replenished and flawless.

£55.00

Private Hire Packages

VIP private room hire

(4-10 people)

For that extra special touch why not hire our exclusive VIP suite. Perfect for hen parties, birthday celebrations and baby showers. You will receive exclusive use of the VIP suite and indulge in a wide range of delicious refreshments. You will also have access to the swimming pool, fitness centre, sauna and steam room with complimentary bathrobes and slippers for the day. Choose from a selection of massages or skin boosting facials accompanied by a glass of sparkling wine.

25 minutes – £75 per person

50 minutes – £110 per person

Monday–Thursday

25 minutes – £85 per person

50 minutes – £120 per person

Friday–Sunday

The lead guest will receive a luxury Mandara Spa bath robe to take home.

Exclusive spa hire

(10 or more people)

For larger groups we offer spa hire for all special occasions. You will receive exclusive use of the spa and indulge in a wide range of delicious refreshments. You will also have access to the swimming pool, fitness centre, sauna and steam room. All guests will have complimentary use of robes, slippers and towels on the day. Choose from a selection of massages or facials (50 minutes) accompanied by a glass of sparkling wine. Please note: the wet facilities are shared with hotel guests.

POA

All VIP experiences are tailored for you and your preferences. Please contact the Spa directly for additional information.

Use of facilities

Use of the fitness centre, swimming pool, sauna and steam room for up to 3 hours. Includes complimentary use of robes, slippers and towels.

£35.00

If you book a 50 minute or longer face or body treatment you may use the fitness centre, swimming pool and heat facilities complimentary

Manicure & Pedicure

Mend a Hand Manicure

45 minutes

This keratin treatment manicure will bring your nails back to brilliance! If your nails are brittle, peeling or weak this treatment will kick start their recovery. Your nails will be filed, cuticles trimmed and a relaxing hand massage performed followed by an application of the CND Rescue RXx. You will then be able to continue your treatment at home with a mini bottle of CND Rescue RXx. We recommend using the CND Rescue RXx for 4 weeks and avoid nail polish or nail overlays until treatment is complete.

£45.00

File and Polish

25 minutes

Hands or Feet

£25.00

The Mandara Pedicure

1 hour

Indulge your feet with this relaxing, traditional pedicure including a comforting and exotic foot soak for an ultimate pampering experience.

£55.00

The Mandara Manicure

1 hour

Perfect for dry, chapped hands that are in need of care and attention. Your hands will be gently exfoliated and then softened in hot cream. Your nails will also be filed, cuticles trimmed and finished with a glossy polish or nail buff.

Enjoy your luxurious manicure with a glass of Prosecco.

£50.00

Shellac Removal

£20.00

Please note: we only remove CND Shellac polish. Any other gel polishes or overlays may not be able to be removed and a late cancellation charge may be incurred.

We use CND Vinylux polish in all standard manicures and pedicures. Vinylux is a two part weekly polish system that includes a colour coat which eliminates the need for a base coat and an innovative new top coat utilising pro light technology.

Mandara Long Last Manicure

1 hour

CND Shellac treatment, which goes on like a polish and wears like a gel to create a flawless manicure for up to 14 days. This system can be removed in minutes. CND Shellac removal is also available.

£45.00



Make-up

Our skilled make-up artists will create your desired look using world renowned make-up brand Jane Iredale. Jane Iredale make-up is mineral based and certified as cruelty free. The brand is against animal testing and believe their products should be created to meet all the requirements of their customers whilst looking after the environment. The make-up is also suitable for Vegans and is gluten-free. Jane Iredale make-up is a cult favourite amongst some of the world's most high profile celebrities.

Make-up

1 Hour

Let our skilled make-up artists create your desired look whatever the occasion. We can create natural daytime, beautiful bridal or dramatic evening looks. This treatment includes a full application of make-up but your look can be enhanced with the following at your request:

- Contouring and highlighting
- False strip lashes
- False individual lashes

£50.00

Waxing

Upper leg	£30.00
Upper leg with basic bikini	£45.00
Upper leg with Brazilian	£76.00
Full leg	£55.00
Full leg with bikini	£90.00
Full leg with an inbetweeny	£110.00
Lower leg	£30.00
Undearm	£22.00
Half arm	£28.00
Full arm	£36.00
Brazilian	£56.00
The Inbetweeny	£46.00
Basic Bikini	£36.00
Brow (Tweezers)	£15.00
Brow (Wax)	£22.00
Lip	£15.00
Chin	£15.00
Cheeks	£15.00
Back	30 minutes £55.00
Chest	£45.00

With every brow wax receive a brow make over from your therapist to add colour, depth and highlights. Complimentary colour match with every facial waxing.

Spa Basics

To make a booking

We advise guests to book in advance to avoid disappointment on the day. The Spa can be contacted on:

Tel: +44 (0) 20 7620 7300

Or email

mandaraspawestminster@pphe.com

At the point of booking you will be asked to provide credit card details to secure your appointment. No bookings can be made without credit card details.

How to find us

Two Spa lifts are located with the main guest lifts on the first floor by the hotel reception. Our nearest underground stations are Waterloo and Westminster.

Your arrival

Please arrive at least 15 minutes prior to your scheduled booking to allow you time to change into a robe, but also to give you time to relax in the spa lounge and enjoy some complimentary spa refreshments. You will be requested to complete a consultation form prior to your treatment, this is treated with the strictest of confidence. Please be aware that some of our refreshments may contain nuts and other allergens, if you have any dietary requirements please make us aware at the point of booking.

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

Treatment cancellations

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.

Treatment courses

Courses are available on selected treatments. Treatments purchased as a course can only be used by one person. Courses are non transferable and non-refundable. Courses of treatment are valid for 6 months from the date of purchase.

Group bookings

For group bookings, a minimum of 72 hours is required for appointment postponement or cancellation and 75% deposit will be requested in advance.

What facilities can I use if I have booked a treatment?

You may use the gym and thermal facilities which include steam, sauna, and pool as well as the spa relaxation area.

Additional charges may apply for guests not staying at the hotel. The Spa reserves the right to close any of the facilities at any time for engineering or maintenance works.

Expectant mothers and those having waxing are advised not to use any hot facilities.

A minimum of 24 hours must be left between waxing or intensive body treatments and using heat facilities. Please note: the fitness centre, swimming pool and heat facilities are shared with hotel guests. The Spa 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.

Health concerns

Please let us know prior to your treatment if you have any concerns regarding your

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

Spa etiquette on the day

To maintain the serene ambiance of the Spa, and in respect for our other guests we ask you not to use your mobile phone, iPod 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.

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.

Discounts do not apply on all treatment vouchers.

Mandara Spa respectfully reserves the right to decline any treatment.

Dial the Spa for reservations.

Open from 9.00am to 9.00pm daily.

All 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, 1WB Lounge & Patisserie, Primo Bar and espressamente illy.



Transcend. Transform. Trust the moment.

mandaraspawestminster@pphe.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



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