



MANDARA
— SPA —

MOHEGAN SUN



Namaste

My soul honors your soul.

I honor the place in you where the entire universe resides.

I honor the light, love, truth, beauty and peace
within you because it is also within me.

In sharing these things, we are united;
we are the same; we are one.



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 Mohegan Sun Sky and Earth Towers**.^{*} 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.

ESCAPE YOUR WORLD. INDULGE IN OURS. Leave time at the door and enter a sanctuary where wellness meets wonder. Discover the beauty of Mandara Spa and an ethos encompassing well-being from around the world. Mandara Spa captures the essence of our Balinese heritage while charting a path to the New World – a journey that touches on regional influences infused into unparalleled Mandara experiences.

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.



Not sure what to choose?

Throughout this menu, our most well-loved services are indicated with the Mandara symbol.

^{*}Mandara Spa Sky Tower is full service and features traditional, first-class amenities.

^{*}Mandara Spa Earth Tower is a boutique facility with minimal amenities.





DISCOVER YOUR SENSE OF PLACE MORE THAN A SERVICE, A JOURNEY

TIME IS THE ULTIMATE LUXURY

There is nothing like time for self. Embrace a moment in solitude or share the relaxation. Arrive before your therapy to experience the wonders of Mandara Spa and discover your private haven – a place to escape for an hour or a few.

A SOOTHING ELIXIR FOR THE SOUL

Rich in antioxidants, tea is a mood changer. Depending on the selection, tea can calm you prior to your treatment, boost your endurance, and improve your health while safeguarding your immune system. In addition to tea, drink plenty of water to hydrate and replenish the body.

IMMERSE YOURSELF IN WELLNESS

Our spa amenities are a gateway to relaxation. Begin your spa journey by dipping into the hydropool and allowing the warm waters to relax your muscles in preparation for your massage or facial. The sauna and steam room are equally beneficial. The moist heat in the steam room aides in opening the airways and releasing toxins from the body while the heat of the sauna calms the body and helps release stress.

WASH YOUR CARES AWAY

Prepare to receive the most from your treatment. Prime the skin and body with a cleanse prior to your service and wash away any impurities – salts, minerals and oils – that will be massaged into the skin. After a shower, wait in the Relaxation Lounge to be whisked away for your treatment.

CONNECT WITH YOUR THERAPIST

Healing hands are intuitive, but a conversation with your therapist will help guide them in addressing your areas of concern. During your therapy, let your therapist know if there is any discomfort or if the environment – temperature, lighting or sound – needs adjusting for your comfort. A consultation before your service will allow you to receive the most from your treatment.

INDULGE IN THE MOMENT

An anticipated period of silence. Close your eyes. Inhale a deep breath. Exhale the breath. Let your mind drift away. Enjoy the quiet. Every bit of tension will disappear.

LINGER IN THE LOUNGE

Extend your stay by resting in our relaxation lounge after your treatment. The quietude will lull you into a deeper state of relaxation. The Relaxation Lounge features a Salt Therapy Inhalation wall, a perfect mood enhancer that also helps reduce inflammation and improves your respiration.

CONTINUE YOUR JOURNEY

After your service, wander through our retail section and browse our products – many of which are featured in our treatments. Your therapist will provide you with recommendations to purchase and continue your journey at home.

FACIALS

Experience the ultimate in advanced skincare. In addition to our Mandara Signature Facial, we feature ELEMIS, an award-winning, professional spa-therapy brand. Discover how TOUCH and TECHNOLOGY can transform the ever-changing nature of your skin.

ELEMIS Touch Facial

SUPERFOOD PRO-RADIANCE

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals, and trace elements, Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energizing nutrients. Skin is left smoother, plumper and luminously radiant – stress-free and lit up with good health.

50 min \$145 | 75 min \$205

ELEMIS BIOTEC Technology

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically-proven result? Thriving, visibly healthy and energized skin. Book a complimentary consultation to select the facial for your concerns.



BIOTEC LINE ERASER

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells towards dynamic functionality. Circulation is improved, increasing the production of collagen and elastin while the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energizing Amber balm. Red

and blue light therapy warms and de-stresses the skin while a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

50 min \$190 | 75 min \$250

BIOTEC FIRM-A-LIFT

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting technology. Circulation-stimulating Arjuna, Gardenia stem cells, and Alaria Esculenta Seaweed are activated by microcurrent pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

50 min \$190 | 75 min \$250



BIOTEC SKIN RESURFACER

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion, using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon oils. Steam and extraction deeply cleanse and detoxify before massage and light therapy restore equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

50 min \$180 | 75 min \$240

BIOTEC SUPER-CHARGER FOR MEN

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean,

simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best-face-forward results. A multi-tasking, time-efficient solution.

50 min \$165 | 75 min \$225

MANDARA SIGNATURE FACIAL

A breath of fresh air for the skin, this multi-faceted treatment is designed to address individual needs. Following a deep cleansing, exfoliation, necessary extractions, in addition to lifting and firming using microcurrent technology, this facial is topped off with a pure oxygen spray infused with vitamins to brighten and revitalize the skin. This rejuvenating therapy includes a decadent hand, arm and scalp massage as well as an application of our signature beauty oil.

50 min \$195 | 75 min \$255







ENRICH OR EXTEND YOUR FACIAL

Customize your service with any of our face, scalp and foot enhancements – a perfect way to enrich or extend the experience.

*Enrich Your Experience**

BROW MAINTENANCE

Be fuzz free by removing the unwanted hair from your eye-brow area.

\$20

CONDITIONING FOOT TREATMENT

An indulgent treat for the feet to hydrate, rejuvenate and revitalize the soles.

\$35

FRANGIPANI NOURISHING HAIR AND SCALP TREATMENT

Restores luster to the hair and scalp and promises unadulterated relaxation.

\$40

LIP OR CHIN WAX

These two maintenance musts are essential in removing hair from your face.

\$20

WARMING PARAFFIN TREATMENT

The warmth of this therapy stimulates circulation while relieving and moisturizing chapped, dry hands or feet. Select one area – hands or feet – for healing or hydrating. A perfect addition to any skincare service.

\$20

*Extend Your Experience**

BROW SCULPTING

For high-brow occasions, get yours shaped.

15 min \$30

BIOTEC EYE TREATMENT

BIOTEC technology gently stimulates and tightens the delicate eye area without disturbing fragile skin.

15 min \$70

BIOTEC NECK TREATMENT

Microcurrent reminds the muscle to firm up while the jowl and chin mask lifts and tightens.

15 min \$70

WAXING

Try our touchless waxing services, which promise to leave your skin smooth and hair-free. See page 21 for more details.

*Enrich your experience with a service enhancer that is built in to your service without adding time. Extend your experience with a service enhancer that adds time to your service.

BODY

Escape to a place where tranquility pervades. A body therapy does more than evoke a sense of comfort. It helps your body eliminate toxins through the lymphatic system, gives your circulatory system a boost of energy, and brings about a state of peace and harmony.

MANDARA CUSTOMIZED MASSAGE

Retreat to a private haven that transcends the extraordinary. Whether seeking a luxuriously-relaxing therapy or one tailored to soothe over-exerted muscles, our bespoke massage, based on the Swedish method and enhanced by worldwide techniques, achieves desired results. This heavenly escape includes a coconut-infused scalp massage and a Warming Paraffin Treatment to hydrate the feet.

50 min \$140 | 80 min \$200

BALINESE MASSAGE

Utilized for centuries to strengthen and heal the body, this traditional therapy combines stretching, long strokes, and palm and thumb pressure techniques. Flowing and graceful, the Balinese massage relieves tension, improves blood flow, eases stress, and encourages harmony.

50 min \$145 | 80 min \$205

MANDARA DEEP TISSUE MASSAGE

Excessive physical activity and sports can cause deep muscular and joint distress. This massage helps to warm and relax the muscles, improving range of motion. Enjoy before physical activity to increase flexibility and afterward to help the speedy recovery of strained muscles.

50 min \$150 | 80 min \$210

FIRE & ICE MASSAGE

A customized, heated Basalt stone massage complemented by ice-cool gels to gently detoxify the body and address areas of concern, alleviating stress and easing aching muscles. While the body is in a pure state of blissful relaxation, melted paraffin on the back will enhance the warming sensation of this contrast therapy.

50 min \$175 | 75 min \$235

COCONUT POULTICE MASSAGE

This nourishing and soothing massage utilizes heated and scented coconut poultices rich in vitamins E and K. The body is sumptuously drizzled in Frangipani Monoi Body Oil to heal and moisturize the skin. Using an array of Eastern and Western massage techniques and acupressure movements, the poultices are then applied to the body at pressure points to relax the muscles and release tension.

75 min | \$205

COUPLE'S MASSAGE

Indulge in a side-by-side Mandara Customized Massage and spend quality time together in a suite reserved for two. Select any other massage category for an additional fee.

50 min \$280 | 80 min \$400

PEACEFUL PREGNANCY MASSAGE

This unique pregnancy massage is a profoundly nurturing and tranquil oasis. Mothers-to-be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing massage hydrates and moisturizes skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted – along with wisdom, empathy and respect.

50 min | \$160



CELLUTOX AROMA SPA OCEAN WRAP

Let your thoughts drift away while cocooned in a comforting wrap combining the richness of sea plants, marine algae, and detoxifying juniper and lemon. Enjoy a de-stress scalp treatment and soothing foot massage as the active ingredients help refine the appearance of cellulite and relieve the discomfort of fluid retention.

*With 25-minute back
massage*

75 min | \$200

*With 50-minute, full-body
massage*

100 min | \$260

TARGETED TONING TIGHTENER

Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Nigari salt deeply cleanses, followed by a targeted sculpting massage to kick-start the micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling rubberized mask, rich in super-detoxing caffeine and green clay is applied to problem areas while clinically proven Red Algae redefines areas prone to sagging. The result is a targeted body airbrush and skin that looks and feels intensely toned and refreshed.

75 min | \$205



ENRICH OR EXTEND BODY THERAPIES

Complement your body therapy with any service from an all-inclusive selection of soothing baths, body polishes, signature wraps, and rituals to enrich or extend the experience.

*Enrich Your Experience**

BAMBOO THERAPY

Warm bamboo of various sizes is soaked in essential oils to soothe muscles and melt away tension.

\$40

CONDITIONING FOOT TREATMENT

An indulgent treat for the feet to hydrate, rejuvenate and revitalize the soles.

\$35

FRANGIPANI NOURISHING HAIR AND SCALP TREATMENT

Restores luster to the hair and scalp and promises unadulterated relaxation.

\$40

HOT STONE THERAPY

The vitality and energy of heated stones are used to soothe away stress and relieve muscular tension, aches and pains.

\$40

STICKS AND STONES

Bamboo Therapy and Hot Stone Therapy are fused to give the body an out of this world experience, soothing muscles into sweet oblivion.

\$40

WARMING PARAFFIN TREATMENT

The warmth of this therapy stimulates circulation, relieves stiff necks and sore lower backs, and moisturizes chapped, dry hands or feet. Select one area – back, hands or feet – for healing or hydrating. A perfect addition to any body service.

\$20

*Extend Your Experience**

DETOX THERAPIES

CELLUTOX AROMA SPA OCEAN WRAP

Cocoon the body in a detoxifying wrap to refine the appearance of cellulite and relieve the discomfort of fluid retention.

50 min \$140

MUSCLEASE AROMA SPA OCEAN WRAP

Envelop the body in an aromatic seaweed mask to relieve stiff joints and muscular tension.

50 min \$140

TARGETED TONING TIGHTENER

A powerful blend of massage and detoxifying clay for targeted toning and improved circulation. Select a localized treatment: arms, hips and thighs, or abdomen.

25 min \$85

EXOTIC BODY POLISHES

CITRUS BODY GLOSS

Citrus extracts are blended with sugar granules and sunflower oil to exfoliate and sumptuously soften the skin. This 'scent'-sational polish is followed by a zesty lime and creamy coconut body butter to hydrate and moisturize.

25 min \$85

EXOTIC FRANGIPANI MONOI SALT GLOW AND NOURISH WRAP

Found in sub-tropical climates, exotic frangipani flowers are the centerpiece to this silky, mineral-rich salt and hibiscus polish that melts on contact. The salt and hibiscus cleanse and exfoliate while monoi oil and frangipani flowers seal in moisture. The skin is left nourished, smooth and delicately fragrant.

25 min \$95

EXOTIC LIME AND GINGER SALT GLOW

This exotic exfoliation ritual invigorates and brings vitality to the skin. After light body brushing, warm oil is luxuriously drizzled all over before our Exotic Lime and Ginger Salt Glow is applied. The skin is deeply cleansed, polished and softened to a glow.

25 min \$85

MANDARA COFFEE BODY POLISH AND COCONUT MILK WRAP

An evocative blend of coffee granules and coconut oil is used to exfoliate the body, leaving the skin feeling soft and smooth prior to being enveloped in a nourishing and deeply moisturizing wrap of coconut, sweet almond, and starflower oil.

25 min \$95

REFLEXOLOGY

Send waves of deep relaxation throughout the body with an ancient healing therapy that is as blissful as it is beneficial. Massage the reflex points on the feet to restore natural energy flow and improve overall health.

25 min \$80

PROLONG-THE-BLISS!

50 or 80 minutes just not enough? Add more time to your massage to prolong the bliss a little longer.

30 min \$60

*Enrich your experience with a service enhancer that is built in to your service without adding time. Extend your experience with a service enhancer that adds time to your service.



WELLNESS WONDERS

BREATHING RELEASE

Surrender the mind and body to a wealth of relaxation exercises. Your therapist will combine deep, meditative breathing with movements and point release tools to relieve head, neck and shoulder tension.

25 min \$80

MYOFASCIAL RELEASE

Muscles are stretched, pain reduced and motion improved. Your therapist will use a revolutionary roller to target major muscles in the back, hips and legs to increase mobility, reduce soreness and release restrictions from the body.

25 min \$80

SOUND WAVE THERAPY

Lull the mind and body to a meditative state. Your treatment will begin and end with a beautiful shower of peaceful sound wave vibrations produced by therapeutic singing bowls to promote total relaxation and help realign your chakras.

25 min \$80

ACUPRESSURE — HANDS AND FEET

Soothe sore, tired hands and feet with a point release tool utilized on pressure points to alleviate the pain and discomfort of overworked muscles.

25 min \$80



QUARTZ CRYSTAL BED

Experience a new wave of relaxation while enveloped in the signature Amber and Quartz Crystal bed for which four new treatments have been uniquely pioneered. Warm crystals mold and shape around your body helping to release muscle tension, detoxify and promote a deeper state of relaxation. A revolutionary minerally-charged experience of skin conditioning, metabolic balancing, and energizing wellness.

HOT MINERAL BODY BOOST

Harnessing the ground-breaking restorative power of the pioneering Amber and Quartz Crystal bed, this powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, perfectly prepping for the nourishing Amber balm, while the mind is whisked off to invigorating shores with the aromatic Ocean Spa.

60 min \$250

With facial massage

75 min \$280

POULTICE-POWERED MUSCLE RELEASE

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Using a uniquely designed Amber and Quartz poultice, and combining the power of Eucalyptus and Juniper, each area of tension is specifically targeted with vibrational energy to re-mineralize. Painful knots are eased. Tension is dissolved. The Amber and Quartz in the Poultice talks to the Amber in the bed; a powerful mineral connectivity that invigorates the body and elasticizes the skin.

50 min \$210

With facial massage

60 min \$235

AMBER & QUARTZ CRYSTAL SOUND BATH HEALING TREATMENT

Nothing can prepare you for the healing power of sound as it resonates through your body. This innovative, individual treatment combines the therapeutic benefits of the Amber and Quartz Crystal bed with the pure sounds that emanate from Sound Bowls. Your sound therapist will play the bowls to lull the mind into a deep meditative state.

35 min \$125

INDIGENOUS TREATMENT

RITUAL OF THE EARTH AND SEA TREATMENT (R.E.S.T.)

Warm your body with this self-heating, rosemary and eucalyptus aroma sea salt scrub. Quartz and medicinal plants are used in Native American treatments to promote healing and wellness. This treatment uses a unique combination of Quartz poultices and powerful Eucalyptus to soothe sore aching muscles and invigorate the body.

50 min \$165





JOURNEYS OF THE SPIRIT

Modern lifestyles are far removed from those of our ancestors. Charting the movements of *air, fire, water* and *earth*, Mandara Spa has taken key elements of ancient wisdom to restore our personal balance.

Enliven, Replenish, Release and **Embrace** with our Journeys of the Spirit, a mosaic of treatments that unite traditional rituals with modern-day services and a holistic approach — the ultimate experience for those seeking relaxation, invigoration and renewal.

Drawing on world-inspired therapies and philosophies, immerse yourself in the cultures of *Asia, India, the Mediterranean*, and the *New World*. Each region is symbolized by one of the four elements and evokes a sense of place and self.

A collection of unique experiences, these Journeys have been curated to transport the mind and spirit to destinations across the globe. Select a Journey that connects with your state of being.

Transcend. Transform. Trust the Moment.



Air | Enliven

ASIAN JOURNEY

An air of mystery, the Asian Journey is an experience of movement. Revitalizing to the body and soul, this anthology of therapies also enliven the mind and senses. Considered the most important element, air promotes strength, longevity and vigor. Breathe in deep and exhale.

 **BALINESE MASSAGE**
50 min \$145 | 80 min \$205

 **MANDARA SIGNATURE FACIAL**
50 min \$195 | 75 min \$255

MANDARA COFFEE BODY POLISH AND COCONUT MILK WRAP
25 min \$95

WELLNESS WONDER: BREATHING RELEASE
25 min \$80

PARTIAL JOURNEY
SELECT ANY TWO SERVICES AND SAVE 10%.

COMPLETE JOURNEY
EXPERIENCE THE MASSAGE, FACIAL, BODY POLISH WITH WRAP, WELLNESS WONDER, AND SAVE 20%.
Includes:

- Welcoming Aroma Reflex Foot Ritual
- A symbolic cleanse followed by a divine foot massage. 10 min
- Asian-Inspired Tea

RECOMMENDED PAIRING
MANDARA RITUAL FOR THE HANDS AND FEET

Fire | Replenish

INDIAN JOURNEY

Bold and beautiful, India beckons with colors of infinite richness. This Journey is one that ignites the fire within us and encourages us to discover a sense of self. A powerful force, fire is not only warming, but it is also alive and energizing. Replenish and emerge totally exhilarated.

 **FIRE & ICE MASSAGE**
50 min \$175 | 75 min \$235

 **BIOTEC SKIN RESURFACER FACIAL**
50 min \$180 | 75 min \$240

EXOTIC LIME AND GINGER SALT GLOW
25 min \$85

WELLNESS WONDER: MYOFASCIAL RELEASE
25 min \$80

PARTIAL JOURNEY
SELECT ANY TWO SERVICES AND SAVE 10%.

COMPLETE JOURNEY
EXPERIENCE THE MASSAGE, FACIAL, BODY POLISH, WELLNESS WONDER, AND SAVE 20%.
Includes:

- Welcoming Aroma Reflex Foot Ritual
- A symbolic cleanse followed by a divine foot massage. 10 min
- Indian-Inspired Tea

RECOMMENDED PAIRING
FIRE & ICE MANICURE AND PEDICURE



Water | Release

MEDITERRANEAN JOURNEY

This Journey reflects the beauty and serenity of a region known for its picturesque landscapes and deep blue waters. Through this element, discover therapies that connect with your emotions. Like gentle waves, water and complementary ingredients calm the mind, hydrate the body, and soothe the spirit. Release and allow yourself to flow.



CELLUTOX AROMA SPA OCEAN WRAP WITH MASSAGE

75 min \$200 | 100 min \$260



BIOTEC LINE ERASER FACIAL

50 min \$190 | 75 min \$250

CITRUS BODY GLOSS

25 min \$85

WELLNESS WONDER: SOUND WAVE THERAPY

25 min \$80

PARTIAL JOURNEY
SELECT ANY TWO SERVICES
AND SAVE 10%.

COMPLETE JOURNEY
EXPERIENCE THE DETOX
WRAP WITH MASSAGE,
FACIAL, BODY POLISH,
WELLNESS WONDER, AND
SAVE 20%.

Includes:

- Welcoming Aroma Reflex Foot Ritual
A symbolic cleanse followed by a divine foot massage.
10 min
- Mediterranean-Inspired Tea

RECOMMENDED PAIRING
CLASSIC SPA MANICURE AND
PEDICURE

Earth | Embrace

NEW WORLD JOURNEY

With ingredients indigenous to the New World and the element of earth as its foundation, this Journey nurtures the mind, body and spirit while restoring inner balance. The earth is round, and the New World Journey brings a Mandara Spa experience to a full circle, connecting traditional therapies from the East with the modern knowledge of the West. Embrace your Mandara moment.

**COCONUT POULTICE
MASSAGE**
75 min \$205

BIOTEC FIRM-A-LIFT FACIAL
50 min \$190 | 75 min \$250

**EXOTIC FRANGIPANI
MONOI SALT GLOW AND
NOURISH WRAP**
25 min \$95

**WELLNESS WONDER:
ACUPRESSURE**
25 min \$80

PARTIAL JOURNEY
SELECT ANY TWO SERVICES
AND SAVE 10%.

COMPLETE JOURNEY
EXPERIENCE THE MESSAGE,
FACIAL, BODY POLISH,
WELLNESS WONDER, AND
SAVE 20%.

Includes:

- Welcoming Aroma Reflex Foot Ritual
A symbolic cleanse followed by a divine foot massage.
10 min
- New World-Inspired Tea

RECOMMENDED PAIRING
SHELLAC® MANICURE AND
PEDICURE BY CND®

SALON SERVICES

Beauty begins with be: be your best you. Vibrant hair and groomed hands and feet are a reflection of your inner health and beauty. Let that natural brilliance shine through. Because being you is being beautiful.

Signature Services

FRANGIPANI CONDITIONING HAIR AND SCALP RITUAL

We use rich, exotic Frangipani Monoi Oil, legendary for its ritual uses in Tahiti. After cleansing your hair, we massage the scalp with this precious ingredient and wrap the hair in a warm towel to ease away stress and give your locks a vibrant, healthful shine. Add this treatment to any hair service.
25 min \$55



MANDARA RITUAL FOR THE HANDS AND FEET

Featuring a sumptuous lineup of citrus, coconut, and lotus flower milk, this luxurious ritual treats the hands and feet to an invigorating cleansing, signature exfoliation, soothing bamboo massage, and conditioning body butter application, followed by a traditional manicure, pedicure and polish.
**manicure \$55
pedicure \$70**

FIRE & ICE MANICURE AND PEDICURE

This invigorating therapy will warm your spirit and cool your stress. Using a combination of therapeutic cooling gels and the warmth of massage with a heated stone, your skin will be smoother and your nails will be polished to perfection.

**manicure \$50
pedicure \$65**

SHELLAC® MANICURE AND PEDICURE BY CND®

No drying time. No chipping. No smudging. This tough as nails treatment uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color, and perfect finish. It provides excellent wear and comfortable protection for up to 14 days.

**manicure \$50
pedicure \$65**

HAIR SERVICES*

Shampoo and Style
includes blow dry . . . **from \$60**

Shampoo and
Roller Set. **from \$50**

Special Occasion
Hair Design **from \$85**

French Braid **\$25**

Haircut and Style
includes blow dry . . **from \$70**

Bang Trim **\$25**

Flat or Curling Iron . **from \$30**

Children's Haircut and
Style includes blow dry
(12 and under). **from \$40**

Keratin® Complex Express
Blowout **\$175**

Keratin® Complex Hair
Straightening Treatment. **\$355**

Full Highlighting or
Low Lighting includes
blow dry. **from \$140**

Partial Highlighting or
Low Lighting includes
blow dry **from \$100**

Color & Shine **from \$90**

Color Correction . . . **from \$175**

Color Touch-up **from \$75**

Hair Conditioning
Treatment **\$50**

NAIL SERVICES

Classic Spa Manicure. . . . **\$40**

Classic Spa Pedicure. . . . **\$55**

French Polish. **add \$10**

Aromatherapy Paraffin
Infusion Treatment. **\$20**

Polish Change. **\$15**

Nail Art. **per nail \$8**

Nail Repair. **per nail \$5**

Shellac® Removal. **\$10**

*Most hair services are priced based on very short length and increase depending on hair length (short, medium, long, extra long). Consult a hair stylist to determine the length.

MAKE-UP ARTISTRY

Make-up Application \$70

Temporary Eyelash
Enhancements \$30

For Bridal Day Makeup and
Trial as well as other wedding
services, please see our
wedding menu.

MEN'S GROOMING

Men's Haircut and Style . . \$45

Men's Wet Trim \$40

Mustache Beard and
Eyebrow Trim \$30

Men's Sports Manicure . . \$35

Men's Sports Pedicure . . \$50

WAXING SERVICES

Brow Maintenance \$20

Brow Sculpting \$30

Nose or Ear \$20

Lip or Chin \$20

Full Face \$55

Underarms \$35

Full Arm \$60

Half Arm \$35

Men's Chest \$65

Full Back \$75

Half Back \$45

Stomach \$35

Basic Bikini \$50

Bikini Plus \$70

Brazilian \$85

Full Leg \$70

Half Leg \$55





MOHEGAN SUN EARTH TOWER MENU OF SERVICES



BODY THERAPIES

 **MANDARA
CUSTOMIZED MASSAGE**
50 min | 80 min

 **BALINESE
MASSAGE**
50 min | 80 min

**MANDARA DEEP TISSUE
MASSAGE**
50 min | 80 min

 **FIRE & ICE
MASSAGE**
50 min | 75 min

**COCONUT POULTICE
MASSAGE**
75 min

COUPLES MASSAGE
50 min | 80 min

**PEACEFUL PREGNANCY
MASSAGE**
50 min

Extend or Enrich Body Therapies

EXTEND YOUR EXPERIENCE

**BAMBOO THERAPY
CONDITIONING FOOT
TREATMENT**

**FRANGIPANI NOURISHING
HAIR AND SCALP TREATMENT**

HOT STONE THERAPY

STICKS AND STONES

**WARMING PARAFFIN
TREATMENT**

ENRICH YOUR EXPERIENCE

PROLONG-THE-BLISS
30 min

REFLEXOLOGY
25 min

WELLNESS WONDERS
Select from Breathing
Release, Myofascial Release,
Sound Wave Therapy, and
Acupressure.
25 min

FACIAL THERAPIES

**ELEMIS SUPERFOOD
PRO-RADIANCE**
50 min | 75 min

 **MANDARA
SIGNATURE FACIAL**
50 min

 **BIOTEC
LINE ERASER**
50 min | 75 min

BIOTEC FIRM-A-LIFT
50 min | 75 min

 **BIOTEC SKIN
RESURFACER**
50 min | 75 min

**BIOTEC SUPER-CHARGER
FOR MEN**
50 min | 75 min

Extend or Enrich Facial Therapies

ENRICH YOUR EXPERIENCE

BROW MAINTENANCE
**CONDITIONING FOOT
TREATMENT**

**FRANGIPANI HAIR AND SCALP
TREATMENT**

LIP AND CHIN WAX

**WARMING PARAFFIN
TREATMENT**

EXTEND YOUR EXPERIENCE

BIOTEC EYE TREATMENT
15 min

BIOTEC NECK TREATMENT
15 min

BROW SCULPTING
15 min

WAXING

Try our touchless waxing services, which promise to leave your skin smooth and hair-free. See page 21 for more details.

*Mandara Spa Earth Tower is a boutique facility with minimal amenities. When you experience a Mandara Spa therapy in the Earth Tower, you may use our Sky Spa amenities for the duration of the day.

Special Services

IN-SUITE MASSAGE

Let us bring the spa to you. Allow the power of touch, combined with the healing qualities of aromatherapy, to relax your mind, body and soul in the comfort of your room. All in-suite massages are booked with same gender therapists. See spa for details. Additional fees apply.

WEDDING DAY MAKEUP AND STYLING

Your special day requires special attention. Allow us to tailor our services to create lasting memories for you and to meet the needs of your wedding party. Prices vary by season and wedding party size. Ask the Spa Director for details.

SPA GROUP EVENTS

If you are bringing a group to **Mohegan Sun**, don't forget to plan spa arrangements for your guests. Our Spa Director will be happy to ensure your spa appointments are scheduled and that you and your group are completely indulged. Please call us at **860-862-4500** to find out about our group programs.

Spa Information

HOURS OF OPERATION

Spa

Mon-Thurs. 8:30am-7pm
Fri-Sun 7:30am-8pm

Salon

Mon-Thurs. 9:30am-7pm
Fri-Sun 9:30am-8pm

Fitness Center

Day Guests:
Mon-Thurs. 8:30am-7pm
Fri-Sun 7:30am-8pm

Hotel Guests:
24 hours with active room key

OUR PROMISE TO YOU

We are committed to inspiring your wellness journey while delivering uncompromising indulgence and the finest expression of service. Your comfort and enjoyment is important to us. If we have not fulfilled our promise to you, please visit the spa reception desk to ensure we remedy your experience.

RESERVATIONS

To schedule treatments, you may call our spa directly from a hotel phone by dialing extension **24500** or call **860-862-4500** from outside of the hotel. You may also book online at <http://onespaworld.na.book4time.com/onlinebooking>. We require a credit card upon booking and accept most major credit cards. Pre-scheduling your services is recommended, although we do welcome walk-ins and will do our best to accommodate you.

MINIMUM AGE REQUIREMENTS

Spa guests are required to be 18 years or older to receive treatments or utilize the facilities. Guests under 18 receiving a teen or kid treatment must be accompanied by a parent or guardian for all services. Swimsuits are required. For further details, please see our teen and kid spa menu.

CANCELLATION POLICY

We require at least 4 hours' notice for cancellation to avoid being charged the full price for your treatments to the credit card provided when booking your services.

PURCHASE POLICY

Unopened products may be exchanged within 14 days of purchase if you have an original receipt. We cannot exchange opened products.

SERVICE CHARGE AND PRICES

For your convenience, a 20% service charge in lieu of gratuity will be automatically applied to the final bill. Your provider will receive 100% of the service charge. Gratuity for exemplary service is discretionary. Prices and services are subject to change without notice.

ARRIVAL

Please arrive at least 30 minutes prior to your scheduled appointment so you can relax and make full use of

the facilities. To maintain the serenity of the spa, we ask you turn off your mobile phone and electronic devices upon arrival. Regretfully, if you are late for an appointment, we may have to shorten your treatment time to be on schedule for the next guest.

VALUABLES

For the safety of your valuable items, we suggest you leave all jewelry and money in the safe provided in your hotel room. The spa will not assume any liability for valuables.

THE GIFT OF MANDARA

Gift cards are available in any dollar amount and will be packaged in an attractive envelope ready for presentation.

OUR LOCATIONS

Mandara Spas can be found in diverse locations around the world. To find a location nearest you, visit www.mandaraspas.com.

KEEP IN TOUCH

Make taking care of your skin, body and hair part of your daily ritual and visit us at www.timetospa.com. Here, you may repurchase your skin, body and hair care products as well as read our inspiring articles, find some delicious healthful recipes, and be privy to our special offers.

Customer Service c/o
One Spa World, LLC.
1-855-848-3059



