



MANDALAY WELLNESS SELECTION

We recommend booking your treatment or class 24 hours in advance. However, if you do want something at shorter notice, please just ask your Personal Concierge and we will try our very best to deliver. Massages for example can often be arranged with as little as one hour's notice.

MASSAGE

We have two professional Jari Menari massage tables available so that both you and your partner can enjoy a massage at the same time. Prices are per person.

Traditional Balinese Massage 1 hour	A one hour full body massage using the fingers and palms with a small amount of oil.	\$29
Shiatsu Massage 1 hour	A more vigorous one hour full body massage without oil using long strokes and finger and palm pressure to relax the muscles and stimulate blood circulation.	\$29
Hot Herbal Massage 1 hour	A one hour full body traditional Balinese massage combined with the pressing of a warm herbal compact onto the body's energy points.	\$29
Hot Stone Massage 1 hour	A one hour full body massage combined with the placing of specially warmed stones on the body's energy points to relax the muscles and stimulate healing potential.	\$29
Foot Massage 1 hour	A full massage of the feet that benefits the whole body by stimulating the blood circulation.	\$29

YOGA

Yoga Class 1 hour	Choice of Hatha, Sivananda, Ashtanga, Vinyasa or Kundalini, incorporating postures (asanas) and relaxation techniques. The price covers a maximum of two people.	\$75
Yoga Class 1.5 hours		\$85
Yoga Class 2 hours		\$95
Yoga Spa 1 day	Guided meditation, yoga postures, relaxation techniques, yoga philosophy, breathing techniques, & holistic massage. The Spa lasts from 7.30 am until 5.30 pm and the price is per person.	\$175



MEDITATION

Meditation 1 hour	30 minutes of guided meditation and 30 minutes of Pranayama yogic breathing techniques. The price covers a maximum of two people.	\$75
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TAI CHI & CHI GONG

Tai Chi Class 1.5 hours	Movement, meditation and breath regulation. The price covers a maximum of two people.	\$85
Chi Gung Class 1.5 hours	Energy stimulation and channelling. The price covers a maximum of two people.	\$85

HEALING TREATMENTS

Balinese Healing Treatment 2-4 hours	Treatment of ailments by a renowned Balinese healer in his home at a sacred temple ground in Seseh (accompanied by translator). The price is per person.	\$130
Javanese Healing Treatment 1 hour	Acupressure and deep tissue massage on key pressure points. The price is per person.	\$80
Acupuncture 1 hour	The painless insertion of needles into key points of the body to balance yin and yang. The price is per person.	\$80
Homeopathy 1 hour	Natural remedies to address your ailments. Includes taking an extensive case history. The price is per person.	\$110
Craniosacral Therapy 1 hour	A soft massaging type treatment for the spine and head to release restrictions and improve the functioning of the central nervous system. Can reduce stress, headaches, neck and back pain. The price is per person.	\$105
Chakra Balancing Session	Connecting, purifying and harmonising the body's energy points. The price is per person.	\$105



REIKI

Reiki Class 1 hour	Introductory workshop. The price is per person.	\$105
Reiki Initiation Level I - 3 hours	Reiki principles, chakras, hand positions and practice. The price is per person.	\$195
Reiki Initiation Level II - 3 hours	Distance healing and the usage of ancient sacred symbols. The price is per person.	\$360

MARTIAL ARTS

Boxing 1.5 hours	The price covers a maximum of two people.	\$85
Kickboxing 1.5 hours	The price covers a maximum of two people.	\$85

If you would like another treatment, class or experience that is not listed here, please just ask your Personal Concierge and we will do our very best to arrange it for you.