



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 Disney's Grand Californian Hotel® & Spa. 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 Bali, 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.





Every spa treatment can be connected to others so that your treatments become a seamless experience of holistic healing and divine indulgence. These experiences can last from 2-4 hours and promise pure relaxation.



In the Golden State, relaxation takes center stage in each vacation dream. Known for its chill vibe, we take the California state of mind and present the perfect antidote to life's pressures: a Swedish Massage and an Elemis Skin Specific Facial. Relax the adult within you!

1 hour and 50 minutes With Classic Spa Manicure and Pedicure. 3 hours 20 minutes

CALIFORNIA AWAKENING

Experience the revitalizing benefits of our blood orange + white pepper sugar scrub. This 'scent'-sational and smoothing citrus infusion for the skin includes a full-body massage. Paired with our Elemis Visible Brilliance Facial for a clear and radiant complexion, this trio of treatments will leave the skin and body aglow.

2 hours 15 minutes

WHEN IN BALI

Relax like the Balinese do. Bask in the pleasures of a Balinese Massage, a flowing and graceful therapy that relieves tension and encourages harmony. Then, hydrate the skin with an Elemis Pro-Collagen Quartz Lift Facial followed by a luxurious and sumptuous Mandara Ritual for the Hands and Feet.

3 hours 50 minutes

COUPLES RETREAT RITUAL

Indulge in a gorgeously relaxing full-body massage in our suite reserved for couples followed by the Elemis Visible Brilliance Facial for her and the Elemis Urban Cleanse for Men Facial for him.

1 hour 50 minutes

MEN'S SPA ESCAPE

Soothe overworked and tired muscles with a Mandara Deep Tissue Massage and cleanse and exfoliate deep into the skin's pores with an Elemis Urban Cleanse for Men Facial.

1 hour 50 minutes With a Men's Sports Manicure and Pedicure. 3 hours





FACIALS

Experience the ultimate in advanced skincare. We feature Elemis, a professional spa-therapy brand that offers clinically-trialed face and body treatments without compromising on indulgence.



ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL

This anti-wrinkle facial has been independently tested with phenomenal results. Empowered with Quartz micro-crystals and the antioxidant properties of other precious minerals, this treatment is proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just one treatment.* It will slow down the visible signs of aging, leaving skin firmer and uplifted. This exceptional therapy includes a hand, arm and scalp massage.

60 minutes

*Independent Clinical Trials 2007

ELEMIS PRO-INTENSE LIFT EFFECT FACIAL

Powered by breakthrough technology that combines cutting-edge plant stem cells, nutrient-rich natural lipids, and firming plant actives. Powerful lifting techniques target sagging jowls, cheeks, the chin, and neck while helping to reduce the puffiness and fluid retention associated with loose skin.

60 minutes

ELEMIS TRI-ENZYME RESURFACING FACIAL

This facial is clinically proven to reduce the appearance of fine lines, acne, superficial facial scarring, and uneven skin pigmentation, revealing a renewed level of clarity to the complexion. After just one session, this facial can resurface the skin up to 75% and leave your skin up to 32% smoother.* This superior treatment is further enhanced by a luxurious hand, arm, décolletage and scalp massage.

60 minutes

*Independent Clinical Trials 200

ELEMIS VISIBLE BRILLIANCE FACIAL

Independently tested with revolutionary results, this antiaging face and eye treatment instantly firms, rejuvenates and plumps up the skin while helping to reduce dark circles. The skin's moisture levels are proven to increase by up to 61% and elasticity by 40% after just one treatment.* Specialized micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance. This amazing treatment is further enhanced by a luxurious hand, arm and scalp massage.

60 minutes

*Independent Clinical Trials 2004



MASSAGE

Give yourself the gift of hands-on healing. A massage does so much more than just feel good. It helps your body to eliminate toxins through the lymphatic system, gives your circulatory system a boost of energy, and brings about a state of peace and harmony.



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

50 minutes 80 minutes

SWEDISH MASSAGE

This classical European technique of manipulating muscles with aromatic massage oils is both relaxing and invigorating. While providing tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems.

50 minutes 80 minutes

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 minutes 80 minutes

MANDARA HOT STONE MASSAGE

Therapeutic and relaxing, this treatment alleviates stiffness and soreness while restoring energy and balance. The stones' heat, combined with long, flowing strokes, relaxes the muscles and has a soothing effect on your emotions. Simultaneously, other stones

are placed on your body's energy points, deeply infusing muscles with heat to melt away tension.

50 minutes 75 minutes

BAMBOO MASSAGE

Imagine warm bamboo shoots of various sizes rolling, sliding, and massaging your muscles. Customized to your preference, your therapist will use deep tissue techniques and gentle strokes to soothe the muscles into sweet oblivion.

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 a blend of coconut and sweet almond oils combined





with lotus flower milk and yogurt to heal and moisturize the skin. The poultices are then applied to the body at pressure points to relax the muscles and release tension, using an array of Eastern and Western massage techniques and acupressure movements. 75 minutes

REFLEXOLOGY

An ancient healing therapy that is as blissful as it is beneficial, reflexology works on the principle that all body organs are connected to reflex points in the feet via constantly flowing energy channels. Massaging these reflex points restores natural energy flow and improves overall health by sending waves of deep relaxation throughout your body.

25 minutes 50 minutes

ELEMIS NURTURING MASSAGE FOR MOTHER-TO-BE

Specially designed for mothers-to-be, this massage promotes relaxation, increases circulation, and provides comfort during this wondrous time of change. This treatment helps to relieve tension and alleviate swelling in the hands and feet while uplifting the spirit. Comfort and safety is ensured with supportive pillows and Japanese Camellia Oil

50 minutes

COUPLES MASSAGE

What a perfect way to spend time with someone you love. Both of you will enjoy a gorgeously relaxing full-body massage side by side.

50 minutes 80 minutes

EXTEND YOUR EXPERIENCE*

AROMA REFLEX FOOT RITUAL

A symbolic cleanse followed by a divine foot massage. 10 minutes

MANDARA BALINESE BODY POLISH

Add a skin-smoothing body exfoliation to any massage or body treatment.

25 minutes

PROLONG-THE-BLISS

50 or 80 minutes just not enough for you? Add 30 minutes to your massage to prolong the bliss a little longer.

ENRICH YOUR EXPERIENCE*

CONDITIONING FOOT TREATMENT

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

ELEMIS FRANGIPANI NOURISHING HAIR AND SCALP TREATMENT

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

HOT STONE THERAPY

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

STICKS AND STONES FUSION

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

WARMING PARAFFIN TREATMENT

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

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

BODY THERAPIES

These scrubs, seaweed purees, and detoxifying concoctions will slough away dead skin, remineralize the body, and help you tone and firm. Healthful and sumptuously indulgent, these treatments include an invigorating massage.



MANDARA BALINESE BODY POLISH WITH MASSAGE

An exotic ritual to invigorate and bring vitality to the body, your skin will be polished and smoothed to a glow with our energizing Blood Orange + White Pepper Sugar Scrub or uplifting Elemis Lime and Ginger Salt Glow, complete with an application of body butter to hydrate the skin. This treatment includes a 25-minute back massage or 50-minute, full-body massage.

50 minutes

ELEMIS AROMA SPA SEAWEED MASSAGE (CELLUTOX OR MUSCLEASE)

Combining the richness of sea plants and marine algae with aromatherapy, this treatment is deeply detoxifying at all levels for women and men. A warm seaweed mask containing a synergy of cleansing essential oils is applied to your body before you are cocooned in a comforting wrap. Let your thoughts drift away and relax with a scalp and foot massage while the active ingredients work to detoxify and stimulate your body systems. Choose from Cellutox for detoxification and Musclease to help relieve sore joints and muscular tension. Includes a 25-minute back massage or 50-minute, full-body massage. 75 minutes

75 minutes 100 minutes

ELEMIS EXOTIC COCONUT RUB AND MILK RITUAL WRAP WITH MASSAGE

A traditional Balinese recipe with coconut, mungbean, spices and lavender polishes the skin while the sensation of warmed, exotic Frangipani Monoi Body Oil and Skin Nourishing Milk Bath being drizzled over your body is simply divine. The natural ingredients work to heal while you enjoy a relaxing scalp massage. Includes a 25-minute back massage or 50-minute, full-body massage.

50 minutes 75 minutes



BEAUTY SALON

Groomed hands and feet are a reflection of your inner health and beauty.



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MANDARA RITUAL FOR

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 50 minutes pedicure 60 minutes

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 minutes

pedicure 60 minutes

SHELLAC MANICURE AND PEDICURE

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 45 minutes pedicure 60 minutes







EXPERIENCES

1 hr. 50 min
California Awakening 2 hrs. 15 min\$345
When in Bali 3 hrs. 50 min\$395
Couples Retreat Ritual 1 hour 50 min\$525
Men's Spa Escape 1 hour 50 min\$270 with Men's Sports Manicure and Pedicure 3 hours\$325
FACIALS
Elemis Pro-Collagen Quartz Lift Facial 60 min
Elemis Pro-Intense Lift Effect Facial
60 min \$185

Elemis Tri-Enzyme Resurfacing
60 min\$180
Elemis Visible Brilliance Facial 60 min\$175
Elemis Skin Specific Facial 60 min
Elemis Urban Cleanse Facial 60 min
MASSAGE
Balinese Massage 50 min \$135 80 min \$195
Swedish Massage 50 min
Mandara Deep Tissue Massage 50 min
80 min \$200
Mandara Hot Stone Massage 50 min

Bamboo Massage
00 111111 \$105
Coconut Poultice Massage 75 min\$195
Reflexology \$85 50 min \$135
Elemis Nurturing Massage for Mother-to-Be 50 min
Couples Massage \$295 min\$415
MASSAGE INDULGENCES— EXTEND YOUR EXPERIENCE
Aroma Reflex Foot Ritual O min
Mandara Balinese Body Polish 25 min\$70
Prolong-the-Bliss 50 min\$60



MASSAGE INDULGENCES— ENRICH YOUR EXPERIENCE*

Conditioning Foot Treatment\$30
Elemis Frangipani Nourishing Hair and
Scalp Treatment\$30
Hot Stone Therapy \$35
Sticks and Stones Fusion\$45
Warming Paraffin Treatment\$30

BODY THERAPIES

Mandara Balinese
Body Polish
with 25-min back massage
50 min\$150
with 50-min, full-body
massage
75 min\$210

Elemis Aroma Spa Seaweed Massage (Cellutox or Musclease) with 25-min back massage

75 min
massage
100 min \$265
Elemis Exotic Coconut Rub and Milk Ritual Wrap with 25-min back massage 50 min
massage
75 min \$225
Elemis Exotic Frangipani Body Nourish Wrap with 25-min back massage 50 min\$140 with 50-min, full-body massage
75 min \$200

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







NAIL SERVICES

Mandara Hand Ritual \$55
Mandara Foot Ritual \$75
Fire & Ice Manicure\$50
Fire & Ice Pedicure \$75
Shellac Manicure\$50
Shellac Pedicure\$75
Classic Spa Manicure\$35
Classic Spa Pedicure \$65
Men's Sports Manicure\$30
Men's Sports Pedicure\$60
Nail Repairper nail \$10
Franch Daliah

Polish Change
Aromatherapy Paraffin Infusion Treatment\$20
Shellac Removal \$20
Shellac Enhancement Upgrade <mark>\$2</mark> 0
WAXING SERVICES
Brow Sculpting\$25
Nose or Ear
Lip or Chin\$20
Full Face
Full Leg\$75
Half Leg \$50

Jnderarms
-ull Arm\$45
Half Arm \$25
Basic Bikini \$45
Bikini Plus
Brazilian
Back \$75
Men's Chest\$45
Stomach\$25





SPA TIPS

HOURS OF OPERATION

Spa and Salon..... 8am - 8pm

RESERVATIONS

To schedule treatments you may contact our spa directly from a hotel phone by dialing extension 7350, from outside of the hotel at 714-300-7350, or online at steinerspas.vipguestservice.com. We accept most major credit cards and recommend prebooking your services 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 spa. Guests under 18 receiving a teen or kid treatment must be accompanied by a parent or guardian. Swimsuits are required. For further details, please see our teen and kid spa menu.

CANCELLATION POLICY

We require a credit card for all appointments and at least 24 hours' notice for cancellation or rescheduling to avoid being charged the full price for your treatments.

PURCHASE POLICY

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

PRICES AND SERVICE CHARGE

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

ARRIVAL

Please arrive at least 30 minutes prior to your scheduled appointment so you can relax and make full use of the facilities. Regretfully, if you are late for an appointment, we may have to shorten your treatment time to be on schedule for the next guest. To maintain the serenity of the spa, we ask you turn off your mobile phone and electronic devices upon arrival.

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.

PETS

In consideration of other guests, please leave your animals to play while you relax at the spa.

OUR LOCATIONS

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

SPECIAL SERVICES

THE GIFT OF MANDARA

Gift cards are available for all services, spa packages, or a dollar amount and are packaged in an attractive envelope ready for presentation.

SPA GROUP EVENTS

If you are bringing a group to stay at Disney's Grand Californian Hotel® & Spa, don't forget to pre-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 714-300-7350 to find out about our group programs.







DISNEY'S GRAND CALIFORNIAN HOTEL® & SPA 1600 South Disneyland Drive, Anaheim, CA 92802 Tel: 714-300-7350 Fax: 714- 300-7351

www.mandaraspa.com