



MANDARA  
— SPA —

*Mauna Kea Spa by Mandara  
Mauna Kea Beach Hotel*



*Your body is a temple.  
Treat it as such.*

*Welcome* to a divine sanctuary, where a single moment spent in joy colors all the moments that follow. At Mauna Kea Spa by Mandara, while our therapists and aestheticians bestow their expert touch upon your physical body, its effect resonates to the core of your being. Much can happen in a Mandara moment. *What are you waiting for?*

### *Our Story*

The Mandara experience began on the spiritual island of Bali, inspired by the beautiful tradition of healing touches which are so deeply entwined within the culture. These time-honored therapies, combined with European methods and natural elements indigenous to Bali, meld together to provide the most unique and pampering spa treatments.

Mandara has traveled far from its roots while still maintaining a strong connection. Today we offer Balinese-inspired services in luxury resorts that stretch from the South Pacific Islands to the Far East and across the Americas to the Caribbean.

The name Mandara is Sanskrit and comes from an ancient legend about the gods' quest to find the secret to eternal youth and beauty. **In a Mandara moment, you may just discover it yourself.**

*Transcend. Transform. Trust the Moment.*



**Not sure what to choose?** Throughout the brochure, our most well-loved services are denoted with the Mandara symbol.



# Face

Experience the ultimate in scientific skin therapy. We use specialized micro-circulatory massage techniques combined with our powerful proven formulations that restore skin radiance.

## **Elemis Pro-Collagen Quartz Lift Facial**

This anti-wrinkle facial is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just one treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energize cell communication, while Laminaria Digitata and Red Coral optimizes cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance. *Independent Clinical Trials 2007*. 60 minutes/\$175



## **Elemis Tri-Enzyme Resurfacing Facial**

This ground breaking anti-aging facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just one treatment, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin. Pioneering the precision layering of three targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion. *Independent Clinical Trials 2006*. 60 minutes/\$180

## **Elemis Visible Brilliance Facial**

Independently tested with revolutionary results, this anti-aging face and eye treatment instantly firms, rejuvenates and plumps up the skin, while helping to reduce dark circles. Moisture levels of the skin 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. *Independent Clinical Trials 2004*. 60 minutes/\$165

## **Elemis Skin Specific Facial**

A deep cleansing, active aromatherapy facial for men and women. This facial combines the power of premium grade essential oils to help de-stress and oxygenate the skin cells. Choose from: *Herbal Lavender Repair* to help heal and balance combination skin types, *Exotic Moisture Dew* for dry, dehydrated skin and *Fruit Active Glow* to revive dull, lifeless complexions. 60 minutes/\$135



## **Elemis Skin IQ for Men Facial**

Helping to calm irritation and minimize the signs of aging, this facial is the ultimate overhaul for male skin. Incorporating the Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-aging treatment protects against the harsh effects of shaving and environmental damage. 60 minutes/\$140

## **Elemis Urban Cleanse for Men Facial**

The deep complexion cleanse and complete skin detox. This super-grooming, deep cleansing facial decongests the skin, working overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralize impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean. 60 minutes/\$135

**Waxing services are also available.**

# Massage

When you enjoy a massage, you are participating in an ancient healing practice that has been used for centuries all over the world. It is our oldest form of healthcare.



## **Mandara Four Hand Massage**

This is Mandara Spa's signature treatment. Two therapists working on you simultaneously in synchronicity – and serene silence. The ultimate indulgence! 50 minutes/\$270

## **Hawaiian Lomi Lomi Massage**

Experience the traditional massage of the Hawaiian Ali'i or Royalty. A combination of long, gentle strokes help to induce deep relaxation and well-being. 50 minutes/\$145 or 80 minutes/\$205

## **Mandara Balinese Body Polish with Massage**

An exotic ritual to invigorate and bring vitality to your body. Your skin will be polished and smoothed to a glow and completed with an application of an exotic conditioner to moisturize the skin. Choose from: Uplifting Orange Sugar Scrub, Detoxifying Lime & Ginger Salt Glow or Spicy Balinese Boreh Wrap. This treatment includes a 25 minute back massage 50 minutes/\$145 or a full body massage 75 minutes/\$200



## **Elemis Aroma Spa Seaweed Massage**

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 body 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 75 minutes/\$195 or a full body massage 100 minutes/\$255

## **Mandara Deep Tissue Massage**

Excessive physical activity can cause deep muscular and joint distress. This massage helps to warm and relax the muscles and improve range of motion. Enjoy before physical activity to increase flexibility and afterward to help the speedy recovery of strained muscles. 50 minutes/\$145 or 80 minutes/\$205



### **Massage Around The World**

Indulge in this authentic massage style influenced by ageless traditions. Your choice of our signature aromatherapy oils is applied using palm pressure and stretching techniques to bring you waves of muscle relief and fathoms of deep relaxation. 50 minutes/\$135 or 80 minutes/\$195



### **Mandara Hot Stone Therapy**

In Bali it is believed that "batu" stones are filled with the vitality and energy of the water that flows over them in an eternal stream. Harnessing the properties of the volcanic Basalt stones, we bathe them in warm water and anoint them with spicy, sensual aromas of the Orient. Small stones are placed on key energy points on the body, evoking an aura of warmth, while the deep penetrating heat from the stones is used to massage the body using traditional techniques to soothe away stress and to relieve muscle aches. 50 minutes/\$165 or 75 minutes/\$210

### **Reflexology Massage**

This massage is based on the ancient belief that each organ in the body corresponds to a reflex point in the foot. Using gentle thumb and finger pressure-point massage, the therapist releases blockages and re-establishes the body's energy flow. 25 minutes/\$60

### **Couples Massage**

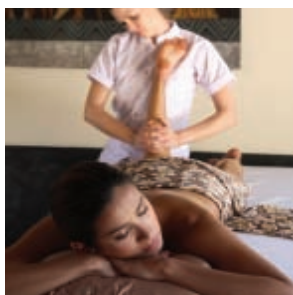
What a perfect way to spend time with someone you love. Both of you will enjoy a full body massage side by side. Priced for two: 50 minutes/\$290 or 80 minutes/\$410 *Add a luxurious couples bathing ritual for an additional \$95*

### **Balinese Massage**

Relax, close your eyes and float away to a world of tranquility. Utilized for centuries to strengthen and heal the body, this traditional therapy combines stretching, long strokes, skin rolling and palm-and-thumb pressure techniques. Flowing and graceful, the Balinese massage relieves tension, improves blood flow, eases stress and encourages harmony. 50 minutes/\$135

### **Nurturing Massage for Mother-to-Be**

The nine-month journey of nurturing is a special time, connecting with the mother through the power of touch, working with two heartbeats as one. Tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialized positioning is used to ensure the ultimate in comfort and relaxation. 50 minutes/\$150



## Massage Indulgences

Fancy some extra pampering? Choose from the following delights to add to your treatment.

### **Bathing Rituals**

Add a 25-minute luxurious bathing experience to any massage or body treatment. +\$65

### **Hot Stone Therapy**

Using the vitality and energy of heated stones to soothe away stress and relieve muscular tension, aches and pains. +\$30

### **Conditioning Foot Treatment**

An indulgent treat for the feet that rejuvenates and revitalizes. +\$30

### **Frangipani Nourishing Hair and Scalp Treatment**

Restores luster to the hair and scalp and promises unadulterated relaxation. +\$30

### **Prolong-the-Bliss**

50 or 80 minutes just not enough for you? Add a 30-minute segment to your massage to prolong the bliss a little longer. +\$60

### **Mandara Balinese Body Polish**

Add a 25-minute exotic Body Polish to any treatment. +\$70

## Mandara to go

### **In-Suite Massage**

Let us bring the spa to you. Allow the power of touch combined with the healing qualities of Aromatherapy relax your mind, body and soul in the comfort of your room.

### **Oceanview Cabana Massage**

Enjoy complete relaxation while listening to the mellifluous sounds of the ocean. Massage Cabanas are located throughout the resort for your enjoyment. Please contact the spa for further details.



# Body Therapy

We use the healing power of plants, flowers and roots combined with expert touch to nourish your body and increase energy.

## **Elemis Body Sculpting Cellulite Therapy**

Using the clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is applied and combined with specialized massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. This treatment includes a relaxing scalp massage. 60 minutes/\$150



## **Elemis Exotic Coconut Rub and Milk Ritual Wrap**

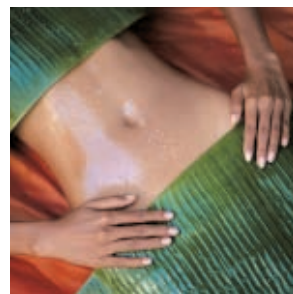
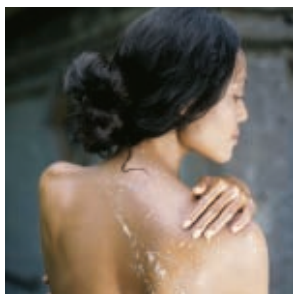
A traditional Balinese recipe with Coconut, Mungbean, Spices and Lavender polishes the skin while the sensation of warmed Monoi Oil and Milk Bath being drizzled over your body is simply divine. The natural ingredients work to heal while you enjoy a relaxing scalp massage. Includes a 25 or 50 minute massage. 50 minutes/\$150 or 75 minutes/\$220

## **Elemis Exotic Frangipani Body Nourish Wrap**

Inspired by a Tahitian recipe, this wrap blends fragrant Coconut and Frangipani flowers to produce Monoi Oil, a scented oil traditionally used by Polynesian women to protect and condition their bodies from environmental stressors. We anoint your body with this warm, rich and creamy formula before you are cocooned in a comforting wrap while you enjoy a conditioning scalp massage. Includes a 25 or 50 minute massage. 50 minutes/\$150 or 75 minutes/\$220

## **Tropical Hawaiian Body Scrub**

Experience the exfoliating benefits of Hawaii's natural ingredients. Your skin will be polished and smoothed to a glow and completed with an application of tropical body lotion. Choose from: Pa`akai (Salt) Glow, Chocolate Macadamia Nut or Coconut. 50 minutes/\$135



# Spa Tips

**Hours of Operation** Mandara Spa is open from 9a.m. – 8p.m. daily.

**Reservations** To schedule treatments you may call our spa directly from a hotel phone by dialing 5630. If you are calling from outside the hotel complex dial, (808) 882-5630 or for more information visit us at [www.mandaraspacom.com](http://www.mandaraspacom.com). We accept most major credit cards which are required to hold your reservation. We suggest making appointments in advance. However, we will always do our best to accommodate your request.

**Check-In** Please arrive 15 minutes ahead of your scheduled reservation. This allows time for a leisurely check-in, and a few moments to relax and enjoy our facilities. To keep the serenity of the spa, we ask that you turn off your cellular phone upon arrival. Please present all Gift Certificates and promotional coupons at check-in. Regretfully, if you are late for an appointment we may have to shorten your treatment time to be on schedule for the next guest.

**Cancellation Policy** If you need to reschedule or cancel your reservation, we require 4 hours notice for individual appointments and packages. Appointments canceled in less than the required time will be billed 100% of the published price of each service.

**Service Charge** An additional 20% service charge will be added for your convenience. Gratuity for exemplary service is discretionary. Prices and services are subject to change without notice.

**Valuables** For the safety of your valuables, we suggest that you leave them in the safe provided in your hotel room. Mandara Spa will not assume any liability for valuables.

**Minimum Age Requirements** Spa guests under the age of 18 must be accompanied by an adult. Swimsuits are required.

**Weddings/Group Bookings** Our Spa Group Coordinator welcomes groups both large and small. If you are interested in prebooking spa treatments for a group, we can coordinate this for you and help with the details. Please contact us at (808) 882-5630 to find out about our group programs.

**Spa Gift Cards** Treat friends and family with a gift of the sublime. Gift Cards are available for all services and spa packages. Gift Cards are packaged in an attractive gift envelope ready for presentation. At your request, we will mail Gift Cards to the designated recipient at a nominal fee. We will also customize special packages for you.

**Comments** We welcome you to discuss openly your likes, dislikes, concerns or questions with your therapist before and during your treatment. After your experience, we would like you to share it with us via a comment card that is available at the front desk. You can mail this in to our corporate office postage paid, or seal it and give it to the spa concierge who will mail it back for you.

**Keep In Touch** Make the spa part of your lifestyle and visit us at [www.timetospa.com](http://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.



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