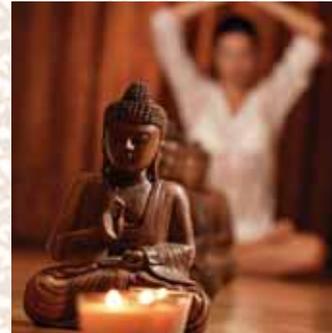


MANDARA SPA  
Presidente InterContinental Cozumel Resort and Spa  
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Presidente InterContinental  
Cozumel Resort and Spa

SPA MENU



YOUR BODY IS A TEMPLE. TREAT IT AS SUCH.

**It's true. A single moment of joy, colors all the moments that follow. And here at Mandara Spa Presidente InterContinental, just one moment within its mystical setting can transform mind, body and soul.**

Our 6,500 square-foot full service luxury spa offers revitalizing and rejuvenating treatments that combine the mystical power of indigenous plants, herbs and expert touch. Before your treatment, relax in the jacuzzi and outdoor soaking tub and indulge in a massage by the Mayan Riviera in one of our Mexican Huts. Of course, private and couples treatment rooms promise silence and privacy for those who want it, while our hair and nail salon and 24 hour fitness center promise to keep you perfectly groomed and in shape. Mandara Spa transcends time and offers a taste of ancient Mayan culture with its authentic Mayan Temazcal. Step inside and be transported back to a time of magic and mystery.

It is our mission that spending time at Mandara Spa will be a discovery of peace and harmony not only between the past and present but also within yourself.

*Transcend. Transform. Trust the Moment.*



## Mayan Rituals

In ancient times, through rituals and observing nature, the Mayan Shaman could unlock the secrets to health, peace and abundance based on the signs inherent in nature. Some of these rituals are still practiced and here at Mandara Spa we invite you to experience the mystery and magic of Mayan culture.



### Mayan Temazcal

The Temazcal is a clay herbal steam bath, traditionally heated with fire and hot stones. A Shaman who has learned this traditional Mayan rite guides you through the experience, beginning with a short explanation of the Mayan culture and ritual you will experience, which includes deep cleansing of the mind, body and soul, deep meditation and music. A communal experience, the Temazcal is enjoyed by four to ten people. We recommend this before your treatment. 90 MINUTES

### Mayan Aromatic Ritual

This Aztec inspired wrap is based on a traditional curative poultice used to cure headaches, arthritis and muscular aches. An ancient recipe of aromatherapy and powerful spices including clove, ginger and cinnamon, the wrap warms the entire body. After your treatment, enjoy an invigorating 50 or 80 minute Balinese, Sport, Swedish or Elemis Deep Tissue Muscle Massage. 80/110 MINUTES

### Mayan Pathway

Experience the Mayan Pathway with us. This wonderful cleansing ritual begins with the Mayan Temazcal experience to complete quieten the mind, calm the energy and elevate the spirit. Following this you will enjoy a cooling bathing ritual, 50 minute Mandara Balinese Massage, deep cleansing Elemis Pro-Collagen Marine Facial and a Ceremony for the Hands and Feet. Simply blissful! 300 MINUTES

### Yucatan Awakening

As invigorating as the Mexican Mayan culture itself this package begins with an ancient Mayan Foot Cleansing Ritual followed by a refreshing Elemis Exotic Lime and Ginger Salt Glow and your choice of 50 or 80 minute Balinese, Sport, Swedish or Elemis Deep Tissue Muscle Massage. 80/110 MINUTES



### Mandara favorites...

Mandara signatures are indicated by our symbol. Whenever you see this sign, you know it is one of our most sought after services.

## Face

Our facials combine ancient wisdom with modern technology. We use the finest medicinal grade plant and herbs and extract the actives with such high standards ensuring that all the goodness transcends into your skin, hence transforming it.

### **Elemis Visible Brilliance Facial**

This anti-aging face and eye therapy instantly firms, rejuvenates and plumps up the skin while reducing dark circles from the eye contour. Moisture levels of the skin are proven to increase by 38% after just one treatment and elasticity by 28%\*. Specialized facial massage techniques are further enhanced by a luxurious hand & arm massage and de-stress scalp treatment. 50 MINUTES

### **Elemis Pro-Collagen Marine Facial**

Providing immediate results in reducing the appearance of fine lines and wrinkles, this exceptional face and eye treatment helps to slow down the signs of premature aging. Eastern lifting massage techniques are combined with a unique Japanese Silk Mask with Pro-Collagen Booster Serum. This exceptional therapy includes a hand & arm massage and de-stress scalp treatment. 50 MINUTES

### **Elemis Oxygen Skincalm Facial for Sensitive Skin**

This face and eye treatment is pure soothing heaven for sensitive skins. Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin. This superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in advanced skin therapy. 50 MINUTES

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

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. 50 MINUTES



\*Clinical Trials 2005/6

### **La Thérapie HydraLift Facial**

This youth-enhancing facial produces results that are fast and dramatic. The appearance of fine lines and wrinkles are reduced, skin tone and texture are restored and the complexion becomes smoother and more radiantly youthful after just one treatment. If you want to concentrate on those areas vulnerable to the first signs of aging such as your eyes, neck and lips then this highly effective skin treatment is for you. 50 MINUTES

### **La Thérapie Hydra-Peel Facial**

Developed by leading dermatologists, this resurfacing facial is safe for all skins and combines the controlled use of cosmeceuticals with an advanced treatment program for fast, dramatic results. A fully qualified aesthetician will carry out a thorough skin analysis and consultation in order to prescribe the most beneficial products for individual skincare needs. 50 MINUTES

### **Miracle Micro-Therapy**

Micro-dermabrasion has gained the reputation of being the most effective, non-invasive face therapy for the softening of fine lines, skin discoloration, enlarged pores, sun and age spots and scarring. Miracle Micro-Therapy gently and yet effectively helps you achieve skin perfection by using Baking Soda crystals to exfoliate the skin's surface layer. So gentle, it can be used on the delicate areas on the mouth and eyes. See and feel a difference immediately. 30 MINUTES/50 MINUTES WITH FULL FACIAL

### **La Thérapie Intensive Age Zone Treatments**

Choose two of the following intensive treatments to add to your La Thérapie Facial for an added boost: *Hydra-Lip Intensive* to smooth and enhance lip contour. *Intensive Eye Treatment* to reduce signs of aging around the eyes. *Hydra-Neck Intensive* to help lift and firm the delicate skin around the neck. *Hydra-Peel Hand Treatment* to diminish brown spots, dryness, and signs of aging.

**La Thérapie Intensive Vitamin Anti-Oxidant Treatment** To maximize the full potential of any La Thérapie Facial, supplement it with a powerful dose of vitamin protection. These potent Vitamin C and Vitamin A anti-oxidant serums provide superior free radical protection for the ultimate anti-aging boost. Exclusively patented formulations offer solutions for fine lines and wrinkles, scarring and blemishes.



# 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 Balinese Massage**

Relax. Close your eyes and float away to a wonderful world of peace and tranquility. Using a combination of stretching, pressure point and sweeping motions, Balinese massage aims at unblocking latent energy and releasing it from the body. Passed down from generation to generation, this massage is a legacy of the Balinese culture. 50 MINUTES

### **Mandara Royal Thai Massage**

Developed centuries ago in the Kingdom of Thailand, this firm, dry massage aims at releasing tension, increase vitality and flexibility and create wholeness of body, mind and spirit. It is a masterful fusion of Indian Ayurvedic stretching techniques and Chinese method of deep tissue pressure point massage. The pressure helps stimulate blood flow and releases toxins, allowing the body to naturally heal itself while stretching helps to re-align the body. 50 MINUTES

### **Elemis Aroma Stone Therapy**

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. 75 MINUTES

### **Elemis Deep Tissue Muscle Massage**

Relax your mind and body while this deep tissue treatment warms and soothes the muscles, improves range of motion and releases toxins that gather in tired, overworked muscles. 50/80 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. 50/80 MINUTES



### **Sports Massage**

Special blends of oils are prepared to penetrate your skin, soothing tired and aching muscles. This treatment is designed to increase flexibility, relieve tightness and improve circulation and recovery time. 50/80 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 your natural energy flow and improves overall health by sending waves of deep relaxation throughout your body. 50 MINUTES

### **Massage by the Mayan Riviera**

Enjoy complete relaxation in the sun while listening to the mellifluous sounds of the Mayan Riviera. Our Mexican Massage Huts by water promise privacy and a beautiful fresh breeze. Reservations not required. Visit our Mexican Massage Hut for an appointment.

### **Elemis 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 on our unique beanbag is used to ensure the ultimate in comfort and relaxation. 80 MINUTES

### **Massage for Two**

Treat yourselves together by indulging in a full body or facial treatment of your choice while lying side by side. Priced a la carte.



### **Mayan Love Ritual**

The ceremony begins with the Mayan Tamazcal experience where you will be guided by a Shaman to go deep within. Then both of you will enjoy an Exotic Bathing Ritual infused with the Exotic Island Flower Bath Oil. Following this you will enjoy a lovely massage of your choice side by side. If you wish you can add one of our facials to this delightful package.

### **Indulge even more with these massage add-ins.**

#### **Elemis Conditioning Foot Delight**

An indulgent treat for the feet that rejuvenates and revitalizes. Massage add-in only.

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

Restores luster to the hair and scalp and promises unadulterated relaxation. Massage add-in only.

## Body Therapy

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

### **Ionithermie Cellulite Reduction Therapy**

This unique therapy detoxifies the body, reduces the appearance of cellulite and offers substantial inch loss. Galvanic stimuli propels rich marine elements into affected areas to drain fluid, smooth the skin and give the body more definition. Ionithermie is recommended as part of an ongoing well-being and fitness program. Your therapist will provide you with nutritional guidance and a home care plan. Offered as a single treatment, or for ultimate benefits as a course. 75 MINUTES

### **Elemis Aroma Spa Ocean Wrap (Musclease or Cellutox)**

Experience the healing benefits of distinctive, heated seaweed body masks. Choose the Musclease Wrap to ease arthritis discomfort, fatigue and muscle aches or the Cellutox Wrap for deep detoxification. The masks are applied to your entire body which is then cocooned in a comforting foil wrap. Includes a 30-minute Swedish massage. 80 MINUTES

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

A traditional Balinese coconut recipe polishes the skin while the exotic body oil indulges the senses. Cleopatra was renowned for bathing in milk, and now you can bask in this opulent experience. A warm milk bath is poured over your body before you are draped in a comforting foil wrap. While the natural ingredients work to heal, you will enjoy a soothing face and scalp massage. Includes a 30-minute Swedish massage. 80 MINUTES



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

Inspired by a Tahitian recipe, this wrap blends fragrant Coconut and Frangipani Flowers to produce Monoi, a scented oil traditionally used by Polynesian women to protect and condition their bodies. Includes a 50-minute Swedish massage. 80 MINUTES

### **Elemis Soothing Sunburn Treatment**

Instant relief for sunburned skin, this therapy includes the Elemis Frangipani Body Nourish Wrap, followed by an application of Elemis Exotic Island Flower Body Balm and a soothing foot massage. 50 MINUTES

### **Elemis Exotic Lime and Ginger Salt Glow**

This exotic exfoliation ritual invigorates and brings vitality to your body. After light body brushing, warm oil is dripped luxuriously over the body, before our sublime Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed, polished and softened to perfection. For the ultimate indulgence this treatment includes a 50-minute Swedish massage. 80 MINUTES



## Beauty Salon

Shining hair and groomed hands and feet are a reflection of your inner health and beauty.

### Hair

Our full service salon offers everything to coif and tease your hair. From a blow dry to restyle; color change to curls, our salon professionals will ensure your hair looks and feels as beautiful as you.

### Hands and Feet

Your hands touch and hold. Your feet take you to new places. Treat them well. We have a full list of nail services which can be found in our price list, as well as the following indulgences:

### Ultimate Spa Manicure

This ritual is pure indulgence for your hands and nails. Warmed aromatherapy oils nourish and condition while the sublime sensation of a milk bath lavishes its richness and healing action on your skin. The experience is concluded with a traditional manicure.

### Ultimate Spa Pedicure

This treatment for your feet restores beauty and suppleness. After cleansing your feet in aromatherapy infused water, we slough away dry skin with Elemis Exotic Lime and Ginger Salt Glow before anointing them with the richness of Elemis Exotic Frangipani Monoi Moisture Melt. This indulgence is completed with a traditional pedicure.

### Ceremony for the Hands and Feet

Indulge in the Ultimate Spa Manicure and Pedicure together. Sublime!



## Spa Tips

### Facilities and amenities

Our 6,500 square-foot full service luxury spa offers private men and women's changing areas with showering facilities, soaking tub and steam for use before and after your treatment. Private single and couples treatment rooms promise silence and privacy for those who want it, while our hair and nail salon and 24 hour fitness center promise to keep you perfectly groomed and in shape. Mandara Spa also features an authentic Mayan Temazcal (ancient herbal steam bath) experience in which a Shaman who is knowledgeable in Mayan rituals guides you through this amazing cleansing ceremony.

### Hours of Operation

Mandara Spa and Salon is open from 8am to 8pm daily. The fitness center is open 24 hours a day.

### In Room Massage

We offer limited massage services in the comfort of your guest room. If you want the spa to come to you, stay right where you are! We need a minimum of 4 hours notice to schedule an in room massage. In room appointments are subject to availability.

### Treatment Times

Please arrive at least fifteen minutes prior to your scheduled appointment so you can relax in the beautiful grounds 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.

### Spa Gift Cards

Treat friends and family with a gift of the sublime. A Spa Gift Card means that you can let your friends choose the treatments they want to enjoy. When you spend \$250 or more on your gift card it is presented in a beautiful Balinese Box with a Sensory Heaven Bath Oil.

### YSPA Teen Menu

Teenagers under the age of eighteen must be accompanied by an adult in both the spa and fitness center. For a full list of our age restrictions and policies please see our YSPA teen menu.

### Cancellation Policy

We require a credit card for all appointments and 4 hours notice for cancellation to avoid being charged the full price for your treatment.

### Service Charge

For your convenience a 18% service charge will be included in the price of your treatment.

### Prices and Services

All our service offerings and prices are subject to change without notice.

## Spa Tips *Continued*

### **Purchase Policy**

You may exchange your unused products to the spa for fifteen days after your date of purchase. Products that have been opened may not be returned.

### **Pre-Booking Your Spa Appointments**

We get very busy, so you may book up to six months in advance. We require a credit card to reserve your appointment, but will not actually charge your card until after the service has been rendered. Cancellation Policy applies to all pre-book appointments.

Simply e-mail to [cozumel@mandaraspa.com](mailto:cozumel@mandaraspa.com) or call +52 (987) 872 9500 x SPA to make your reservation.

### **Group Bookings**

Our Spa Concierge welcomes groups both large and small. If you are interested in pre-booking spa treatments for a group, we can co-ordinate this for you and help with the details.

### **Comments**

We would love you to fill out our comment card and tell us about the service you received and how it compares to your other spa experiences. Please pick up a comment card from the front desk.

### **Location**

We are located at Presidente InterContinental Cozumel Resort & Spa. Km 6.5 Carretera a Chankanaab, Zona Hotelera Cozumel +52(987) 872 9500 x SPA.

### **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.

For spa reservations and information, call +52 (987) 872 9500 x SPA

Visit online at: [www.timetospa.com](http://www.timetospa.com) or [mandaraspa.com](http://mandaraspa.com)



*Namaste*