



MANDARA  
— SPA. —

Disney's Grand Californian Hotel. & Spa



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

*It's true.* A single moment spent in joy colors all the moments that follow. At Mandara Spa at Disney's Grand Californian Hotel® & Spa 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*

Mandara had its beginnings on the spiritual island of Bali, where bougainvilleas border the narrow streets and the pace of life meanders like a gentle flowing river. It was here that we discovered the reverence for the healing arts, especially massage and aromatherapy, which are so deeply entwined within the culture that they have become part of the Balinese way of life.

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.*



## Our Favorites

Come and celebrate your beauty with indulgent surrender. The following treatments are bound to rebalance mind and body, and revitalize your sense of self. You will emerge anew.

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

Elemis delivers a groundbreaking facial with clinical results after just one treatment. The precision layering of three targeted enzymes stimulates and accelerates the skin's biological exfoliation process by up to 75%. Your skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion. *Independent Clinical Trials 2006*

### **La Thérapie Micro-Therapy Facial**

Using the latest computerized technology and fine granules, we gently exfoliate the skin's surface to reveal the healthy, undamaged skin underneath; then we nourish and deep cleanse the skin using special formulas to withdraw deeply embedded impurities. Microdermabrasion non-invasively helps soften fine lines, reduce skin discoloration, tighten the pores and reduce the appearance of age spots and scarring. When combined with La Thérapie HydraLift, it is as indulgent as it is effective.

### **Elemis Body Sculpting Cellulite and Colon Therapy**

Elemis has developed a NEW clinically proven body sculpting treatment that targets cellulite, helps to reduce retention, firms and tones the body. This treatment includes an abdominal massage that will cleanse the body from the inside-out, and a relaxing scalp massage. It also contains a special fennel mask to firm and tone the hip and thigh area.

### **Mandara Hot Stone Therapy**

In Bali it is believed that "batu" stones are filled with 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.

### **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 foil wrap. Let your thoughts drift away and relax with a scalp massage and foot massage while letting the active ingredients work to detoxify, decongest and stimulate your body systems. Then we follow with a full body massage focusing on the main areas of tension. Choose from Cellutox for detoxification and Musclease to help relieve sore joints and muscular tension.

### **Mandara Ritual for the Hands and Feet**

What could be more sumptuous than having both your hands and feet treated with heavenly indulgence? In this ritual they will enjoy an invigorating cleansing, exfoliation and massage, followed by a traditional manicure, pedicure and polish!

## Face

Our facials combine ancient wisdom with modern technology. We use the finest medicinal grade plants and herbs, using the most gentle extraction methods so that your skin absorbs all the goodness.

### **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*

### **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*

### **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*

### **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 NEW Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-aging treatment protects against the harsh effects of shaving and environmental damage.

### **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.



### **La Thérapie HydraLift Facial**

This youth-enhancing facial produces results that are fast and dramatic. With the use of galvanic stimuli 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.

### **La Thérapie Micro-Therapy Facial**

Using the latest computerized technology and fine granules we gently exfoliate the skin's surface to reveal the healthy, undamaged skin underneath, then we nourish and deep cleanse the skin using special formulas to withdraw deeply embedded impurities. Microdermabrasion non-invasively helps soften fine lines, reduce skin discoloration, tighten the pores and reduce the appearance of age spots and scarring. When combined with La Thérapie HydraLift, it is as indulgent as it is effective.

### **La Thérapie HydraPeel Facial**


Safe for all skins, unbuffered Glycolic preparations offer immediate, visible results for aging, sun damaged, acne-prone and hyper-pigmented skin. Following a thorough skin analysis and consultation you will be prescribed a treatment regimen appropriate for your specific needs. With the use of galvanic stimuli, the active ingredients are propelled into the deepest surface layers of the skin, helping to remineralize, remoisturize and rehydrate beyond the surface. Results are immediate after one treatment; lines, wrinkles and scarring appear finer and lighter.

### **La Thérapie Intensif Facial**

Upgrade your La Thérapie HydraLift or HydraPeel Facial and target those areas most vulnerable to premature signs of aging. This facial includes booster treatments using patented formulas to minimize visible signs of aging around the eyes, the lip and delicate skin on the neck. Combining potent formulas that include plant collagen to plump up the cells, Caviar to help lift the skin and vitamins and anti-oxidants to offer powerful protection against free radical damage, this facial promises to provide your skin with a positive boost of reinforcement. As an added treat, La Thérapie Intensif also includes the HydraPeel Hand Treatment, a facial for the hands, that helps resurface the skin and fade the appearance of brown spots and dryness.

### **Purifying Back Facial**

The skin on the back can be prone to break-outs, so care for it with a deep cleansing and nourishing treatment. Your therapist will use powerful active ingredients renowned for rebalancing sensitive skin types, combined with lymphatic drainage massage to assist in toxin elimination and then we resurface the skin with powerful exfoliants and a deep cleansing mask. Impurities will be lifted, dry skin eliminated and blemishes soothed and calmed.



# 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 Body Polish with Massage**

Experience the exfoliating benefits of Mandara's natural ingredients from Bali. 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: Coffee, Lime & Ginger, and Balinese Boreh.

## **Elemis Aroma Spa Seaweed Massage**

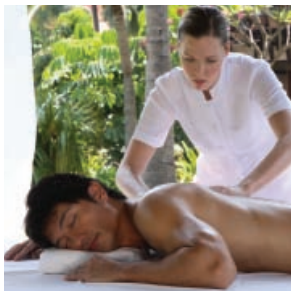
Combining the richness of sea plants and marine algae with aromatherapy, this treatment is deeply detoxifying at all levels for women and men. A warm seaweed body mask containing a synergy of cleansing essential oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away and relax with a scalp massage and foot massage while letting the active ingredients work to detoxify, decongest and stimulate your body systems. Then we follow with a full body massage focusing on the main areas of tension. Choose from Cellutox for detoxification and Musclease to help relieve sore joints and muscular tension.

## **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.

## **Swedish Massage**

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.



### **Mandara Hot Stone Therapy**

In Bali it is believed that "batu" stones are filled with 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.

### **Balinese Massage**

A choreographed massage using a combination of aromatherapy, acupressure, pressure point and traditional Balinese massage techniques. For those who have trouble relaxing, this is a must!

### **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!

### **Reflexology Massage**

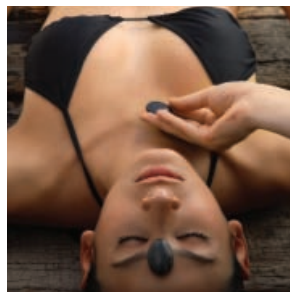
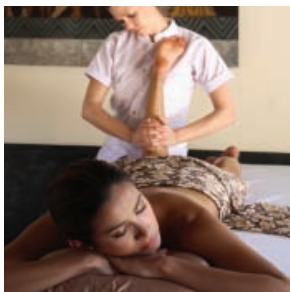
This massage is based on the ancient belief that each organ in the body corresponds to a reflex point in the foot. Using gentle thumb and finger pressure-point massage, the therapist releases blockages and re-establishes the body's energy flow.

### **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.

### **Couples Massage**

Indulge in a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a full body massage side by side.



# Massage Indulgences

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

## **Hot Stone Therapy**

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

## **Conditioning Foot Treatment**

An indulgent treat for the feet that rejuvenates and revitalizes.

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

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

## **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.

## **Mandara Balinese Body Polish**

Add a 25-minute exotic Body Polish to any treatment.



# 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 and Colon Therapy**

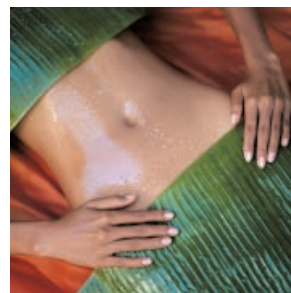
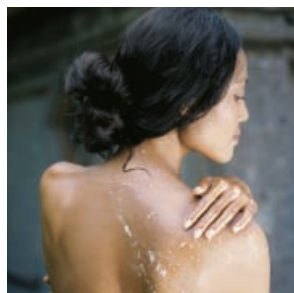
Elemis has developed a NEW clinically proven body sculpting treatment that targets cellulite, helps to reduce retention, firms and tones the body. This treatment includes an abdominal massage that will cleanse the body from the inside-out, and a relaxing scalp massage. It also contains a special fennel mask to firm and tone the hip and thigh area.

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

A ceremony of pure sensuality to tantalize and delight! A traditional Balinese recipe with Coconut, Mungbean, Spices and Lavender polishes the skin, while the exotic body oil indulges your senses. Bask in the ritual as warm Milk Bath is poured over your entire body before being cocooned in a comforting foil wrap.

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

This wrap blends fragrant Coconut and Frangipani Flowers to produce Monoi oil traditionally used by the beautiful Polynesian women to keep their skin soft and their hair conditioned. After the powerful potion is massaged into your body, you are wrapped to let the ingredients absorb into your skin.



# Mandara Rituals

A Mandara ritual is like a blessing that caresses your entire being.

## **Sunrise Awakening**

Experience revitalization through the Mandara Balinese Body Polish and a soothing Balinese Massage. Rejuvenate your skin with an Elemis Visible Brilliance Facial. Add a Spa Manicure and Pedicure for a complete spa ritual experience.

## **Nirvana...Bliss for a Day**

Emerge radiant from your La Therapie HydraLift Facial then bask in the pleasures of a Balinese Massage, followed by a luxurious and pampering Mandara Hand and Foot Ritual. Leave feeling refreshed and beautiful all over.

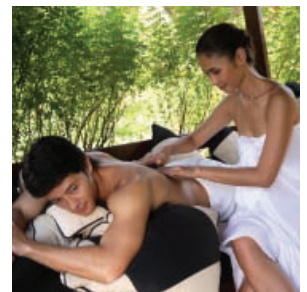
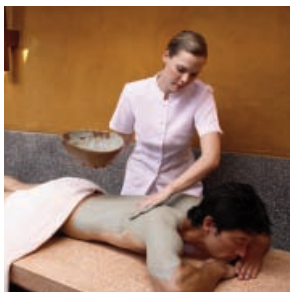
## **Couples Retreat Ritual**

Indulge in a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a full body massage side by side and then tea for two while relaxing in your private suite for 30 minutes. The finale...a facial elixir, for her the Elemis Visible Brilliance and for him the Elemis Urban Cleanse for Men.

## **Men's Spa Escape**

Men can enjoy revitalizing spa skin and body care without the fuss, starting with an Elemis Urban Cleanse for Men Facial for skin cleansing and exfoliation followed by a Mandara Deep Tissue Massage for pure relaxation and de-stress. Finish with a Men's Sports Manicure and Pedicure. Upgrade to the Mandara Hot Stone Therapy with Hair and Scalp Massage for the ultimate spa experience.

*All packages include a luxurious take-home spa gift.*



# Beauty Salon

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

## 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:

### Mandara Ritual for the Hands and Feet

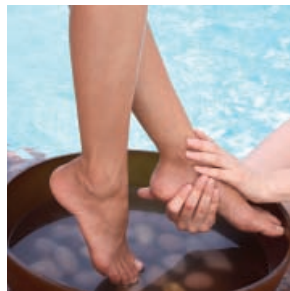
What could be more sumptuous than having both your hands and feet treated with heavenly indulgence? In this ritual they will enjoy an invigorating cleansing, exfoliation and massage, followed by a traditional manicure, pedicure and polish!

### Mandara Hand Ritual

Redefine the hands of time with this Anti-Aging treatment to soothe dry, chapped hands and nails. The nails are cleaned, filed and buffed before we exfoliate the hands with gentle lime crystals. We then apply a hot towel wrap that delights your senses with a luxurious finishing lotion and a relaxing hand massage, completed with polish of your choice.

### Mandara Foot Ritual

A total sensory experience for your feet. We dip your feet in a warm ocean of foaming sea soak to invigorate circulation, then slough away dry skin with a sea scrub and nourish with a moisturizing mask. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin. Your feet will feel like they're on cloud nine!



## Fitness Center

The Fitness Center at the Disney's Grand Californian Hotel® & Spa is available to all guests staying at the hotel. We are open from 6am to 9pm daily. Locals and guests from neighboring hotels may only use our facilities on the same day of their spa service appointment.

Fitness facilities are available for ages 16 and up.

## Special Services

### Wedding Day Make-Up and Styling

Let us develop an individual service tailored to the needs of you and your wedding party. Prices are based on time and number of persons participating. Ask your Spa Director for details.

### The Gift of Mandara

Gift Certificates are available for all services and spa packages and may be requested by calling 7350 from your room or 714-300-7350 from outside the resort. Gift Certificates are packaged in an attractive gift envelope ready for presentation. At your request, we will mail Gift Certificates to the designated recipient at a nominal fee. We will also customize special packages for you.

### 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 indulged completely. Please call us at 714-300-7350 to find out about our group programs.





## Spa Tips

**Appointments** To make an appointment you may call our spa directly from the Disneyland Resort Hotels by dialing 7350. If you are calling from outside the resort, dial 714-300-7350 or for more information go to [www.mandaraspaspa.com](http://www.mandaraspaspa.com). We accept most major credit cards which is required to hold your reservation. We suggest making appointments in advance. However, we will always do our best to accommodate your requests.

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

**Check-In** Please arrive 30 minutes ahead of your scheduled reservation. This allows time for a leisurely check-in, a change of clothes, 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.

**Refunds** You can exchange unopened products within 14 days of purchase if you have a receipt. We cannot exchange any opened products.


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

**Minimum Age Requirements** Children under 18 must be accompanied by a parent or guardian for all Spa services, Fitness, Sauna and Steam Room Facilities. Swimsuits are required.

**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.

**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.

**Keep In Touch** Make the spa part of your lifestyle and visit us at [www.timetospa.com](http://www.timetospa.com). Here you may purchase 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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**RATE CARD**

## SPA

### Face

Elemis Pro-Collagen Quartz Lift Facial .....	60 minutes/ \$175
Elemis Tri-Enzyme Resurfacing Facial.....	60 minutes/ \$180
Elemis Visible Brilliance Facial .....	60 minutes/ \$165
Elemis Skin IQ for Men Facial.....	60 minutes/ \$140
Elemis Urban Cleanse for Men Facial .....	60 minutes/ \$130
La Thérapie HydraLift Facial.....	50 minutes/ \$160
La Thérapie Micro-Therapy Facial.....	50 minutes/ \$200
La Thérapie HydraPeel Facial.....	50 minutes/ \$180
La Thérapie Intensif Facial .....	50 minutes/ \$220
Purifying Back Treatment.....	50 minutes/ \$140

### Massage

Mandara Balinese Body Polish Massage with 25 minute back massage.....	50 minutes/ \$170
Mandara Balinese Body Polish Massage with 50 minute massage .....	75 minutes/ \$230
Elemis Aroma Spa Seaweed Massage with 25 minute back massage .....	75 minutes/ \$195
Elemis Aroma Spa Seaweed Massage with 50 minute massage.....	100 minutes/ \$255
Mandara Deep Tissue Massage.....	50 minutes/ \$130 .....80 minutes/ \$190
Swedish Massage .....	50 minutes/ \$120 .....80 minutes/ \$180
Mandara Hot Stone Therapy.....	50 minutes/ \$155 .....75 minutes/ \$220
Balinese Massage .....	50 minutes/ \$125
Mandara Four Hands Massage.....	50 minutes/ \$250
Reflexology Massage .....	25 minutes/ \$75
Nurturing Mother to Be Massage .....	50 minutes/ \$150
Couples Massage ( <i>priced for two</i> ).....	50 minutes/ \$275

### Mandara Indulgences

Hot Stone Therapy ( <i>add-in</i> ).....	\$30
Conditioning Foot Treatment ( <i>add-in</i> ).....	\$30
Frangipani Nourishing Hair & Scalp Treatment ( <i>add-in</i> ) .....	\$30
Prolong the Bliss ( <i>add-on</i> ) .....	30 minutes/ \$60
Mandara Balinese Body Polish ( <i>add-on</i> ).....	25 minutes/ \$70

## Body Therapy

Elemis Body Sculpting Cellulite and Colon Therapy .....	60 minutes/ \$150
Elemis Exotic Coconut Rub and Milk Ritual Wrap with 25 minute back massage.....	50 minutes/ \$170
Elemis Exotic Coconut Rub and Milk Ritual Wrap with 50 minute massage .....	75 minutes/ \$230
Elemis Exotic Frangipani Body Nourish Wrap with 25 minute back massage.....	50 minutes/ \$170
Elemis Exotic Frangipani Body Nourish Wrap with 50 minute massage .....	75 minutes/ \$230

## Mandara Rituals

Sunrise Awakening.....	2 hrs. 30 minutes/ \$350
add a Classic Manicure and Pedicure .....	4 hours/ \$450
Nirvana...Bliss for a Day .....	3 hrs. 30 minutes/ \$420
Couples Retreat Ritual .....	2 hrs. 30 minutes/ \$600
Men's Spa Escape.....	3 hrs. 30 minutes/ \$350
upgrade to a Mandara Hot Stone Therapy .....	4 hours/ \$440

## BEAUTY SALON

### Hands and Feet

Classic Spa Manicure .....	\$35
Mandara Hand Ritual.....	\$55
Classic Spa Pedicure .....	\$65
Mandara Foot Ritual .....	\$75
Mandara Ritual for the Hands and Feet .....	\$130
Men's Sports Manicure.....	\$30
Men's Sports Pedicure .....	\$60
Full Set Acrylic.....	\$90
Full Set Pink & White.....	\$95
Full Set Gel.....	\$110
Gel Fills.....	\$65
Acrylic or Gel Overlay .....	\$60
Acrylic Fills .....	\$45
Pink & White Fills .....	\$50
Nail Art .....	\$5 per nail
Nail Repair.....	\$10 per nail
Sculptured or Silk Removal .....	starting from \$45

### **Nail Enhancements**

French Polish .....	add \$10
Polish Change .....	\$20
Paraffin Dip.....	add \$15

### **Waxing Services**

Brow Sculpting.....	\$25
Lip or Chin.....	\$20
Full Face .....	\$45
Full Leg .....	\$75
Half Leg .....	\$50
Underarms .....	\$40
Arms.....	starting from \$40
Bikini.....	starting from \$45
Brazilian .....	starting from \$70
Back .....	starting from \$75

### **SPA TIPS**

**Service Charges** An additional 20% service charge will be added for your convenience. Gratuity for exemplary service is discretionary. Prices and services are subject to change.

**Cancellation** 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 published tariff of each service.

For a full list of spa services and tips please see our main brochure.

#### **MANDARA SPA**

Disney's Grand Californian Hotel & Spa  
1600 South Disneyland Drive Anaheim, CA 92802  
714-300-7350

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



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