



MANDARA
— SPA. —

**Presidente InterContinental
Cozumel Resort & Spa**



*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 Mandara Spa at Presidente InterContinental Cozumel Resort & 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

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.



Escape your world. Indulge in ours.



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 known by the Mayans as "House of the Cure". This traditional purification ritual consists of adding medicinal herbs to a burning fire of wood and volcanic stones to produce steam that helps flush out the toxins. A Shaman will guide you through this ancient Mayan ritual that will cleanse your mind, body and soul. This therapeutic treatment was traditionally used when preparing for special ceremonies. 90 minutes.

Mayan Lovers Ritual

This ceremony begins with the traditional Mayan Temazcal experience where you both will be guided by a Shaman to go deep within. Embark on a private journey together while you both relax in your generous soaking tub together containing skin nourishing Milk Bath. The finale...both of you will enjoy side by side massages in our suite reserved for couples. 2 hours 50 minutes.

Yucatan Awakening

Experience revitalization through the Mandara Balinese Body Polish and Deep Tissue Massage. Rejuvenate your skin with an Elemis Visible Brilliance Facial. Add a Classic Manicure and Pedicure for a complete spa ritual experience. 2 hours 30 minutes. With a Classic Manicure and Pedicure. 4 hours.

Men's Spa Escape

Soothe your overworked and tired muscles with a Sports Massage followed by a Elemis Urban Cleanse for Men Facial for skin cleansing and exfoliation. Add a Men's Sports Manicure and Pedicure for the ultimate spa experience. 2 hours. With the Men's Sports Manicure and Pedicure. 3 hours.



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 optimize cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance. 60 minutes.

*Independent Clinical Trials 2007

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. 60 minutes. *Independent Clinical Trials 2004

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.



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.

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.



La Thérapie Micro-Therapy Express 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. 30 minutes.

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 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. 50/75 minutes.

Mayan Lovers 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. 50 minutes.

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! 50 minutes.

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. 50/80 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

This massage is specifically tailored to relieve stress on joints and helps to speed recovery from post-activity muscle soreness. Our highly trained therapists can also focus and stretch specific muscle groups used in active sports. 50/80 minutes.

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 reestablishes the body's energy flow. 50 minutes.

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.

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.

Bathing Rituals

Add a 25 minute luxurious bathing experience to any massage or body treatment.

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. All In-Suite Massages are booked with same gender therapists. 50/80 minutes.

Oceanview Cabana Massage

Enjoy complete relaxation while listening to the mellifluous sounds of the ocean. Our Massage Palapa is located directly on the beach for your enjoyment. Please contact the spa concierge for further details.



Body Therapy

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



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 the active ingredients work to detoxify, decongest and stimulate your body systems. Then we follow with a full or half body massage. Choose from Cellutox for detoxification and Musclease to help relieve sore joints and muscular tension. Includes a 25 or 50 minute massage. 75/100 minutes.

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: Lime & Ginger, or Balinese Boreh. Includes a 25 or 50 minute massage. 50/75 minutes.

Elemis Exotic Coconut Rub and Milk Ritual Wrap

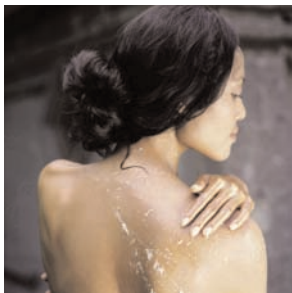
A traditional Balinese recipe with Coconut, Mungbean, Spices and Lavender polishes the skin while the sensation of warmed Monoi Oil and Milk Bath being drizzled over your body is simply divine. The natural ingredients work to heal while you enjoy a relaxing scalp massage. Includes a 25 or 50 minute massage.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

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. 50/75 minutes.

Vichy Shower Experience

Add our invigorating Vichy Shower Experience to any scrub or wrap listed above.





Spa Tips

Hours of Operation Mandara Spa and Salon is open from 10am-6pm daily. Fitness Center is open 24 hours.

Reservations to schedule treatments you may call our spa directly from a hotel phone by dialing ext. 88. If you are calling from outside the hotel complex, dial + 52 (987) 872 9500 ext. 88 or for more information go online at 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 requests.

Treatment Time Please arrive at least 15 minutes prior to your scheduled appointment so you can relax and make full use of the facilities. Our 6,500-square-foot spa offers private men's and women's changing areas with showering facilities, soaking tub, steam and a relaxation lounge. Regretfully, if you are late for an appointment we may have to shorten your treatment time to be on schedule for the next guest.

Fitness The Fitness Center at the Presidente InterContinental Cozumel Resort & Spa is available to all guests staying at the hotel. Fitness facilities are available for ages 16 and up. Please see your spa concierge for further details.

Cancellation Policy If you need to reschedule or cancel your reservation, we require at least 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.

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

Purchase Policy You can exchange unopened products with 14 days of purchase if you have a receipt. We cannot exchange any opened products.


Service Charge An additional 18% service charge plus 10% Mexican tax will be added. Gratuity for exemplary service is discretionary. Prices and services are subject to change without notice.

Minimum Age Requirements Spa guests under the age of 18 must be accompanied by an adult in both the spa and fitness center. For a full list of our policies and teen services please see our YSPA teen menu.

Weddings/Group Bookings Our Spa Director welcomes groups both large and small. If you are interested in pre-booking spa treatments for a group, we can coordinate this for you and help with the details. Please contact us at + 52 (987) 872 9500 ext. 88 or email us at cozumel@mandaraspacom.com to find out about our group programs.

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. 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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