




MANDARA
— SPA —

*Walt Disney World
Swan & Dolphin Resort*





Welcome to a divine sanctuary, where a single moment spent in joy colors all the moments that follow. At Mandara Spa at Walt Disney World Swan & Dolphin Resort, 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.







Spa Ceremonies

Escape your world. Indulge in ours.

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 Classic Manicure and Pedicure for a complete spa ritual experience. 2 hours 30 minutes. With a Classic Manicure and Pedicure. 4 hours.

Nirvana...Bliss for a Day

Bask in the pleasures of a Mandara Deep Tissue Massage combined with the energy of heated stones to soothe away stress, then emerge radiant from your Elemis Tri-Enzyme Resurfacing Facial. Enjoy a light lunch in our Meru temple, followed by a luxurious and pampering Mandara Hand and Foot Ritual. Treat yourself to a shampoo and style and personalized makeup application. Leave feeling refreshed and renewed all over. 5 hours 30 minutes.

Couples Retreat Ritual

This romantic retreat was designed for couples to share an experience in one of our luxurious grand suites. Embark on a private journey together while you both relax in your generous hydrotherapy tub, then enjoy a relaxing massage for two lying side by side. You may also enhance this experience with champagne and strawberries or lunch if you desire **Requires advance notice, additional fees will apply.* 80 minutes.

Men's Spa Escape

Soothe your overworked and tired muscles with a Mandara Deep Tissue Massage followed by an 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 Tri-Enzyme Resurfacing Facial

This groundbreaking 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. 60 minutes.

*Independent Clinical Trials 2006

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

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 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. 50 minutes.

La Thérapie HydraPeel Intensif Facial

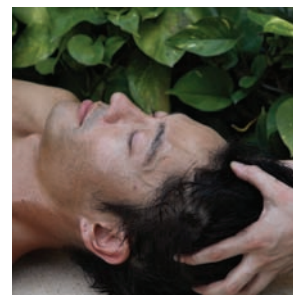
Safe for all skins, unbuffered Glycolic preparations offer immediate, visible results for aging, sun damaged, acne-prone and hyper-pigmented skin. Following a thorough skin analysis and consultation you will be prescribed a treatment regimen appropriate for your specific needs. With the use of galvanic 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. This Intensif Facial 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. 50 minutes.

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. 50 minutes.

Purifying Back Facial

The skin on the back can be prone to breakouts, so care for it with a deep cleansing and nourishing treatment. Impurities will be lifted, dry skin eliminated and blemishes will be soothed and calmed. 50 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 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.

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. Includes a 25 or 50 minute massage. 50/75 minutes.



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 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.



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.



Balinese Massage

A choreographed massage using a combination of aromatherapy, acupuncture, pressure point and traditional Balinese massage techniques. For those who have trouble relaxing, this is a must! 50 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.

Reflexology

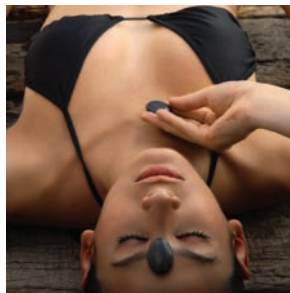
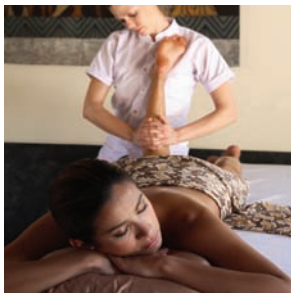
This ancient Chinese therapy uses pressure point massage on specific energy channels on the feet. Based on the philosophy that the soles of the feet mirror the vital organs within the body, reflexology can release blocked energy that leads to excess fatigue and tension in the body. 25/50 minutes.

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. 50/80 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.

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.



Body Therapy

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

Elemis Body Sculpting Cellulite and Colon Therapy

Elemis has developed a 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. 60 minutes.

Ionithermie Cellulite Reduction Treatment

This leading European body contouring solution helps detoxify your body, reduce fluid retention and tone your muscles. After a single treatment you will lose up to 8 inches from the areas treated. Ionithermie uses galvanic and faradic stimuli which also help improve circulation, enhance metabolism and reduce muscle pain. We recommend that you book a course of three for maximum results. 60 minutes.

Ionithermie Cheek Lift

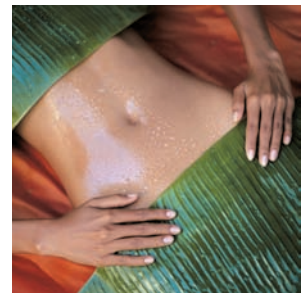
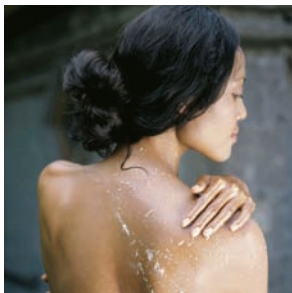
This acclaimed treatment will help to give your buttocks a lift while firming and toning the skin. Active ingredients are applied to the area before we apply a soothing Clay, Algae and Pine mask. Gentle stimuli are then placed on the buttocks, thighs and tummy to stimulate muscle tissue and firm the skin. 60 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.







Beauty Salon

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

Nurture Hair, Hands and Feet! Our spacious beauty salon offers treatments by experts to condition and beautify your hair, hands and feet. We have multiple pedicure thrones and a social manicure bar for nail work including traditional manicures and pedicures and rituals for the hands and feet. Some of our signature salon services are listed below. For a full list of salon services and prices please see our price list.

Mandara Frangipani Hair and Scalp Conditioning

We use rich Frangipani Monoi Oil, legendary for its ritual uses in Tahiti. After cleansing your hair, we massage the scalp with this precious ingredient to ease away stress and give the hair a vibrant, healthful shine. To ensure the full benefits are received, we wrap the hair in a warm towel. Add this to any hair service. 25 minutes.

Fire and Ice Manicure

Your nails are one of your most important accessories, so keep them beautiful with this invigorating manicure that 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 nourished and polished to perfection. 50 minutes.

Fire and Ice Pedicure

This super rejuvenating pedicure will warm your senses and cool your tension. Savor the sublime as your feet and lower legs are soothed with our cooling gels and then warmed with a heated stone massage. This combination of hot and cold, plus aroma-therapeutic ingredients promotes healthy-looking skin and nails. 60 minutes.

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! 130 minutes.

Airbrush Tanning

Bronze your body to perfection. Our custom tailored spray tan helps you acquire a healthy, natural looking golden brown glow in just minutes. This fast, sunless and flawless spray tan is personalized for your body and skin tone. We promise not to tell. Perfect for men and women of all ages. 25 minutes.





Spa Tips

Hours of Operation Mandara Spa is open from 8am-9pm daily.

Reservations To schedule treatments you may call our spa directly from a hotel phone by dialing 4772. If you are calling from outside the hotel complex dial, 407-934-4SPA (4772) or call toll free at 866-678-1322. For more information go to 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. For a full list of our policies and teen services please see our YSPA teen menu. Available for ages 13-17 only.

Weddings/Group Bookings Our Spa Group Coordinator 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 (407) 934-4772 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. 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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