#### MANDARA SPA

WALT DISNEY WORLD SWAN AND DOLPHIN RESORT

#### NAMASTE

My soul honors your soul.

I honor the light, love, truth, beauty and peace within you because it is also within me. In sharing these things, we are united; we are the same; we are one.

# Escape your World. Indulge in Ours.

Leave time at the door and enter a sanctuary where wellness meets wonder.

Discover the beauty of Mandara Spa and an ethos encompassing wellbeing from around the world. Mandara Spa captures the essence of our Balinese heritage while charting a path to the New World – a journey that touches on regional influences infused into unparalleled Mandara experiences.

The name Mandara comes from a Sanskrit legend about the gods' quest to find the secret to eternal youth and beauty.

We believe you will unlock the secret when you experience a timeless Mandara moment.

Here, time stands perfectly still.

#### SIGNATURE TREATMENTS

**PRICE LIST** 

**JOURNEYS** 

**SPA INFORMATION** 



## Signature Treatments

#### A breath of fresh air for the skin, this multi-

MANDARA SIGNATURE FACIAL

faceted treatment is designed to address individual needs. Following a deep cleansing, exfoliation,

necessary extractions, in addition to lifting and firming using microcurrent technology, this facial is topped off with a pure oxygen spray to brighten and revitalize the skin. This rejuvenating therapy includes a decadent

hand, arm and scalp massage.

60 MIN	\$220
75 MIN	\$260
90 MIN	\$300

#### BIOTEC facial treatments are where ground-

**BIOTEC ANTI-AGING FACIALS** 

breaking science meets nourishing, vitamin-rich ingredients and transformative touch. The pioneering innovation of BIOTEC

technology works to activate the skin and boost its natural cellular energy, enhancing the sensitive touch of the therapist. The clinically proven result is a thriving,

visibly healthy, and energized skin. 90 MIN

75 MIN	\$250
60 MIN	\$210

\$290

\$265

\$230

**\$10**E

\$245

\$210

\$175

\$195

\$160

#### A customized, heated Basalt stone massage complemented by ice-cool gels to gently

CO MINI

90 MIN

**75 MIN** 

60 MIN

desired results.

**75 MIN** 

60 MIN

FIRE & ICE MASSAGE

detoxify the body and address areas of concern, alleviating stress and easing aching muscles. While the body is in a pure state of blissful relaxation, melted paraffin on the back will

enhance the warming sensation of this contrast therapy. 90 MIN **75 MIN** 

60 MIIN	\$195
BALINESE MASSAGE	
Utilized for centuries to strengthen and he	eal
the body this traditional therapy combine	S

Flowing and graceful, the Balinese massage relieves tension, improves blood flow, eases stress, and encourages harmony.

stretching, long strokes as well as palm and

thumb pressure techniques.

MANDARA CUSTOMIZED MASSAGE
Retreat to a private haven that transcends
the extraordinary. Whether seeking a
luxuriously-relaxing therapy or one tailored
to soothe over-exerted muscles, our bespoke

massage, based on the Swedish method and

enhanced by worldwide techniques, achieves

This heavenly escape includes a blissful scalp massage and a hydrating foot massage. 90 MIN \$230

### KÉRASTASE® ELIXIR ULTIME 24-CARAT INDULGENT RITUAL Nourish, protect, illuminate and instantly restore hair. This most indulgent ritual combines precious oils with a highly

concentrated treatment to provide a sublime transformation, leaving hair silky, weightless and beautifully fragrant. Includes a scalp massage. **25 MIN** 

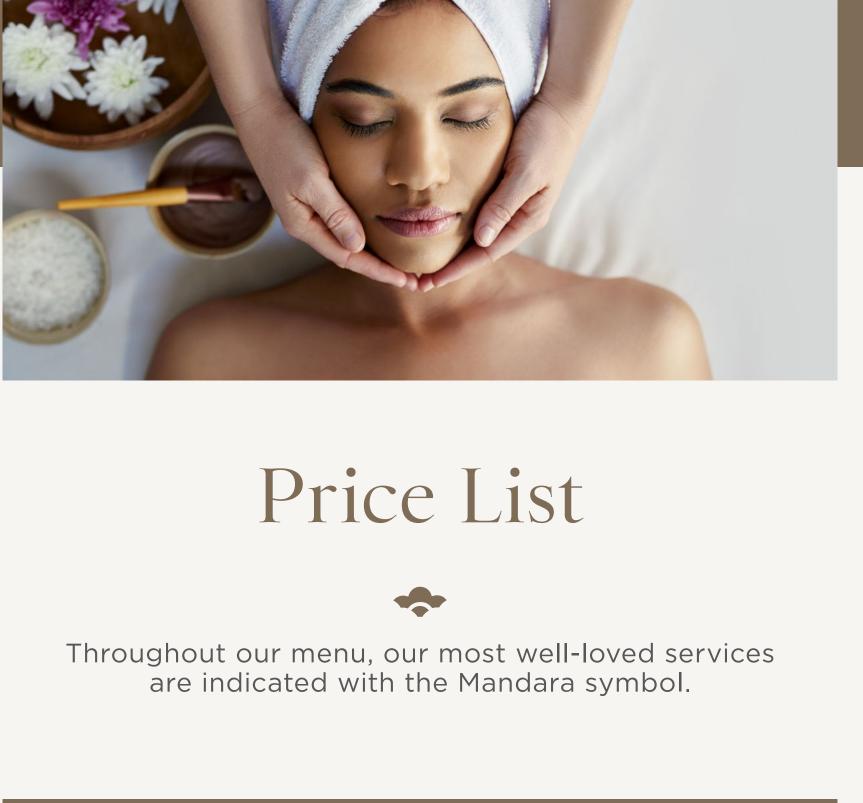
\$55

## lotus flower milk. This luxurious ritual treats

MANDARA RITUAL FOR THE HANDS AND FEET

A sumptuous lineup of citrus, coconut and the hands and feet to an invigorating cleansing, signature exfoliation, soothing bamboo massage, and conditioning body butter application, followed by a traditional manicure, pedicure and polish.

MANICURE   50 MIN	\$70	
PEDICURE   60 MIN	\$95	



**FACIALS** 

90 MIN | 75 MIN | 60 MIN \$300 | \$260 | \$220

90 MIN | 75 MIN | 60 MIN \$290 | \$250 | \$210

TOUCH FACIAL

90 MIN | 75 MIN | 60 MIN \$250 | \$210 | \$170

**FACIAL ENHANCEMENTS** 

\$290 | \$250 | \$210

\$290 | \$250 | \$210

\$290 | \$250 | \$210

\$35

\$35

\$20

\$20

\$20

\$50

\$50

\$30

\$265 | \$230 | \$195

\$265 | \$230 | \$195

\$480 | \$410 | \$340

\$210

\$175

\$35

\$35

\$35

\$35

\$35

\$20

\$175

\$175

\$100

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\$30

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\$20

\$50

\$30

\$55

\$30

\$60

\$75

\$45

\$45

\$60

\$75

\$100

\$60

\$55

\$40

\$30

\$50

\$75

BIOTEC LINE ERASER

BIOTEC FIRM-A-LIFT

90 MIN | 75 MIN | 60 MIN

90 MIN | 75 MIN | 60 MIN

BIOTEC SUPER-CHARGER FOR MEN

ELEMIS SUPERFOOD PRO-RADIANCE

**ENRICH YOUR EXPERIENCE\*** 

HAIR AND SCALP TREATMENT

CONDITIONING FOOT TREATMENT

WARMING PARAFFIN TREATMENT

**EXTEND YOUR EXPERIENCE\*\*** 

BIOTEC EYE OR NECK TREATMENT

SEE WAXING SECTION FOR PRICING

BODY

90 MIN | 75 MIN | 60 MIN \$230 | \$195 | \$160

**BODY ENHANCEMENTS** 

FRANGIPANI NOURISHING

(HANDS OR FEET)

LIP OR CHIN WAX

**OXYGEN BLAST** 

**BROW SCULPTING** 

♣ FIRE & ICE MASSAGE

COCONUT POULTICE

◆ BALINESE MASSAGE

90 MIN | 75 MIN | 60 MIN

90 MIN | 75 MIN | 60 MIN

MANDARA DEEP TISSUE MASSAGE

PEACEFUL PREGNANCY MASSAGE

◆ MANDARA CUSTOMIZED MASSAGE

COUPLES MASSAGE (PRICED FOR TWO)

TARGETED TONING TIGHTENER

90 MIN | 75 MIN | 60 MIN

**ENRICH YOUR EXPERIENCE\*** 

HAIR AND SCALP TREATMENT

CONDITIONING FOOT TREATMENT

WARMING PARAFFIN TREATMENT

CELLUTOX AROMA SPA OCEAN WRAP

MUSCLEASE AROMA SPA OCEAN WRAP

EXOTIC FRANGIPANI MONOI SALT GLOW

EXOTIC LIME AND GINGER SALT GLOW

MANDARA COFFEE AND COCONUT MILK

**WELLNESS WONDERS** 

**SALON** 

HAIR

**EXTEND YOUR EXPERIENCE\*\*** 

TARGETED TONING TIGHTENER

CITRUS BODY GLOSS

FRANGIPANI NOURISHING

HOT STONE THERAPY

BAMBOO THERAPY

STICKS AND STONES

60 MIN

60 MIN

**30 MIN** 

**15 MIN** 

**15 MIN** 

**15 MIN** 

**15 MIN** 

**BODY POLISH** 

REFLEXOLOGY

**BATHING RITUAL** 

BREATHING RELEASE

MYOFASCIAL RELEASE

SOUND WAVE THERAPY

ACUPRESSURE - HANDS AND FEET

SPECIAL OCCASION HAIR DESIGN

CHILDREN'S HAIRCUT AND STYLE

FRANGIPANI CONDITIONING HAIR

KÉRASTASE® ELIXIR 24-CARAT

KÉRASTASE® 123 HAIR RITUAL

HIGHLIGHTING OR LOW LIGHTING

PARTIAL HIGH OR LOW LIGHTS

FROM

**NAILS** 

KÉRASTASE® FUSIO-DOSE™

SHAMPOO AND STYLE

FLAT OR CURLING IRON

HAIRCUT AND STYLE

AND SCALP RITUAL

INDULGENT RITUAL

INSTANT TREATMENT

**COLOR CORRECTION** 

**COLOR AND SHINE** 

**COLOR TOUCH-UP** 

**MANICURES** 

**PEDICURES** 

MANDARA HAND RITUAL

CND™ SHELLAC™ MANICURE

CLASSIC SPA MANICURE

MANDARA FOOT RITUAL

CND™ SHELLAC™ PEDICURE

AROMATHERAPY PARAFFIN INFUSION

**MAKE-UP ARTISTRY** 

**WAXING** 

MEN'S GROOMING

MOUSTACHE, BEARD AND EYEBROW TRIM

For your convenience, a 20% service charge

\* Enrich your experience with a service

enhancement that is built-in to your service

\*\* Extend your experience with a service

enhancement that adds time to your service.

RETURN TO MAIN MENU

in lieu of gratuity will be automatically applied

MEN'S HAIRCUT AND STYLE

MEN'S SPORTS MANICURE

MEN'S SPORTS PEDICURE

MEN'S WET TRIM

to the final bill.

without adding time.

TEMPORARY EYELASH ENHANCEMENTS

CLASSIC SPA PEDICURE

SHELLAC® ENHANCEMENT

FRENCH POLISH

POLISH CHANGE

SHELLAC® REMOVAL

NAIL ART (PER NAIL)

NAIL REPAIR (PER NAIL)

MAKE-UP APPLICATION

**BROW MAINTENANCE** 

**BROW SCULPTING** 

NOSE OR EAR

LIP OR CHIN

FULL FACE

**FULL ARM** 

HALF ARM

STOMACH

**BASIC BIKINI** 

**BIKINI PLUS** 

**BRAZILIAN** 

FULL LEG

HALF LEG

**BACK** 

MEN'S CHEST

**UNDERARMS** 

FIRE & ICE PEDICURE

FIRE & ICE MANICURE

FRENCH BRAID

**BANG TRIM** 

**15 MIN** 

**15 MIN** 

**15 MIN** 

WAXING

**75 MIN** 

60 MIN

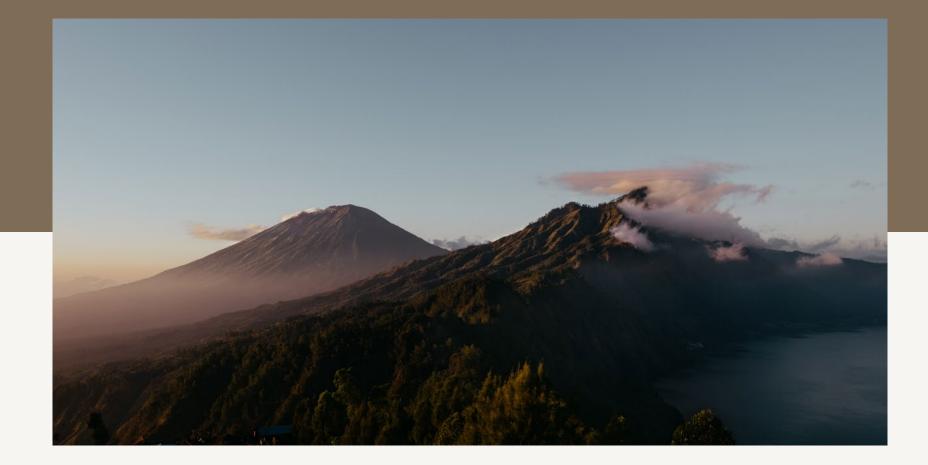
**BROW MAINTENANCE** 

BIOTEC SKIN RESURFACER

90 MIN | 75 MIN | 60 MIN

◆ TECHNOLOGY FACIALS

MANDARA SIGNATURE FACIAL



## Journeys

Mandara Spa has taken key elements of ancient wisdom to restore our personal balance.

A collection of unique experiences, these Journeys have been curated to transport the mind and spirit to destinations across the globe. Select a Journey that connects with your state of being.

**COMPLETE JOURNEY** 

Select four or more services from one Journey and receive 20% off. Includes a complimentary welcoming Aroma Reflex Foot Ritual.

## PARTIAL JOURNEY

Select two or more services from one Journey and receive 10% off.

## **ASIAN JOURNEY**

## AIR / ENLIVEN

**30 MIN** 

90 MIN | 75 MIN | 60 MIN

90 MIN | 75 MIN | 60 MIN

◆ MANDARA SIGNATURE FACIAL

**→** BALINESE MASSAGE

MANDARA COFFEE AND COCONUT MILK **BODY POLISH** 

WELLNESS WONDER: BREATHING RELEASE **30 MIN** 

ASIAN BATHING RITUAL **30 MIN** 

MANDARA RITUAL FOR THE HANDS AND FEET 110 MIN

## FIRE / REPLENISH

**INDIAN JOURNEY** 

♣ FIRE & ICE MASSAGE 90 MIN | 75 MIN | 60 MIN

**30 MIN** 

100 MIN

**30 MIN** 

- ♣ BIOTEC SKIN RESURFACER FACIAL 90 MIN | 75 MIN | 60 MIN
- **30 MIN** WELLNESS WONDER: MYOFASCIAL RELEASE

EXOTIC LIME AND GINGER SALT GLOW

INDIAN BATHING RITUAL **30 MIN** 

**MEDITERRANEAN JOURNEY** 

FIRE & ICE MANICURE AND PEDICURE

### 90 MIN | 75 MIN | 60 MIN → BIOTEC LINE ERASER FACIAL

MANDARA CUSTOMIZED MASSAGE

CITRUS BODY GLOSS **30 MIN** 

90 MIN | 75 MIN | 60 MIN

WATER / RELEASE

WELLNESS WONDER: SOUND WAVE THERAPY **30 MIN** 

MEDITERRANEAN BATHING RITUAL

CLASSIC SPA MANICURE AND PEDICURE **70 MIN** 

## **NEW WORLD JOURNEY** EARTH / EMBRACE

- COCONUT POULTICE MASSAGE 90 MIN | 75 MIN | 60 MIN
- EXOTIC FRANGIPANI MONOI SALT GLOW **30 MIN**

**♣** BIOTEC FIRM-A-LIFT FACIAL

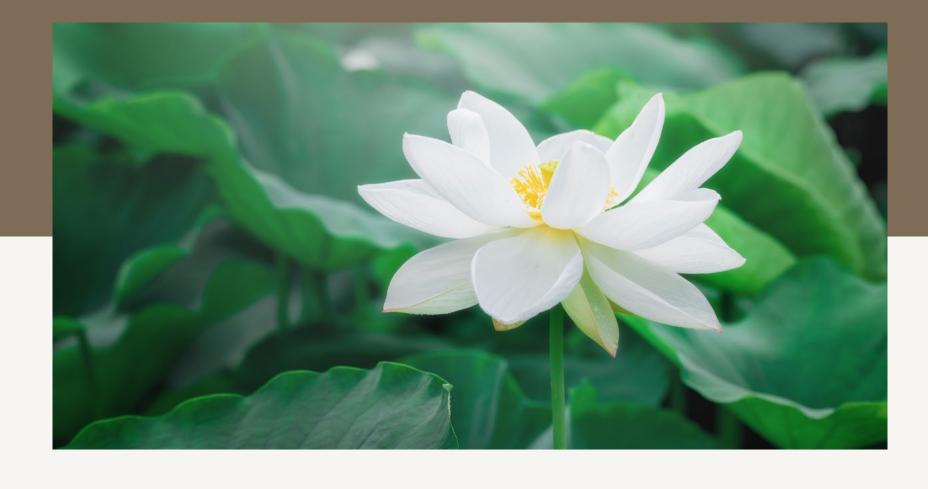
90 MIN | 75 MIN | 60 MIN

WELLNESS WONDER: ACUPRESSURE **30 MIN** 

NEW WORLD BATHING RITUAL **30 MIN** 

CND™ SHELLAC™ MANICURE AND PEDICURE 95 MIN

RETURN TO MAIN MENU



# Spa Information

#### We are committed to inspiring your wellness

**OUR SERVICE PROMISE TO YOU** 

journey while delivering uncompromising indulgence and the finest expression of service. Your comfort and enjoyment are important to us. If we have not fulfilled our promise to you, please visit the spa reception desk to ensure we remedy your experience. HOURS OF OPERATION

## 8am to 8pm

RESERVATIONS

Spa and Salon:

#### To schedule treatments, you may call our spa directly from a hotel phone by dialing

from outside of the hotel. You may also book online at http://onespaworld.na.book4time.com/ onlinebooking

extension 4772 or call 407-934-4772

accept most major credit cards. Pre-scheduling your services is recommended, although we do welcome walk-ins and will do our best to accommodate you. MINIMUM AGE REQUIREMENTS

We require a credit card upon booking and

## to receive treatments or utilize the facilities.

or guardian for all services.

Guests under 18 receiving a teen or kid treatment must be accompanied by a parent

Spa guests are required to be 18 years or older

Swimsuits are required. For further details, please see our teen and kid spa menu.

We require at least 24 hours' notice for

reservation cancellation or changes to

#### avoid being charged the full price for your treatments to the credit card provided when

**CANCELLATION POLICY** 

booking your services. **PURCHASE POLICY** Unopened products may be exchanged within 14 days of purchase if you have an original

receipt. We cannot exchange opened products.

## For your convenience, a 20% service charge

SERVICE CHARGE

of the service charge. Gratuity for exemplary service is discretionary. SERVICES AND PRICES Prices and services are subject to change without notice.

in lieu of gratuity will be automatically applied

to the final bill. Your provider will receive 100%

#### Please arrive at least 30 minutes prior to your scheduled appointment so you can relax and make full use of the facilities.

ARRIVAL

devices upon arrival. Regretfully, if you are late for an appointment,

to be on schedule for the next guest.

not assume any liability for valuables.

THE GIFT OF MANDARA

To maintain the serenity of the spa, we ask you

to turn off your mobile phone and electronic

we may have to shorten your treatment time

**VALUABLES** For the safety of your valuable items, we suggest you leave all jewelry and money in the safe provided in your hotel room. The spa will

Gift cards are available in any dollar amount and will be packaged in an attractive envelope ready for presentation. **OUR LOCATIONS** 

Mandara Spas can be found in diverse locations

around the world. To find a location nearest

## mandaraspa.com

you, visit

## on our services or products, visit

timetospa.com

or call 1-800-423-5293. 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.

Customer Service c/o OneSpaWorld

**KEEP IN TOUCH** Make taking care of your skin, body and hair part of your daily ritual. For more information

1-855-848-3059.

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