



MANDARA
— SPA —

Disney's Grand Californian Hotel. & 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 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

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.

Mandara Spa Ritual

Combining the Elemis Skin Specific Facial for skin vitality with our sublime Balinese or Swedish Massage, this ritual will refresh your spirit and strengthen your vital energies. 110 minutes.

Sunrise Awakening

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

Nirvana...Bliss for a Day

Bask in the pleasures of a Balinese Massage, then emerge radiant from your Elemis Pro-Collagen Quartz Lift Facial, followed by a luxurious and pampering Mandara Hand and Foot Ritual. Leave feeling refreshed and beautiful all over. 4 hours.

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, followed by an Elemis Visible Brilliance for her and the Elemis Urban Cleanse Facial for him. 110 minutes.

Men's Spa Escape

Soothe overworked and tired muscles with a Mandara Deep Tissue Massage followed by the Elemis Urban Cleanse, a facial developed especially to cleanse, exfoliate and nourish men's skin. 2 hours. *Add a Men's Sports Manicure and Pedicure for the ultimate spa experience. 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

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 Facial

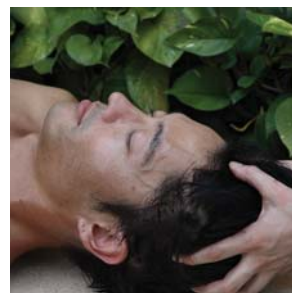
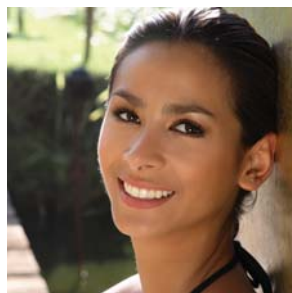
This revolutionary face therapy takes the technology of microdermabrasion to another level by using a gentler approach to beautiful skin that will not cause irritation. This treatment non-invasively helps soften fine lines, reduce skin discoloration, tightens pores and reduces the appearance of age spots and scarring. When combined with a La Therapie facial, it is as indulgent as it is effective. 50 minutes.

Ice Goddess Facial

This results driven, super cooling and hydrating treatment goes deep to address the unwanted signs of aging with the use of advanced Age-Less technology that delivers instant results. This luxurious treatment reveals smooth, brightened and firmed skin with a look that is youthful, fresh and radiant! 50 minutes.

Skin Smoothie Facial

This facial is a super cooling, super hydrating instant anti-aging treatment that reshapes and contours your face for a younger looking you. Infused throughout this age fighting treatment is an advanced Age-Less technology that plumps and smoothes the skin within minutes. Instant Gratification! 25 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. Volcanic basalt 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.



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.

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.

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. 25/50 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.

Nurturing Mother-to-Be Massage

Specially designed for mothers-to-be, this massage promotes relaxation, increases circulation and provides comfort during your wondrous time of change. This treatment helps to relieve tension and alleviate swelling in the hands and feet while uplifting your spirit. Your comfort and safety is assured with supportive pillows and Japanese Camellia Oil. 50 minutes.

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. 50/80 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.

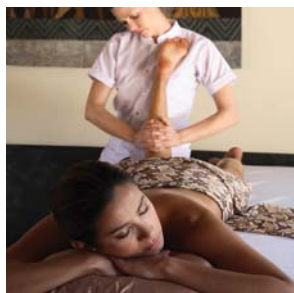
Mandara Balinese Body Polish

Add a 25 minute exotic Body Polish to any treatment.

Mandara to go

Cabana Massage

Enjoy complete relaxation in your deluxe poolside cabana. Please see 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

The power of aromatherapy is combined with the riches of the ocean in this deeply warming and detoxifying therapy. A heated seaweed mask containing a blend of essential oils is applied to your body before you are cocooned in a comforting wrap. Relax with a scalp and foot massage while the active ingredients work to ease arthritis, fatigue and promote internal cleansing. Choose from Cellutox to detoxify or Musclease to soothe sore muscles. Your treatment includes a 25 or 50 minute massage. 75/100 minutes.

Elemis Body Sculpting Cellulite and Colon Therapy

Elemis has developed a clinically proven body sculpting treatment that targets cellulite, helps to reduce fluid retention, firms and tones the body. A detoxifying fennel and birch peel-off body mask is combined with beneficial massage techniques on the hips and thighs to boost blood flow and drain away fluid, leaving your skin firmer and smooth to the touch. Cleansing of the stomach and digestive tract through abdominal massage continues the purification of your body. 60 minutes.

Mandara Balinese Body Polish

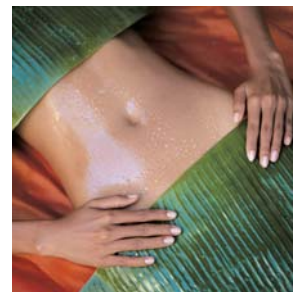
Experience the exfoliating benefits of Mandara's natural ingredients from Bali. Your skin will be polished and smoothed to a glow and completed with an application of an exotic conditioner to moisturize the skin. Choose from: Uplifting Orange Sugar Scrub, Detoxifying Lime & Ginger Salt Glow or Spicy Balinese Boreh Wrap. 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.



Beauty Salon

Groomed hands and feet are a reflection of your inner health and beauty. Indulge in one of our signature services below or see our price list for a complete list of the nail services we offer.



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.

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 aromatherapeutic ingredients promotes healthy-looking skin and nails. 60 minutes.

Aromatherapy Paraffin Infusion Treatment

This treatment is designed to provide relief for tired, aching muscles and overworked hands and feet. Essential oils are infused into the heated paraffin that also helps to increase circulation. Upgrade any hand or foot treatment to include this heat-fusion therapy.



Fitness Center

The Fitness Center at Disney's Grand Californian Hotel & Spa is available to all guests staying at the hotel. We are open from 6am to 8pm 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 Makeup and Styling

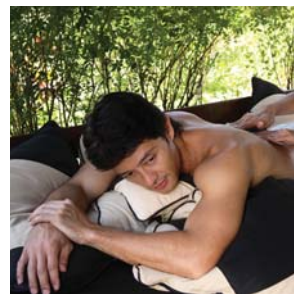
Let us develop an individual service tailored to the needs of you and your wedding party. Prices are based on time and number of persons participating. Ask your Spa Director for details.

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

Hours of Operation The Spa is open from 8am-8pm and the Fitness Center is open from 6am-8pm.

Reservations To schedule treatments you may call our spa directly from a hotel phone by dialing 7350. If you are dialing from outside the hotel complex, dial 714-300-7350 or for more information go to www.mandaraspaspa.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 20 minutes prior to 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.

Cancellation Policy If you need to reschedule or cancel your reservation, we require 24 hours advance notice to avoid being charged the full price for your treatment.

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 20% service charge will be added. Gratuity for exemplary service is discretionary. All our service offerings and prices are subject to change without notice.

Minimum Age Requirements Spa guests must be at least 18 years of age to receive treatments or utilize spa facilities unless participating in the YSPA program. Salon services are available to guests of all ages.

Comments We welcome you to openly discuss 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 into our corporate office postage paid, or seal it and give it to the Spa Concierge who will mail it for you.

Keep in Touch Relaxation is achieved through daily practice. Your therapist will be happy to recommend a home care regimen to continue your treatment at home. For more information on our products visit www.timetospa.com.





MANDARA SPA

Disney's Grand Californian Hotel® & Spa

1600 South Disneyland Drive

Anaheim, CA 92802

714-300-7350

www.mandaraspaspa.com





MANDARA — SPA —

Disney's Grand Californian Hotel & Spa

Rate Card

Spa Ceremonies

Mandara Spa Ritual	110 minutes/\$275
Sunrise Awakening	2 hours 30 minutes/\$320
add a Classic Manicure and Pedicure	4 hours/\$410
Nirvana...Bliss for a Day	4 hours/\$385
Couples Retreat Ritual.....	110 minutes/\$500
Men's Spa Escape.....	2 hours/\$235
add a Men's Sports Manicure and Pedicure	3 hours/\$315

Face

Elemis Tri-Enzyme Resurfacing Facial	60 minutes/\$180
Elemis Pro-Collagen Quartz Lift Facial	60 minutes/\$175
Elemis Visible Brilliance Facial.....	60 minutes/\$165
Elemis Skin Specific Facial	60 minutes/\$150
Elemis Skin IQ for Men Facial.....	60 minutes/\$140
Elemis Urban Cleanse for Men Facial	60 minutes/\$130
La Thérapie Micro-Therapy Facial	50 minutes/\$200
Ice Goddess Facial.....	50 minutes/\$179
Ice Goddess Facial with micro upgrade	50 minutes/\$199
Skin Smoothie Facial	25 minutes/ \$79

Massage

Mandara Hot Stone Therapy.....	50 minutes/\$155.....75 minutes/\$220
Mandara Four Hand Massage.....	50 minutes/\$250
Balinese Massage	50 minutes/\$125
Reflexology Massage	25 minutes/ \$75.....50 minutes/\$120
Mandara Deep Tissue Massage.....	50 minutes/\$130.....80 minutes/\$190
Swedish Massage	50 minutes/\$120.....80 minutes/\$180
Nurturing Mother-to-Be Massage	50 minutes/\$150
Couples Massage (<i>priced for two</i>).....	50 minutes/\$275.....80 minutes/\$380

Massage 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

Massage Indulgences cont.

Prolong the Bliss <i>(add-on)</i>	30 minutes/\$60
Mandara Balinese Body Polish <i>(add-on)</i>	25 minutes/\$70

Mandara to go

Cabana Massage	available upon request
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Body Therapy

Elemis Aroma Spa Seaweed Massage with 25 minute back massage Cellutox/Musclease	75 minutes/\$195
Elemis Aroma Spa Seaweed Massage with 50 minute massage Cellutox/Musclease	100 minutes/\$255
Elemis Body Sculpting Cellulite and Colon Therapy	60 minutes/\$150
Mandara Balinese Body Polish Massage with 25 minute back massage	50 minutes/\$130
Mandara Balinese Body Polish Massage with 50 minute massage	75 minutes/\$190
Elemis Exotic Coconut Rub and Milk Ritual Wrap with 25 minute back massage	50 minutes/\$145
Elemis Exotic Coconut Rub and Milk Ritual Wrap with 50 minute massage	75 minutes/\$205
Elemis Exotic Frangipani Body Nourish Wrap with 25 minute back massage	50 minutes/\$145
Elemis Exotic Frangipani Body Nourish Wrap with 50 minute massage	75 minutes/\$205

Hands and Feet

Fire and Ice Manicure	\$45
Classic Spa Manicure	\$35
Mandara Hand Ritual	\$55
Fire and Ice Pedicure	\$75
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	\$70
Full Set Pink & White	\$85
Acrylic Fills	\$45
Pink & White Fills	\$50
Nail Repair	\$.55 per nail
French Polish	add \$10
Polish Change	\$15
Aromatherapy Paraffin Infusion Treatment	add \$20
Sculptured or silk removal	\$40

Waxing

Brow Sculpting	from \$25
Lip or Chin	from \$20
Full Face.....	from \$45
Full Leg	from \$75
Half Leg.....	from \$50
Underarms.....	from \$35
Arms	from \$40
Bikini	from \$45
Brazilian.....	from \$70
Back.....	from \$75

Teen Services

Heavenly Massage	25 minutes/\$75
Mother and Daughter Paradise Massage (<i>priced for two</i>)	25 minutes/\$150.....50 minutes/\$200
Father and Son Chill Out Massage (<i>priced for two</i>)	25 minutes/\$150.....50 minutes/\$200
Fabulous Fruity Facial.....	50 minutes/\$100
Acne Attack Facial.....	50 minutes/\$100
Magical Manicure <i>upgrade to a French Manicure for only \$5 more!</i>	25 minutes/\$25
Soul Mate Pedicure <i>upgrade to a French Pedicure for only \$5 more!</i>	45 minutes/\$45

Spa Tips

Service Charge An additional 20% service charge will be added. Gratuity for exemplary service is discretionary. Prices and services subject to change without notice. Please give us 24 hours notice before canceling your appointments to avoid being charged the full price for your treatment. For a full list of spa tips and rules please see our main brochure.

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Visit online at: www.mandaraspaspa.com or www.timetospa.com