



MANDARA
— SPA —

*Mauna Kea Spa by Mandara
Mauna Kea Beach Hotel*



*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 Mauna Kea Spa by Mandara, 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.

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*. This superior treatment is further enhanced by a luxurious hand, arm, décolletage and scalp massage. 60 minutes/\$185 **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*. Empowered with Quartz micro-crystals and the anti-oxidant properties of other precious minerals, this treatment will slow down the visible signs of aging, leaving the skin firmer and uplifted. This exceptional therapy includes a hand, arm and scalp massage. 60 minutes/\$180 **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/\$170 **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/\$140



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/\$145

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/\$140

Glow and Behold Facial

This complexion-reviving facial starts with a resurfacing peel, followed by an oxygen wrap, facial massage and application of the face-freshening Triple Oxygen cream, face and eye mask. It's like a breath of fresh air for your face- literally. 60 minutes/\$170

Breakout-Busting Facial

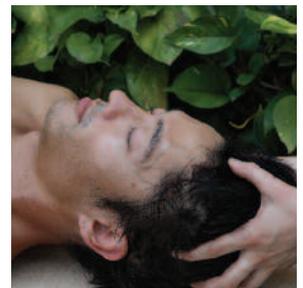
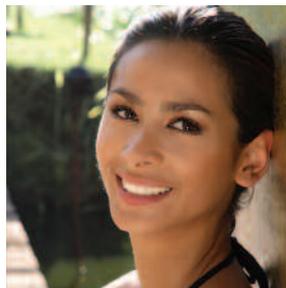
The ultimate in deep cleansing, this anti-acne facial combines an oxygen wrap, deep pore purging, massage and a targeted Task Mask to keep breakouts at bay. 60 minutes/\$150



Micro-Therapy Facial

This revolutionary face therapy takes the technology of micro-dermabrasion to another level by using a gentler approach to beautiful skin that will not cause irritation. This treatment non-invasively helps to soften fine lines, reduce skin discoloration, tighten pores and reduce the appearance of age spots and scarring. 60 minutes/\$205

Waxing services also available



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

Therapeutic and relaxing, this treatment alleviates stiffness and soreness while restoring energy and balance. Smooth, warmed stones glide across your body in long, flowing strokes. The stone's heat relaxes the muscles and has a soothing effect on your emotions. Simultaneously, other stones are placed on your body's energy points, deeply infusing muscles with heat to melt away tension. 50 minutes/\$170 or 80 minutes/\$220

Hawaiian Lomi Lomi Massage

Experience the traditional healing massage of the Hawaiian Ali'i or Royalty. A combination of long, gentle strokes using the forearms helps to induce deep relaxation and well-being. 50 minutes/\$150 or 80 minutes/\$215

Balinese Massage

Relax, close your eyes and float away to a world of tranquility. Utilized for centuries to strengthen and heal the body, this traditional therapy combines stretching, long strokes, skin rolling and palm-and-thumb pressure techniques. Flowing and graceful, the Balinese Massage relieves tension, improves blood flow, eases stress and encourages harmony. 50 minutes/\$140

Mandara Balinese Body Polish with Massage

An exotic ritual to invigorate and bring vitality to your body. 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. This treatment includes a 25 minute back massage 50 minutes/\$150 or a 50 minute full body massage 75 minutes/\$210

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 minutes/\$150 or 80 minutes/\$215

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 minutes/\$140 or 80 minutes/\$220

Bamboo Massage

A warm, soothing massage that will tantalize the senses. Imagine warm bamboo shoots of various sizes soaked in essential oil rolling, sliding, and massaging your muscles. Customized to your preference, your therapist will use deep tissue techniques or gentle strokes to melt away your tension and soothe your muscles into sweet oblivion 50 minutes/\$150

Thai Herbal Poultice Massage

This rhythmic massage utilizes scented herbal poultices that are heated and applied to the body at pressure points to relax the muscles and release tension. Your therapist then follows with massage and acupressure movements combined with essential oils that will relax and de-stress the body. 75 minutes/\$200



Mandara Four Hand Massage

During this signature treatment, two therapists massage your body with a unique blend of five styles: Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The perfect harmonization of the two therapists makes this massage a most indulgent experience. 50 minutes/\$280

Reflexology

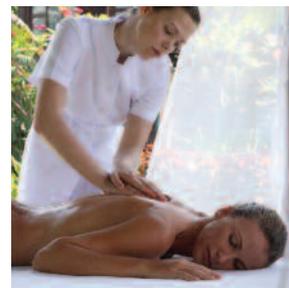
An ancient healing therapy that is as blissful as it is beneficial, reflexology works on the principle that all body organs are connected to reflex points in the feet via constantly flowing energy channels. Massaging these reflex points restores your natural energy flow and improves overall health by sending waves of deep relaxation throughout your body. 25 minutes/\$70

Elemis Nurturing Massage for Mother-to-Be

Specially designed for mothers-to-be, this massage promotes relaxation, increases circulation and provides comfort during your wondrous time of change. The 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/\$155

Couples Massage

Indulge in a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a 50 or 80 minute massage side by side. Choose from: Swedish, Deep Tissue or Hawaiian Lomi Lomi Massage. (*Priced for two*) 50 minutes/\$300 or 80 minutes/\$430.





Massage Indulgences

Fancy some extra rejuvenation? 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. \$35

Conditioning Foot Treatment

An indulgent treat for the feet that rejuvenates and revitalizes. \$35

Frangipani Nourishing Hair and Scalp Treatment

Restores luster to the hair and scalp and promises unadulterated relaxation. \$35

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. \$65

Does not apply to deep tissue massage.

Mandara Balinese Body Polish

Add a 25 minute exotic Body Polish to your massage treatment. \$75

Bathing Rituals

Add a 25-minute luxurious bathing experience to any massage or body treatment. \$70

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.

Oceanview Cabana Massage

Enjoy complete relaxation while listening to the sounds of the ocean. Please contact the spa 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 minute or 50 minute massage. 75 minutes/\$200 or 100 minutes/\$260

Elemis Body Sculpting Cellulite Therapy

Elemis has developed a 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. This treatment includes a relaxing scalp massage. 60 minutes/\$155

Elemis Exotic Coconut Rub and Milk Ritual Wrap

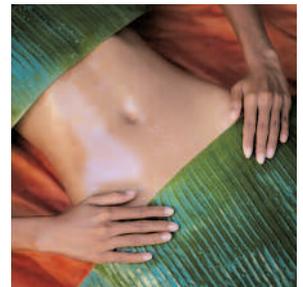
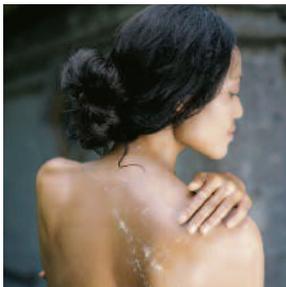
A traditional Balinese recipe with Coconut, Mungbean, Spices and Lavender polishes the skin while the sensation of warmed Monoi Oil and Milk Bath being drizzled over your body is simply divine. The natural ingredients work to heal while you enjoy a relaxing scalp massage. Includes a 25 minute or 50 minute massage. 50 minutes/\$155 or 75 minutes/\$225

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 minute or 50 minute massage. 50 minutes/\$155 or 75 minutes/\$225

Tropical Hawaiian Body Scrub

Experience the exfoliating benefits of Hawaii's natural ingredients. Your skin will be polished and smoothed to a glow and completed with an application of tropical body lotion. Choose from: Pa'akai (Salt) Glow, Chocolate Macadamia Nut or Coconut. 50 minutes/\$140





Spa Tips

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

Reservations To schedule treatments you may call our spa directly from a hotel phone by dialing ext. 5630. If you are calling from outside the hotel complex dial, (808) 882-5630. For more information go online at www.mandaraspaspa.com/hawaii. 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.

Treatment Time Please arrive at least 15 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 Cards 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 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 within 14 days of purchase if you have a receipt. We cannot exchange any opened products.

Service Charge An additional 20% service charge plus HI state tax will be added. Gratuity for exemplary service is discretionary. All our service offering and prices are subject to change without notice.

Minimum Age Requirements Spa guests are required to be 18 years and over. Spa guests 17 and under must be accompanied by a parent or guardian for all Spa and Salon services including use of the spa amenities. Swimsuits for minors are required.

Comments We welcome you to discuss openly your like, 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 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 product as well as read our inspiring articles, find some delicious healthful recipes and be privy to our special offers.





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