



MANDARA  
— SPA —

*Portofino Bay*



*Mandara ....*

A sacred mythological  
mountain.

A symbol of eternal youth.

A spa.



*The name Mandara* comes from an ancient Sanskrit legend about the gods' quest to find the elixir of immortality and eternal youth. With roots in Bali and Indonesia and influences from North America, our exotic spa treatments reflect the beauty, spirit and traditions of both Eastern and Western cultures.

Mandara Spa is a sanctuary where you can relax and discover the elixir of youth, not as a goal, but as a moment of blissful reverie.

Today Mandara is not a mountain. But it is a peak experience.

Enjoy your journey to the peak.

*Namaste.*

# *Spa Director's Recommendations...*

The following new treatments focus upon providing great results after just one treatment.



### **Gentle Touch Tooth Whitening**

This new revolutionary tooth whitening system offers you a cleaner, whiter smile in just 40 minutes. Our procedure is so relaxing, don't be surprised if you fall asleep. We use specially formulated Gentle Touch Gels that are activated by the Gentle Touch Whitening Light. There is no heat or laser used with this treatment. You can maintain your new bright smile with the Appera Brush On Enhancer. Simply use it once a week. See page 20 for more details.

### **Miracle Micro-Therapy**

This is the only Microdermabrasion system that uses natural Baking Soda Crystals along with a high speed buffer to safely and efficiently removed dead skin cells, lighten blemishes, age spots, sun spots and scars and reduce the appearance of fine lines. See page 8 for more details.

### **La Thérapie HydraPeel**

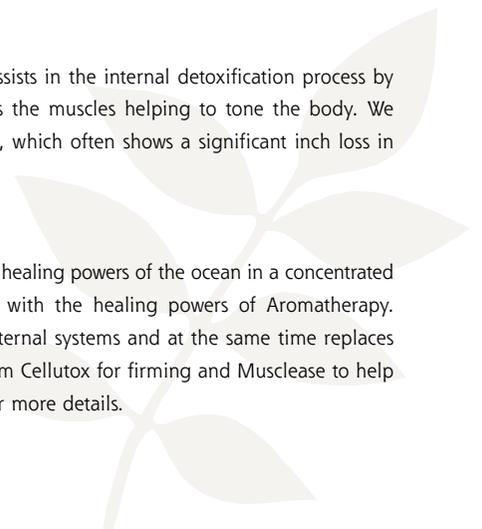
Using specific Glycolic preparations for your skin type, the La Thérapie HydraPeel is the perfect way to resurface your skin showing an immediate difference in the appearance of lines, wrinkles and scarring. See page 8 for more details.

### **Ionithermie Cellulite Reduction Program**

An essential part of your fitness plan, Ionithermie assists in the internal detoxification process by drawing out toxins, while faradic stimuli invigorates the muscles helping to tone the body. We measure your body before and after your treatment, which often shows a significant inch loss in the area treated. See page 12 for more details.

### **Elemis Aroma Spa Ocean Wraps**

With our Aroma Spa treatments we have captured the healing powers of the ocean in a concentrated formula of freeze dried seaweed and combined it with the healing powers of Aromatherapy. Naturally these wraps help to detoxify the body's internal systems and at the same time replaces vital trace elements back into the system. Choose from Cellutox for firming and Musclease to help resolve sore joints and arthritic pain. See page 12 for more details.



# Mandara Facial Elixirs...

Let the joy of youth embrace your very being and radiate within you like the eternal sun.

## **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 reducing dark circles from around the eye contour. Moisturize levels of the skin are proven to increase by up to 38% and elasticity by 28% after just 1 treatment. This treatment includes a luxurious hand, arm or scalp massage. 50 minutes

## **Elemis Pro-Collagen Marine Facial**

Providing immediate results in the fight against time, this exceptional face and eye treatment helps to slow down the signs of premature aging, reducing the appearance of fine lines and wrinkles on the face and crows feet around the eye contour. Skin will have a more youthful appearance after just 1 treatment. This treatment includes a luxurious hand, arm or scalp massage. 50 minutes

## **Elemis Oxygen SkinCalm Facial**

This face and eye treatment is pure soothing heaven for sensitive skins. Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalanced delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin. This superior treatment is further enhanced by a luxurious hand & arm massage or de-stress scalp treatment for the ultimate in advanced skin-therapy. 50 minutes

## **Elemis Aromapure Facial**

A deep cleansing, active aromatherapy facial for women and men combines the power of Absolutes with true premium grade Essential Oils, treating the skin at the deepest level without aggression. One of the following will be prescribed: *Absolute Lift* helps to lift, *Herbal Lavender Repair* to heal and repair, *Exotic Cream Moisture* for dry, thirsty skin and *Fruit Active Glow* to revive dull, lifeless skin. 50 minutes

### **Elemis S.O.S. Purifying Facial for oily, problem and congested skin**

This powerful face and eye treatment helps to absorb excess sebum, regulate and balance the function of the skin, while helping to repair scarring. Purifying massage techniques combined with the unique Japanese Sulphur Mask impregnated with Vita-CBooster Serum help to calm irritated skin and rebalance oil-rich pores, leaving a beautiful matt skin. This luxurious treatment includes a massage on the hands, arms and scalp. 50 minutes

### **Elemis Urban Cleanse for Men**

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. 50 minutes



# *For seekers of eternal youth...*

Beauty is deeper than your skin. But that is where it surfaces.

## **La Thérapie HydraLift Facial**

A fully qualified aesthetician will carry out a thorough skin analysis and consultation in order to prescribe the most beneficial products. Galvanic Frequency is used to encourage active ingredients to deeper layers of the skin where cell renewal takes place and the stimulating effects of High frequency boost the circulation and enhances oxygen absorption, whilst creating a protective, antibacterial layer on the skin. The results are a deeply cleansed skin, smoothed and hydrated – "Skin Perfection." 50 minutes

## **La Thérapie HydraPeel 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. Results are immediate After one treatment lines, wrinkles and scarring appear finer and lighter. 50 minutes

## **Miracle Micro-Therapy**

Micro-Dermabrasion has gained the reputation of being the most effective non-invasive face therapy for the softening of fine lines, skin discoloration, enlarged pores, sun and age spots and scarring. Miracle Micro-Therapy gently and yet effectively helps you achieve skin perfection by using Baking Soda crystals to exfoliate the skin's surface layer. So gentle, it can be used on the delicate areas on the mouth and eyes. See and feel a difference immediately. 30 minutes

### **La Thérapie Intensif Age Zone Treatment**

Choose any two intensive treatments from the list below to create your own personalized Age Zone Treatment for areas vulnerable to premature signs of aging.

**Intensif Eye Treatment** Patented antioxidants target visible signs of aging to effectively diminish fine lines and wrinkles and reduce dark circles.

**Hydra Lip Intensif** Potent antioxidants increase collagen production to plump out and enhance the contours of the lips.

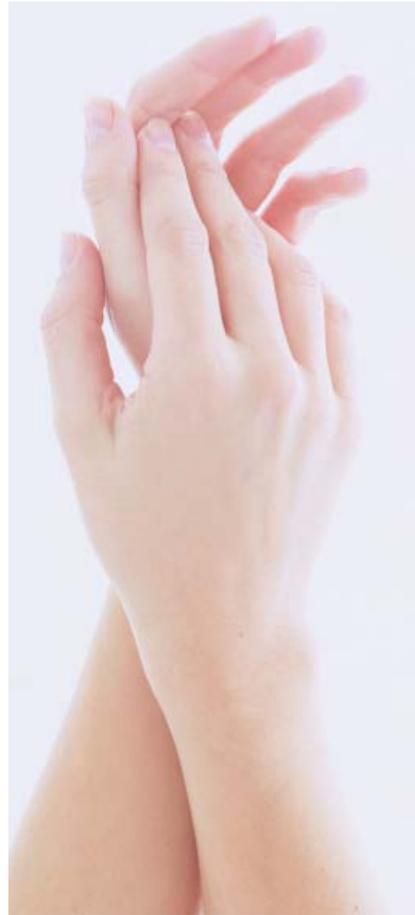
**Hydra Neck Intensif** The power of Caviar extracts is used to help lift and firm delicate skin around the neck and décolleté.

**Hydra Peel Hand Treatment** A combination of Dermatological products effectively resurfaces the skin to reduce brown spots, dryness and signs of aging.

**ADD  
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### **La Thérapie Intensif Vitamin Anti-Oxidant Treatment**

To maximize the full potential of any La Thérapie Facial, supplement it with a powerful dose of vitamin protection. These potent Vitamin C and Vitamin A anti-oxidant serums provide superior free radical protection for the ultimate anti-aging boost. Exclusively patented formulations offer solutions for fine lines and wrinkles, scarring and blemishes.





# Mandara Body Consciousness...

Your body is pure intelligence. It reflects you. Isn't it time you were good to yourself?

## **Elemis Exotic Coconut Rub and Milk Ritual Wrap**

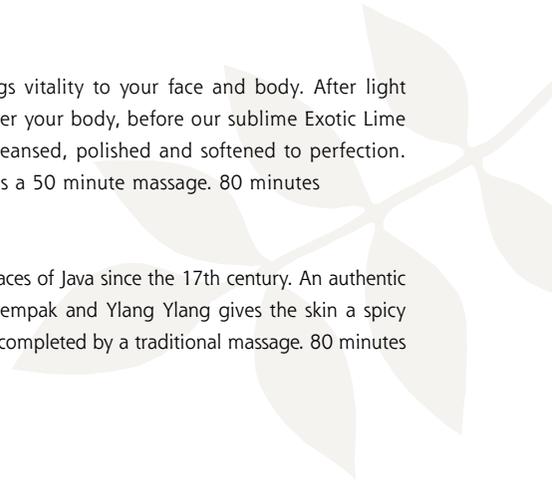
A ceremony of pure sensuality to tantalize and delight! A traditional Balinese recipe with Coconut, Mungbean, Spices and Lavender polishes the skin, while the exotic body oil indulges your senses. Bask in the ritual as warm Milk Bath is poured over your entire body before being cocooned in a comforting foil wrap. The healing ritual combines comforting opulence with pure unadulterated pleasure for women and men. 50 minutes

## **Elemis Exotic Lime and Ginger Salt Glow**

This exotic exfoliation ritual invigorates and brings vitality to your face and body. After light body brushing, warm oil is dripped luxuriously over your body, before our sublime Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed, polished and softened to perfection. For the ultimate indulgence this treatment includes a 50 minute massage. 80 minutes

## **Traditional Javanese Lulur**

A traditional cleansing ceremony practiced in the palaces of Java since the 17th century. An authentic polish of Turmeric, Red Rice, Fenugreek, Jasmine, Cempak and Ylang Ylang gives the skin a spicy aroma and leaves it sensuously smooth. The ritual is completed by a traditional massage. 80 minutes



# *Detoxify, purify and tighten...*

True change starts behind the scenes. With detoxification, firming and toning all begins behind the skin before results are witnessed in a firmer, more vital body.

## **Ionithermie Cellulite Reduction Treatment**

An effective, non-invasive way to reduce the appearance of cellulite, tone the body, and give the skin a smooth, healthy appearance. Products rich in Algae, Kelp, and Ivy are applied to the skin. Warm natural clay infused with Algae is applied and electrodes are placed in specific areas on the body. Galvanic and Faradic stimuli are applied, propelling the active ingredients into the skin and toning the muscles. 90 minutes or a course of 3 or 5 treatments

## **Elemis Cellutox Aroma Spa Ocean Wrap**

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 Juniper and Lemon Essential Oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away while you have a soothing face and scalp massage and let the active ingredients work to detoxify, decongest, and stimulate your body systems. 75 minutes

## **Elemis Musclease Aroma Spa Ocean Wrap**

The power of Aromatherapy is combined with the riches of the ocean to give women and men a deep muscle warming treatment. A heated seaweed mask containing a warming blend of Pine and Rosemary Essential Oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away while you enjoy a soothing face and scalp massage and let the active ingredients work to ease arthritis, fatigue, and muscle spasm. 75 minutes

# *Rites of Massage...*

The Mandara Ritual begins as we invite you to choose the aroma that appeals the most ...

*Harmony* to re-balance... *Tranquility* to de-stress... *Island Spice* to uplift...

## **Elemis Deep Tissue Muscle 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

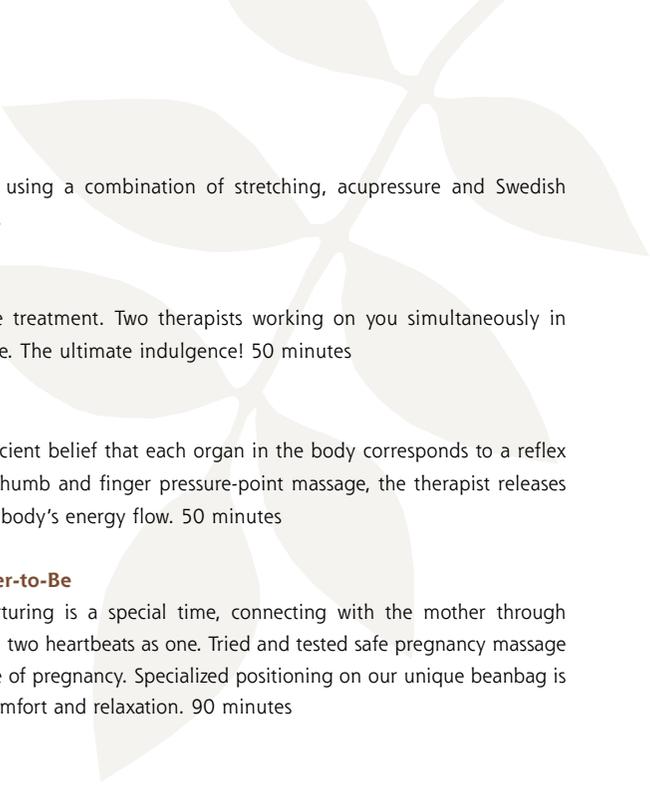
## **Swedish Massage**

Indulge in this authentic massage style influenced by ageless traditions. Your choice of our signature aromatherapy oils is applied using palm pressure and stretching techniques to bring you waves of muscle relief and fathoms of deep relaxation. 50 minutes

## **Elemis Aroma Stone Therapy**

In Bali it is believed that "batu" stones are filled with 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. 75 minutes





### **Balinese Massage**

A traditional Balinese Massage using a combination of stretching, acupressure and Swedish massage techniques. 50 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

### **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 re-establishes 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 on our unique beanbag is used to ensure the ultimate in comfort and relaxation. 90 minutes

### **Shiatsu Massage**

This traditional Japanese pressure point massage stimulates the muscles and helps breakdown toxin build-up. 50 or 80 minutes

### **Sports Massage**

This penetrating massage gives special attention to manipulation of deep muscle tissues to relieve chronic stress. Our therapist can also focus and stretch specific muscle groups used in active sports. 50 or 80 minutes

ADD  
INS

## Massage Add-Ins...

### **Conditioning Foot Treatment**

An indulgent treat for the feet that rejuvenates and revitalizes.

### **Frangipani Hair and Scalp Conditioning**

Restores luster to the hair and scalp as the exotic Frangipani Monoi Oil penetrates and nourishes.

### **Massage Over-Time**

When 50 minutes are just not enough... or when you have just had a facial and you just want that extra 30 minutes of R&R... that is what Massage Over-Time is for. You can add on 30 minutes to any treatment you want.

### **Bathing Rituals**

Add a luxurious bath to your massage for the ultimate in relaxation. Choose from Exotic Flower, Ocean Detox, Cleopatra's Secret or Muscle Warming Bath. 25 minutes

## 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 gender to gender.

# Mandara Rituals...

A Mandara ritual is like a blessing that caresses your entire being.

## **Elemis Absolute Spa Ritual**

Experience revitalization through the Elemis Visible Brilliance Facial followed by a soothing Elemis Deep Tissue Massage based on the ancient power of touch. Add a Spa Manicure and Pedicure for a complete spa ritual experience. 2 hours or 4 hours with Ultimate Spa Manicure and Pedicure

## **Mandara Day of Perfect Bliss**

Emerge radiant from your Aromapure Facial. Enjoy a light lunch in our relaxation room, then bask in the pleasures of a Elemis Deep Tissue Massage, followed by a luxurious and pampering Ultimate Spa Manicure and Pedicure. Treat yourself to a shampoo and blow dry hair styling and personalized make-up application. Leave feeling refreshed and beautiful all over. 5 hours 45 minutes

## **Ayurvedic Body Cleansing**

Start with an Exotic Lime and Ginger Salt Glow exfoliation. Follow with the ultimate Cellutox Aroma Spa Ocean Wrap combining sea plants and marine Algae with Aromatherapy. Finish with a stress release Balinese Massage. The ultimate ritual for women and men to detoxify, decongest, and stimulate body systems. 3 hours

## **Men's Spa Escape**

Men can enjoy revitalizing spa skin and body care without the fuss, starting with an Aromapure Facial for skin cleansing and exfoliation followed by a Sports massage for pure relaxation and de-stress. Upgrade to the Aroma Stone Therapy massage for the ultimate spa experience. 2 hours or 2 hours 15 minutes with Aroma Stone Therapy





*Have fun and stay fit...*

The Fitness Center at the Portofino Bay Hotel is available to all guests staying within the Loews Hotel Complex at Universal. We are open from 6am to 10pm daily. Facility passes are available for 1, 3 or 5 days. Passes include women's and men's separate relaxation lounges, showers, lockers, steam room, dry sauna and co-ed whirlpool. The facility fee is waived with any salon or spa service.

# Mandara Salon Specialties...

The Mandara Salon offers a full complement of services facilitated by hair stylists who are expert in contemporary hair artistry... styling, cutting, coloring, curling... our hairstyles are masters in their field. Please see salon menu for a complete list of hair and nail services.

## **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 warmed towel. Add this to any hair service.

## **Ultimate Spa Manicure**

The nails are cleaned, filed and buffed before we exfoliate the hands with gentle lime crystals. We then apply a hot towel wrap that delights your senses with citrus infused finishing lotion and a relaxing hand massage, completed with polish of your choice. 30 minutes

## **Ultimate Spa Pedicure**

It's time to fuss over your feet. Indulge them with the Ultimate Spa Pedicure. We dip your feet in a warm ocean of foaming sea soak to invigorate circulation, then we slough away dry skin with a sea scrub and nourish with a Marine Mask. Your feet will feel like they're on cloud nine! 60 minutes

## **Gentle Touch Tooth Whitening**

Our Gentle Touch Tooth Whitening treatment is the safest, most effective system available. By using an FDA approved non-toxic gel, your teeth will be visibly whiter after just one session. Other professional tooth whitening systems cost several hundred dollars and use peroxides that damage tooth enamel. With our cost-effective whitening treatment, you will see instant results without harming your teeth. Consultations are free.

# YSPA *Teen Program...*

It's time for Y, the generation that is coming of age in the dawn of the 21st century. Being a teen is very stressful. So Mandara Spa offers a menu created especially for teen-stress. Dating blues... exam anxiety... just one or two treatments and all worries are forgotten. Don't ask YSPA? Ask YNOT.

## **YCARE FOR YOUR BODY**

### **Heavenly Massage**

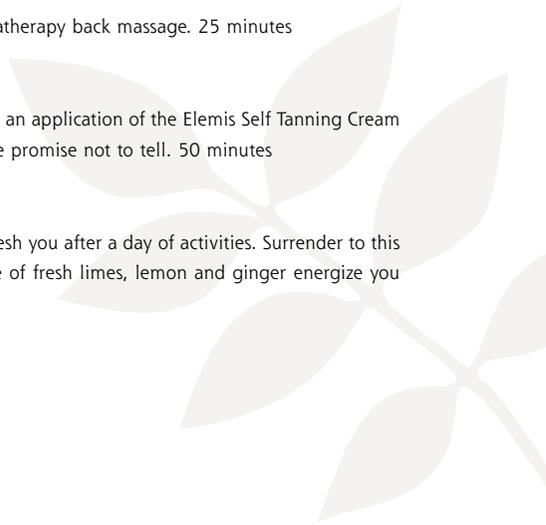
Massage away school blues with this 25 minute Aromatherapy back massage. 25 minutes

### **Fake Bake**

Enjoy an invigorating exfoliation treatment followed by an application of the Elemis Self Tanning Cream for a delicious bronzed glow on the face and body. We promise not to tell. 50 minutes

### **Surfers Scrub**

Whether you prefer surf or turf, this treatment will refresh you after a day of activities. Surrender to this exfoliating treatment for the body and let our mixture of fresh limes, lemon and ginger energize you for the fun ahead. 25 minutes





## YCARE FOR YOUR FACE

### **Fabulous Fruity Facial**

This fruity facial uses an organic mixture of fresh fruits. Combined with the power of touch, this facial is deep cleansing, moisturizing and nourishing and quite literally a tasty treat for your skin. 50 minutes

### **Acne Attack Facial**

Spots a problem? Blast them away with our revolutionary oxygen facial. 50 minutes

## YCARE FOR YOUR HAIR

### **Beach Babe**

Deep conditioning hair ritual followed by French braid.

### **Stylin' Session**

Funky cut and color after a personalized consultation with your stylist.

## YCARE FOR YOUR HANDS & FEET

### **Magical Manicure**

Manicure with or w/o polish. Upgrade to a French Manicure for only \$5 more! 25 minutes

### **Sole Mate**

Pedicure with polish. Upgrade to a French Sole Mate for only \$5 more! 45 minutes

## *Special Services...*

**Pre-Wedding Hair and Make-Up** For the bride and her attendants too, this planning and try-out session provides recommendations for a wedding day style which incorporates hair and make-up perfect for an individual setting. 45 minutes each

**Wedding Day Make-Up And Styling** Let us develop an individual in-spa or on-location service tailored to the needs of you and your wedding party. Prices are based on time and number of persons participating. Ask your Spa Coordinator for details.

**The Gift of Mandara** Gift Certificates are available for all services and spa packages and may be requested by calling 31244 from your room or 407-503-1244 from outside the hotel complex. 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.

**Mandara Spa Events** Ask the Spa Director when our next Mandara Spa Event is going to be held. Events are great ways to sample some treatments, along with some tasty Hors D'oeuvres and wine.

# Spa Policy...

**Appointments** To make an appointment you may call our spa directly from The Hard Rock Hotel, Royal Pacific Hotel or Portofino Bay Hotel by dialing 31244. If you are calling from outside the hotel complex dial, 407-503-1244 or for more information go online at [www.mandaraspaspa.com](http://www.mandaraspaspa.com). 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.

**In Suite Treatments** If you are staying at the Portofino Bay Hotel, The Hard Rock Hotel or Royal Pacific Hotel, we can bring the spa to you with a selection of massage rituals. All In-Suite massages are gender to gender.

**Cancellation** If you need to cancel a reservation or reschedule one, we require 4 hours notice for individual appointments and packages. Appointments canceled in less than the required time will be billed 100% of published tariff of each service.

**Check-In** Please arrive 30 minutes ahead of 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.

**Refunds** You can exchange unopened products within 30 days of purchase if you have a receipt. We cannot exchange any opened products.

**Gratuity and Service Charges** An additional 18% service charge will be added. Prices and services are subject to change without notice.

**Fitness Center** Children 14-16 years of age must be accompanied by a parent or guardian. Children under 13 years of age are not permitted in the Fitness Center.

**Face and Body Treatments** The minimum age required to receive a facial, body treatment or massage is 16.

**Co-Ed Whirlpool** The age required to use the whirlpool is 16-17, accompanied by a parent or guardian. Swimsuits are required.

**Mandara Spa**

Portofino Bay Hotel

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[www.mandaraspa.com](http://www.mandaraspa.com)