




MANDARA
— SPA —

*Hilton Hawaiian Village
Beach Resort & 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 Hilton Hawaiian Village Beach Resort & 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.

Sunrise Awakening

Experience the revitalizing benefits of the Mandara Balinese Body Polish with a 50 minute Hawaiian Lomi Lomi Massage. Rejuvenate your skin with an Elemis Visible Brilliance Facial. 2 hours 30 minutes. *As an option, add a Classic Manicure and Pedicure for a complete spa ritual experience. 4 hours.*

Nirvana...Bliss for a Day

Bask in the pleasures of a Hawaiian Lomi Lomi Massage, then emerge radiant from your Elemis Pro-Collagen Quartz Lift Facial, followed by a luxurious and pampering Mandara Hand and Foot Ritual. Treat yourself to a shampoo and style and a personalized makeup application. Leave feeling refreshed and beautiful all over. 5 hours.

Exploration in Chocolate

An indulgence just for two, this ritual begins with side by side massages in a deluxe spa suite. Treat yourselves to an unforgettable experience of the senses with an application of our signature chocolate scrub that is "good enough to eat". Complete your experience with a shower and indulge in a custom prepared aromatic bath. 2 hours 30 minutes.

Men's Spa Escape

Soothe overworked and tired muscles with a Mandara Deep Tissue Massage and cleanse and exfoliate deep in to the skin's pores with the Elemis Urban Cleanse Facial for men. 2 hours. *As an option, add a Men's Sports Manicure and Pedicure for the ultimate spa experience. 3 hours.*

Wedding Bliss

Designed with your special day in mind, this beauty ritual begins with a shampoo and style, Classic Manicure and Pedicure, followed by a Makeup Application. Step into our salon and let our professionals leave you looking and feeling your best. 4 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*. This superior treatment is further enhanced by a luxurious hand, arm, décolletage and scalp massage. 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*. 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. **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.


 **Micro-Therapy Facial**

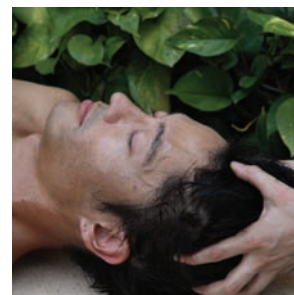
This revolutionary face therapy takes the technology of micro-dermabrasion to another level by using a gentler approach to beautiful skin that will not cause irritation. This treatment non-invasively helps to soften fine lines, reduce skin discoloration, tighten pores and reduce the appearance of age spots and scarring. When combined with the Ice-Goddess 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 firm 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

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. 50/80 minutes.

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. 50/80 minutes.

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.

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. Includes a 25 minute back massage or 50 minute full body massage. 50/75 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.

Massage Around the World

Indulge in this authentic massage style influenced by ageless traditions. Your choice of aromatherapy oils is applied using palm pressure and stretching techniques to bring you waves of muscle relief and fathoms of deep relaxation. 50/80 minutes.



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.

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. 25/50 minutes.

Shiatsu

Based on the same principles as acupuncture, this pressure point massage is ideal for someone desiring a deep, effective touch. It's the perfect way to ease tension and fatigue and enhance energy flow. 50/80 minutes.

Traditional Thai Massage

Developed centuries ago in Thailand, this firm, dry massage is the ultimate subliminal body workout. It is a masterful fusion of Ayurvedic stretching techniques which release tension, re-align the body and restore suppleness, and the Chinese method of deep tissue pressure point massage to stimulate blood flow and release toxins. 50/80 minutes.

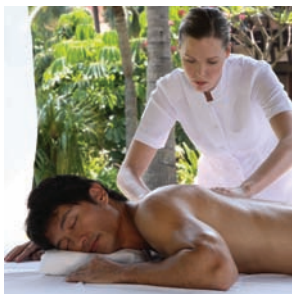
Thai Massage is performed fully clothed. Suggested attire is loose-fitting clothing or yoga wear.

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.

Hawaiian Lomi Lomi Couples Massage

Indulge in a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a 50 minute Lomi Lomi massage side by side and then relax in your private hydrotherapy tub for an additional 30 minutes. 80 minutes.



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.

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 your massage treatment.

Bathing Ritual

Add a 25 minute luxurious bathing experience to any massage or body treatment.

Mandara to go

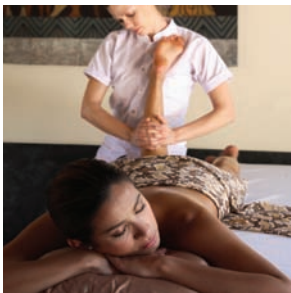
In-Suite Massage

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.

Oceanview Cabana Massage

Enjoy complete relaxation in your deluxe cabana. Massage cabanas are located throughout the resort for your enjoyment. Please contact the Spa Concierge for further details.

**Massage services are also available at the Ali'i Tower for your enjoyment.*



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

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 or Musclease to help relieve sore joints and muscular tension. 75 minutes includes a 25 minute back massage or 100 minutes includes a full body massage.

Pahoehoe Mud Wrap

Nourishing and detoxifying mud is applied to your body then you're enveloped in warmth. Natural minerals relieve water retention and help to flush toxins from the body. A neck and scalp massage transcends you to paradise! Complete this experience with a tropical lotion application. 50 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.

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.

Vichy Shower Experience

Add our invigorating Vichy Shower Experience before or after any spa service.

Beauty Salon

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

Hair

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 hair stylists are masters in their field. Please see our price list for a complete list of the salon services we offer.

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.

Hands and Feet

Your hands touch and hold. Your feet take you to new places. Treat them well. We have a full list of nail services which can be found in our price list, as well as the following indulgences:



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 aroma-therapeutic ingredients promotes healthy-looking skin and nails. 60 minutes.

Fitness

The Fitness Center at Hilton Hawaiian Village Beach Resort & Spa offers cardiovascular and strengthening equipment. When you purchase any spa or salon service, you will have complimentary access to the Fitness Center and Kalia Pool on day of spa service. Fitness facilities are available for ages 18 and up. Spa guests 17 and under must be accompanied by a parent or guardian. Please see your Spa Concierge for further details.

Special Services

Special Occasion 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 Group Coordinator for details.

The Gift of Mandara

Gift Cards are available for all services and spa packages and may be requested by dialing ext. 74370 from a hotel phone. If you are calling from outside the hotel complex dial (808) 945-7721. 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.

Spa Group Events

If you are bringing a group to stay at Hilton Hawaiian Village Beach Resort & Spa, don't forget to pre-plan spa arrangements for your guests. Our Spa Group Coordinator will be happy to ensure your spa appointments are scheduled, and that you and your group are indulged completely. Please call us at (808) 947-9750 to find out about our group programs.





Spa Tips

Hours of Operation The Spa is open from 8am-9pm, the Beauty Salon is open from 9am-8pm daily, and the Fitness Center is open from 6am-9pm.

Reservations To schedule treatments you may call our spa directly from a hotel phone by dialing ext. 74370. If you are calling from outside the hotel complex dial, (808) 945-7721 or e-mail us at hawaii@mandaraspa.com. For more information go online at www.mandaraspa.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 30 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.





MANDARA SPA

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