



It's true. A single moment spent in joy colors all the moments that follow. At Planet Hollywood 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

Mandara had its beginnings in the spiritual Island of Bali, where bougainvilleas border the narrow streets and the pace of life meanders like a gentle flowing river. It was here that we discovered the reverence for the healing arts, especially massage and aromatherapy, which are so deeply entwined within the culture that they have become part of the Balinese way of life.

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.



Spa Ceremonies

Come, celebrate your beauty with indulgent surrender. The following ceremonies are bound to rebalance mind and body, and revitalize your sense of self. You will emerge anew.

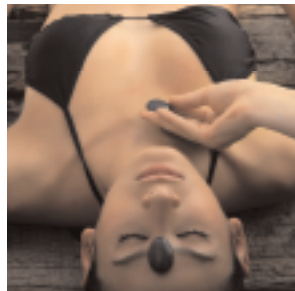
*Ceremony of Love

This special ceremony for two celebrates the ingredient that makes the world go round. Love. It begins with an Elemis Exotic Flower Bath where both of you can soak and splash together, followed by a 50 minute Swedish massage. If you wish to add a facial or any other treatments to this package, simply choose from our a la carte list. Let the Ceremony of Love last all day! 50/80 MINUTES

Nirvana

Want to achieve Nirvana? Simple. Come to Mandara Spa and experience an entire momentous day of bliss. Nirvana includes: Elemis Exotic Frangipani Body Nourish Wrap, Elemis Aroma Stone Therapy, Elemis Pro-Collagen Marine Facial, Wash and Blow Dry, Ultimate Spa Manicure and Ultimate Spa Pedicure. Absolutely divine. But what else did you expect from Nirvana? 330 MINUTES

*you may exchange the Swedish massage with any other massage style except Mandara Stone Therapy or Elemis Aroma Stone Therapy. The price will be adjusted per the a la carte menu.



Create your Planet!

This customized experience allows you to indulge as you please. We have compiled our most amazing experiences together, ensuring that you are indulged from top to toe. All you have to do is choose your services from each category below. *We do the rest.*

Facials (choose one)

Elemis Visible Brilliance Facial, Elemis Pro-Collagen Marine Facial, Elemis Urban Cleanse for Men or La Thérapie HydraLift Facial.

Body (choose one)

Mandara Balinese Massage with Elemis Nourishing Scalp Massage, Mandara Stone Therapy, Elemis Deep Tissue Muscle Massage with Conditioning Foot Ritual, Elemis Exotic Lime and Ginger Salt Glow with 30 minute massage, Elemis Coconut Rub and Milk Ritual with 30 minute massage, Elemis Frangipani Body Nourish Wrap with 30 minute massage.

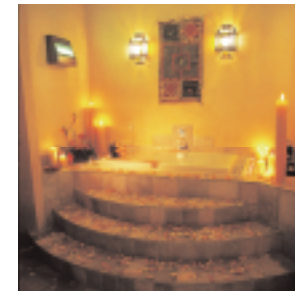
Beauty Salon/Fitness (choose two)

Shampoo and Blow Dry, Shampoo and Deep Conditioning Treatment (blow dry not included), Ultimate Spa Manicure and Ultimate Spa Pedicure or a Body Composition Analysis with an Exercise Class.

 **Create your Planet!** 210 MINUTES

Mandara favorites...

Mandara signatures are indicated by our symbol. Whenever you see this sign, you know it is one of our most sought after services.



Face

Our facials combine ancient wisdom with modern technology. We use the finest medicinal grade plants and herbs, using the most gentle extraction methods so that your skin absorbs all the goodness.

Elemis Tri-Enzyme Resurfacing Facial

This new breakthrough anti-aging facial treatment is clinically trialed to bring unprecedented resurfacing results. Targeting fine lines and wrinkles, acne and superficial scarring and uneven skin tone, the Tri-Enzyme Resurfacing Facial 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. Clinically trialed to prove that in one treatment you will experience up to 74% resurfacing and up to 32% increased skin smoothness*. 50 MINUTES

Elemis Visible Brilliance Facial

This anti-aging face and eye therapy instantly firms, rejuvenates and plumps up the skin while reducing dark circles from the eye contour. Moisture levels of the skin are proven to increase by 38% after just one treatment and elasticity by 28%*. 50 MINUTES

Elemis Pro-Collagen Marine Facial

Providing immediate results in reducing the appearance of fine lines and wrinkles, this exceptional face and eye treatment helps to slow down the signs of premature aging. Eastern lifting massage techniques are combined with a unique Japanese Silk Mask with Pro-Collagen Booster Serum. 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-C Booster Serum help to calm irritated skin and rebalance oil-rich pores, leaving a beautiful matte skin. 50 MINUTES

Elemis Urban Cleanse for Men

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

*independent clinical trials 2006.

Add the following to your Elemis facial for extra indulgence!

Elemis Hand and Arm Treatment or Elemis Nourishing Scalp Massage.

Add your choice of a gorgeous hand and arm massage or a penetrating Asian scalp massage that uses exotic Monoi Oil from the Polynesian Islands.

Add the following to your La Therapie facial for an extra boost!

La Therapie Intensive Age Zone Treatments

HydraLip Intensive to smooth and enhance lip contour. **Intensive Eye Treatment** to reduce signs of aging around the eyes. **HydraNeck Intensive** to help lift and firm the delicate skin around the neck. **HydraPeel Hand Treatment** to diminish brown spots, dryness, and signs of aging.

La Therapie Intensive Vitamin Anti-Oxidant Treatment

To maximize the full potential of any La Therapie Facial, supplement it with a powerful dose of Vitamin C and Vitamin A anti-oxidant serums to provide superior free radical protection.

Miracle Micro-Therapy

Microdermabrasion 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. As well as offering Miracle Micro-Therapy for your face, we also offer enhancements for the hands, eyes, neck and décolleté. Please see our price list for details. 30/50 MINUTES with full facial

La Therapie HydraLift Facial

This youth-enhancing facial produces results that are fast and dramatic. With the use of galvanic stimuli the appearance of fine lines and wrinkles are reduced, skin tone and texture are restored and the complexion becomes smoother and more radiantly youthful after just one treatment. If you want to concentrate on those areas vulnerable to the first signs of aging such as your eyes, neck and lips then this highly effective skin treatment is for you. 50 MINUTES

La Therapie HydraPeel Facial

Developed by leading dermatologists, this resurfacing facial is safe for all skins and combines the controlled use of cosmeceuticals with an advanced treatment program for fast, dramatic results. A fully qualified aesthetician will carry out a thorough skin analysis and consultation in order to prescribe the most beneficial products for individual skincare needs. 50 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 Balinese Massage

Relax. Close your eyes and float away to a wonderful world of peace and tranquility. Using a combination of stretching, pressure point and sweeping motions, Balinese massage aims at unblocking latent energy and releasing it from the body. Passed down from generation to generation, this massage is a legacy of the Balinese culture. 50 MINUTES

Mandara Stone Therapy

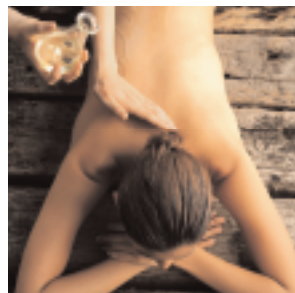
Combining Mandara Balinese Massage and hot stones we eliminate every ounce of stress from the body using heat, pressure and technique. We also use the stones to cleanse the Chakras, helping the energy to flow through the body freely. 50/80 MINUTES

Elemis Aroma Stone Therapy

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

Mandara Four Hands Massage

Two therapists massage your body with freestyle movements. As you close your eyes, the experience is both mystical and sensational as four hands work their way around your body soothing away aches and pains. 50 MINUTES



Elemis Deep Tissue Muscle Massage

Relax your mind and body while this deep tissue treatment warms and soothes the muscles, improves range of motion and releases toxins that gather in tired, overworked muscles. 50/80 MINUTES

Swedish Massage

This classical European technique of manipulating muscles with aromatic massage oils is both relaxing and invigorating. While providing a tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems. 50/80 MINUTES

Personalized Deep Tissue Massage

This deep massage really penetrates through to the belly of the muscle, helping to eliminate tension and also break down lactic acid build up which causes pain and stiffness. This personalized technique is great for athletes who have specific areas that need attention. Following a full consultation and a proper analysis of any injuries or muscle pain, we will focus on a specific area of your body. 50/80 MINUTES

Chi-Revival Foot Massage

Based on the ancient Taoist philosophy that the organs of the body are mirrored on the soles of the feet, Chi-Revival Foot Massage uses pressure point techniques on the soles of your feet to unblock latent energy and eliminate toxins and stress from the body. 50 MINUTES

Elemis 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. 80 MINUTES

Add the following to any massage for extra delight!

Elemis Conditioning Foot Delight

An indulgent treat for the feet that rejuvenates and puts a kick in your step.

Elemis Nourishing Scalp Massage

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

Massage

Elemis Aroma Spa Ocean Massage

Experience the healing benefits of distinctive, heated seaweed body masks. Choose the Musclease Massage to ease arthritis discomfort, fatigue and muscle aches or the Cellutox Massage for deep detoxification. The masks are 'massaged' into your whole body which is cocooned in a comforting foil wrap as you receive a scalp massage and foot and ankle massage. Your treatment is completed with a 30, 50 or 80 minute Swedish or Deep Tissue massage. 90/120 MINUTES

Elemis Exotic Coconut Rub and Milk Ritual

A traditional Balinese coconut recipe polishes the skin while the exotic body oil indulges the senses. Cleopatra was renowned for bathing in milk, and now you can bask in this opulent experience. A warm milk bath is poured over your body before you are draped in a comforting foil wrap. While the natural ingredients work to heal, you will enjoy a soothing face and scalp massage. Includes a 50 minute Swedish massage*. 90/120 MINUTES

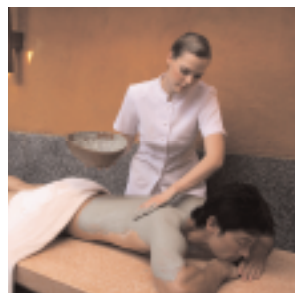
Elemis Exotic Frangipani Body Nourish Massage

Inspired by a Tahitian recipe, this wrap blends fragrant Coconut and Frangipani Flowers to produce Monoi, a scented oil traditionally used by Polynesian women to protect and condition their bodies. Includes a 50 minute Swedish massage*. 90/120 MINUTES

Elemis Exotic Lime and Ginger Salt Glow

This exotic exfoliation ritual invigorates and brings vitality to your body. After light body brushing, warm oil is dripped luxuriously over the 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/80 minute Swedish massage*. 80/110 MINUTES

*You may exchange the Swedish massage with any other massage style except Mandara Stone Therapy or Elemis Aroma Stone Therapy. The price will be adjusted per the a la carte menu.



Body Therapy

We use the healing power of plants, flowers and roots combined with expert touch to nourish your body and increase energy.

Ionithermie Cellulite Reduction Therapy

This unique therapy detoxifies the body, reduces the appearance of cellulite and offers substantial inch loss. Galvanic stimuli propels rich marine elements into affected areas to drain fluid, smooth the skin and give the body more definition. Faradic stimuli is also used to tone the muscles and after a single treatment most clients experience inches lost. Ionithermie is recommended as part of an ongoing well-being and fitness program. Your therapist will provide you with nutritional guidance and a home care plan. Offered as a single treatment, or for ultimate benefits, as a course. 75 MINUTES

Ionithermie Cheek Lift

After just one session your derriere will be noticeably perkier but we recommend courses of 3 to 5 for ultimate perkiness! This acclaimed treatment is used by celebrities to give the buttocks a boost and tone the skin. Active ingredients are applied to the area before we apply a soothing clay, algae and pine mask. Gentle stimuli are then placed on the buttocks, thighs and tummy to stimulate muscle tissue and firm the skin. Bottoms Up! 50 MINUTES

Elemis Body Sculpting Cellulite and Colon Therapy

This treatment is clinically proven to improve the appearance of stubborn cellulite and sagging skin with advanced formulations that achieve rapid results. A detoxifying body mask is combined with specialized drainage massage techniques to break down fatty deposits, cleanse the digestive system, eliminate toxins and improve texture of the skin. For best results book a course of 3 or 5 during your vacation. 60 MINUTES



Beauty Salon

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

Hair

Our full service salon offers everything to coif and tease your hair. From a blow dry to restyle, color change to curls, our salon professionals will ensure your hair looks and feels as beautiful as you. We also take bridal parties.

Make Up Artistry

Sometimes having someone do your make up offers you a fresh perspective and gives you new ideas for enhancing your best features. Services provided include application, lessons, eyebrow shaping, eyelash tinting and pre-wedding hair and make up consultation.

Eyelash Extensions

Longing for Lashes? Transform your eyes without batting an eyelash! Our eyelash treatment is a safe and easy way to lengthen your lashes and reveal your most glamorous eyes in just minutes. Synthetic lashes are bonded to your own lashes for a natural and dramatic look that can last between 4 to 6 weeks depending on your natural lash cycle.

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:

Ultimate Spa Manicure

This ritual is pure indulgence for your hands and nails. Warmed aromatherapy oils nourish and condition while the sublime sensation of a milk bath lavishes its richness and healing action on your skin. The experience is concluded with a traditional manicure.

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 are on cloud nine! 60 MINUTES

Fitness Center

Daily, weekly or monthly passes are available for purchase which allow complete usage of the fitness equipment, changing facilities, steam room and full amenities. If you spend over \$50.00 on spa treatments, you will receive a complimentary Fitness Center day pass valid on the day of spa service. In addition, the Fitness Center offers the following customized services:

Personal Training

Consult with one of our professionals to assist you in your quest for a healthy body. Your personal trainer will devise an exercise plan that will benefit you long beyond your stay at Planet Hollywood and also help spot train you.

Personal Yoga

If you like yoga, then this one-on-one session will help ensure your body learns the correct postures. The instructor also helps you move deeper into each pose, allowing you to stretch your body beyond its normal paradigm.

Metabolism Test

Your overall well-being weight loss plateau, cellulite, toxicity and metabolism can be determined by the balance of various fluids, including fat that circulates within your body. We are 70% water and more often than not our bodies are thirsty and dehydrated causing fatigue. Use this analysis to measure your body fluids and discuss ways to improve your overall health.

Nutrition and Fitness Analysis

How can you be fitter and healthier? How can you improve your overall quality of life? This highly personalized consultation looks at you, your lifestyle, your fitness goals and your level of contentment with your overall physical and emotional health. Based on the analysis, your fitness consultant will create a personal outline of how you can improve your health while accommodating your lifestyle.



Spa Tips

Facilities and Amenities

Our 32,000-square-foot full service luxury spa offers private men's and women's changing areas with showering facilities and Jacuzzi bathing and large relaxation lounge. Private single and couples treatment rooms promise silence and escape, while our hair and nail salon and full fitness center promise to keep you perfectly groomed and in shape.

Opening Hours

Spa, Salon and Spa Boutique: 7am to 7pm. Fitness, Sauna and Steam: 6am to 7pm.

Treatment Times

Please arrive at least 30 minutes prior to your scheduled appointment so you can relax and make full use of our beautiful facilities. Regretfully, if you are late for an appointment we may have to shorten your treatment time to be on schedule for the next guest.

Spa Gift Cards

Treat friends and family with a gift of the sublime. A Spa Gift Card means that you can let your friends choose the treatments they want to enjoy. When you spend \$250 or more on your gift card it is presented in a beautiful Balinese Box with a Sensory Heaven Bath Oil.

YSPA Teen Menu

Teenagers under the age of eighteen are allowed limited access in the Spa and Salon areas only. For a full list of our age restrictions and policies please see our YSPA teen menu.

Cancellation Policy

We require a credit card for all appointments and 2 hours notice for cancellation to avoid being charged the full price for your treatment.

Service Charge

For your convenience an 18% service charge will be added to the price of your treatment.

Prices and Services

All our service offerings and prices are subject to change without notice.

Purchase Policy

You may exchange your unused products to the spa for fifteen days after your date of purchase. Products that have been opened may not be returned.