



SPA MANDALAY



GENERAL INFORMATION

PHONE: 877.632.7300

FAX: 702.632.4862

SPA FACILITY DAY PASS FOR GUESTS 18 YEARS OF AGE OR OLDER

ACCESS INCLUDES THE USE OF:

Redwood Sauna	Eucalyptus Steam Room
Heated Whirlpools (warm & hot)	Cold Plunge
Relaxation Lounge	Aromatic Shower Facilities
Vanity Amenities	Exercise Room
Spa attire (<i>robes, sandals, shorts and T-shirts</i>)	<i>(Proper attire and athletic shoes required)</i>

**Spa facility day pass is included for hotel guests with any spa service priced at \$60.00 or more.*

RESERVATIONS AND CANCELLATIONS

Advance reservations suggested.
Please cancel or reschedule 2 hours prior to spa service to avoid service charge.

HOW TO SPA

To enjoy your spa experience to the fullest, please arrive 30–45 minutes prior to your service to allow ample time for check-in, shower and use of spa facilities prior to the service.

While lockers are provided, we recommend leaving valuables in your guest room safe.

Inform your therapist of any medical conditions, surgeries or allergies as some treatments may be inadvisable based on these conditions.

Undress to your level of comfort. Our therapists perform professional draping techniques to ensure your comfort during spa services.

Remove jewelry for services.

Enjoy the serenity by turning off cell phones and pagers upon entering the spa.

Relax, take your time and allow our staff to make this experience a memorable one.

*Products: Spa Mandalay uses only the best quality product lines for all of our spa services.
Visit our retail area to continue the pampering at home.*

www.mandalaybay.com

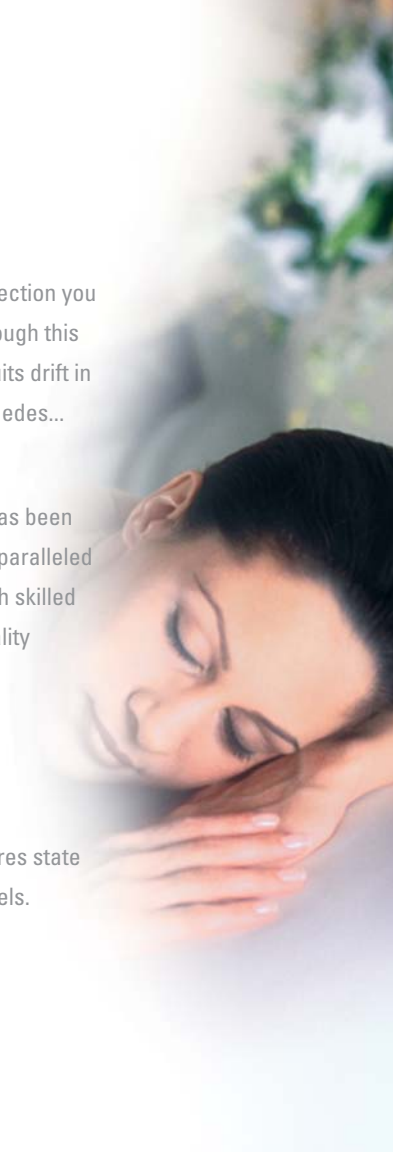
RELAX. CLOSE YOUR EYES. BREATHE.

You are gently pulled away. You have forgotten in which direction you began and where you are headed. You flow effortlessly through this intangible atmosphere where the aromas of flowers and fruits drift in the breeze and your thoughts clear. And then, the world recedes... you have achieved a new state of mind.

The 30,000 square foot, world-class spa at Spa Mandalay has been created to ensure that every detail provides you with an unparalleled experience. We combine the best techniques, products with skilled professionals to usher you into a level of relaxation and vitality beyond your imagination.

REJUVENATE, EXHILARATE, AND ELEVATE YOUR HEART RATE.

The 3,000 square foot fitness center at Spa Mandalay features state of the art equipment to promise a workout for all fitness levels.



MASSAGE SERVICES

Our highly trained, certified massage therapists practice professional therapeutic massage modalities and draping techniques. We offer body massage in various styles to ensure that you receive the massage your body needs.

25 Minute Massage—Time for focus on the back of the body: legs, lower back, neck and shoulders.

50 Minute Massage—A full body massage.

80 Minute Massage—The full body massage with extra time spent on areas that need more attention.

Swedish—This traditional massage uses light to medium pressure to inspire relaxation, relieve tension and create a heightened sense of well being.

Aromatherapy—Essential oils from plants have been used for centuries to induce relaxation and remedy ailments. Choose from our wide selection of essential oils, applied with the Swedish technique, and then enjoy the level of relaxation that only the sense of smell and touch combined can create.

Deep Tissue—Recommended for the massage veteran, this massage is designed for individuals desiring detailed bodywork. Firm pressure and kneading movements help to relive stressed muscle areas.

Foot Focus—Areas of the feet directly correspond with organs in our body. Therefore, this is not an ordinary foot massage. Tired feet will rejoice, however the entire body benefits. *(Available as a 25 Minute session only)*



MASSAGE SERVICES *continued*

Shiatsu—Derived from acupressure, this massage benefits the entire body through firm, even pressure along the meridians of the body. Through manipulation of the pressure points, the body's natural, self-curative abilities improve. *(Available as a 50 Minute session only)*

Desert Sage—Experience the healing essence of the desert with Spa Mandalay's signature scent of Desert Sage. This formula is developed with the purest essential oils inviting you to experience purification, detoxification and rejuvenation through aromatherapy. Leave feeling relaxed, refreshed and rejuvenated. *(Available as a 50 Minute session only)*

Aromatherapy Ritual—The journey begins with warm drops of essential oils along the back, respecting the chakras. Next, enjoy hot volcanic stone movezhakras, with gentle sensorial awakening techniques performed to induce a state of well being to the mind, body and soul. *(80 Minutes)*

Mandalay Hot Stone—Take the level of relaxation to new heights with this massage, incorporating hot stones. Using assorted size stones at varying temperatures applied to the body to induce balance and healing.

Hot Stone is also available with deep tissue modalities.

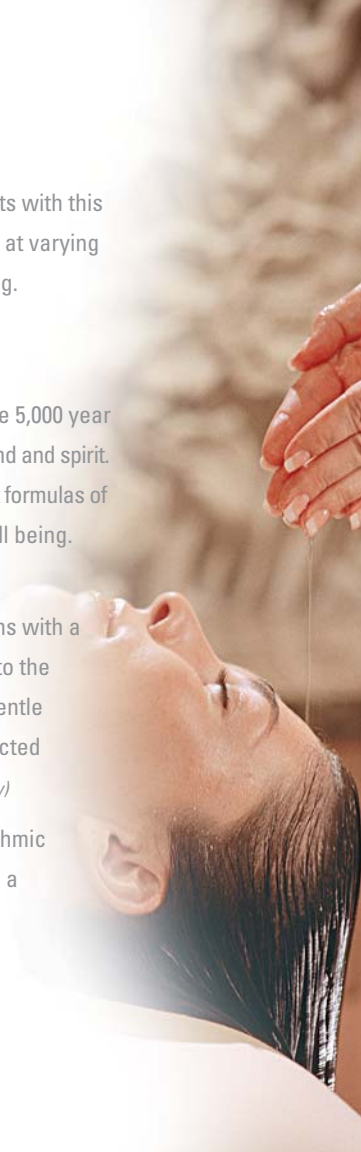
(Available as a 50 Minute session only)

Elemental Balancing—Based on the principals of Ayurveda, the 5,000 year old healing system of India, this massage rejuvenates the body, mind and spirit. Classic, Swedish massage techniques are combined with ancient formulas of therapeutic herbs and oil to balance the dosha and restore well being.

(Available as a 50 Minute session only)

Nirvana—The ultimate bliss! This deluxe, Ayurvedic ritual begins with a stream of oil dripping on the “third eye” and then massaged into the scalp and hair, helping to clear the energy channels. Then, a gentle exfoliation of herbs and a light oil is applied with products selected to balance the personal dosha. *(Available as an 110 Minute session only)*

Massage in Tandem—Double the indulgence! This unique, rhythmic massage is performed by two therapists and is concluded with a hot towel treatment. *(Available as a 50 Minute session only)*



BODY TREATMENTS

Orange Peel Buff—This blend of orange peel granules suspended in natural gelled oil is applied to the skin to buff away dead skin cells. The fresh citrus scent awakens the senses and the skin is clean and refreshed. *(25 Minutes)*

Coconut Crème Body Scrub—Made from coconuts found on the beaches of Fiji, allow the coconut milk infused crème to moisturize and exfoliate the skin. This amazing blend of coconut milk, natural oils and fine granules of sugar brushes away dry skin, leaving it soft and smooth.

(25 Minutes)

Mana'ia Body Buff—In the Fijian islands, Mana'ia means “*powerful, beautiful man*”. This creamy exfoliation is scented with a clean, masculine essence.

(25 Minutes)

Hands-on Microderm Body Scrub—Microdermabrasion has been primarily used as a facial treatment. This facial-quality scrub, rich with sea salt, sugar and magnesium oxide crystals is applied with a delicate hand. The end result is a body exfoliation unlike any other. *(25 Minutes)*



BODY TREATMENTS *continued*

Ala'Ea Salt Glo—This thorough exfoliation combines salt crystals from the Pacific Island with an ocean breeze moisturizing gel for a deep cleansing lather. The service is complete with a full body lotion application to seal in the nutrients. *(50 Minutes)*

Volcanic Dust Mask—A mineral-rich exfoliating mud from the islands is applied under the warm body wrap. The lotion application helps to lock in the moisture. This anti-inflammatory and re-mineralizing mud restores the skin with needed nutrients for a healthy glow. *(50 Minutes)*

Fijian Sugar Polish—This is not your traditional sugar scrub! The sugar from Fiji is rich in nutrients. When the pineapple infused sugar is combined with coconut milk, the sugar breaks down and the natural acids of the formula begin to remove the dry skin. *(50 Minutes)*

Chai Tea Mud Mask—First, a spicy, aromatic, herbal scrub prepares the skin for the Chai Soy Mud Mask. The body mask, rich with minerals, soy, proteins and spices is then applied to detoxify and revitalize the skin. When removed, enjoy a full body lotion application and see the skin's beautiful radiance come through. *(80 Minutes)*

Hydralescence Face & Body—This head to toe pampering begins with a body exfoliation and a conditioning seaweed-flower mask and finally indulge in our hydrating fruit masque. To top off this experience, the body receives a hydrating body lotion, rich with essential oils. *(80 Minutes)*




BODY WRAPS

Herbal Wrap—This traditional body wrap is detoxifying and re-hydrating.

Warm linens are soaked in our herbal formula and wrapped on the body to increase perspiration and the elimination of toxins and impurities. *(25 Minutes)*

Aromatherapy Wrap—The healing properties of essential oils will smooth and enrich the skin. A natural blend of essential oils is applied before the warm linen wrap, leaving the skin nourished and the senses lifted. *(25 Minutes)*

Dilo Repair—The Dilo nut has been used for centuries in Fiji to heal the skin from sun exposure, inflammation, rashes and scars. Called the *“Tree of a Thousand Virtues”* the sacred Dilo tree draws its sustenance directly from the nutrient rich seawater of the South Pacific Ocean. An application of Dilo combined with Aloe Vera, Coconut and Exotic Fiji nut oils is applied to the body and then wrapped. The body’s own healing mechanisms are strengthened and moisture is restored. *(25 Minutes)*

A spa treatment area featuring a white bathtub, a glass bowl filled with rose petals, and a blue metal candle holder with two lit candles. The scene is softly lit, creating a relaxing atmosphere.

Eucalyptus Steam Wrap—Eucalyptus is a spa tradition. Our warm, gelled eucalyptus formula is applied to the skin, followed by steamed towels. Continue the treatment with a visit to the steam room to enjoy the benefits of inhalation therapy. *(25 Minutes)*

Cocoa Butter Steam Wrap—A rich mixture of mango, shea butter, and cocoa butter is applied to enrich and soften your skin. The warm linen wrap allows the moisturizing properties of this treatment to restore moisture and soften the skin. *(25 Minutes)*

Rose Petal Wrap—A Spa Mandalay signature body wrap. We begin with a gentle exfoliation and an application of anti-stress oil. Finally the rose paraffin is added for additional hydration. Rose petals add the final touch as they are scattered along the body prior to the warm body wrap. This aromatic bliss rejuvenates the spirit. *(80 Minutes).*

SKIN CARE SERVICES

Hydra Flash Facial*—Ideal for those in search of a quick pick me up, this 25 minute facial includes a warm aromatic cleansing, a soft exfoliation, and face contour massage followed by a citro-moist mask. The skin is left soft and soothed with an instant surge of moisture. *(25 Minutes)*

Spa Mandalay Signature Facial*—Discover the benefits of the revolutionary metadermabolic enzymes, rich with vitamins and proteins. This enzyme treatment is designed to promote total skin health while improving the appearance of the skin. This facial helps to repair signs of aging, increased pore size and irregular skin textures. The skin is strengthened and more radiant after only one treatment. *(50 Minutes)*

Deep Pore Cleansing Facial—A unique 5 step purifying process allows the skin to benefit from a thorough cleansing and pore extraction. The relaxing massage techniques applied to the face, nape and décolleté relax the mind and cleanse the dermis. *(50 Minutes)*

Gentlemen's Facial—This deep cleansing facial is designed especially for the skin care needs of men with special attention given to irritation caused from shaving. *(50 Minutes)*

Soothing Facial*—A perfect antidote for skin sensitivity, redness or irritation caused by sun exposure. The skin is treated with special care with a gentle cleansing, soothing mist, and a calming mask with cooling botanicals. *(50 Minutes)*

Hydralescence*—This deeply penetrating moisture surge facial is a must have for dry and dehydrated skin. After the cleansing and exfoliation steps, the skin is lavished with a palette of vitamin rich creams and boosting serums. A hydrating fruit plasty mask hugs the contours of the face, leaving it feeling instantly plumped and supple. *(50 Minutes)*

Aromatherapy Facial*—This deeply aromatic facial treatment de-stresses the mind and spirit while soothing facial muscles and hydrating the skin. Not recommended for acne prone skin, this facial combines conventional cleansing and exfoliation with a facial massage performed with a blend of pure essential oils from plants and herbs. *(50 Minutes)*

Anti-Aging Defense Facial*—This highly specialized, anti-aging treatment rich with both vitamin E and C counteracts the signs of fatigue, leaving the skin feeling revitalized and virtually creaseless. The skin receives a deep cleansing and exfoliation, followed by highly potent ampoules concentrating on fine lines and wrinkles. *(50 Minutes)*



SKIN CARE SERVICES *continued*

Vitamin C Facial* – A natural antioxidant, vitamin C will restore radiance and help to diminish fine lines. Following the traditional steps for skin preparation, our vitamin C serum is applied to boost the fibroblast activity (our bodies own collagen producer). The skin responds with a defense to what the environment and other pollutants have depleted. *(50 Minutes)*

The Facial Ritual* – This multi-sensory journey is a “*jewel*” facial encounter that embraces the rebalancing of the seven Chakra points, to enhance spiritual refinement, while guiding skin toward new clarity and translucence. Hot Volcanic stones will embrace the contours, and the warmth of healing hands, along with therapeutic techniques on the face and décolleté, will leave the skin positively radiant! *(50 Minutes)*

Hands-on Microderm Abrasion* – The power of magnesium oxide crystals provides a thorough exfoliation to resurface the skin and rejuvenate the complexion. A cleansing process prepares the skin for the manual application of Microderm. The skin is then treated with Alpha Lipoic Omega serum enriched with 400 times more antioxidants than vitamin C or E. *(50 Minutes)*

**These facials do not include pore extractions*



FACIAL ENHANCEMENTS

Personalize your facial by adding one of following to the facial.

Paraffin Hand/Foot Treatment—A warm, moisturizing treat for your hands and feet.

Facial Waxing—Lip, Brow and Chin waxing. *(15 Minutes)*

(Steam room and sauna not recommended prior to waxing)

Resurfacing Peel—A unique blend of organically sourced AHA-BHA's derived from fruit. The skin's surface becomes noticeably smoother without a hint of sensitivity. *(respect contra-indications)*

Eye Opener—This eye stress relief session is perfect for the effects of jet lag, tired, puffy eyes, as well as aging expression lines.

Supple Lip Treatment—A non-irritating form of deep exfoliation, soothing hydration and supple nourishment beautify the lips and their contours.

Floracide Exfoliation Peel—A unique combination of glycolic, salicylic, and hibiscus acids gently exfoliate the skin leaving it soft and firm.

Fruit Mask—Loaded with marine and fruit extracts this mask gives the skin an instant plumpness.

(Not recommended with active acne.)



SALON MANDALAY

Here at Salon Mandalay we have designed our menu of services around anything your hands and feet may desire. Experience the ultimate pampering for those, sometimes neglected, hands and feet.

Salon Services

Classic Manicure	French Pedicure	Polish Change <i>(Hands Only)</i>
Classic Pedicure	Full Set Acrylic	Paraffin Hand/Feet <i>(Add-On)</i>
French Manicure	Acrylic Fills	

Salon Mandalay Signature Manicures & Pedicures

Coconut Crème (Manicure or Pedicure) – Allow the coconut milk infused crème to moisturize and exfoliate the skin. This amazing blend of coconut milk, natural oils and fine granules of sugar brushes away dry skin, leaving it soft and smooth.

Mana’la (Manicure or Pedicure) – In the Fijian islands, Mana’ia means “powerful, beautiful man”. This creamy exfoliation is scented with a clean, masculine essence.



SALON MANDALAY *continued*

Cucumber Comfort (Manicure or Pedicure) – The cooling effects of cucumber extract pamper fatigued hands or feet. Begin with a relaxing soak, an exfoliating scrub, a moisturizing mask, and restore moisture with a rich lotion application.

Peppermint Pleasure (Manicure or Pedicure) – Awaken the feet or hands with the invigoration of peppermint oil. Hands or feet are treated with a relaxing peppermint bath, an exfoliating scrub, a moisturizing mask, and a stimulating lotion application.

Orange Peel Pedicure – This blend of orange peel granules suspended in natural gelled oil is applied to the skin to buff away dead skin cells. The fresh citrus scent awakens the senses and the skin is clean and refreshed.

Fijian Sugar Polish (Manicure or Pedicure) – This is not your traditional sugar scrub! The sugar from Fiji is rich in nutrients. When the pineapple infused sugar is combined with coconut milk, the sugar breaks down and the natural acids of the formula begin to remove the dry skin.

Anti-Fatigue Pedicure – The perfect remedy for feet and legs that are feeling tired or achy. Utilizing soft exfoliation and a cool aromatic compression wrap, this treatment helps eliminate swelling and water retention, and leaves the feet renewed.

Hands-on Microderm Pedicure –Microdermabrasion has been primarily used as a facial treatment. This facial-quality scrub, rich with sea salt, sugar and magnesium oxide crystals is applied with a delicate hand. The end result is a body exfoliation for the feet that is unlike any other.

Hot Stone Pedicure –This luxurious *“facial for the feet”* begins with an aroma-marine foot soak and soft exfoliation, followed by a relaxing hot stone massage of the legs and feet. A thermal mud masque and effleurage complete the treatment. *(80 Minutes)*

Personal Health Treatments

Futrex 5000 Body Composition Analysis –This is a safe, easy, and accurate test using near-infrared light to measure your body composition. A computerized report will include your body fat percentage, your lean body mass, estimated percentage of total body water, and basal metabolic rate. It’s a personal look at your health and fitness level.

Personal Training –Spend one hour with our personal trainer to develop a work-out that takes your regime to the next level.



