MANDARA SPA

WALT DISNEY WORLD
SWAN AND DOLPHIN RESORT

Namaste.

My soul honors your soul.
I honor the place in you where the entire universe resides.

I honor the light, love, truth, beauty and peace within you because it is also within me.

In sharing these things, we are united; we are the same; we are one.

Escape your World. Indulge in Ours.

Leave time at the door and enter a sanctuary where wellness meets wonder. Discover the beauty of Mandara Spa and an ethos encompassing wellbeing from around the world.

Mandara Spa captures the essence of our Balinese heritage while charting a path to the New World – a journey that touches on regional influences infused into unparalleled Mandara experiences.

The name Mandara comes from a Sanskrit legend about the gods' quest to find the secret to eternal youth and beauty. We believe you will unlock the secret when you experience a timeless Mandara moment.

Here, time stands perfectly still.

SIGNATURE TREATMENTS

PRICE LIST

JOURNEYS

SPECIAL OFFERS

BOOK NOW

SPECIAL SERVICES

SPA INFORMATION

Signature Treatments

Our locally-inspired, indigenous treatments are indicated with the Location symbol.

MANDARA SIGNATURE FACIAL

A breath of fresh air for the skin, this multi-faceted treatment is designed to address individual needs.

Following a deep cleansing, exfoliation, necessary extractions, in addition to lifting and firming using microcurrent technology, this facial is topped off with a pure oxygen spray infused with vitamins to brighten and revitalize the skin.

This rejuvenating therapy includes a decadent hand, arm, and scalp massage as well as an application of our signature beauty oil.

90 MIN	$320
75 MIN	$285
60 MIN	$250

BIOTEC ANTI-AGING FACIALS

BIOTEC facial treatments are where ground-breaking science meets nourishing, vitamin-rich ingredients and transformative touch.

The pioneering innovation of BIOTEC technology works to activate the skin and boost its natural cellular energy, enhancing the sensitive touch of the therapist.

The clinically proven result is a thriving, visibly healthy, and energized skin.

90 MIN	$310
75 MIN	$275
60 MIN	$240

FIRE & ICE MASSAGE

A customized, heated Basalt stone massage complemented by ice-cool gels to gently detoxify the body and address areas of concern, alleviating stress and easing aching muscles.

While the body is in a pure state of blissful relaxation, melted paraffin on the back will enhance the warming sensation of this contrast therapy.

90 MIN	$290
75 MIN	$255
60 MIN	$220

COCONUT POULTICE MASSAGE

Perfectly warmed pure coconut compresses massage the body, releasing natural emollients – rich in Vitamins E and K – to nourish and moisturize the skin.

Using an array of Eastern and Western massage techniques and acupressure movements, the poultices are then applied to the body at pressure points to relax the muscles and release tension.

90 MIN	$290
75 MIN	$255
60 MIN	$220

BALINESE MASSAGE

Utilized for centuries to strengthen and heal the body, this traditional therapy combines stretching, long strokes as well as palm and thumb pressure techniques.

Flowing and graceful, the Balinese massage relieves tension, improves blood flow, eases stress, and encourages harmony.

90 MIN	$275
75 MIN	$240
60 MIN	$205

ORANGE BLOSSOM BODY POLISH WITH MASSAGE

Discover the sweet scent of Florida's Orange Blossom while experiencing the purifying and revitalizing benefits of oils and minerals. A sugar-based antioxidant-infused AHA polish will exfoliate the skin, followed by an enriching and moisturizing body butter application and soothing massage.

This captivating experience will invigorate the senses leaving the body and skin glowing and smooth to the touch. Includes a 30-minute back massage or a 60-minute, full-body massage.

90 MIN	$275
60 MIN	$205

ORANGE BLOSSOM BODY POLISH

Extend any massage by experiencing the sweet scent of Florida's Orange Blossom with a sugar-based antioxidant-infused AHA mask and polish that will exfoliate the skin, followed by an enriching and moisturizing body butter application.

30 MIN	$115

ORANGE BLOSSOM BACK POLISH

Enrich any massage with a sugar-based antioxidant-infused AHA mask and polish that will exclusively exfoliate the back. Skin will be smooth and sweet-smelling with the scent of Florida's Orange Blossom.

	$35

NORMATEC TARGETED RECOVERY

Reboot after a long day of activities and discover the recovery your legs need. This targeted recovery session will increases circulation, relieve muscle soreness, and improve mobility.

20 MIN	$55

FRANGIPANI CONDITIONING HAIR & SCALP RITUAL

We use rich, exotic Frangipani Monoi Oil, legendary for its ritual uses in Tahiti.

After cleansing your hair, we massage the scalp with this precious ingredient and wrap the hair in a warm towel to ease away stress and give your locks a vibrant, healthful shine. Add this treatment to any hair service.

25 MIN	$70

KÉRASTASE® ELIXIR ULTIME 24-CARAT INDULGENT RITUAL

Nourish, protect, illuminate and instantly restore hair. This most indulgent ritual combines precious oils with a highly concentrated treatment to provide a sublime transformation, leaving hair silky, weightless and beautifully fragrant. Includes a scalp massage.

25 MIN	$70

KÉRASTASE® 123 HAIR RITUAL

Breathe, treat and texturize with a 3 step made-to-measure ritual to take your tresses from flat to flawless.

15 MIN	$45

MANDARA RITUAL FOR THE HANDS AND FEET

A sumptuous lineup of citrus, coconut and lotus flower milk. This luxurious ritual treats the hands and feet to an invigorating cleansing, signature exfoliation, soothing bamboo massage, and conditioning body butter application, followed by a traditional manicure, pedicure and polish.

MANICURE	$80
PEDICURE	$105

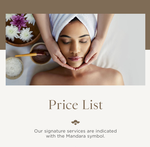
FIRE & ICE MANICURE & PEDICURE

This invigorating therapy 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 polished to perfection.

MANICURE	$80
PEDICURE	$105

RETURN TO MAIN MENU



Price List

Our signature services are indicated with the Mandara symbol.

Our locally-inspired, indigenous treatments are indicated with the Location symbol.

FACIALS

✧ TECHNOLOGY FACIALS

MANDARA SIGNATURE FACIAL 90 MIN | 75 MIN | 60 MIN	$320	$285	$250
ELEMIS BIOTEC LINE ERASER 90 MIN | 75 MIN | 60 MIN	$310	$275	$240
ELEMIS BIOTEC FIRM-A-LIFT 90 MIN | 75 MIN | 60 MIN	$310	$275	$240
ELEMIS BIOTEC SKIN RESURFACER 90 MIN | 75 MIN | 60 MIN	$310	$275	$240
ELEMIS BIOTEC SUPER-CHARGER FOR MEN 90 MIN | 75 MIN | 60 MIN	$310	$275	$240

TOUCH FACIAL

ELEMIS SUPERFOOD PRO-RADIANCE 90 MIN | 75 MIN | 60 MIN	$270	$235	$200

FACIAL ENHANCEMENTS

ENRICH YOUR EXPERIENCE*	
FRANGIPANI NOURISHING HAIR AND SCALP TREATMENT	$35
BROW MAINTENANCE	$20
LIP OR CHIN WAX	$20
ENZYME PEEL	$50
REVITALIZING PEEL	$50
CONDITIONING FOOT TREATMENT	$35
WARMING PARAFFIN TREATMENT (HANDS OR FEET)	$20
EXTEND YOUR EXPERIENCE**	
OXYGEN BLAST 15 MIN	$50
BIOTEC EYE TREATMENT 15 MIN	$50
BIOTEC NECK TREATMENT 15 MIN	$50
BROW SCULPTING 15 MIN	$30
WAXING	SEE WAXING SECTION FOR PRICING

BODY

✧ FIRE & ICE MASSAGE 90 MIN | 75 MIN | 60 MIN	$290	$255	$220
✧ COCONUT POULTICE MASSAGE 90 MIN | 75 MIN | 60 MIN	$290	$255	$220
MANDARA DEEP TISSUE MASSAGE 90 MIN | 75 MIN | 60 MIN	$290	$255	$220
✧ BALINESE MASSAGE 90 MIN | 75 MIN | 60 MIN	$275	$240	$205
✧ ORANGE BLOSSOM BODY POLISH W/ MASSAGE 90 MIN | 60 MIN	$275	$205	
PEACEFUL PREGNANCY MASSAGE 60 MIN	$205		
MANDARA CUSTOMIZED MASSAGE 90 MIN | 75 MIN | 60 MIN	$260	$225	$190
COUPLES MASSAGE (PRICED FOR TWO) 90 MIN | 75 MIN | 60 MIN	$540	$470	$400

BODY ENHANCEMENTS

ENRICH YOUR EXPERIENCE*	
FRANGIPANI NOURISHING HAIR AND SCALP TREATMENT	$35
HOT STONE THERAPY	$35
BAMBOO THERAPY	$35
STICKS AND STONES	$35
✧ ORANGE BLOSSOM BACK POLISH	$35
CONDITIONING FOOT TREATMENT	$35
WARMING PARAFFIN TREATMENT	$20
EXTEND YOUR EXPERIENCE**	
CELLUTOX AROMA SPA OCEAN WRAP 60 MIN	$205
MUSCLEASE AROMA SPA OCEAN WRAP 60 MIN	$205
REFLEXOLOGY 30 MIN	$120
✧ ORANGE BLOSSOM BODY POLISH 30 MIN	$115
CITRUS BODY GLOSS 30 MIN	$115
EXOTIC FRANGIPANI MONOI SALT GLOW 30 MIN	$115
EXOTIC LIME AND GINGER SALT GLOW 30 MIN	$115
MANDARA COFFEE AND COCONUT MILK BODY POLISH 30 MIN	$115
BATHING RITUAL 30 MIN *Choose from Asian, Indian, Mediterranean or New World.*	$120
NORMATEC TARGETED RECOVERY 20 MIN	$55
WELLNESS WONDERS 15 MIN *Choose from Breathing Release, Myofascial Release, Sound Wave Therapy or Acupressure – Hands & Feet.*	$50

SALON

HAIR

HAIR DESIGN WITH SHAMPOO AND BLOWDRY	FROM $140
HAIR DESIGN	FROM $95
SHAMPOO AND STYLE	FROM $80
FLAT OR CURLING IRON	FROM $45
FRENCH BRAID	$45
HAIRCUT AND STYLE	FROM $105
CHILDREN'S HAIRCUT AND STYLE	$70
BANG TRIM	$45
✧ FRANGIPANI CONDITIONING HAIR AND SCALP RITUAL	$70
✧ KERASTASE® ELIXIR 24-CARAT RECOVERY RITUAL	$70
✧ KERASTASE® 123 HAIR RITUAL	$45
✧ KERASTASE® FUSIO-DOSE™ INSTANT TREATMENT	$35
COLOR CORRECTION	FROM $180
HIGHLIGHTING OR LOW LIGHTING	FROM $185
PARTIAL HIGH OR LOW LIGHTS	FROM $120
COLOR AND SHINE	FROM $150
COLOR TOUCH-UP	FROM $110

Most hair services are priced based on short hair and increase in price depending on hair length (medium, long and extra long) and texture. Please consult a hair stylist to determine the length.

NAILS

MANICURES	
✧ MANDARA HAND RITUAL	$80
✧ FIRE & ICE MANICURE	$80
CND™ SHELLAC™ MANICURE	$75
CLASSIC SPA MANICURE	$60
PEDICURES	
✧ MANDARA FOOT RITUAL	$105
✧ FIRE & ICE PEDICURE	$105
CND™ SHELLAC™ PEDICURE	$100
CLASSIC SPA PEDICURE	$85
AROMATHERAPY PARAFFIN INFUSION	$25
SHELLAC™ ENHANCEMENT	$15
FRENCH POLISH	$10
POLISH CHANGE	$20
SHELLAC™ REMOVAL	$20
NAIL ART (PER NAIL)	$10
NAIL REPAIR (PER NAIL)	$10

MAKEUP

MAKEUP APPLICATION	$70
TEMPORARY EYELASH ENHANCEMENTS	$35

WAXING

BROW MAINTENANCE	$20
BROW SCULPTING	$30
NOSE OR EAR	$20
LIP OR CHIN	$20
FULL FACE	$50
UNDERARMS	$30
FULL ARM	$55
HALF ARM	$30
MEN'S CHEST	$60
BACK	$75
STOMACH	$45
BASIC BIKINI	$45
BIKINI PLUS	$60
BRAZILIAN	$75
FULL LEG	$100
HALF LEG	$60

MEN'S GROOMING

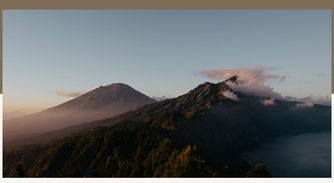
MEN'S HAIRCUT AND STYLE	$70
MEN'S WET TRIM	$50
MEN'S COLOR	$85
MOUSTACHE, BEARD AND EYEBROW TRIM	$30
MEN'S SPORTS MANICURE	$60
MEN'S SPORTS PEDICURE	$85

For your convenience, a 20% service charge in lieu of gratuity will be automatically applied to the final bill.

** Enrich your experience with a service enhancement that is built-in to your service without adding time.*

*** Extend your experience with a service enhancement that adds time to your service.*

RETURN TO MAIN MENU



Journeys

Modern lifestyles are far removed from those of our ancestors. Charting the movements of air, fire, water and earth, Mandara Spa has taken key elements of ancient wisdom to restore our personal balance.

Enliven, Replenish, Release and Embrace with our Journeys of the Spirit, a mosaic of treatments that unite traditional rituals with modern-day services and a holistic approach — the ultimate experience for those seeking relaxation, invigoration, and renewal.

Drawing on world-inspired therapies and philosophies, immerse yourself in the cultures of Asia, India, the Mediterranean, and the New World. Each region is symbolized by one of the four elements and evokes a sense of place and self.

A collection of unique experiences, these Journeys have been curated to transport the mind and spirit to destinations across the globe.

Select a Journey that connects with your state of being.

COMPLETE JOURNEY

Select four or more services and save 20%. Includes a complimentary welcoming Aroma Reflex Foot Ritual, a symbolic cleanse followed by a divine foot massage.

PARTIAL JOURNEY

Select two or more services and save 10%.

ASIAN JOURNEY

AIR / ENLIVEN

WELLNESS WONDER: BREATHING RELEASE
15 MIN

BALINESE MASSAGE
90 MIN | 75 MIN | 60 MIN

MANDARA COFFEE AND COCONUT MILK BODY POLISH
30 MIN

MANDARA SIGNATURE FACIAL
90 MIN | 75 MIN | 60 MIN

ASIAN BATHING RITUAL
30 MIN

MANDARA RITUAL FOR THE HANDS AND FEET
105 MIN

INDIAN JOURNEY

FIRE / REPLENISH

WELLNESS WONDER: MYOFASCIAL RELEASE
15 MIN

FIRE & ICE MASSAGE
90 MIN | 75 MIN | 60 MIN

EXOTIC LIME AND GINGER SALT GLOW
30 MIN

BIOTEC SKIN RESURFACER FACIAL
90 MIN | 75 MIN | 60 MIN

INDIAN BATHING RITUAL
30 MIN

FIRE & ICE MANICURE AND PEDICURE
105 MIN

MEDITERRANEAN JOURNEY

WATER / RELEASE

WELLNESS WONDER: SOUND WAVE THERAPY
15 MIN

MANDARA CUSTOMIZED MASSAGE
90 MIN | 75 MIN | 60 MIN

CITRUS BODY GLOSS
30 MIN

BIOTEC LINE ERASER FACIAL
90 MIN | 75 MIN | 60 MIN

MEDITERRANEAN BATHING RITUAL
30 MIN

CLASSIC SPA MANICURE AND PEDICURE
75 MIN

NEW WORLD JOURNEY

EARTH / EMBRACE

WELLNESS WONDER: ACUPRESSURE
15 MIN

COCONUT POULTICE MASSAGE
90 MIN | 75 MIN | 60 MIN

EXOTIC FRANGIPANI MONOI SALT GLOW
30 MIN

BIOTEC FIRM-A-LIFT FACIAL
90 MIN | 75 MIN | 60 MIN

NEW WORLD BATHING RITUAL
30 MIN

CND™ SHELLAC™ MANICURE AND PEDICURE
105 MIN

RETURN TO MAIN MENU

Special Services

Mandara Spa provides a unique collection of offerings as well as special occasion menus to enhance your spa journey during your visit. Spa management will be happy to ensure your reservations are scheduled and that you and your guests are completely indulged.

IN-SUITE MASSAGE*

Let us bring the spa to you. Allow the power of touch, combined with the healing qualities of aromatherapy, to relax your mind, body and soul in the comfort of your room. All in-suite massages are booked with same gender therapists.

AL FRESCO MASSAGE*

Indulge in a scenic, outdoor massage whether poolside, beachside, or in a cabana, our unique location provides majestic and relaxing views where you can become one with nature.

BRIDAL SERVICES*

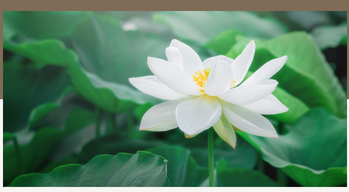
Your special day requires special attention. Allow us to tailor our services to create lasting memories for you and to meet the needs of your wedding party. Request a bridal menu, featuring special services for the bride, wedding party, and guests such as makeup, up-dos as well as pre- and post-wedding day relaxation packages.

SPA GROUP EVENTS

If you are bringing a group to the resort, do not forget to plan spa arrangements for your attendees. Our Meeting and Personal Event Planner Guide provides you with detailed information on your location's spa venue and its offerings. From VIP reservations to incentive spa treatments, team building, and arranging in-suite amenities, Mandara Spa offers a myriad of wellness options for your event.

**Additional fees may apply.*

RETURN TO MAIN MENU



Spa Information

OUR PROMISE TO YOU

We are committed to inspiring your wellness journey while delivering uncompromising indulgence and the finest expression of service. Your comfort and enjoyment are important to us. If we have not fulfilled our promise to you, please visit the spa reception desk to ensure we remedy your experience.

HOURS OF OPERATION

Spa and Salon:
8am to 8pm

RESERVATIONS

To schedule treatments, you can book online. You may also call our spa directly from a hotel phone by dialing extension 4772 or call 407-934-4772 from outside of the hotel.

We require a credit card upon booking to secure your reservation and accept most major credit cards.

Pre-scheduling your services is recommended, although we do welcome walk-ins and will do our best to accommodate you.

MINIMUM AGE REQUIREMENTS

Spa guests are required to be 18 years or older to receive treatments or utilize the facilities. Spa services are available for teens 13-17 and salon services are available for kids and tweens, 5-12.

For further details, please see our teen and kid spa menu.

CANCELLATION POLICY

We require at least 24 hours' notice for changes in service date or cancellation to avoid being charged the full price for your treatments to the credit card provided when booking your services.

PURCHASE POLICY

Unopened products may be exchanged within 14 days of purchase if you have an original receipt. We cannot exchange open or damaged products.

SERVICE CHARGE

For your convenience, a 20% service charge in lieu of gratuity will be automatically applied to the final bill. Your provider will receive 100% of the service charge. Gratuity for exemplary service is discretionary.

SERVICES AND PRICES

Prices and services are subject to change without notice.

ARRIVAL

Please arrive at least 30 minutes prior to your scheduled appointment so you can relax and make full use of the facilities.

To maintain the serenity of the spa, we ask you to turn off your mobile phone and electronic devices upon arrival.

Regretfully, if you are late for an appointment, we may have to shorten your treatment time to be on schedule for the next guest. You will be responsible for the full price of the service.

VALUABLES

For the safety of your valuable items, we suggest you leave all jewelry and money in the safe provided in your hotel room. The spa will not assume any liability for valuables.

THE GIFT OF MANDARA

Gift cards are available in any dollar amount and will be packaged in an attractive envelope ready for presentation.

OUR LOCATIONS

Mandara Spas can be found in diverse locations around the world. To find a location nearest you, visit

mandaraspa.com

KEEP IN TOUCH

Make taking care of your skin, body and hair part of your daily ritual and visit us at:

timetospa.com

Here, you may repurchase your skin, body and hair care products as well as read our inspiring articles, find some delicious healthful recipes, and be privy to our special offers.

Customer Service c/o OneSpaWorld, LLC.
1-855-848-3059

RETURN TO MAIN MENU