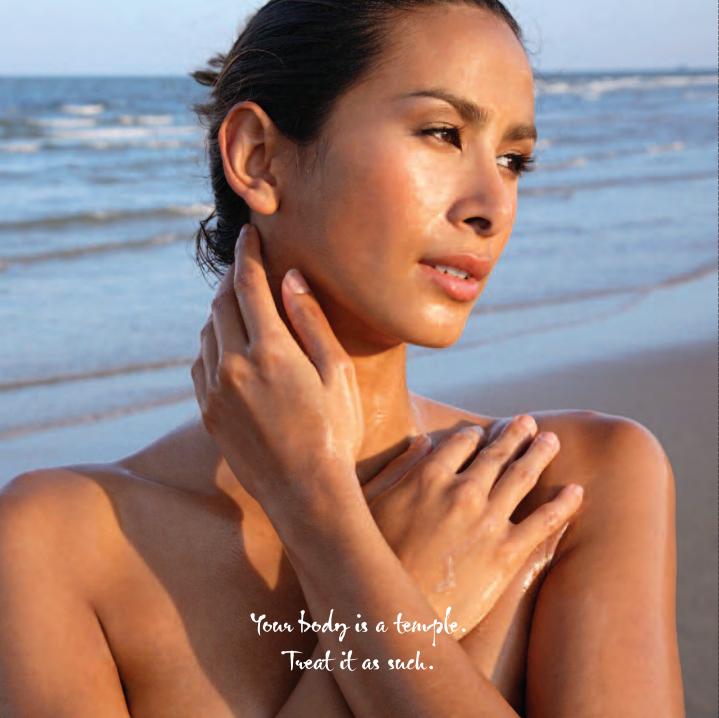




Wyndham Grand Rio Mar Beach Resort & Spa



H's true. A single moment spent in joy colors all the moments that follow. At Mandara Spa at Wyndham Grand Rio Mar 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?

## Dar Story

Mandara had its beginnings on 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.



Not sure what to choose? Throughout the brochure, our most well-loved services are denoted with the Mandara symbol.





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 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. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energize cell communication, while Laminaria Digitata and Red Coral optimizes cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance. 60 minutes.

\*Independent Clinical Trials 2007



## Elemis Tri-Enzyme Resurfacing Facial

This ground breaking 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. Pioneering the precision layering of three targeted enzyme serums, this advanced resurfacing technique 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. 60 minutes.

\*Independent Clinical Trials 2006

#### 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 NEW 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.

## La Thérapie HydraLift Facial

This youth-enhancing facial produces results that are fast and dramatic. With the use of galvanic stimulighthe 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 Thérapie Micro-Therapy Facial

Using the latest computerized technology and fine granules we gently exfoliate the skin's surface to reveal the healthy, undamaged skin underneath; then we nourish and deep cleanse the skin using special formulas to withdraw deeply embedded impurities. Microdermabrasion non-invasively helps soften fine lines, reduce skin discoloration, tighten the pores and reduce the appearance of age spots and scarring. When combined with La Thérapie HydraLift, it is as indulgent as it is effective. 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. With the use of galvanic stimuli, the active ingredients are propelled into the deepest surface layers of the skin, helping to remineralize, remoisturize and rehydrate beyond the surface. Results are immediate after one treatment; lines, wrinkles and scarring appear finer and lighter. 50 minutes.

## La Thérapie Intensif Facial

Upgrade your La Thérapie HydraLift or HydraPeel Facial and target those areas most vulnerable to premature signs of aging. This facial includes booster treatments using patented formulas to minimize visible signs of aging around the eyes, the lip and delicate skin on the neck. Combining potent formulas that include plant collagen to plump up the cells, Caviar to help lift the skin and vitamins and anti-oxidants to offer powerful protection against free radical damage, this facial promises to provide your skin with a positive boost of reinforcement. As an added treat, La Thérapie Intensif also includes the HydraPeel Hand Treatment, a facial for the hands, that helps resurface the skin and fade the appearance of brown spots and dryness. 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 Body Polish with Massage

Experience the exfoliating benefits of Mandara's natural ingredients from Bali. 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: Coffee, Lime & Ginger, and Balinese Boreh. Includes a 25 or 50 minute massage. 50/75 minutes.



## 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 focusing on the main areas of tension. Choose from Cellutox for detoxification and Musclease to help relieve sore joints and muscular tension. Includes a 25 or 50 minute massage. 75/100 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 or 80 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 or 80 minutes.







## Mandara Hot Stone Therapy

In Bali it is believed that "batu" stones are filled with the 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. 50 or 75 minutes.

#### **Balinese Massage**

A choreographed massage using a combination of aromatherapy, acupressure, pressure point and traditional Balinese massage techniques. For those who have trouble relaxing, this is a must! 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. 25 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 is used to ensure the ultimate in comfort and relaxation. 50 minutes.

## Latin Lovers Massage

Indulge in a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a full body massage side by side. 50 minutes.







# Massage Indulgences

Fancy some extra pampering? Choose from the following delights to add to your treatment.

## **Hot Stone Therapy**

We use 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 any 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. 50 or 80 minutes.

## Cabana Massage

Enjoy complete relaxation in your deluxe poolside cabana. Massage Cabanas are located throughout the resort for your enjoyment. Please contact the spa for further details.







# 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 Treatment

This leading European body contouring solution helps detoxify your body, reduce fluid retention and tone your muscles. After a single treatment you will lose up to 8 inches from the areas treated. Ionithermie uses galvanic and faradic stimuli which also help improve circulation, enhance metabolism and reduce muscle pain. We recommend that you book a course of three for maximum results. 60 minutes.

#### Ionithermie Cheek Lift

This acclaimed cheeky treatment will help to give your buttocks a lift while firming and toning 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. 60 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.

## Elemis Exotic Frangipani Body Nourish Wrap

Inspired by a Tahitian recipe, this wrap blends fragrant Coconut and Frangipani flowers to produce Monoi Oil, a scented oil traditionally used by Polynesian women to protect and condition their bodies from environmental stressors. We anoint your body with this warm, rich and creamy formula before you are cocooned in a comforting wrap while you enjoy a conditioning scalp massage. Includes a 25 or 50 minute massage. 50/75 minutes.







## Mandara Rituals

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

#### **Puerto Rico Awakening**

Experience revitalization through the Mandara Balinese Body Polish and a soothing Balinese Massage. Rejuvenate your skin with an Elemis Visible Brilliance Facial. Add a Classic Manicure and Pedicure for a complete spa ritual experience. 2 hours 30 minutes. With a Classic Manicure and Pedicure. 4 hours

#### Salsa for the Soul

Emerge radiant from your La Therapie HydraLift Facial. Enjoy a light lunch in our Oceanview balcony, then bask in the pleasures of a Balinese Massage, followed by a luxurious and pampering Mandara Hand and Foot Ritual. Treat yourself to a shampoo and blow dry hair styling and personalized make-up application. Leave feeling refreshed and beautiful all over. 5 hours 30 minutes.

#### Latin Lovers Ritual

Indulge in a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a full body massage side by side and then relax on the Oceanview Balcony while you enjoy a light lunch. The finale...a facial elixir, for her the Elemis Visible Brilliance and for him the Elemis Urban Cleanse for Men. 2 hours 30 minutes.

## Men's Spa Escape

Men can enjoy revitalizing skin and body care without the fuss, starting with an Elemis Urban Cleanse for Men Facial for skin cleansing and exfoliation followed by a Mandara Deep Tissue Massage for pure relaxation and de-stress. Add a Men's Sports Manicure and Pedicure for the ultimate spa experience. 2 hours. With Men's Sports Manicure and Pedicure. 3 hours.

All packages include a luxurious take-home spa gift.







# 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.

## 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!

#### Mandara Hand Ritual with Classic Manicure

Redefine the hands of time with this Anti-Aging treatment to soothe dry, chapped hands and nails. 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 a luxurious finishing lotion and a relaxing hand massage, completed with a Classic Manicure.

#### Mandara Foot Ritual with Classic Pedicure

A total sensory experience for your feet. We dip your feet in a warm ocean of foaming sea soak to invigorate circulation, then slough away dry skin with a sea scrub and nourish with a moisturizing mask before we complete your treatment with a Classic Pedicure. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin. You will be walking on cloud nine!

## Fitness

The Fitness Center at the Wyndham Grand Rio Mar Beach Resort & Spa is available to all guests staying at the hotel. Locals and guests from neighboring hotels may purchase a daily pass which allows complete usage of the fitness equipment and spa amenities. We are open from 6am to 7pm daily. Fitness facilities are available for ages 16 and up. Please see your spa concierge for further details.

# Special Services

#### Wedding Day Make-Up 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 person participating. Ask your Spa Director for details.

#### The Gift of Mandara

Gift Certificates are available for all services and spa packages and may be requested by calling 6285 from your room or 787-888-6285 from outside the resort. 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.

## Spa Group Events

If you are bringing a group to stay at the Wyndham Grand Rio Mar Beach Resort & Spa, don't forget to pre-plan spa arrangements for your guests. Our Spa Director will be happy to ensure your spa appointments are scheduled, and that you and your group are indulged completely. Please call us at 787-888-6285 to find out about our group programs. Fitness classes are also available.









Hours of Operation The Spa and Beauty Salon are open from 9am-7pm daily. The Fitness Center is open from 6am-7pm daily.

**Reservations** To schedule treatments at the spa during your stay, please call our spa directly from the Wyndham Grand Rio Mar Beach Resort & Spa by dialing ext. 6285. If you are calling from outside the resort, dial 787-888-6285 or for more information go to www.mandaraspa.com. We accept most major credit cards which are required to hold your reservation. We suggest making appointments in advance. However, we will always do our best to accommodate your requests.

**Treatments Times** Please arrive at least fifteen 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. Regretfully, if you are late for an appointment we may have to shorten your treatment time to be on schedule for the next guest.

**Valuables** For the safety of your valuables, we suggest that you leave them in the safe provided in your hotel room. Mandara Spa will not assume any liability for valuables.

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

**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 18% service charge plus 7% sales tax will be added. Gratuity for exemplary service is discretional. All our service offerings and prices are subject to change without notice.

**Minimum Age Requirements** Spa guests under 16 must be accompanied by a parent or guardian for all Spa and Salon Services, Fitness and Locker Room Facilities. Swimsuits are required.

**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 an envelope along with a Balinese gift.

**Comments** We would love you to fill out our comment card and tell us about the service you received and how it compares to your other spa experiences. Please pick up a comment card from the front desk.

**Keep In Touch** Make the spa part of your lifestyle and visit us at www.timetospa.com. Here you may purchase 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.



## MANDARA SPA

Wyndham Grand Rio Mar Beach Resort & Spa 6000 Rio Mar Boulevard Rio Grande, P.R. 00745-6100 787-888-6285

www.mandaraspa.com







Wyndham Grand Rio Mar Beach Resort & Spa

RATE CARD

She Parabasia	
Spa Ceremonies Puerto Rico Awakening	2 hours 30 minutes/\$350
add a Classic Manicure and Pedicure	
Salsa for the Soul	
Latin Lovers Ritual	
Men's Spa Escape	
add a Men's Sports Manicure and Pedicure	
•	
Face	
Elemis Pro-Collagen Quartz Lift Facial	
Elemis Tri-Enzyme Resurfacing Facial	
Elemis Visible Brilliance Facial	
Elemis Skin Specific Facial	
Elemis Skin IQ for Men Facial	60 minutes/\$150
Elemis Urban Cleanse for Men Facial	60 minutes/\$140
Micro-Therapy Facial	50 minutes/\$220
Massage	
Mandara Balinese Body Polish Massage with 25 minute back massage	50 minutes/\$140
Mandara Balinese Body Polish Massage with 50 minute massage	
Elemis Aroma Spa Seaweed Massage with 25 minute back massage Cellutox/Musclease	
Elemis Aroma Spa Seaweed Massage with 50 minute massage Cellutox/Musclease	
Mandara Deep Tissue Massage	
Swedish Massage	
Mandara Hot Stone Therapy	
Balinese Massage	
Mandara Four Hands Massage	
Reflexology	
Nurturing Mother-to-Be Massage	
Latin Lovers Massage (priced for two)	
Mandara Indulgences	
Hot Stone Therapy (add-in)	
Conditioning Foot Treatment (add-in)	
Frangipani Nourishing Hair & Scalp Treatment (add-in)	
Prolong the Bliss (add-on)	
Mandara Balinese Body Polish (add-on)	

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Mandara to go Body Therapy Ionithermie Cheek Lift 60 minutes/\$160 course of 5 treatments \$690 Fitness Complimentary access for guests staying at the hotel. This includes use of the fitness equipment, and spa amenities. Personal Training Session 50 minutes/\$90 Hair Services Men's Hair Cut and Style from \$45 Child's Hair Cut and Style (12 and under)....\$40 Bang Trim.....\$30 Bridal Up-do from \$80 Flat Iron (add-on) from \$15 Touch-up color from \$80 Color Correct from \$170 Pure Protein Treatment \$30

Hands and Feet			
Classic Spa Manicure	\$40		
Mandara Hand Ritual			
Classic Spa Pedicure	\$70		
Mandara Foot Ritual	\$135		
		Men's Sports Pedicure	
		Reflexology Pedicure	
Full Set Acrylic	\$100		
Full Set Pink & White			
Acrylic Fills	\$60		
Pink & White Fills			
Nail Repair			
French Polish			
Polish Change			
Waxing			
Brow Sculpting			
Lip or Chin			
Full Face	\$45		
Full Leg.	\$75		
Half Leg	\$55		
Under arms	\$30		
Arms	from \$40		
Bikini	from \$45		
Back	from \$75		
AA A E.L			
Makeup Adistry			
Makeup Application			
Special Occasion Makeup Consultation includes makeup and styling			
Special Occasion Makeup Application includes hairstyling	\$165		

## Spa Tips

**Service Charge** An additional 18% service charge plus 7% sales tax will be added. Gratuity for exemplary service is discretional. Prices and services subject to change without notice.

**Cancellation** If you need to cancel or reschedule a reservation, we require 4 hours notice for individual appointments and packages. Appointments canceled in less than the required time will be billed 100% of the published price of each service. For a full list of spa tips and rules please see our main brochure.

#### MANDARA SPA

Wyndham Grand Rio Mar Beach Resort & Spa 6000 Rio Mar Boulevard, Rio Grande, P.R. 00745-6100 Phone: (787) 888-6285 • Fax: (787) 657-1130

Visit online at: www.mandaraspa.com or www.timetospa.com