

# SPA & SALON FAVORITES MENU

DECK 10 FORWARD • CALL 1099 or 1032 • OPEN 8AM-10PM DAILY

**SPA MORE...SAVE MORE! – SAVE UP TO \$159**

Book three treatments and save 10% off your 1st treatment, 20% off the 2nd and 30% off the 3rd Choose from any service on this page (excludes Couples Treatments and medi-spa, Treatments cannot be shared with others or combined with other promotions)

## MEDI-SPA

Price varies by procedure

Uplifting and youth-enhancing non-surgical treatments for fast results that last for months. Reduce fine lines and wrinkles or instantly replace skin's lost volume. All treatments are FDA approved administered by our Medi-Spa Physician. Free, no obligation consultations available.

## IONITHERMIE : SLIMMING & DETOX TREATMENT

This powerful treatment successfully helps to reduce cellulite, firms & tone, and detoxify your body. Lose 1-8 inches around the arms, buttocks, abdomen, thighs. If you are serious about re-shaping your problem areas and focusing on a plan to maintain a firm and toned body, this is for you! - (S)

**ONE TREATMENT- \$159 COURSE OF 3/\$299**

## ABSOLUTE SPA RITUAL

This wonderfully relaxing ritual will delight you from the soles of your feet to the tingling top of your scalp! Combining the Pro-Collagen Quartz Facial for skin vitality and Full Body Aromatherapy Massage, this ritual will refresh your spirit and strengthen your vital energies. - (S)

**100 MINS - \$249**

## AROMASPA SEAWEED WRAP WITH MASSAGE

A heated Seaweed mask containing a powerful blend of essential oils is applied to your body to detoxify and decongest. Excellent for arthritis, fatigue, stress, sore stiff muscles, muscles knots. Includes pressure point foot massage, Scalp Massage and your choice of Full Body or Half Body Massage. - (S)

**3 massages in 1 with results lasting up to 6 weeks**

**100 MIN SESSION (Full Body Massage) - \$239**

**75 MIN SESSION (Half Body Massage) - \$195**

## THAI POULTICE MASSAGE

This rhythmic massage utilizes scented herbal poultices that are heated and applied to sore and stiff muscles to relax and release tension. We follow with Eastern and Western massage techniques and acupressure combined with essential oils that will take your body on an exotic journey of total renewal. - (S)

**75 MINS \$195**

## LIME & GINGER MASSAGE

Warm oil is dripped over your body before our sumptuous mixture of gentle sea salt with lime & ginger removes dry, rough skin from your body. Finish with a tension release half body or full body massage customized to your individual needs. - (S)

**75 MINS \$179 / 50 MINS \$145**

## HEATED BAMBOO MASSAGE

Warm bamboo shoots, rolling, sliding and massaging the muscles. Customized to your needs we use deep tissue or gentle strokes to melt away your tension and soothe your muscles. - (S)

**75 MINS \$189 / 50 MINS \$149**

## HOT STONES MASSAGE

The ultimate massage to de-stress and release tension. We use heated volcanic stones with traditional massage techniques to deeply relieve stress and tension from your body while rebalancing your energy to invoke a meditative state.- (S)

**75 MINS - \$185/ 50 MINS - \$139**

**SWEDISH FULL BODY MASSAGE 75 MINS - \$175 / 90 MINS - \$189**

**COUPLES THAI POULTICE MASSAGE 75MINS/ \$390**

**COUPLES BAMBOO MASSAGE 50MINS \$298• 75MINS/ \$378**

**COUPLES HOT STONES MASSAGE 50MINS \$278• 75MINS/ \$370**

## PLEASE NOTE:

- Please provide 24 hr advance notice when canceling or changing appointments to avoid 50% fee. Appointments made within 24 hours are subject to cancellation policy. Appointments are limited. Prices subject to change. Specials cannot be combined with other discounts/ specials or coupons.
- All Services will have a 15% auto-gratuuity added. • (S) - indicates signature service. • 10/20/30 Spa More Save More cannot be shared with others

## ACUPUNCTURE

\$150/session or 3/\$360

Over 3000 year old form of Chinese medicine is safe, painless and clinically proven to effectively treat over 100 various conditions from arthritis, weight gain, back pain, head aches and much more. Free 15min consultations

## THERMAL SUITES

Explore our steam grottos inspired by Turkish baths that cleanse the body with gentle heat. Heated chaise lounges & tropical showers make this both a cleansing and relaxing experience. **LIMITED SOLO & COUPLES CRUISE PASSES**

## ELEMIS OXYDERMY FACIAL

Cutting edge technology brings Microdermabrasion and Oxygen together in this luxurious treatment to fight fine lines & wrinkles, spots, reduce scarring, sun damage, discoloration and pore size.. We cleanse, polish, mask and massage you into sweet oblivion for radiant skin. (S)

**50 MINS \$169**

## PRO-COLLAGEN QUARTZ FACIAL

Exceptional anti-aging facial with phenomenal results. Using powerful anti-oxidant quartz micro-crystals, proven to reduce the number of wrinkles by 94% and improve firmness by 57% in just one session. Slows down the visible signs of aging leaving your skin firmer and uplifted.

(S) **50MINS - \$145**

## ELEMIS TRI-ENZYME FACIAL

This clinically proven revolutionary facial is proven to reduce the appearance of fine lines, acne, uneven skin pigmentation, scarring reveling a renewed level of clarity to the complexion. After one session this facial can resurface the skin up to 75% and leave your skin up to 32% smoother. (S) **50 MINS - \$125**

## TIME FOR HIM: PRO-COLLAGEN GROOMING SHAVE

Excellent for men that have concerns with aging, sensitivity, irritation, dryness or oiliness, large pores, and ingrown hairs. This anti-aging facial will leave your skin super smooth, clean, refreshed and revitalized. Includes double close shave system followed with luxurious face, scalp, hand & arm massage. (S) **55 MINS - \$95**

## COLOR YOUR HAIR FABULOUS PACKAGE

Your style session starts with a professional consultation to choose the best look for you! Includes hair color or highlights, hair cut, style & finish. FREE Hair Treatment & Scalp massage **\$150-170\*** Price varies by hair length/ thickness

## EXPRESS ANTI-FRIZZ KERATIN BLOW OUT

Say goodbye to frizz in just one hour when this innovative delivery system penetrates hair with keratin protein, resulting in smoother, more manageable hair eliminating up to 95% frizz and lasting up to 6 weeks.

**\$149/Short /Medium Hair • \$179/Long Hair**

## FIRE & ICE MANICURE & PEDICURE \$120

Keep your nails beautiful with a combination of therapeutic cooling gels and the warmth of massage using a heated stones, your skin will be smoother and your nails will be nourished and polished to perfection.

## GOSMILE TEETH WHITENING

Reduces staining from smoking, coffee, tea, colas, red wine, juice and dark meats. If you are ready to take your smile from dull to dazzling, book your treatment today, look great, save big, and get the results you have always wanted.

**\$149/30Mins (Was \$199) Or \$249/Couple/60Mins**

Spa & Salon



# SUNSHINE FITNESS CLASS & SEMINAR SCHEDULE

## DAY 1 – NEW YORK

- 1:00pm Gym & Spa Tours  
5:00pm SPA RAFFLE  
**5:30pm Free Seminar:**  
**GOOD FEET -WALKING IN COMFORT**  
7:00pm Gym Orientation & Class Sign-Up

## DAY 2 - FIRST FUN DAY @ SEA

- 7:00am Sunrise Stretch & Relax Class  
7:30am Fab Abs Class  
8:00am Indoor Cycling \*(\$12)  
9:00am Pathway to Yoga \* (\$12)  
**10:00am Free Seminar:**  
**SECRETS TO A FLATTER STOMACH**  
**11:00am** Body Sculpt Boot Camp \*(fee)  
**2:00pm Free Seminar: GOOD FEET:**  
**WALKING IN COMFORT**  
4:00pm Pathway to Pilates\*(\$12)  
5:00pm Abs Attack Class

## DAY 3 – SAIT JOHN 8AM - 6:00PM

- 7:00am Sunrise Stretch & Relax Class  
7:30am Fab Abs Class  
8:00am Indoor cycling\*(\$12)  
9:00am Pathway to Yoga \* (\$12)  
4:00pm Pathway to Pilates\*(\$12)  
**5:00pm Free Seminar: BURN FAT FAST**  
6:00pm Abs Attack Class

## DAY 4 - LAST FUN DAY @ SEA

- 7:00am Sunrise Stretch & Relax Class  
7:30am Fab Abs Class  
8:00am Indoor Cycling \*(\$12)  
9:00am Pathway to Yoga \* (\$12)  
**10:00am** Body Sculpt Boot Camp \*(fee)  
**11:00am Free Seminar:**  
**DETOX FOR HEALTH & WEIGHTLOSS**  
**2:00pm Free Seminar: GOOD FEET:**  
**WALKING IN COMFORT**  
4:00pm Pathway to Pilates\*(\$12)  
5:00pm Abs Attack Class

## FITNESS SERVICES

### ➤ HEALTH ASSESSMENT (BCA) \$35

**Body's Toxic Status:** Many scientists are in agreement that the major cause of degenerative Disease and cancer is internal toxicity.

**Levels of "True" Water Retention:** True water retention causes Fat POCKETS to form in specific areas of the body

**Lean Body Mass:** Lean Body Mass dictates your basal nutrition needs and metabolic rate.

**Hydration Levels:** Overall performance of the Human body will drop by an average of 33% if insufficiently hydrated.

**Metabolic Rate:** This is the number of calories your body burns at rest in 24 hours.

### ➤ BODY SCULPTING BOOT CAMP \$69

Join us for Boot Camp. Bring your friends along and challenge yourself this cruise, includes a

**Sign up in the Fitness Centre**

**Included you will receive:**

- Take home program with you, so you can continue with your amazing results

### ➤ NUTRITION CONSULTATION \$85

Personalized nutrition plans based on your lifestyle to help you achieve your health goals.

### ➤ PERSONAL TRAINING

\$45/ One 30min Session  
\$85/ One 60min Session  
\$209/ 3x60min Sessions or 30mins everyday

#### PLEASE NOTE:

- No attendance 10 minutes after class start time will result in class cancellation
- Must have at least one participant for class to be conducted
- Please sign up early for fitness classes to avoid disappointment. Space is limited.
- Yoga, Pilates and Spinning classes are \$12/class. Classes are non-refundable regardless of non-attendance. Space is limited
- Proper shoes and clothing are required for gym/classes
- Children under 12 are not permitted in spa/gym facilities
- Children between 12-16 must have parental guidance at all times
- Please note there is a 30 min limit on cardio equipment

Spa & Salon



# SALON FAVORITES

ALL SERVICES HELD AT THE SALON • DECK 10 FORWARD • CALL 1099 • OPEN 8AM-10PM DAILY

## GO SMILE TEETH WHITENING

**\$149 /30 Minutes (Was \$199) Or \$248 per Couple /60 Minutes (Was \$398)**

Everyone wants a whiter, cleaner smile, so why not make yours the best and brightest it can be? Reduces staining from smoking, coffee, tea, colas, red wine, juices and dark meats. Combining the gentle action of LED light with a revolutionary Active gel to whiten teeth up to 6 shades in one 30 minute session. To prevent further staining, home care instructions from your technician will be given. For longer lasting results maintenance kit will be offered. If you are ready to take your smile from dull to dazzling, book your treatment today, look great, save big, and get the results you have always wanted.

## NEW! EXPRESS KERATIN BLOW OUT

**\$149/Short or Medium Hair • \$179/Long Hair**

Say goodbye to frizz in just one hour with the new Keratin Protein Express Blow Out. Its innovative delivery system penetrates hair with keratin protein, resulting in smoother, more manageable hair eliminating up to 95% frizz and lasting up to 6 weeks. Your hair will be revitalized and rejuvenated.

## COLOR ME FAB HAIR PACKAGE

**\$150/Short Hair • \$160/Medium Hair • \$170/Long Hair**

Your style session starts with a professional consultation to choose the best look for you! Includes your choice of hair color OR highlights, hair cut, style & finish, rejuvenating eye treatment and finish with Sunglow makeup. Book today for FREE Hair Treatment & Scalp Massage

## HAIR FAVORITES

### THIRST QUENCHER

**\$49**  
30mins. For Dry, damaged or dehydrated hair. Dull hair instantly becomes more lustrous and shiny with jojoba & essential oils of sage and rosemary. (blow dry extra)

### RESCUE REMEDY OR DAMAGE REPAIR

**\$49**  
30mins. For seriously damaged, distressed and ultra-dry hair. A restorative treatment that helps regenerate hair and protects it from external aggressors. Delivers ultimate softness, suppleness, brilliance and transforms your hair to vibrant health. (blow dry extra)

### BOTANICAL BLISS

**\$49**  
30mins. For dry, oily, itchy, sensitive scalp conditions, dandruff or hair thinning. 100% pure essential oils will purify the scalp, stimulate microcirculation and balance. Hair will become stronger and full of life. (blow dry extra)

### FRANGIPANI HAIR & SCALP THERAPY

**\$29**  
25mins. This truly exotic oil uses Coconut and Monoi to deeply moisturise your hair and scalp while receiving a pressure point scalp and neck massage. (Blow dry extra)

### KERATIN VITAL SHOT

**\$49**  
30mins. For weak, frizzy, damaged hair. A concentrated dose of keratin is infused to the hair while binding moisture creating a smooth shiny appearance. (Blow dry extra)

### KERATIN INFUSION REPLENISHER

**\$29**  
30mins. A unique hydrating keratin formula that replenishes and revitalizes for a silky shiny finish. (Blow dry extra)

### KERATIN VANILLA BEAN MASK ADD-ON \$19

## HAND&FOOT FAVORITES

Fire & Ice Pedicure	\$70
Fire & Ice Manicure	\$50
Shellac 14 Day No-chip Polish Pedicure	\$59
Shellac 14 Day No-chip Polish Manicure	\$45
Shellac Soak-Off	\$20
Sole Delight Pedicure	\$65
Hand Ritual Manicure	\$45
Nail Fix (per fix)	\$15
Re-polish	\$19
Shellac Polish	Add-on \$25
Paraffin Wax	Add-on \$25
Acrylic Nails Fills	\$45
Acrylic Nails Full Set	\$85
Acrylic Soak-off	\$20

## HAIR SERVICES

- Express Keratin Blow-Out  
short to medium \$149 / long \$179
- Express Keratin Blow-out with Hair Cut  
short to medium \$175 / long \$199
- Shampoo with Blow Dry  
short \$35 / medium \$39 / long \$49
- Hair Cut with Shampoo & Blow Dry  
short \$59 / medium \$75 / long \$79
- Hair Up Or Curls Only w/out Shampoo, Blow-dry :  
short \$49 / medium \$55 / long \$65
- \*PLEASE NOTE: Extra long hair add \$10 extra

## HAIR COLORING\*

- Semi Permanent Color (wash-out color 6-8wks):  
short \$55/ medium \$59 / long \$65
- Permanent Color (whole head) :  
short \$75 / medium \$105 / long \$115
- Permanent Color (roots only) :  
short \$69 / medium \$79 / long \$89
- Hi-Lights or Lo-Lights :  
short \$89 / medium \$99 / long \$109
- \*PLEASE NOTE: Extra long hair add \$10 extra  
Colour services does not include blow dry/style.

## WAXING

Eye Brow	\$30	Underarm	\$29
Upper Lip	\$15	Bikini	\$35
Chin	\$15	Brazilian	\$70
Half leg	\$49	Full leg	\$89

## JUST FOR MEN...

### Professional Barber Onboard

Pro-Collagen Grooming Shave	\$95
Deep Cleanse Shave	\$75
Traditional Shave	\$45
Full Head Shave	\$45
Gent's Haircut	\$35
Beard Trim	\$15

**Please note:** 15% service charge will be added. 24 hour cancellation policy for all appointments, Ask staff for details. Short hair is above the ear/ medium from earlobe to top of shoulder. Long is past the shoulders. Extra long is past the bra strap.

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