




Lotus Spa® Favorites

Pampering yourself never felt so good. Replenish mind, body and spirit with the variety of services available in the Lotus Spa. Book early to reserve your preferred time, and ask about our specials for booking multiple services.

Manager's Choice

Triple Your Indulgence Save up to 30% off

- Save 10% off 1st
- Save 20% off 2nd
- Save 30% off 3rd Signature Service!

Here's how we indulge you: Decide which 3 Signature spa services you must try, marked with a  and simply schedule your appointments. You will then save each time you visit.

Go Smile Teeth Whitening Treatment

\$149 per person/Couples Special \$129 each

Your smile is the outward expression of your inner beauty. A beaming smile makes you look younger, more radiant and confident. Are you ready to smile? Then try our advanced GO Smile Tooth Whitening Treatment today. It's a safe and effective way to take your smile from drab to fab in just minutes. Come see us for a free consultation.

MediSpa Cosmetic Facial Treatments with Dr. Ana Rueda

Uplifting and youth-enhancing treatments including non-surgical brow lift, instant lip enhancement, and volumizing skin treatments. Reduce fine lines and wrinkles or instantly replace skins lost volume. All treatments are FDA-Approved and administered by our licensed Spa Physician. Amazing results that last for months.

Acupuncture

Treatments with Licensed Acupuncturist
Complimentary consultations available

Looking for an alternative way to care for your health? Tired of all your medications? With ancient healing from the Orient, you can treat modern problems of today. Treatments range from pain relief, sea sickness, detox, weight loss, to an acupuncture face lift.

VIP Thermal Suite (Limited space available)

Unlimited 11 days Cruise Pass - \$129 per person

Relax in our exclusive thermal grottos, aromatic steam chambers, sauna suites and heated stone benches! Take a rainforest shower and cool down with a refreshing mist fog shower. Excellent for tired muscles and pain.

For your convenience, a discretionary 15% gratuity will automatically be added to your receipt.

Call 14626 or visit the Lotus Spa on deck 14 aft for reservations and information.

Please provide 24 hours' notice when cancel your appointment to avoid a 50% cancellation fee.

Ask about our popular port day specials!



Relaxation

Aroma Spa Seaweed Massage

75 minutes \$195 - 100 minutes \$259

Combining the richness of the sea and aromatherapy, this detoxifying treatment starts with a warm aromatherapy body mask and comforting wrap. Relax as your body decongests, easing aches, fatigue and muscle spasm while you receive a foot and scalp massage. Continue with a personalized massage focusing on the stress points of the body - neck, shoulders and back of the body. The benefits of this massage last up to 6 weeks.

Aroma Stone Massage

50 Minutes \$149 - 75 minutes \$195

In Bali, it is believed that stones are filled with the vitality and energy of the water that flows over them in an eternal stream. Harnessing these properties, we bathe the stones in warm water, anoint them with spicy aromas of the Orient and combine the deep penetrating heat of the volcanic basalt stone with traditional massage and aromatherapy techniques to release muscular tension and balance the spirit.

Bamboo Massage

50 minutes \$159 - 75 minutes \$199

Imagine warm bamboo shoots of various sizes soaked in essential oil rolling, sliding and massaging your muscles. This gorgeously indulgent massage will revive your senses in a new and innovative way, inspiring the most relaxed state. Customized to your preference, our therapist will use deep tissue techniques or gentle strokes to melt away your tension and soothe your muscles into sweet oblivion.

Thai Herbal Poultice Massage

75 minutes \$195

The Thai herbal poultice massage treatment utilizes warmed muslin poultices of Thai and Chinese herbs that are steamed and applied directly to the body in a kneading action. This traditional treatment has been practiced to soothe muscle tension and stiffness on the key areas. Heat and herbs are absorbed by the body to help to reduce aches and pains, increase lymphatic drainage and condition the skin.

Exotic Lime & Ginger Salt Glow with Massage

50 minutes \$155 - 75 minutes \$199

An exotic exfoliation ritual that will invigorate and revitalize your body. Warm oil is dripped luxuriously over your body before our Lime and Ginger Salt Glow is applied. We then apply our Elemis Exotic Island Flower Body Lotion, leaving skin replenished and vibrant. After rinsing away the salts, you will receive a Deep Tissue Muscle Massage.

Thai Coconut Poultice Massage

50 minutes - \$155

Relax and de-stress with perfectly warmed, pure Coconut compresses massaging the body, releasing Natural emollients that nourish and moisturize the skin. This will be followed by traditional hands-on Swedish Massage Techniques to relax and de-stress the muscles even more!

Chocolate Indulgence Body Treatment

75 minutes/ \$195 or 100 minutes / \$259

Chocolate is known for being a guilty pleasure, but this Most tempting of treats as part of our Chocolate Journeys Program is also known for being rich with anti-oxidants That offer amazing nutritional value for your skin and body. During this decadent body therapy, we will first exfoliate Your skin and then apply our rich chocolate mask, where You will be cocooned in chocolate heaven. If that wasn't Sweet enough, we will also treat your muscles to a soothing Half or full body massage with warmed chocolate oil to Ensure your experience is nothing short of delicious.

Couples Hot Stones Massage

50 minutes \$298 75 minutes \$390

In Bali, it is believed that stones are filled with the vitality and energy of the water that flows over them in an eternal stream, anoint them with the spicy aromas of the Orient and combine the deep penetrating heat of the volcanic basalt stone with the traditional massage.

Couples Full Body Massage

50 minutes \$269

Swedish Massage - 75 minutes \$165

Deep Tissue Massage - 75 minutes \$199

Reflexology - 75 minutes \$165

Reflexology - 50 minutes \$119



Elemis Oxydermy Facial

50 minutes \$169

Give your skin what it's been craving. Now you can fight lines and wrinkles, reduce skin discoloration, scarring and reduce pore size. Get the glow that's been eluding you. Let us pamper your skin with the new cutting edge technology that brings Microdermabrasion and Oxygen together in one luxurious treatment. We will cleanse, polish, masque and massage you into sweet oblivion. Enjoy your vacation by looking younger and radiant instantly.

Pro-Collagen Quartz Lift Facial

50 minutes \$145

A beautiful hands-on facial therapy with dynamic Pro-collagen booster that will give your skin what it has been craving. Whether you want to improve elasticity, suppleness, firmness or hydration by 10% whilst providing additional collagen support for smoother, plumper and lustrous youthful appearance, we will promise indulgence and results. Age less indulge more.

La Therapie Hydra-Therapie Nutritive Facial

50 minutes \$189

The most advanced of our skin care services, this hi-tech facial delivers superior skin LED Dermabrasion with a single tip applicator, followed by cellular regenerating and healing light therapy, followed by an infusion of rejuvenating oxygen infusion.

La Therapie Hydralift Facial

50 minutes \$119

A spa favorite, utilizing computer stimuli and hands-on therapy working on the deepest layers of the skin. This "non-surgical facelift" therapy generates an anti-aging effect while working deeply around the eyes, neck and mouth for fine lines, crow's feet, dark circles and puffy eyes. Perfect for all skin types, even the most sensitive skin.

Fire & Ice Manicure/ Pedicure

Manicure \$50 & Pedicure \$70

Your nails are one of your most important accessories, so keep them beautiful with this invigorating manicure or pedicure that 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 hands or feet nourished and polished to perfection! Why not do both?

Bliss Poetic Waxing Services

From \$25

Remove unwanted hair from virtually anywhere with our quick, painless, skin-loving waxing services. The salon offers a full menu

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Salon Services

Style Dry or Roller Setting	from \$35
Trim or Restyle and Style Dry	from \$59
Cleanse, Style dry and Hair Up	from \$55
Hair Up (without cleanse & dry)	from \$55
Men's Hair Cut	\$35
Exotic Hand Ritual W/ Manicure	\$45
Sole Delight Foot Treatment W/ Pedicure	\$65
Full Set Acrylic Nails	\$85
Full Set Acrylic Nails Refills	\$45
Nail Fix	\$15
Repolish	\$19
Paraffin Wax	\$25
Add on Shellac Polish	\$25
Shellac Removal	\$20

Phyto

Is a botanical blend of powerful plants and herbs that help repair the structure of hair and nourish scalp and follicle, roots and ends. During your cruise, while you have time opt to have a luxurious and nourishing Phyto treatment.

Phyto Thirst Quencher	30 minutes \$49
Rescue Remedy	30 minutes \$49
Botanical Bliss	30 minutes \$49
Phyto Color Guard	15 minutes \$29

Men's Pro-Collagen

Grooming Treatment with Shave

55 minutes \$95

This premium treatment includes the Express shave, anti-aging mini facial and luxurious face, scalp, hand and arm massage.

Keratin

Express Blow Out

60 minutes from \$149

Say goodbye to frizz in just one hour with the new Keratin Complex Smoothing Therapy Express Blow Out. This specially formulated treatment eliminates up to 95% frizz and lasts up to 6 weeks.





Wellness

Detox & Inch Loss-Ionithermie

50 minutes \$159 – 3 sessions \$299 (Save \$178)

You will lose up to 8 inches 1 session. This figure corrective and firming treatment from France is a unique detox treatment which works with stimuli and algae to reduce cellulite and fatty deposits from the stomach, thighs and buttocks in women and the stomach region in men. Then learn how to remove cellulite the easy European way.

Ionithermie Cheek Lift

50 minutes \$159

This treatment will help to give your buttocks a lift while firming and toning the skin. Active ingredients are applied to the area before a gentle stimuli is placed on the buttocks, thighs and tummy, stimulating muscle and firming.

Body Composition Analysis “BCA”

Only \$35 – Couples \$50

Our analyzer will read your metabolic rate, the percentage of muscle, and water retention and calorie intake within your body & compare it with the percentage that is recommended for you, according to height, weight, age and gender. You will discover how to improve your body with easy to follow Nutrition, Exercise and Detoxification!

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Results - Based Training

30 minutes \$45

Course of 3 X 30 minutes session \$99

Balanced, safe, functional and effective circuit based training.

Body Sculpt Boot Camp

30 minutes per session/series of 4

Boot camp consists of 4 fat burning sessions. Each session will focus on different muscle groups and you will burn anywhere from between 300-700 cal by activating all the muscle fibers that we struggle to work in conventional exercise.

The programme includes a complete metabolism test.

Trx Suspension Training

45 minutes

TRX suspension training harnesses your own body weight to create resistance as you train. Suspension training tightens your core and enables you to perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries-all at the intensity you chose.

Tour De Cycle

45 minutes

Our amazing indoor cycling class is designed to set the heart racing and endorphins flowing! Special pre-choreographed routines will take you through a journey which is the Tour de Cycle.

Balance Yoga

45 minutes

This dynamic fusion yoga class builds heat and challenges strength and core stability. Yoga helps detoxify the whole body promoting weight loss, improving posture, strength and cardiovascular fitness.

Core Pilates

45 minutes

Pilates based, concentrating on creating a strong foundation and correct postural alignment to develop a strong Centre.

Good Feet

Flat feet & wavy looking feet can affect your ability to manage any pain and can give you a poor work & sport while living a more active lifestyles

Call in for a Foot Print Analysis & Book with our Foot Specialists

Call 14626 or visit www.wellnessandfitness.com.au or visit us at 14 Southland for more information on our services

