



# 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 Services

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.

-  **Ionithermie Cellulite Reduction Program**  
**50 Minutes \$175 / 3 Sessions \$329**  
Galvanic stimuli propel rich marine elements into problematic areas to drain fluid, smooth the skin and give the body more definition. Most guests lose between one and eight inches after their first session, although of course three is recommended for ultimate benefits. Fantastic for cellulite, excess weight & fluid retention.

-  **GoSmile Teeth Whitening Treatment**  
**\$164 Per Person/Couples \$284**  
GoSMILE teeth whitening system is a fast and effective way to whiten teeth. GoSMILE whitens teeth optimally and safely lifts stains from porcelain crowns and veneers too. Proven not to damage teeth enamel or cause sensitivity. Clinically proven to whiten teeth up to 6 shades! A whiter brighter smile can be yours today. Free consultation available.

- **Acupuncture Treatments with Dr. Jorge Martins**  
**Complimentary consultations available.**  
Looking for an alternative way to care for your health? Tired of all your medications? Ancient healing from the Orient you can utilize to treat the modern problems of today. Treatments range from pain relief, sea sickness, Detox, weight loss, to an acupuncture face lift. Meet our licensed onboard Acupuncturist today.

\* For your convenience, a nominal 5% gratuity will automatically be added to your receipt.  
**Call 12724 or visit the Lotus Spa on deck 12 Aft for reservations and information.**  
Please provide 24hrs notice when cancelling your appointments to avoid a 50% cancellation fee.

## ASK ABOUT OUR POPULAR PORT DAY SPECIALS!





# RELAXATION

- **Elemis Aroma Spa Seaweed Massage**  
**75 Minutes \$215 – 100 Minutes \$285**

Combining the richness of the sea and the 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.

- **Elemis Aroma Stone Therapy**  
**50 Minutes \$164 – 75 Minutes \$215**

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 the 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 \$175 – 75 Minutes \$219**

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 your tension and soothe your muscles into sweet oblivion.

- **Elemis Exotic Lime & Ginger Salt Glow With Massage**  
**50 Minutes \$171 – 75 Minutes \$219**

The best way to describe this is as the most exotic body polish with a massage in the world. This is pure sublime indulgence from the neck to the toes. We pour warm oils over the body and then massage the sumptuous mixture into your skin, sloughing away dryness. You will be speechless.

- **Coconut Thai Poultrice Massage**  
**50mins \$171**

Try our deliciously aromatic Coconut Thai Poultrice Massage in our luxurious body nourishment ceremony. Our topical application of pure coconut in compress form releases an emollient of natural oils, creating smooth and luxuriously soft skin. This treatment will deeply nourish your skin, soothes dry, cracked, weathered skin and has a stimulating scent to leave you rejuvenated and refreshed.

- **Thai Herbal Poultrice Massage**  
**75 Minutes \$215**

The Thai herbal poultrice massage treatment utilizes warmed muslin poultrice 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 of the skin.

- **Chocolate Indulgence Massage**  
**75 minute \$215 – 100 minute \$285**

Chocolate is known for being a guilty pleasure, but this most tempting of treats 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.

- **Elemis Absolute Spa Ritual**  
**105 Minutes \$292**

Experience pure decadence and stimulate all your senses, from the soles of your feet to the top of your scalp. Enjoy a tantalizing tension releasing massage that combines a series of cultural touches from around the world, blended together with an anti-aging power boosting facial, to instantly firm, rejuvenate and plump the skin.

- **Elemis Face & Body Sensation**  
**50 Minutes \$175**

Pure indulgence with exceptional anti-aging facial results! Your Elemis therapist will customize a unique "ice cool thermal muscle massage" to your specific problem areas, alleviating stress and easing aching muscles. While your body is in a pure state of blissful relaxation, you will receive the elemis Tri-enzyme Facial to smooth and restore your glow.

\* For your convenience, a nominal 5% gratuity will be added to all spa services including massage, acupuncture, ionithermie, facial, hair, nails and fitness.





# BEAUTY

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**La Therapie Hydra Therapie Nutritive Facial**  
**50 Minutes \$212**  
 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.

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**La Therapie Hydra-Therapie D'excellence Facial**  
**50 minutes \$165**  
 This facial is highly effective in targeting the visible signs of skin ageing including fine lines, wrinkles, sagging and loss of elasticity. Deep cleansing and exfoliation are followed by a Micro-Current to help re-educate and re-charge facial muscles for a dramatic lifting effect on the facial contours. A specially prescribed treatment mask will further help to smooth fine lines and is combined with Galvanic Current to maximize the performance of each product, helping to propel active ingredients deeper into the skin.

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**Elemis Pro-Collagen Quartz Lift Facial**  
**50 Minutes \$160**  
 A beautiful hands-on facial therapy with dynamic Pro-collagen complex 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.

- Elemis Tri-Enzyme Resurfacing Facial**  
**50 Minutes \$138**  
 This facial is clinically proven to reduce the appearance of acne and superficial scarring, uneven skin pigmentation, revealing a renewed level of clarity to the complexion. After just one session, this facial can resurface the skin up to 75% and leave your skin up to 32% smoother. Independent clinical trials 2006.

## TIME FOR MEN

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**The Royal Shave**  
**55 Minutes \$105**  
 This premium treatment includes the Express shave, and anti-aging mini facial and luxurious face, scalp, hand and arm massage.

Deep Cleanse Shave 45min / \$75  
 Express Shave 30min / \$45  
 Men's Cut And Style 30min / \$39

## Nail Services

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**Fire & Ice Manicure/ Pedicure**  
**Manicure 45 Minutes \$55 & Pedicure 55 Minutes \$77**  
 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?

- Exotic Hand Ritual 45 Minutes \$50 or Sole Delight Foot Ritual 55 Minutes \$72**
- 14 Day No Chip Manicure/ Pedicure**  
 Manicure \$50 & Pedicure \$65  
 Shellac removal \$20
- Full Set Acrylic Nails \$94**  
 Full Set Acrylic Nails Refills \$50

## Hair Services

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**Keratin Express Blow Out**  
**Short/Medium \$164, Long \$197**  
**Add A Cut Short/Medium \$198, Long \$226**  
 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.



- Style Dry And Roller Setting –**  
**Short \$39, Medium \$43, Long \$54 - Hair Up From \$61**
- Cut & Style Short \$65, Medium \$83, Long \$87**
- Color & Style (Half Head Highlights Or Roots Only)**  
**Short \$115, Medium \$130, Long \$152**
- Color & Style (Full Head Highlights Or Full Head Color)**  
**Short \$144, Medium \$159, Long \$181**

\* For your convenience, a nominal 5% gratuity will be added to all spa services including massage, acupuncture, ionithermie, facial, hair, nails and fitness.





# WELLNESS

- **Couples Full Body Massage**

**50 Minutes \$296**

This relaxing massage is ideal for couples looking for some privacy and alone time.

- **Swedish Massage – 75 minutes \$179**

**Swedish Massage – 50 minutes \$131**

- **Deep Tissue Massage – 75 minutes \$197**

**Deep Tissue Massage – 50 minutes \$142**

- **Reflexology – 50 minutes \$131**

- **Individualized Personal Training**

60 Minutes \$94

Get on track with a 1-hour personal training session. You'll be coached through an exercise routine that is customized for you by one of our highly trained staff.

**Results - Based Training**

30 minutes \$50

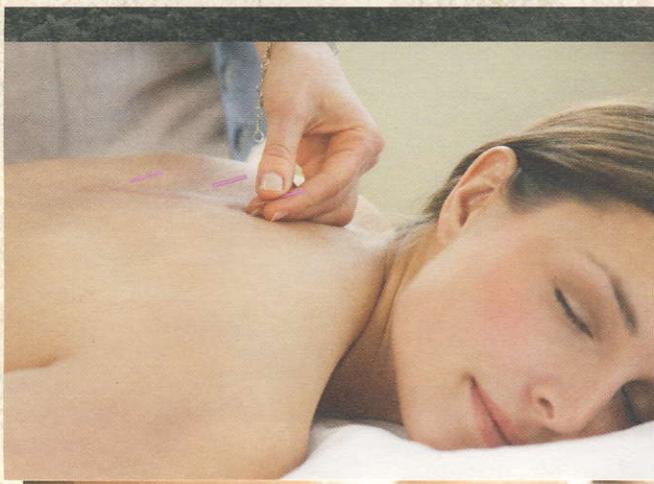
Course of 3 X 30 minutes session \$109

Balanced, safe, functional and effective circuit based training.

**Body Composition Analyzes "BCA"**

Only \$39 - Couples \$60

Our analyzer will read your metabolic rate, the percentage of muscle, water retention and calorie intake within your body and 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!



**Body Sculpt Boot Camp**

30 minutes per session/series of 4 \$135

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 \$22

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 \$13

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 \$13

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 \$13

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

Class packages available. Ask Spa Reception for details.

**Good Feet**

Find out why looking after your feet is so important to manage any pain and can give you the greatest comfort while living a more active lifestyles.

Come in for a Free Foot Print Analysis with our Good Feet Specialists.

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**To Make Any Spa Reservation Please Visit Us On Deck 12 Aft Or Call Us On #12724**