The Mandara Experience

Thermal Suite Cruise Pass ........................................................................................................... visit spa for pricing
Thermal Suite Daily Pass ............................................................................................................ visit spa for pricing

Your face

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Standard Time</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 Karat Gold Facial®</td>
<td>75 min</td>
<td>$325</td>
</tr>
<tr>
<td>Elemis Pro-Collagen Quartz Lift Facial</td>
<td>50 min</td>
<td>$145</td>
</tr>
<tr>
<td>Elemis Tri-Enzyme Resurfacing Facial</td>
<td>50 min</td>
<td>$125</td>
</tr>
<tr>
<td>Elemis Oxygenzyme Facial</td>
<td>50 min</td>
<td>$169</td>
</tr>
<tr>
<td>La Thérapie Hydra Thérapie Skin Nutritive Facial</td>
<td>50 min</td>
<td>$189</td>
</tr>
<tr>
<td>La Thérapie Hydra Lift Facial d’Excellence</td>
<td>50 min</td>
<td>$139</td>
</tr>
<tr>
<td>La Thérapie Classique Hydra Lift Facial</td>
<td>50 min</td>
<td>$119</td>
</tr>
</tbody>
</table>

MEDI-SPA COSMETIC SKIN TREATMENTS WITH OUR SPA PHYSICIAN

The premier non-invasive skin tightening therapy – Thermage CPT®
Targeted fine line & wrinkle treatments – BOTOX® Cosmetic / Dysport®
Instant dermal filler treatments to replace lost volume or enhance lips – Restylane®

All treatments are FDA approved. Free consultations are available.

Your massage

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Standard Time</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elemis Atoma Spa Seaweed Massage</td>
<td>75 min</td>
<td>$195</td>
</tr>
<tr>
<td>Elemis Aroma Spa Seaweed Massage</td>
<td>100 min</td>
<td>$259</td>
</tr>
<tr>
<td>Elemis Atoma Stone Therapy</td>
<td>50 min</td>
<td>$149</td>
</tr>
<tr>
<td>Elemis Aroma Stone Therapy</td>
<td>75 min</td>
<td>$195</td>
</tr>
<tr>
<td>Bamboo Massage</td>
<td>75 min</td>
<td>$159</td>
</tr>
<tr>
<td>Bamboo Massage</td>
<td>75 min</td>
<td>$159</td>
</tr>
<tr>
<td>Thai Herbal Poultice Massage</td>
<td>75 min</td>
<td>$195</td>
</tr>
<tr>
<td>Elemis Absolute Spa Ritual</td>
<td>100 min</td>
<td>$265</td>
</tr>
<tr>
<td>Elemis Deep Tissue Muscle Massage</td>
<td>75 min</td>
<td>$179</td>
</tr>
<tr>
<td>Swedish Massage</td>
<td>75 min</td>
<td>$165</td>
</tr>
<tr>
<td>Swedish Massage</td>
<td>50 min</td>
<td>$119</td>
</tr>
</tbody>
</table>

COUPLES RETREAT

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Standard Time</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Couples Swedish Massage</td>
<td>50 min</td>
<td>$249</td>
</tr>
<tr>
<td>Couples Swedish Massage &amp; Bathing Ritual®</td>
<td>75 min</td>
<td>$229</td>
</tr>
</tbody>
</table>

Your body & wellness

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Standard Time</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ionithermie Cellulite Reduction Program</td>
<td>50 min</td>
<td>$159</td>
</tr>
<tr>
<td>Ionithermie Cellulite Reduction Program</td>
<td>3 sessions</td>
<td>$299</td>
</tr>
<tr>
<td>Ionithermie Cellulite Treatment</td>
<td>50 min</td>
<td>$159</td>
</tr>
<tr>
<td>Elemis Exotic Lime &amp; Ginger Salt Glow</td>
<td>75 min</td>
<td>$199</td>
</tr>
<tr>
<td>Acupuncture - Single Session*</td>
<td>50 min</td>
<td>$150</td>
</tr>
</tbody>
</table>

*Packages are available only when booking more than 3 treatments. Free consultations are available.

GO SMILE Tooth Whitening Treatment               | $149          |
GO SMILE Tooth Whitening Treatment for Couples    | $258          |

Your grooming

MEN'S SERVICES

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Standard Time</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elemis Pro-Collagen Grooming</td>
<td>55 min</td>
<td>$95</td>
</tr>
<tr>
<td>Elemis Express Grooming</td>
<td>30 min</td>
<td>$45</td>
</tr>
<tr>
<td>Elemis Deep Cleanse Grooming</td>
<td>45 min</td>
<td>$75</td>
</tr>
<tr>
<td>Beard Trim</td>
<td>$15</td>
<td></td>
</tr>
<tr>
<td>Men's Wet Cut and Dry</td>
<td>$35</td>
<td></td>
</tr>
</tbody>
</table>

Your hair & nails

HAIR SERVICES

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shampoo and Blow Dry</td>
<td>$35</td>
</tr>
<tr>
<td>Shampoo, Cut and Style Dry</td>
<td>$59</td>
</tr>
<tr>
<td>Hair Up (without cleanse and dry)</td>
<td>$49</td>
</tr>
</tbody>
</table>

HAIR COLOR

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semi-Permanent Color</td>
<td>$55</td>
</tr>
<tr>
<td>Permanent Color (roots or whole head)</td>
<td>$69</td>
</tr>
<tr>
<td>Re-Growth Tinting</td>
<td>$69</td>
</tr>
<tr>
<td>Hi-Lights/Lo-Lights</td>
<td>$69</td>
</tr>
</tbody>
</table>

HAIR TREATMENTS

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keratin Express Blow Out</td>
<td>$149</td>
</tr>
<tr>
<td>Keratin Express Blow Out with Cut</td>
<td>$175</td>
</tr>
<tr>
<td>Phyto Thirst Quench for dry hair</td>
<td>$49</td>
</tr>
<tr>
<td>Phyto Rescue Remedy for ultra dry hair</td>
<td>$49</td>
</tr>
<tr>
<td>Phyto Botanical Bliss for nourishing hair and scalp</td>
<td>$49</td>
</tr>
<tr>
<td>Phyto Color Guard for color treated hair</td>
<td>$49</td>
</tr>
<tr>
<td>Elemis Frangipani Conditioning Hair &amp; Scalp Ritual</td>
<td>$25</td>
</tr>
</tbody>
</table>

Concierge consultations are available on haircuts. Inquire at reception about value packages for Keratin Express Blow Out and color packages.

NAILS

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fire and Ice Manicure</td>
<td>$50</td>
</tr>
<tr>
<td>Fire and Ice Pedicure</td>
<td>$70</td>
</tr>
<tr>
<td>Fire and Ice Manicure and Pedicure</td>
<td>$120</td>
</tr>
<tr>
<td>Elemis Exotic Hand Ritual with Manicure</td>
<td>$45</td>
</tr>
<tr>
<td>Elemis Sole Delight Ritual with Pedicure</td>
<td>$65</td>
</tr>
<tr>
<td>Acrylic Nails – Full Set</td>
<td>$85</td>
</tr>
<tr>
<td>Acrylic Nails – Infill</td>
<td>$45</td>
</tr>
<tr>
<td>Acrylic Nails – Nail Fix</td>
<td>$15</td>
</tr>
<tr>
<td>RePolish</td>
<td>$19</td>
</tr>
<tr>
<td>Soak Off – Acrylic Nails</td>
<td>$29</td>
</tr>
<tr>
<td>Soak Off – Shellac Nails</td>
<td>$20</td>
</tr>
<tr>
<td>Shellac 14 Day No Chip Manicure</td>
<td>$45</td>
</tr>
<tr>
<td>Shellac 14 Day No Chip Pedicure</td>
<td>$59</td>
</tr>
<tr>
<td>Shellac 14 Day No Chip Add-On</td>
<td>$25</td>
</tr>
</tbody>
</table>

Waxing Services Available – please enquire at Mandara Reception Desk

Please allow 24 hours notice when canceling appointments as your shipboard account may be charged with 50% of your treatment cost. 18% Automatic Gratuity added to all services provided. *This service is not always available. Visit spa reception for details.

This symbol indicates a spa signature selection. These services are part of our 10/2013 spa offer.

MANDARA SPA

NAMASTE I HONOR YOUR INNER LIGHT, THE SAME LIGHT THAT CONNECTS US ALL.
Imagine the mystery of the East meeting the science of the West. Imagine boundaries ceasing to exist. Imagine science becoming art. This is our offering to you: treatments that promise the balance of science and nature; practicality and delight.

FACE OF BEAUTY

24 KARAT GOLD FACIAL
This most opulent of facials uses an alchemy of expert touch, medicinal plants, Rose Quartz and a pure 24 Karat Gold leaf mask to bring about miraculous results. The time-tested properties of gold speed up cell renewal while evoking a brighter and more clarified skin texture and complexion.
75 minutes $325

LA THÉRAPIE HYDRA-ThÉRAPIE SKIN NUTRITIVE FACIAL
After deep cleansing, your skin will be resurfaced using Crystal Microdermabrasion. A lifting massage and prescriptive treatment mask are followed by an O2 Infusion which helps to plump out wrinkles. Instantly brightens a dull complexion.
50 minutes $189

ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL
Empowered with Quartz micro-crystals and the anti-oxidant properties of other precious minerals, this treatment is proven to reduce the number of wrinkles by up to 92% and improve skin firmness by up to 72% after just one session*. 50 minutes $145
*Independent Clinical Trials, 2007

ELEMIS AROMA STONE THERAPY
Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, while luxuriously warmed oils are massaged deeply into the body for maximum relaxation.
50 minutes $149
75 minutes $195
90 minutes $229

THAI HERBAL POUltICE MASSAGE
This energizing, rhythmic massage utilizes scented herbal poultices that are heated and applied to the body at pressure points to relax the muscles and release tension. This is followed by hands-on Eastern and Western massage techniques for ultimate body renewal.
75 minutes $195

THAI COCONUT POUltICE MASSAGE
Surrender mind and body to the healing and nourishing benefits of gently steamed coconut-filled muslin poultices as they penetrate and relieve every sore muscle. Combined with hands on healing massage techniques, this treatment is nothing short of divine. Recommended for dry skin.
50 minutes $155

BAMBOO MASSAGE
Imagine warm bamboo shoots of various sizes and essential oils rolling, sliding and massaging your muscles into pure bliss. 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.
50 minutes $179
75 minutes $199
90 minutes $235

FACIALS PACKAGE:
90 minutes from $395
75 minutes from $325
50 minutes from $279

BODY OF LOVE
Couples Massage & Bathing Ritual
This most romantic of rituals will indulge you both from head-to-toe in a secluded private setting. Both of you will enjoy a deeply relaxing massage, followed by a warm and soothing Bathing Ritual that will renew your spirit and enhance this special occasion. Choose from Swedish, Deep Tissue, Bamboo or Aroma Stone Therapy massages.
50 minutes from $269
75 minutes from $370
90 minutes from $445

COUPLES MASSAGE
In our private spa therapy room reserved for couples, you and your favorite person can enjoy a gorgeously relaxing full body massage as you lie side by side. Choose from Swedish, Deep Tissue, Bamboo or Aroma Stone Therapy massages.
50 minutes from $269
75 minutes from $370
90 minutes from $445

COUPLES MASSAGE & BATHING RITUAL
This most romantic of rituals will indulge you both from head-to-toe in a secluded private setting. Both of you will enjoy a deeply relaxing massage, followed by a warm and soothing Bathing Ritual that will renew your spirit and enhance this special occasion. Choose from Swedish, Deep Tissue, Bamboo or Aroma Stone Therapy massages.
50 minutes from $269
75 minutes from $370
90 minutes from $445

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50 minutes from $269
75 minutes from $370
90 minutes from $445

BODY OF PEACE

IONITHERmIE CELLULITE REDuCTION PROGRAM
This unique therapy detoxifies the body, reduces the appearance of cellulite and offers substantial inch loss. Galvanic stimuli propels rich marine elements into affected areas to drain fluid, smooth the skin and gives the body more definition.
50 minutes $159

IONITHERmIE CELLULITE REDUCTION PROGRAM
Course of three $299

BLISS® FATGIRLSLIM™
A savior before slipping into anything curve hugging, this detoxifying, circulation-stimulating, body-toning treatment includes dry brushing, application of firming grapefruit essential oil, a trouble-spot-targeting seaweed mask, a heated wrap, and a rubdown with waist-whittling Love Handler followed by our famed FatGirlSlim or FatGirlSleep.
75 minutes $150

ELEMIS AROMA SPA
SEaWEED MASSAGE
Choose Cellutox to detoxify or Muscleseal to soothe sore muscles and joints. The power of aromatherapy is combined with the riches of the ocean in this deeply warming treatment. A heated seaweed mask containing a warming blend of essential oils is applied to your body before you are cocooned in a warm wrap. Treatment includes either a half or full body massage.
75 minutes $195
100 minutes $259

ELEMIS AROMA SPA
SEaWEED MASSAGE
Choose Cellutox to detoxify or Muscleseal to soothe sore muscles and joints. The power of aromatherapy is combined with the riches of the ocean in this deeply warming treatment. A heated seaweed mask containing a warming blend of essential oils is applied to your body before you are cocooned in a warm wrap. Treatment includes either a half or full body massage.
75 minutes $195
100 minutes $259

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SEaWEED MASSAGE
Choose Cellutox to detoxify or Muscleseal to soothe sore muscles and joints. The power of aromatherapy is combined with the riches of the ocean in this deeply warming treatment. A heated seaweed mask containing a warming blend of essential oils is applied to your body before you are cocooned in a warm wrap. Treatment includes either a half or full body massage.
75 minutes $195
100 minutes $259
M. TRUST THE MOMENT.

Experience the serenity and balance of our spa, where the bonds of body and soul are rejuvenated. Unwind in peace and natural beauty, amid the gentle sounds of water and soft music, creating a tranquil sanctuary for relaxation.

BODY OF WELLNESS

ONBOARD ACUPUNCTURE SERVICES
Safely administered by our licensed Acupuncturist.

This ancient practice is integral to Traditional Chinese Medicine and can be used exclusively to enhance well-being holistically, or integrated with conventional health care techniques. Please see our main brochure for a list of symptoms that have been successfully addressed by acupuncture. Book in for a complimentary consultation.

First Acupuncture Session
50 minutes $150
Additional Sessions up to 45 minutes $125+

MEDI-SPA SERVICES

DERMAL FILLER TREATMENTS
Safely administered by our licensed Medi-Spa Physician.

Restore youthful contours on the lower face and lips by replacing lost volume and fullness. Results are instant and last six months or longer. Dermal Fillers soften and smooth smile lines, marionette lines, lip lines and can also be used to enhance thinner lips by adding volume.

30 minute sessions
Priced by consultation.

TARGETED WRINKLE TREATMENTS
Safely administered by our licensed Medi-Spa Physician.

Wrinkle treatments can be used to soften and smooth frown lines, forehead lines and crow’s feet.

30 minutes
Priced by consultation.

THERMAGE® CPT
Safely administered by our licensed Medi-Spa Physician.

This is the premier non-invasive skin tightening therapy. Using radio frequency, Thermage® CPT improves the appearance of sagging or loose skin on the face and body. Tighten and contour the face and neck or smooth and tighten your tummy in just 1 treatment.

30 minute sessions
Priced by consultation.

BODY OF MAN

ELEMIS PRO-COLLAGEN GROOMING TREATMENT WITH SHAVE
Known as the ‘shave of all shaves,’ this youth enhancing treatment will leave his skin looking and feeling revitalized. This signature grooming service includes the Express Shave, an anti-aging mini facial and luxurious face, scalp, hand and arm massage.

55 minutes $95

ELEMIS URBAN CLEANSE FACIAL
This deep cleansing facial decongests the skin to help eliminate blocked pores, accelerate skin repair and neutralize impurities for a clearer complexion. Our fast-acting, revolutionary ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants.

50 minutes $129

BODY OF PERFECTION

KERATIN EXPRESS BLOW OUT
Say goodbye to frizz in just one hour with the new Keratin Complex Smoothing Therapy Express Blow Out. In 60 minutes you will be frizz-free for up to 6 weeks. You will be able to wash your hair 8 hours after the treatment.

Keratin Express Blow Out short/med
60 minutes $149
Keratin Express Blow Out long
60 minutes $179
Keratin Express Blow Out with cut short/med
60 minutes $175
Keratin Express Blow Out with cut long
60 minutes $199

PHYSIO HAIR CONDITIONING TREATMENTS
Phyto is a botanical blend of powerful plants and herbs that help repair the structure of the hair and nourish both scalp and follicle, roots and ends. Choose from Thirst Quencher for dehydration, Rescue Remedy for damaged or Botanical Bliss for a nourishing boost. Ask about Phyto Color Guard to help preserve your hair color after swimming and sunbathing.

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

FIRE AND ICE MANICURE/ PEDICURE
Your hands and feet are one of your most important accessories, so keep them beautiful with this invigorating manicure and/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 nails will be nourished and polished to perfection. You choose. Manicure, pedicure, or both!

Fire and Ice Manicure and Pedicure
110 minutes $220
Priced by consultation.

SHELLAC 14 DAY NO CHIP MANICURE/PEDICURE
and/or pedicure uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color and perfect finish and lasts for 14 days.

Shellac 14 Day No Chip Manicure
30 minutes $45
Shellac 14 Day No Chip Pedicure
45 minutes $59
SPA TIPS

To ensure your Mandara Spa experience is enjoyable from beginning to end, please review our spa tips.

MANDARA SPA HOURS
The spa is open from 8am until 10pm. On the last day of the cruise, we are open from 8am to 8pm.

SPA ATTIRE
You will be provided with a robe before your spa treatment. We recommend that you leave your underwear on during your spa service; however, treatments may be enjoyed without clothing if that is your preference. Our therapists will always use draping techniques to respect your privacy.

MINIMUM AGE
Guests must be at least 18 years of age to receive treatments or utilize spa facilities unless participating in the kids or teen program. Salon services are available to guests of all ages. Fitness facilities are not available to minor guests. Please see restrictions posted outside the Pulse Fitness Center.

CANCELLATION POLICY
Please give us 24 hours notice before canceling your appointments or your onboard account may be charged with 50% of your treatment cost.

YOUR EXPERIENCE
We hope Mandara Spa has inspired you to achieve beauty and wellness during your journey and beyond. If we can enhance your spa retreat in any way, please let us know.

PRICES & SERVICE CHARGE
For your convenience an 18% service charge will automatically be added to your spa and salon services.

10.20.30 SIGNATURE SERVICES PROMOTION
Our signatures are indicated with @. When you book three signature services you will receive 10% off your first, 20% off your second and 30% off your third. Treatments cannot be shared with others. All treatments must be booked and paid for in advance. This promotion is subject to availability.

MOBILE PHONES
It is recommended that you leave your mobile phone in your stateroom. If you must have it with you, please turn it off when you enter the spa. This will help ensure that you, as well as everyone else, receives the most beneficial treatment.

SMOKING
For your safety, Mandara Spa is a non-smoking facility.

PRODUCT RETURN POLICY
Refunds are offered for all unopened products when accompanied by a receipt and returned by the end of the cruise. Unopened products without receipts can be exchanged for either services or products.

TIMETOSPA AT HOME
Relaxation is achieved through daily practice. Your therapist will be happy to recommend a home care regimen to continue your treatment at home. For more information on our services or products visit www.timetospa.com or call 1-800-423-5263 to order.

*Occasionally, for reasons beyond our control, your treatment selection may not be available.