



lotus spa® favorites

Pampering yourself never felt so good. Replenish mind, body and spirit with a 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

We know good things come in three's, but they didn't say oh-how-good it can be!

We know you like to indulge, and we love to indulge you, so we created a way for you to squeeze in some pampering that is guaranteed to pay off.

10% OFF your 1st Signature Spa Treatment

20% OFF your 2nd Signature Spa Treatment

30% OFF your 3rd Signature Spa Treatment

Decide which 3 gorgeous spa treatments you absolutely must try marked with a  and simply schedule your appointments today. You will then save each time you visit.

Thalasso Pool - Private Area

The Thalasso Pool is an ultimate daily relaxation experience. Relax in our exclusive relaxation area and seawater therapy pool, which is a great way to re-mineralize the body and tired muscles. This area is co-ed and for adults only. It has the best ocean view onboard and bar service is also available.

Limited Passes are available so we recommend that you secure your cruise pass on embarkation day.

Keratin Complex Express Short Hair \$149 - Long Hair \$179

Say goodbye to frizz in just one hour with this revitalizing and rejuvenating treatment for the hair -

It eliminates 95% of the frizz and lasts for six weeks. Unlike with other smoothing systems, you can wash your hair only 8 hours after the treatment.

Detox & Inch Loss- Ionithermie 50 minutes \$159 - 3 sessions \$299 (Save \$178)

You will lose up to 8 inches in 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.

Chocolate Indulgence Body Treatment 75 minutes \$195 / 100 minutes \$259

Enjoy this Exclusive 50th Anniversary Most Tempting Treat We will first exfoliate your skin and then apply our rich Chocolate Mask, where you will be cocooned to Chocolate heaven. If that's wasn't sweet enough, we will also treat your muscles to a soothing half or full body massage with warmed chocolate oil to ensure you experience is nothing short of delicious.

Call 2800 or visit the Lotus Spa on Deck 9 Fwd for reservations and information.

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

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.

Thai Herbal Poultice Massage 75 minutes \$195 / 90 minutes \$229

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.

Coconut Thai Poultice Massage 75 minutes \$195 / 90 minutes \$229

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 techniques to relax and de-stress the muscles even more!

Swedish Massage 75 minutes \$165 / 90 minutes \$189

Reflexology 25 minutes \$75 / 50 minutes \$119



Bamboo Massage 50 minutes \$159/75 minutes \$199/90 minutes \$235

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.

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.

Absolute Spa Ritual 55 minutes \$159 / 100 minutes \$265

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 radiant glow.

ELEMIS Freestyle Deep Tissue Massage 50 mins. \$129 / 75 mins. \$179 / 90 mins. \$209

Perfect to alleviate high stress levels, this massage leaves you feeling focused. Your therapist preps the skin to release toxins and begins a flowing massage that works deeper into the tension. As effective as an hour's stretching, but much more nurturing.

Hot Stone Massage 50 minutes \$149/75 minutes \$195/90 minutes \$229

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.

ELEMIS BIOTEC FACIALS

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy.

BIOTEC Anti-Aging Facials

- **BIOTEC Line Eraser**
Targets wrinkles and stimulates the skin.
50 minutes \$184
- **BIOTEC Firm-a-Lift**
Utilizes hands-on massage and sculpting technology for a visibly contoured complexion.
50 minutes \$184
- **BIOTEC Skin Resurfacer**
Address uneven skin tone with ultrasonic peel.
50 minutes \$175
- **BIOTEC Super-Charger for Men**
Boosts the skin with a triple hit of ultrasonic peeling, steam and galvanic current to activates tired skin's dynamism.
50 minutes \$165
- **BIOTEC Anti Pigment Brightener**
This illuminating treatment dynamically tackles the appearance of uneven skin tone, discoloration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful translucent complexion.
50 minutes \$165

BIOTEC Skin Solution Facials

- **BIOTEC Radiance Renew**
A powerful antidote of ultrasonic peel and galvanic current that revitalizes the complexion.
50 minutes \$165
- **BIOTEC Blemish Control**
Anti-oxidant and anti-bacterial formulas combined with ultrasonic vibration and galvanic current balances the skin and heals blemishes.
50 minutes \$165
- **BIOTEC Sensitive Skin Soother**
Using red light therapy and oxygen this calming treatment for the skin encourages cell strength and natural balance.
50 minutes \$165

ELEMIS Pro-Collagen Age Defy Facial

This facial tackles fine lines and wrinkles and helps support the cellular structure of the skin. Targeted massage re-energizes and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity.
50 minutes \$145

ELEMIS Tri-Enzyme Resurfacing Facial

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 once session, this facial can resurface the skin up to 75% and leave your skin up to 32% smoother. Independent Clinical Trails 2006.
50 minutes \$125

SALON SERVICES

Style Dry or Roller Setting.....	from \$35
Trim or Restyle and Style Dry.....	from \$59
Cleanse, Style dry and Hair Up.....	from \$65
Hair Up (without cleanse & dry).....	from \$55
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
Paraffin Wax.....	\$25
Baby Doll Lashes, Hair Color (highlights, regrowth or full head color) price on consultation with stylist.....	from \$99

GO SMILE Teeth Whitening Treatment \$149 per person

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 Teeth Whitening Treatment today. It's a safe and effective way to take your smile from drab to fab in just minutes. Come and book for a Complimentary Consultation.

Fire & Ice Manicure and 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?

14 Day No Chip Manicure and Pedicure Manicure \$45 & Pedicure \$59

Shellac removal.....\$20

TIME FOR MEN

The Royal Shave

55 minutes \$95
This premium treatment includes the Express Shave, Elemis Pro-Collagen mini facial and a luxurious face, scalp, hand and arm massage.

Deep Cleanse Shave.....	45min./\$75
Express Shave.....	30min./\$45
Men cut & style.....	\$35
Beard trim.....	\$15

Phyto Hair Treatments

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



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





wellness

Ionothermie Revitalizing Leg Therapy

40 minutes \$79

Ideal for tired and heavy legs, this revitalizing therapy will help treat poor circulation, swelling, varicose veins and aches associated with activities or been on your feet all day

Moor Spa Mud Foot Therapy

A signature therapeutic mud is dissolved in a warm foot bath for a calming soak that will heal restore your body by diffusing over 70 active minerals into your system.

Warm Foot Bath 30 minutes/\$49

Warm Foot Bath with Foot Massage 50 minutes/\$69

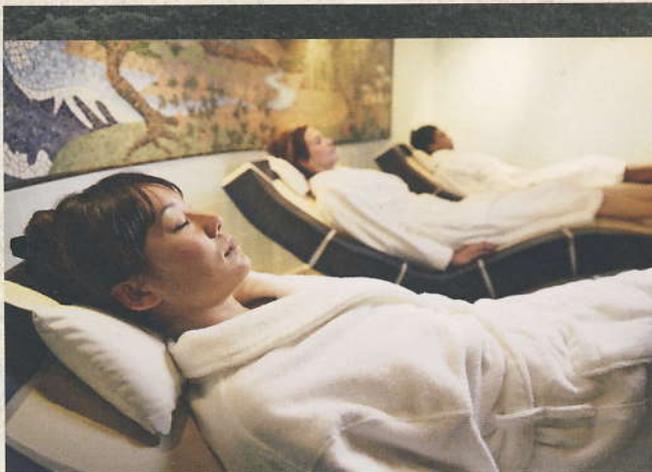
Body Composition Analysis

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!

Good Feet

Find out why looking after your feet is so important to manage any pain. It can give you the greatest comfort while living a more active lifestyle. Come in for a Complimentary Foot Print Analysis.



Balance: Yoga

45 minutes / \$12 per class

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

Core: Pilates

45 minutes / \$12 per class

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

Strength: Tour De Cycle

45 minutes / \$12 per class

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.

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 / \$120

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 program includes a complete metabolism test.

TRX Suspension Training

45 minutes / \$20 per class

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.