

# Menu of Services

## Acupuncture

Acupuncture is a traditional Chinese medicine practiced for thousands of years in China and other Eastern countries. Since making its way to the West it has been one of the fastest growing alternative therapies. Acupuncture can help to treat the following; Pain Management, Sea sickness, Facial Rejuvenation, Digestive issues, Arthritis, Sciatica, Migraines, Insomnia and much, much more.

Free Consultation available

**Signature services** \* All discounts are taken off original price and not the value prices.

Latitude members receive their discounts only on signature services & only on port days

**\*Ionithermie Algae Detox** 50 Minutes \$159 Value \$143 Course of 3 \$299

This powerful body treatment successfully helps to reduce cellulite, firms and tones your skin and detoxifies your body. You will lose up to 8 inches around the buttocks, abdomen, arms or thighs. If you are serious about achieving dramatic instant results and focusing on a plan to maintain a firm and toned body, this is the treatment you are looking for.

**\*Elemis Oxydermy Facial** 50 Minutes \$169 Value \$152

Now you can fight lines, wrinkles, spots and get that 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 using our new dual Microdermabrasion/Oxygen machine known as HyperBarOX™

**\* La Therapie Hydralift Facial** 50 minutes \$119 Value \$107

Designed by a dermatologist and plastic surgeon, this French anti-aging, deep cleansing facial is customized to suit your individual needs. Using a unique blend of science and nature, this facial is both deep cleansing and rejuvenating; gentle enough for the most sensitive of skins.

**\*Elemis Pro Collagen Marine Facial** 50 Minutes \$145 Value \$131

Using the latest silk booster masks combined with powerful plant collagen this facial will visibly reduce fine lines and wrinkles. This vacation friendly facial boosts the moisture levels of the skin resulting in a fresher, younger looking skin. Our most relaxing facial with neck and shoulder and facial massage.

**\*Aroma Spa Seaweed Wrap and Massage** 75 Minutes (Back) \$195 / 100 Minutes (Full Body) \$259 Value \$176/\$233

The No 1 massage for lasting relaxation and muscular relief. The detox seaweed body mask is followed by a massage on the main tension areas, providing weeks of relief. Excellent for arthritis, fibromyalgia, sciatica, muscle spasms and general body detoxification. Includes a reflexology pressure point on feet and a shiatsu scalp massage.

**\*Aroma Stone Therapy** 75 Minutes \$195 / 50 Minutes \$149 Value \$176/\$134

A traditional full body massage combined with deep penetrating heat from volcanic stones bathed in oriental oils. This Balinese massage helps release deep muscular tension and is undeniably luxurious.

**\*Exotic Lime & Ginger Massage** 75 Minutes \$199 / 50 Minutes \$155 Value \$140/\$179

An exotic exfoliation ritual to invigorate and revitalize. Following light body brushing, warm oils are drizzled over your skin, then our sublime Lime & Ginger Salt Glow polishes your skin to perfection, smoothing away dryness. We then nourish your skin with Exotic Island Body Balm during your luxurious massage. Complete Bliss!

**\*Absolute Spa Ritual** 100 Minutes \$265 Value \$239

Treat yourself to the ultimate relax package. The Absolute Face & Body experience incorporates 50-minute body massage with aroma oils to soothe away tension followed by a 50 minute hands-on-facial to rejuvenate and boost the skin that's been exposed to the heat and sun's UV rays.

**\*Thai Poulitice Massage** 75 Minutes \$195 Value \$176

Utilizing warmed muslin poultices containing Thai and Chinese herbs. These are steamed and applied to the body in kneading, tapping and rolling actions, incorporating Thai stretching and traditional hands on massage. The absorption of heat combined with the powerful herbs will aid in reducing aches and pains, increasing lymphatic drainage and condition the skin.

**\*Bamboo Massage** 75 Minutes \$199/ 50 Minutes \$159 Value \$176/\$141

Imagine warm bamboo of various sizes and warmed oils rolling, sliding and massaging your muscles. The indulgent massage will tantalize the senses in a new invigorating way, inspiring the most relaxed start. Customized to your preference, our therapist will use deep tissue or gentle stroke.

**Couples / Friend Massage** 50 Minutes \$269 Value \$242

The ultimate way to share quality time together. Using warmed aromatherapy oils and eastern and western massage techniques combined, de-stress and melt your muscles side by side in our joint suite. The complete remedy for every day stress.

Sports Massage	50 Minutes \$129/ 75 Minutes \$195	Package of 3 \$ 297 50min
Swedish Massage	50 Minutes \$119/ 75 Minutes \$176	Package of 3 \$ 267 50min
Reflexology	50 Minutes \$119	
Waxing	Lip wax, chin wax, eyebrow wax, bikini wax	From \$19

Visit Mandara Spa Deck 11, Fwd or call Ext #29 for appointments

\*Value price is when the ship is 'in' port

Please note that there is an 18% service charge automatically added to all Spa and Salon Services.

Please allow 24 hours to cancel or reschedule your appointment, to avoid a 50% cancellation fee.

## TRY THESE SIGNATURE BODY TREATMENTS

**Elemis Aroma Stone Therapy** Traditional massage is already the ultimate form of relaxation, but when combined with the penetrating heat of volcanic basalt stones placed on key energy points of your body, you will drift into a world of pure bliss.

**Ionithermie Cellulite Reduction Program** This revolutionary therapy reduces the appearance of cellulite, detoxifies the body and offers substantial inch loss (between 1-8 inches) in just one session.



# MANDARA SPA PRICE LIST

## THE MANDARA EXPERIENCE

Hydrotherapy Courtyard Daily Pass (to availability in port).....	\$39
Deluxe Cruise Pass (7 day cruise).....	\$146

## SKINDULGENT FACIALS

Free eye & neck treatment add-on if received at 8:00 AM

* Epic 24 Karat Facial.....	75 minutes	\$325
* Elemis Oxydermy Facial .....	50 minutes	\$169
* Elemis Tri-Enzyme Resurfacing Facial .....	50 minutes	\$125
* Elemis Pro-Collagen Quartz Lift Facial .....	50 minutes	\$145
Elemis Skin Specific Facial .....	50 minutes	\$119
* La Therapie Oxy-Polish Facial .....	50 minutes	\$169
La Therapie HydraLift Facial .....	50 minutes	\$119

## MEDI-SPA COSMETIC FACIAL TREATMENTS by our Spa Physician

Dermal Filler and Wrinkle Treatments.....	\$300+
Targeted Wrinkle Treatments including the Non-surgical Brow Lift	
Instant Volumizing Skin Treatments for lower facial wrinkles and folds	
Immediate Lip Enhancement for fuller lips	
15 minute Complimentary Consultations	

## MUSCLE MELTING MESSAGES

Free 15 minutes add-on massage time if received at 8:00 AM

* Elemis Aroma Stone Therapy .....	75 minutes	\$195
* Elemis Aroma Stone Therapy .....	50 minutes	\$149
* Thai Herbal Poultice Massage .....	75 minutes	\$195
* Bamboo Massage .....	75 minutes	\$199
* Bamboo Massage .....	50 minutes	\$159
Freestyle Massage .....	50 minutes	\$119
Elemis Deep Tissue Muscle Massage .....	50 minutes	\$129
Swedish Massage .....	50 minutes	\$119
Reflexology.....	50 minutes	\$119
Massage by the Sea.....	50 minutes	\$129
* Elemis Face & Body Sensation .....	50 minutes	\$159
* Elemis Absolute Spa Ritual .....	100 minutes	\$265

## BODY WORSHIP

Free 15 minutes add-on massage time if received at 8:00 AM

* Elemis Aroma Spa Seaweed Massage .....	75 minutes	\$195
* Elemis Aroma Spa Seaweed Massage .....	100 minutes	\$259
* Ionithermie Cellulite Reduction Program .....	50 minutes	\$159
Course of 3 - \$299, save \$178 / 5 - \$497, save \$298 /		
* Ionithermie Cheek Lift Treatment .....	50 minutes	\$159
Ionithermie Revitalizing Leg Therapy .....	40 minutes	\$79
* Elemis Exotic Lime & Ginger Salt Glow.....	50 minutes	\$155
* Elemis Exotic Lime & Ginger Salt Glow.....	75 minutes	\$199
St. Tropez Sunless Tannin.....	50 minutes	\$109

## COUPLES RETREAT

Free 15 minutes add-on massage time if received at 8:00 AM

Couples Swedish Massage .....	50 minutes	\$269
Couples Swedish Massage & Bathing Ritual .....	75 minutes	\$329
Exotic Steam Rasul .....	50 minutes	\$95
Exotic Steam Rasul & Couples Swedish Massage .....	100 minutes	\$364

## TEEN AND KID SPA (under 18's only)

Fabulously Fruity Facial .....	50 minutes	\$99
Acne Attack Facial .....	50 minutes	\$99
Mother / Daughter Paradise Massage .....	50 minutes	\$195
Father / Son Chill Out Massage .....	50 minutes	\$195
Heavenly Massage .....	50 minutes	\$89
Me! Bath Ice Cream Manicure .....		\$45
Me! Bath Ice Cream Pedicure.....		\$65

## ONBOARD ACUPUNCTURE SERVICES

* First Acupuncture Session .....	50 minutes	\$150
* Course of 5 - \$550, save \$200 / 7 - \$735, save \$295		

## BLISS TREATMENTS

* fat girl slim .....	75 Minutes	\$150
* triple oxygen facial.....	75 Minutes	\$160

## MANDARA FOR MEN

Elemis Express Shave .....	30 minutes	\$45
Elemis Deep Cleanse Grooming Treatment		
with Shave .....	45 minutes	\$75
* Elemis Pro-Collagen Grooming Treatment		
with Shave .....	55 minutes	\$95
Elemis Skin IQ Facial .....	50 minutes	\$119
Elemis Urban Cleanse Facial .....	50 minutes	\$129
See Nail Services for men's manicures and pedicures		
Men's Wet Cut & Dry .....		\$35
Men's Wet Cut .....		\$25
Tidy Up.....		\$15

## MANDARA SALON

Tooth Whitening		
GO SMILE Tooth Whitening .....	30 minutes	\$149

## SALON SERVICES

Hair Gloss / Moisture Treatments .....	30 minutes	\$45
Makeup Application and Lesson .....	60 minutes	\$90
Special Occasion Makeup .....	45 minutes	\$75

## WAXING SERVICES

Brows .....	\$25	Lip.....	\$19	Chin .....	\$19
Arm.....	\$39	Underarm....	\$29	Half Leg.....	\$49
Full Leg .....	\$89	Bikini.....	\$39	Deep Bikini .....	\$59
Back.....	\$75	Chest.....	\$49		

## HAIR SERVICES

Cut, Colour and Style Promotion.....	\$89
Shampoo and Blow Dry .....	\$35/\$39/\$49
Shampoo, Cut and Style Dry .....	\$59/\$75/\$79
Shampoo, Style Dry and Hair Up .....	\$49/\$55/\$65
Hair Up (without cleanse and dry) .....	\$35/\$49/\$55
Styling Session .....	\$119
Permanent Color (roots or whole head) .....	\$69+
Highlights.....	\$89+
Partial Highlights .....	\$5 each

## NAIL SERVICES

* Fire and Ice Manicure .....	50 minutes	\$50
* Fire and Ice Pedicure.....	55 minutes	\$70
* Elemis Exotic Hand Ritual with Manicure .....	45 minutes	\$45
* Elemis Sole Delight Ritual with Pedicure .....	50 minutes	\$65
No Chip 14 Day Manicure.....	45 minutes	\$50
No Chip 14 Day Pedicure .....	50 minutes	\$70
No Chip 14 Day Polish add-on.....		\$25
Traditional Manicure.....	25 minutes	\$29
Traditional Pedicure .....	45 minutes	\$45
Acrylic Nails (Full Set) .....		\$85
Acrylic Nails (Refills) .....		\$45
Repolish .....		\$19
Nail Fix.....		\$15
Paraffin Wax add-on .....		\$25

\* This symbol indicates a signature. Mandara Spa, Deck 14 Aft, Dial 030. Open daily from 8:00 AM - 10:00 PM

If you need to cancel your appointment, please provide 24 hours notice to avoid a cancellation fee. For your convenience an 18% service charge will automatically be added to your treatment cost. Please consult your spa personal for a total price on your services prior to receiving. All prices excludes service charge

CONTACT THE SPA FOR MORE INFORMATION