

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

TRY THESE SIGNATURE BODY TREATMENTS *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.
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.

