

Ionithermie Cheek Lift

50 minutes \$159

This treatment will help to give your buttocks a lift while firming and toning the skin. Active ingredients are applied to the area before a gentle stimuli is placed on the buttocks, thighs and tummy, stimulating muscle and firming

Ionithermie 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 being on your feet all day.

Spa Moor Mud Foot Therapy

1 session with leg and foot massage..... 45 minutes \$79

 1 session with reflexology.....75 minutes \$165

This signature therapeutic mud is dissolved in a warm foot bath for a calming soak that will detoxify, heal and restore your body by withdrawing toxins & infusing active mineral into your system.

InBody 570

Only \$99 - Couples \$149

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!

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 Foot Print Analysis with our Good Feet Specialists

For your convenience, a discretionary 15% gratuity will automatically be added to your receipt.
Call 5343 or visit the Lotus Spa on deck 5 forward for reservations and information.
Please provide 24 hours notice when canceling your appointments to avoid 50% cancellation fee.

SALON MENU

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
Hair Color (highlights, regrowth or full head color) price on consultation with stylist	

Kerastase Hair Rituals

Luxury hair care products for every hair type. Our active ingredients deliver visible results.

Fusio-Dose Hair Treatments \$39

Injection Brilliance - For Color-Treated Hair
Injection Densite - For Thinning Hair
Injection Nutrition - For Dehydrated Hair
Injection Resistance - For Damaged Hair.

Elixir Ultimate 24-Carat Indulgent Ritual

Combining the most precious oils with a highly concentrated treatment for a sublime hair transformation. Includes scalp massage.
25 minutes \$59

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.

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/ Pedicure

Manicure \$45 & Pedicure \$59

EXCLUSIVE

Baby Doll Lash Lifting & Tint \$124

Babydoll Lashes®, Lash Lift is an eyelash procedure that enhances, lifts, and shapes natural lashes. Lashes are extended upwards from root to tip creating a longer, lifted appearance that opens up the eyes.
Lasts up to 2 months!

Triple Your Indulgence (Save up to 30% off)

- Save 10% off 1st
- Save 20% off 2nd
- Save 30% off 3rd Signature Service!

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.

Medi Spa Cosmetic Facial Treatments

Complimentary consultations available with Medi-Spa Physician. Uplifting and youth-enhancing treatments including nonsurgical brow lift, instant lip enhancement, and volumizing skin treatments. Reduce fine lines and wrinkles or instantly replace skin's lost volume. No downtime. All treatments are FDA-approved and administered by our licensed Spa Physician. Amazing results last for months.

GoSmile Teeth Whitening Treatment

\$149 per person - Couples \$258

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 GoSmile Tooth Whitening Treatment today. It's a safe and effective way to take your smile from drab to fab in just minutes. Come see us for a free consultation.

The Enclave at Lotus Spa

Travel Weekly Magellan Gold Award Winner
Nurturing environment to soothe your mind, body and spirit, a private world of rejuvenation awaits you. Available to cruise pass holders only.

Amenities include

Turkish Hammam & Caldarium Aroma steam rooms	Sensory showers
Laconium Gentle Sauna with gentle heated benches	Soothing water beds
Hydro-therapy pool with rain shower	Relaxing Stone beds

Acupuncture

Looking for an alternative natural 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, stress relief, detox, weight management and many more.

Detox & Inch Loss-Ionithermie

50 minutes \$159 - 3 sessions \$299 Saving \$178

You will lose up to 8 inches 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.

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Please provide 24 hours notice when cancelling your appointments to avoid a 50% cancellation fee.

Aroma Spa Seaweed Massage

75 minutes \$209 • 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.

Chocolate Body Indulgence

75 minutes \$195 • 100 minutes \$259

Using the antioxidant properties of chocolate, this service starts with a gentle chocolate polish before we cocoon the body in a chocolate mousse mask and complete this decadent service with a massage using what else...chocolate massage oil! You will smell delicious! "Enjoy your chocolate without the added calories"!

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.

Thai Coconut Poultice Massage

50 minutes \$155 • 75 minutes \$195 • 90 minutes \$229

Our Coconut Thai poultice massage is a luxurious body nourishment ceremony. The tropical application of pure coconut compresses wrapped in a natural muslin cloth covering are warmed before the massage. This creates a comfortable level of heat as it releases emollient, all-natural oils, which relax and de-stress the muscles. Leaving your skin luxuriously smooth.

Exotic Lime & Ginger Salt Glow with Massage

75 minutes \$209 • 90 minutes \$235

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.

Aroma Stone Massage

50 minutes \$159 • 75 minutes \$209 • 90 minutes \$229

Warming and healing. Combining heated Basalt stones with traditional and exotic massage techniques, ELEMIS Aroma Stone Therapy promises therapeutic indulgence of the most blissful kind.

Bamboo Massage

50 minutes \$169 • 75 minutes \$209 • 90 minutes \$235

Deep pressure, therapeutic and transforming. Revive your senses in a new and innovative way. Warm bamboo shoots and fragrant oils slide, roll, and massage your muscles into pure bliss.

Royal Experience

75 minutes \$399

Indulge with 2 therapists bestowing their expert touch upon your face and body simultaneously. This sublime experience will treat your face to the exclusive Royal Jewel Facial and your body to the Royal Jewel Massage.

The Remède Massage

60 minutes \$165 • 90 minutes \$240

Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your Remède Spa technician will customize a massage using a variety of methods including, Shiatsu, Swedish, deep tissue and reflexology, complemented by paraffin treatments to ensure ultimate relaxation and rejuvenation.

EXCLUSIVE Premium Couples Treatments

Couples Villa Packages

All couples Villa Packages include 60 minutes of quiet time, offering ultimate relaxation in an intimate setting. The Couples villas feature a plush seating area with television, couples steam shower and a bathing experienced. During your downtime, you will be drawn a bath and delivered a selection of refreshments and desserts.

Lotus Spa Sanctuary Cabanas

The Lotus Spa Sanctuary Cabanas offer a truly special alfresco massage experience. The enclosed areas offer privacy in a comfortable resting area with a television, plush chairs and beautiful ocean views when you look out over the front of the ship. After your treatment you will have 30 minutes quiet time to enjoy the luxury caban.

Couples Swedish Massage

50 mins \$259 •  75 mins \$369 •  90 mins \$389

Couples Deep Tissue Massage

50 mins \$289 •  75 mins \$379 •  90 mins \$409

Couples Aroma Stone Massage

 50 mins \$318 •  75 mins \$389 •  90 mins \$429

Swedish Massage

 50 minutes \$129
 75 minutes \$185
 90 minutes \$189

Deep Tissue Massage

 50 minutes \$159
 75 minutes \$199
 90 minutes \$209

Reflexology

 75 minutes \$165
50 minutes \$119

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 - Addresses 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 reactivate tired skin's dynamism.
50 minutes \$165
- BIOTEC Anti-Pigment Brightener - This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration 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

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 Dynamic Resurfacing Precision Peel

This highly potent couture resurfacing treatment targets the signs of aging and dull, tired, uneven skin tone. This system delivers powerful exfoliation and renewal for smoother, younger looking skin, whilst a steam and extraction cleanses at a deeper level.

50 minutes \$125

Royal Jewel Facial

75 minutes \$325

Treat your skin like royalty. The clinically-trialed Pro-Collagen Quartz Lift Facial smoothes fine lines, leaving you with noticeably improved skin. The precious jewel-infused Royal Elixir, combined with the healing power of touch, remineralizes and rejuvenates the skin. This Royal ritual begins with cleansing the feet and hands, and finishes with a special touch to bring you back to your awareness.

The Remède Massage

60 minutes \$150 • 90 minutes \$225

Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your Remède Spa technician will customize a massage using a variety of methods including, Shiatsu, Swedish, deep tissue and reflexology, complemented by paraffin treatments to ensure ultimate relaxation and rejuvenation.

Absolute Spa Ritual

100 minutes \$265

This wonderfully relaxing ritual will delight you from the soles of your feet to the tingling top of your scalp! Combining the Pro-Collagen Marine Facial for skin vitality with a sublime Deep Tissue Massage, will refresh your spirit and strength your vital energies.

Face & Body Sensation

75 minutes \$195

Pure indulgence with exceptional anti-aging facial results! Your Elimis 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.

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 Shave45min / \$75
Express Shave30min / \$45
Men cut & style.....\$35
Beard trim.....\$15

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