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# WE INVITE YOU ON

*a journey of self-discovery*

LUXURIOUS INDULGENCE. EXPERT ATTENTION. UNSURPASSED RESULTS.

We invite you on a journey of unbounded relaxation and timeless experiences.

Through the power of touch, sublime sensory stimulation and the most outstanding service at sea, it is our mission to enhance your self-awareness and treat your mind, body and spirit with tranquility and unprecedented attention. Whether you simply relax amidst the soothing surroundings of the Royal Bath House, book in for one of our customised services in perfect solitude or share your time with another in our Harmony or Serenity Suites, our wish is that you emerge from your journey totally rejuvenated and renewed.

-  Enhance your spa experience with one of our signature Royal Spa treatments when you see this symbol.
-  Indicates services with rehabilitative qualities. See page 12 for more details.



# FACILITIES

Soothe mind and body in the luxurious surroundings of the Royal Spa.

Our facilities are designed for seekers of solitude or something more social...

## THE ROYAL BATH HOUSE

The Royal Bath House is a social relaxation area that includes a Thermal Suite, Hydrotherapy Pool and relaxation area. Influenced by ancient healing practices, the Thermal Suite offers therapeutic mild sauna and steam grottos to gently cleanse and purify the body as well as heated ceramic benches upon which you can simply rest. The bubbling water of the Hydrotherapy Pool is gently heated to body temperature offering renewal before returning to more active pursuits elsewhere. Single or multiple passes are available see price list for more details.

## THE RETREAT

Our relaxation lounge offers lazy chairs and relaxation music so that you can simply relax with your favourite book. You can come early and wait here for your treatment, or stay after, and immerse yourself in the Royal Spa ambiance. No appointment necessary.

## FITNESS FACILITIES

Work out all day long in the Fitness Centre. Let one of our personal trainers work with you to create a personal fitness plan or come at your leisure and use our state-of-the art fitness equipment. Join in any of the daily fitness classes and leave the Fitness Centre recharged and refreshed. For a list of classes please ask the on board Fitness Instructor or Spa Concierge. No appointment necessary.

## WELLNESS CENTRE

A key part of health and wellness is education. Throughout your voyage various wellness, fitness and beauty seminars

will be held in the Wellness centre. Topics include: Managing Arthritis, Introduction to Chinese Herbal Medicine, Back Pain Solutions, 8 Eastern secrets to Longevity, Metabolism Enhancement, Eat More to Weigh Less and Detoxification. Please see the Spa Concierge for times and titles of seminars during your voyage.

## SALON

Come and experiment with your beauty in our unisex salon. Fancy a glossifying conditioning treatment? Need your colour enhanced? Or do you just fancy having your nails done with a friend over a glass of champagne? We offer styling and barbering as well as a complete list of services for the hands and feet.

## SERENITY AND HARMONY SUITES

In addition to our private treatment rooms, the Serenity and Harmony couples suites are located on their own private floor, offering the ability for two people to share the spa experience together.

## CHAKRA RASUL

Adapted from an ancient Eastern cleansing ritual, the Chakra Rasul is a wonderful experience for two people to enjoy together. The ritual involves sitting together in a herbal steam chamber while nutritious clay, which has been applied to your body, withdraws impurities and boosts the skin with minerals and trace elements. Why not enjoy the Chakra Rasul with a lovely luxurious massage? Located on the Spa Suite deck, it is easy for both of you to nip into an adjoining room and be massaged to oblivion straight after.

## IT'S A SOCIAL SPA...

Our facilities have been created for solitude or sociability. You can indulge, relax and restore privately or publicly with our Self-Scrub upgrade and Hydro-Active Therapy classes and participate in our social spa events!

### HYDRO-ACTIVE THERAPY

Within the bubbling waters of the Hydrotherapy pool you can participate in guided group sessions ensuring you reap full benefits from its healing properties.

Hydrotherapy offers relief for sore muscles, Arthritic pain and also supports the healthy functioning of the circulation, metabolism and the body's internal cleansing system.



### ROYAL SELF-SCRUB EXPERIENCE

Upgrade your Royal Bath House experience to include a Royal Self-Scrub Experience. Simply select which scrub you want from our flavourful selection and our mixologist will create your very own exfoliating blend with your selection of dried herbs, and salt or sugar. Once you've chosen your scrub base and herbs, relax in the Laconicum, Caldarium and Aromatic Grotto. When you are ready, enter the shower and scrub your body in circular motions, buffing away all the dead skin and impurities. Come alone or with friends.

## SOCIAL SPA EVENTS\*

Participate in our spa discovery, wellness and beauty events. Check the Daily Paper for event details or ask the Spa Concierge for an event schedule. A glass of sparkling wine or juice will be served at all events.

### BATH HOUSE WELLNESS AND BEAUTY EVENT

Enjoy the Royal Bath House (includes thermal suite and hydrotherapy pool), Royal Self-Scrub Experience, and 50-minute facial and massage treatment plus wellness seminar (optional participation) to include: Alternative Healing, the Benefits of Detoxification, Pain Management and Secrets to Longevity.

### BATH HOUSE SPA DISCOVERY EVENT

This social spa event is a great way of discovering the spa! Includes: Royal Bath House (use of thermal suite and hydrotherapy pool), Royal Self-Scrub Experience, 'From Spa to Health' Seminar, 10-minute chair massage and hand and foot massages.

### SOCIAL SALON

The salon is always social, but now you can enjoy bar service in the comfort of the nail bar or styling station. Please ask the Spa Concierge for salon bar service hours.

\*Social Spa events may vary. Please check the Daily Paper for events during your voyage.



# FACIALS

Our promise is simple: Indulgence and results.

## ❁ REMÈDE CUSTOMISED FACIAL

Opulent and Anti-Ageing

With a focus on anti-ageing, this treatment includes cleansing, exfoliation, extractions, face massage, mask, moisturising and UV protection. Each facial is made complete with a warm paraffin foot wrap, foot and scalp massages, and eye and lip treatments.

30/60/90 minutes

## ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL

Anti-Ageing and Lifting

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. 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 94%† and improve skin firmness by up to 57%† after just one session. It will slow down the visible signs of ageing, leaving skin firmer and uplifted.

50 minutes

### ELEMIS OXYDERMY FACIAL

Collagen Boosting and Oxygenating

Softens blemishes and lifts ageing skin. Give your skin what it has been craving. Now you can fight lines, wrinkles, spots and get the radiant glow that's been eluding you. Let us pamper your skin with our new cutting-edge technology that brings Microdermabrasion and Oxygen together in one luxurious treatment. We will cleanse, polish, and massage your skin using our new dual Microdermabrasion/Oxygen system and Elemis skincare.

50 minutes

### ELEMIS TRI-ENZYME RESURFACING FACIAL

Resurfacing and Anti-Ageing

This facial is clinically proven to reduce the appearance of fine lines, acne, superficial facial scarring, and uneven skin pigmentation, revealing a renewed level of clarity to the complexion. After just one session, this facial can resurface the skin up to 75%† and leave your skin up to 32%† smoother.

50 minutes

### ELEMIS SKIN SPECIFIC FACIAL

Deep Cleansing and Moisturising

Prescribed to your needs, the power of nature and specialised Eastern massage techniques oxygenate your skin and balance the mind and body. Choose from: Fruit Active Glow to make dull skin perky, Herbal Lavender Repair to heal and soothe acne prone skin, Exotic Cream Moisture Dew to give a hydrating boost to the skin or Absolute Lift to revitalise and lift mature skin.

50 minutes

### ELEMIS FACE AND BODY SENSATION

Ice-Cool and Thermal Hot Total Face-Body Experience

Pure body indulgence with exceptional anti-ageing facial results. Your Elemis therapist will customise 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 Resurfacing Facial to smooth your skin and restore your radiant glow.

50 minutes

### ELEMIS ABSOLUTE SPA RITUAL

Please see page 8 and 9 for full description

†Independent Clinical Trials 2006 / 2007

# MASSAGE

Relax and restore mind and body through the power of touch and aroma.

The sensation of hand-warmed oils being massaged into achy muscles is a time-tested treat for all!

## 🌸🌸 ELEMIS AROMA STONE THERAPY

We use heated stones to melt away your tension. 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. The combination of deep penetrating heat and traditional massage techniques will balance the spirit and transport you to the ultimate state of bliss.

50/75 minutes

## 🌸🌸 THAI POULTICE MASSAGE

This rhythmic massage utilises scented herbal poultices that are heated and applied to the body at pressure points to relax the muscles and release tension. Your therapist then follows with massage and acupressure movements combined with essential oils that will relax and de-stress the body.

75 minutes

## 🌸🌸 REMÈDE CUSTOMISED MASSAGE

Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, this customised massage uses specialty products including aromatherapy blends and warm paraffin, and will borrow from a variety of techniques to achieve ultimate relaxation and rejuvenation.

30/60/90 minutes

## 🌸🌸 BAMBOO MASSAGE

Imagine warm bamboo shoots of various sizes rolling, sliding and massaging your muscles into pure bliss. Customised to your preference, your therapist will use deep tissue techniques or gentle strokes to melt away your tension and soothe your muscles into sweet oblivion.

50/75 minutes

## 🌸🌸 BACK, NECK AND SHOULDER MASSAGE

Using Swedish and Deep Tissue massage techniques your therapist will spend an entire 50 minutes on the upper half of your body. This massage is a fantastic cure for traveler's syndrome: stiff and sore neck and shoulders.

50 minutes

## 🌸 SWEDISH MASSAGE

This classical European technique of manipulating muscles with aromatic massage oils is both relaxing and invigorating. While providing tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems.

50/75 minutes

### SPORTS MASSAGE

Sometimes athletic lifestyles cause muscular stress including tightness, muscular overuse and postural issues, build up of scar tissue and even torn muscles. A sports massage is a specialised technique that aids the recovery and improves the condition of muscles.

50/75 minutes

### REFLEXOLOGY

Inspired by an ancient Chinese philosophy that the vital organs of the body are connected and mirrored to reflex points in the feet by energy channels called 'meridians', this deeply relaxing foot massage aims to unblock any latent energy and revitalise mind and body. Reflexology can improve health and is as blissful as it is beneficial.

50 minutes

### ELEMIS ABSOLUTE SPA RITUAL

This wonderfully relaxing ritual will delight you from the soles of your feet to the tingling top of your scalp. Combining the Elemis Pro-Collagen Quartz Lift Facial for skin vitality with a sublime full body Elemis massage will refresh your spirit and strengthen your vital energies.

100 minutes

### ELEMIS FACE AND BODY SENSATION

Please see page 6 and 7 for full description



# COUPLES TREATMENTS

Share the experience with a loved one in the privacy of our Serenity and Harmony Suites.

## 🌸 ROYAL SPA MASSAGE FOR TWO

In the privacy of your exclusive suite, couples can enjoy a gorgeously relaxing full body massage. Choose any massage options from our vast selection. See page 8 and 9 for massage offerings.

50/75 minutes

## ROYAL SPA BODY WRAPS FOR TWO

Couples can enjoy wraps and body scrubs side by side. Choose from a la carte selections on page 12.

## AYURVEDIC PROGRAMME FOR TWO

Indulge in an Ayurvedic programme together which includes a consultation each on your 'Dosha' or body's constitution, followed by either a Shirobhyanga Massage or a Shirodhara Body Glow. See page 15 for details.

65 minutes

## 🌸 CHAKRA RASUL

Great for couples, the Chakra Rasul treatment has been adapted from an ancient Arabian cleansing ritual. In our Chakra Rasul, you can apply organic clay to each other. This purifies and nourishes, while the gentle herbal steam opens up the breathing, soothes the skin and detoxifies the body. To complete the ritual, step into the adjoining shower and let the warm water wash away any remaining tension.

50 minutes



## CHAKRA RASUL AND COUPLES MASSAGE

This deeply cleansing and relaxing treatment includes a sensuous experience in the Chakra Rasul followed by a full body massage while lying side by side. Perfect for honeymooners.

100 minutes

## TIME FOR TWO UPGRADE

Linger longer in either the Harmony or Serenity Suite and enjoy a tea ceremony, foot ritual and scalp massage each. This can be added to any treatment booked for two!

45 minutes

# TIME FOR MEN

Isn't it time you enjoyed a professional shave or treated yourself to a massage?  
We thought so. It's time for you now.

## ELEMIS SKIN IQ FACIAL FOR MEN

This facial will protect the skin against the harsh, ageing effects of shaving and environmental damage. Our active ingredients have been clinically proven to increase moisture levels by 28%† after just one treatment.  
50 minutes

## ELEMIS URBAN CLEANSE FACIAL FOR MEN

This deep cleansing facial decongests the skin to help eliminate blocked pores, accelerate skin repair and neutralise impurities for a clearer complexion. Our fast-acting, revolutionary ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants.  
50 minutes

## ELEMIS EXECUTIVE DE-STRESS TREATMENT

Designed to treat sore neck and shoulder muscles. The remedy: our two-step programme. First, a hot stone neck and back massage. Second, calming hand and foot ritual. You will be left re-energised and revitalised.  
50 minutes

## BACK, NECK AND SHOULDER MASSAGE

Using Swedish and Deep Tissue massage techniques your therapist will spend an entire 50 minutes on the upper half of your body. This massage is a fantastic cure for traveler's syndrome: stiff and sore neck and shoulders.  
50 minutes

## BARBERING & GROOMING

### ELEMIS EXPRESS SHAVE

This treatment includes a deep cleansing exfoliation and a double close shave to leave your skin super smooth.  
30 minutes

### ELEMIS DEEP CLEANSE GROOMING TREATMENT WITH SHAVE

Enjoy the Express Shave with the added benefit of a soothing face and scalp massage and deep pore cleansing mask.  
45 minutes

### ELEMIS PRO-COLLAGEN GROOMING TREATMENT WITH SHAVE

Known as the "shave of all shaves," this youth enhancing treatment will leave your skin looking and feeling revitalised. This signature grooming service includes the Express Shave, an anti-ageing mini facial and luxurious face, scalp, hand and arm massage.  
55 minutes

### SPORTS MANICURE

Push back your cuticles, slough away dead skin, file and buff your nails and enjoy a superb hand and forearm massage.  
25 minutes

### SPORTS PEDICURE

We soak them, scrub them, massage them, and then trim and buff your nails. You will be ready for a game of football in no time.  
45 minutes

†Independent Clinical Trials 2007

# BODY THERAPY

The following treatments support the body's internal systems, helping to detoxify, improve circulation and metabolism and where indicated also help to firm and tone the body.

## HYDRO-ACTIVE THERAPY SESSIONS

Hydro-Active Therapy combines specific exercises with the hydrotherapy jets to give you a more toning and revitalising workout while reaping the health and beauty benefits of the water. The water is deeply therapeutic and particularly good for easing joint pain and muscle tension, boosting circulation and eliminating fatigue. To target problem areas, such as hips and thighs, hydrotherapy jets gently pummel the body back into shape, breaking down cellulite, boosting circulation and toning tired muscles. The treatment is also ideal for relieving arthritic pain and eliminating toxins.

25 minutes

## ELEMIS EXOTIC LIME & GINGER SALT GLOW

This exfoliation treatment assists the detoxification process by sloughing away dry skin – luxuriously. Warm oil is drizzled over your body before our Lime and Ginger Salt Glow is applied and rubbed into the skin, removing dead skin. After rinsing away the salts, you'll receive either a half or full body massage. We then apply our Exotic Island Flower Body Lotion, leaving skin replenished and vibrant.

50/75 minutes

## ELEMIS BODY SCULPTING CELLULITE & COLON THERAPY

Improves the appearance of cellulite and sagging skin with advanced formulations that achieve rapid results. A detoxifying body mask is combined with specialised drainage massage techniques to break down fatty deposits, cleanse the digestive system, eliminate toxins, and improve texture of the skin.

50 minutes

## ELEMIS AROMA SPA SEAWEED MASSAGE

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 comforting wrap. As you relax, our natural ingredients will detoxify, decongest and stimulate your body systems. Enjoy as a wrap snuggled in our sensory dry float bed. Treatment includes either a half or full body massage.

75/100 minutes

## IONITHERMIE CELLULITE REDUCTION PROGRAMME

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 give the body more definition. Ionithermie is recommended as part of an ongoing well-being and fitness programme. For best results enjoy a course of 3 or 5 on your voyage.

50 minutes

### IONITHERMIE CHEEK LIFT TREATMENT

This acclaimed treatment will help to give your buttocks a lift while firming and toning the skin. Active ingredients are applied to the area before we apply a soothing clay, algae and pine mask. Galvanic stimuli is focused on the buttocks, thighs and stomach to stimulate muscle tissue and firm the skin.  
50 minutes

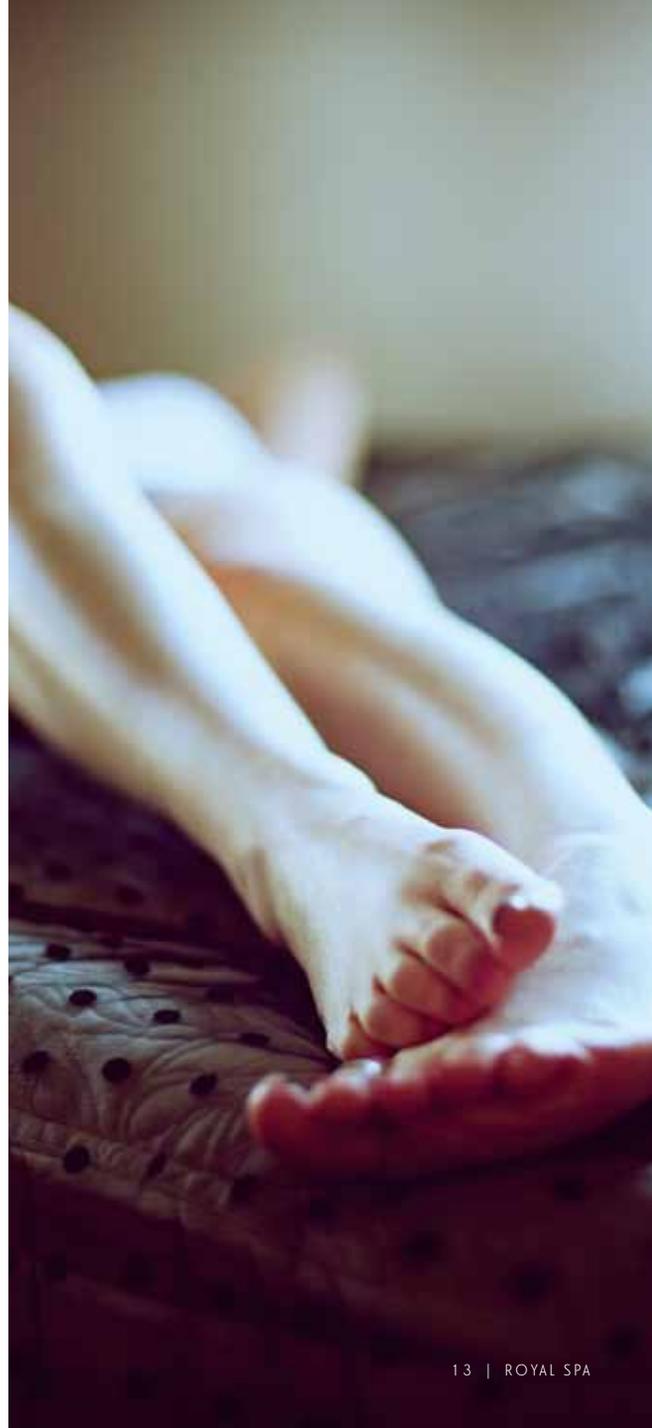
### IONITHERMIE REVITALISING LEG THERAPY

Ideal for tired or heavy legs, this revitalising therapy will help treat poor circulation in the legs, swelling, varicose veins and aches associated with activities or being on your feet all day. Feel strain and heaviness drain out of your tired legs as water retention is reduced and circulation restored.  
40 minutes

### REHABILITATIVE SERVICES

Services noted with this symbol ( ) offer some or all of the following wellness benefits. Please ask the Spa Concierge for more information.

- Circulation and metabolism support
- Arthritic pain
- Stiff or sore muscles
- Enhancement of joint mobility
- Renowned for its health benefits





# WELLNESS TREATMENTS

Inspire health and wellness using the ancient traditions of Chinese Medicine and Ayurvedic techniques. at least five thousand years old, have been passed down from generation to generation and continue

## ACUPUNCTURE

Acupuncture is one of the fastest growing alternative and integrative solutions for health issues. Based on the ancient Chinese health care system, your acupuncturist seeks to unblock any latent energy in the body which causes disharmony. Your on board acupuncturist is certified to safely and effectively treat a variety of symptoms and conditions.

### ACUPUNCTURE FACIAL REJUVENATION

Get a younger, more vibrant look without undergoing invasive procedures. This natural approach to anti-ageing uses acupuncture needles to reduce lines and wrinkles.  
50 minutes

### PAIN MANAGEMENT ACUPUNCTURE

If you want to relieve aches and pains, this acupuncture treatment is for you. After just one session, chronic back pain, neck and joint pain will be greatly reduced or eliminated.  
50 minutes

### WEIGHT-LOSS ACUPUNCTURE

This acupuncture treatment will help you lose weight safely and effectively.  
50 minutes

### STRESS-FREE ACUPUNCTURE

Melt away stress and worries with this deeply relaxing form of acupuncture. By focusing on specific acupoints, the healing touch of acupuncture will refresh mind, body and soul.  
50 minutes

### DETOX ACUPUNCTURE

Restore harmony and balance in your channels and meridians by eliminating toxins. This detox treatment will cleanse the body, boost metabolism and build vital energy.  
50 minutes

### STOP SMOKING

Kick the habit. This safe and natural treatment can be as effective as the patch or other methods used to stop smoking.  
50 minutes

### CHINESE HERBAL MEDICINE CONSULTATION

Chinese herbal medicine is perhaps the oldest pharmacy in the world. Using 'whole' food herbs, the Chinese system can help treat a myriad of imbalances in the body. From high cholesterol to helping alleviate the symptoms of a common cold, Chinese Herbs have been successful at rebalancing and healing the body. On board, we offer Jou Chinese Herbs which are organically grown in China and ethically harvested to GMP standards. Your on board Oriental Medicine specialist can give you a proper consultation to prescribe the best herbs for you.

### TONGUE AND PULSE ANALYSIS

This complimentary consultation offers an overview of your internal health and is always included in your first Acupuncture treatment to help determine the best course of treatment. However, we also offer this consultation as a complimentary service – so come and let us tell you what your tongue and pulse tells us.

These traditions which are thought to be to support wellness all over the world.

## AYURVEDA

Ayurveda (Sanskrit for the Science of Life) is an ancient Indian health care system and offers a wellness plan that includes your preferred type of exercise, dietary choices and even way of life/hobbies around your primary 'dosha' (constitution): Pitta (water and fire), Vata (ether and air) or Kapha (water and earth). We offer three popular balancing Ayurvedic therapies that will relax and rejuvenate the spirit, whatever your dosha.

### SHIRODHARA

A constant stream of warmed herbal oils is poured onto the 'third eye' of intuition, which is located between the eye brows. This point is connected to the pineal gland which produces melatonin and assists in deep relaxation and sleep cycles. In this deeply satisfying treatment, the warmed oil, pouring abundantly upon your third eye and flowing through your scalp and hair brings about a sensation nothing short of divine. Enjoy this alone, or add this to any facial or body service.  
25 minutes

### DOSHA ANALYSIS

Before your treatment book in for your personalised Dosha consultation. Based on your answers, you will be able to see the recommendations for your physical and emotional well-being. This consultation is complimentary.  
15 minutes



### SHIROBHYANGA MASSAGE

This Ayurvedic therapy focuses on releasing tension through the Marma points on the back, hands and feet. Beginning with Shirodhara, a warm stream of oil soothes the third eye, calms the mind and enhances awareness. Warm oil is then slowly drizzled on your hands, forearms, feet and back as you are treated to an invigorating massage, releasing blocked energy, stress and tension through the Marma points.  
50 minutes

### SHIRODHARA BODY GLOW

Benefiting from natural sea salt, this skin-reviving treatment includes exfoliation to remove sluggish skin cells and improve circulation. As you are enveloped in a comforting body wrap, warm and sensual oil is drizzled over the whole body. Then a stream of warm tranquil essence oil is directed onto the third eye followed by a Marma point massage on the feet. This luxurious treatment will leave you refreshed, stimulated and energised.  
50 minutes



# FITNESS SERVICES

Reinvigorate the mind. Work out the body. Feel better.

## 🌸🌸 PERSONAL TRAINING

Our fitness professionals will help you achieve the body you've always wanted with a personalised fitness session. You will learn which exercises work the best with your particular body composition. Personal Yoga and Personal Pilates are also offered to give students a better understanding of each discipline and assist students in exercising safely and effectively.

60 minutes

## BODY COMPOSITION ANALYSIS

By using our Body Composition Analysis device, our fitness professionals will determine your body fat percentage, rate of metabolism and water retention level and then compare the results to the percentage recommended for you.

45 minutes

## NUTRITIONAL CONSULTATION

Diet and exercise are dynamic, lifelong pursuits. As your on board fitness provider, we want to help you achieve all your wellness goals. A good starting point is eating right for your body, so consult with one of our fitness professionals and receive a healthy lifestyle plan based on your individual needs.

60 minutes

## 🌸 ROYAL SIGNATURE CLASSES

We offer both complimentary and specialised classes that have a supplemental fee. You can sign up for all classes up to one hour before the class is due to begin. Please see our fitness pamphlet for an overview of all classes.

better.

## SPECIALISED CLASSES

### **YOGA**

Sanskrit for 'Union', yoga is a practice to harmonise mind and body. Excellent for increasing levels of balance, concentration and focus. This class will benefit the beginner and the experienced yogi.

45 minutes

### **TAI CHI**

This ancient Chinese moving meditation helps to balance the energy within the body by moving very slowly, with consciousness.

30 minutes

### **PILATES**

This exercise system combines posture and controlled moves. Our class is mat based and good for all levels of students.

45 minutes

### **TOUR DE CYCLE**

During this unique cycling class, you can develop your cardiac and physical capacity, and increase metabolism and muscle. Your participation in this cycling programme will also benefit the LIVE STRONG foundation in the fight against cancer.

45 minutes

### **AQUA TONE**

This class is a complete workout for the whole body and is suitable for everyone and incorporates an extensive number of movements with various water equipment such as dumbbell floats, aqua gloves, and fins. Benefits of class participation include an increased metabolic activity and cardiovascular

capacity which both aid in weight loss and overall health. Additionally, using the resistance of the water helps build all the muscles in the body without overexertion. A safe, effective, and enjoyable way to exercise.

45 minutes

### **WALK-VEST**

In our WALKVEST® class, put on your WALKVEST®, safely adding from 2 to 16 lbs to your normal body weight, causing your body to work harder and burn more calories as you walk, so you lose weight faster. Wearing the WALKVEST® also helps prevent osteoporosis by gently creating a weight bearing resistance which helps your bones grow denser and stronger. During your WALKVEST® orientation, you will be issued with a WALKVEST® for use during your voyage.

### **WALK-POLES**

You'll love the added results you'll receive as you turn walking into a total body exercise that gently engages every major muscle with every stride. Our class shows you how to use the poles to enhance your 'walking' experience by improving stamina, posture and balance, and burning extra calories. During your walk poles orientation, you will be issued with walk poles for use during your voyage.

# SALON SERVICES

Give yourself a high gloss or a sultry sheen, treat your toes and fingers to some pampering and simply enjoy as we take care of you!

## 🌸 PHYTO HAIR CONDITIONING COCKTAILS

Phyto is a botanical blend of powerful plants and herbs that helps repair the structure of the hair and nourish both scalp and follicle, roots and ends. During your voyage, while you have time, opt to have a luxurious and nourishing Phyto treatment. Choose from Phyto Thirst Quencher, Rescue Remedy, Botanical Bliss or Colour Guard.  
15-30 minutes

## ELEMIS FRANGIPANI CONDITIONING HAIR & SCALP RITUAL

Monoi Oil has been used for centuries in Tahiti to soften the skin and hair. Enjoy a deep scalp massage for fifteen minutes using this precious ingredient that eases away stress and leaves hair shining like the star that you are. Why not book a blow dry to complete the experience?  
25 minutes

## 🌸 BRAZILIAN BLOWOUT

The Brazilian Blowout leaves hair smooth, healthy and frizz-free for up to 12 weeks without the use of damaging chemicals. Through the use of a proprietary polymer system, this treatment actually enhances the condition of the hair by creating a protective protein layer around the hair shaft to eliminate frizz and smooth the cuticle, improving the health of the hair. No damage! No down time! The minute you leave the salon, you can wash and air dry your hair, and it will be smooth, radiant, and frizz-free.  
90 minutes

## 🌸 FIRE AND ICE MANICURE

Your nails are one of your most important accessories, so keep them beautiful with this invigorating manicure that will warm your spirit and cool your stress. Using a combination of therapeutic cooling gels and the warmth of massage with heated stones, your skin will be smoother and your nails will be nourished and polished to perfection.  
40 minutes

## 🌸 FIRE AND ICE PEDICURE

This super rejuvenating pedicure will warm your senses and cool your tension. Savour the sublime as your feet and lower legs are soothed with our cooling gels and then warmed with heated stones massage. This combination of hot and cold, plus aromatherapeutic ingredients promote healthy-looking skin and nails.  
60 minutes

## 🌸 14 DAY NO CHIP MANICURE/ PEDICURE

No drying time. No chipping. No smudging. This tough as nails manicure uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color and perfect finish. It also provides excellent 14 day wear and comfortable protection. Book in for your hands or feet or both!  
Manicure 25 minutes/Pedicure 45 minutes



### MAKE-UP APPLICATION

Whether it is a special occasion, your special day, or simply a way to feel special, our make-up artists will accentuate your best features during this make-up application session. We will also share our top secrets on make-up application so you can learn how to get creative with your look.

45 minutes

### LASH TINTING

If your lashes are bashful, then lash tinting is a quick and easy way to bring more attention to them without using mascara. In just minutes, you will have long-lasting, professional results that will make your lashes appear thicker.

30 minutes

### BROW TINTING

This treatment is perfect for covering unwanted grey hairs or enhancing your natural look. Various shades are available to choose from.

15 minutes

### BLISS® POETIC WAXING

Choose from a full menu of bliss poetic waxing services that promises painless services for the face and body. Book in for your brows, lip/chin, half arm, underarm, half or full leg, bikini, brazilian, back/chest. Walk-ins are welcome. Services are for both men and women.

### ST. TROPEZ LIQUID SUNLESS TANNING FOR FACE & BODY

Obtain a rich, natural, golden tan without the worries of premature ageing and sun-caused skin damage. First we exfoliate your skin until it is silky smooth and then apply St. Tropez's paraben-free, Aloe Vera based formula which soothes, hydrates and nourishes the skin while evoking a natural sun-kissed glow.

60 minutes

### MORE NAIL SERVICES

Elemis Exotic Hand Ritual with Manicure

45 minutes

Elemis Sole Delight Ritual with Pedicure

60 minutes

Traditional Manicure

25 minutes

Traditional Pedicure

45 minutes

French Manicure

30 minutes

French Pedicure

50 minutes

Repolish

15 minutes

Acrylic Nails (full set)

75 minutes

Acrylic Nails (refills)

45 minutes

Nail Fix

5-15 minutes

Paraffin Wax add-on

15 minutes

### HAIR SERVICES

Shampoo and Blow Dry

Shampoo and Set

Shampoo, Cut & Blow Dry

Fringe Trim

Hair Up without Style Dry

Semi-Permanent Colour

Permanent Colour (whole head or roots)

Highlights

Partial Highlights

Braid & Corn Braids

# SPA TIPS

## ROYAL SPA LOCATION

We are located on Deck 9 Forward. Simply press the spa button on your stateroom phone to be connected.

## ROYAL BATH HOUSE PASSES

You may purchase single or multiple day passes\* for Royal Bath House access. The Royal Bath House is a social spa area, comprising of the Thermal Suite, Hydrotherapy Pool and Relaxation area.

## COMPLIMENTARY FACILITIES AND SERVICES

Use of the gymnasium, select fitness classes, wellness seminars and consultations for Acupuncture, Chinese herbal medicine, Spa treatments and hair care are complimentary for all guests.

## OPENING HOURS

The Royal Spa is open from 08:00–20:00 on sea days and from 08:00–22:00 while the ship is in port. The Fitness Centre is open from 06:00–20:00 everyday.

## YOUR TREATMENT TIME

We recommend you arrive in the spa 30 minutes prior to your scheduled treatment time so you have time to shower, change and use the facilities.

## YOUR TREATMENT COST

For your convenience a 12.5% gratuity will be added to your bill. However, should you wish to remove, reduce or increase the amount, please make this request during check-out.

## THERAPIST MEETING POINT

Please meet your therapist at the scheduled treatment time in the retreat. If you are using the Royal Bath House before, please ensure you leave enough time to dry off and return to the meeting place for your scheduled time.

## ONLY BRING WHAT YOU NEED

While we have lockers for your personal belongings, we recommend that you leave any valuables in your stateroom. The spa cannot accept responsibility for items accidentally left in robe pockets or lockers.

## SPA ATTIRE

All our guests will be given a robe and slippers to wear for all services offered in the spa and salon. A swimming costume is required in the Royal Bath House. In the Fitness Centre, proper fitness attire should be worn, including training shoes for all classes except yoga, meditation and Pilates.

## CANCELLATION NOTICE

In the event that you need to cancel your appointment, please give us 24 hours' notice. Your on board account may be charged with 50% of your treatment cost for cancellations made with less than 24 hours' notice.

## MINIMUM AGE

To book in for a private treatment you must be a minimum of 18 years old. Anyone under 18 can have spa treatments as long as he or she is accompanied by a guardian for the duration of the service.

## SATISFACTION GUARANTEE POLICY

We pride ourselves on enriching the lives of all our guests with premium treatments that nurture wellness on every level. If we fall short of your service expectations, we will offer an alternative service or, if preferred, issue a refund. We welcome all your comments and encourage you to share your treatment experience with the Spa Manager.

## PRODUCT RETURN POLICY

Refunds are offered for all unopened products when accompanied by a receipt and returned by the end of the voyage. Unopened products without receipts can be exchanged for either services or products. We cannot accept opened or unopened products for refund after the voyage. All exchanges and refunds must take place on board.

## SPA 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. You may continue to purchase your skin, body and hair care at [www.timetospa.co.uk](http://www.timetospa.co.uk) or call 44 (0)1278 727827.

## AVAILABILITY OF TREATMENTS, SERVICES & FACILITIES

All treatments, services and facilities are subject to availability. Certain promotional treatments are only available during limited periods of the voyage. Whilst every effort is made to ensure the full availability of spa services, unforeseen circumstances may result in some of them being unavailable at short notice.