



“The sea, once it casts
its spell, holds one in its
net of wonder forever.”

— JACQUES COUSTEAU

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The background of the page is an underwater photograph. It shows various types of seaweed, including large, flat, greenish-brown blades and smaller, more delicate fronds. Several sea urchins with their characteristic spines are visible, some appearing as bright yellowish-orange spheres. The water is a clear, deep blue, and the lighting creates a soft, ethereal atmosphere.

a sea of INSPIRATION

The beauty of nature can have a profound effect on the senses, and nature's elements can have a lasting effect on beauty and wellbeing. It is an infinite cycle that opens a gateway from the outer world into the inner world; a life force that shapes the foundation of every being.

The Spa on Celebrity explores the connection between the self, the sea, and the breathtaking world beyond. At this wellness sanctuary, beauty flourishes, the mind retreats, the body rests, and the spirit engages. Inspired by the sea, the earth, and the air, this beacon of good health feeds a desire to live whole and well.

Harnessing the power of these elements, The Spa is a transformational journey. Every moment is an uncompromising escape filled with innovation, groundbreaking firsts, the latest technology, and the simplest of all things – nature.

Discover a distinct journey that speaks to the soul and reveals an undeniable fact: water, earth and air are the cornerstones to our wellness.



SIGNATURE SERVICES

Throughout this menu, our most well-loved services are indicated with this seashell symbol.



SEA THERMAL SUITE

The beating heart of The Spa, the Thermal Suite is a luxurious prelude to a spa experience, an interlude to retreat in quietude from day-long escapades, and a social enclave to connect in a shared environment. Sea, earth and air are the catalysts behind the vibrational energies of this natural healing zone. SEA Thermal Suite is complimentary for AquaClass® guests and is included with a Thermal Suite pass.

EIGHT DISTINCT WONDERS. ONE RELAXING JOURNEY.

Crystalarium Energy Healing

A beautiful refuge of natural stone walls, featuring a healing Amethyst crystal. The element of earth emanates a luminous vibrancy while the crystal serves as the conduit for natural healing energy.

Desert Infrared Sauna

State-of-the-art technology heats the air to calm the body and relieve stress. The infrared lighting system offers many of the benefits of natural sunlight without the damaging effects.

Float Zen Zone

Cocooned in a nested basket chair, feel lighter than air while swinging into a meditative state or embrace the stunning views of the sea, keeping you connected with the water.

Hammam Turkish Bath

A modern take on the traditional Turkish bath. Smooth marble and exquisite tile mosaics frame this retreat. Elements of water and earth deeply relax muscles with light steam. Additional fees apply for a Hammam experience, which includes a black soap, Kessa mitt, and application.

Heated Loungers

Unwind while lying on the heated tile loungers and take in the panoramic views of the ocean. The perfect extension to the Zen Zone, stretch out and allow the soothing warmth to radiate through the body and calm your senses.

Inhale Salt Therapy

Inhaling the riches of salt is considered a healing practice. The elements of water, earth and air are present in this halotherapy reserve where the power of natural salt breathes life into the body.

Mist Aroma Steam

Earth and air mingle in this oasis of moist heat. The steam opens the airways while impurities are released from the body.

Rainfall Water Therapy

Feel drops and streams of water wash away tension in this simulated rain shower. Refreshing and invigorating, water massages the body while bringing a sense of renewal.

Bathing suit required; robe and towels are provided.

Natural Beauty FACIALS

Experience the ultimate in advanced skincare. Known for its aromatics and pure ingredients from the sea and earth, ELEMIS and Grown Alchemist facials fuse touch, technology, and cellular repair to address the ever-changing nature of your skin.



ELEMIS BIOTEC TECHNOLOGY

BIOTEC facial treatments are where groundbreaking 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. Technology turbo-charges touch. The clinically proven result? Thriving, visibly healthy, and energized skin. Book a complimentary consultation.

50 min



BIOTEC ANTI-AGING FACIALS

BIOTEC 2.0 Facial*

THE ULTIMATE FACIAL

This next generation experience harnesses the powerful benefits of all six ELEMIS BIOTEC 2.0 technologies. Powerful resurfacing technology smooths visible dryness and fine lines. Skin-fitness and firmness are improved with highly effective microcurrent technology, while sub-zero cold therapy and Pro-Sculpt Facial Method deliver a visibly lifted skindefining appearance. The recharging power of multi-dimensional light therapy, and a super-charged air massage breathe life into the skin. An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

75 min

BIOTEC Line Eraser

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells toward dynamic functionality. Circulation is improved, increasing the production of collagen and elastin as the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energizing Amber balm. Red and blue light therapy warms and de-stresses the skin while

a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

BIOTEC Firm-a-Lift

Rediscover the architecture of your face with this groundbreaking blend of massage and sculpting technology. Circulation-stimulating Arjuna, Gardenia stem cells, and Alaria Esculenta Seaweed are activated by microcurrent pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

BIOTEC Skin Resurfacer

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion, using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon oils. Steam and extraction deeply cleanse and detoxify before massage and light therapy restore equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

* Available on select vessels.

BIOTEC Super-Charger for Men

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best-face-forward results. A multitasking, time-efficient solution.

TOUCH FACIALS

ELEMIS Pro-Collagen Age Defy

This is the treatment to tackle fine lines and wrinkles, helping support the cellular structure of the skin. The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines while Indian Mulberry reduces skin-fatigue to relax wrinkles. Targeted lymphatic drainage massage re-energizes and rejuvenates as an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger-looking skin.

ELEMIS Dynamic Resurfacing Precision Peel

This highly potent couture resurfacing treatment targets the signs of aging and dull, tired, uneven skin tone. Specifically designed to work in conjunction with your skin's unique structure, this pioneering precision layering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother, younger-looking skin while steam and extractions cleanse at a deeper level. A new start for new skin that has never looked better.

GROWN ALCHEMIST Skin Renew Facial

Utilizing premium Grown Alchemist products, this innovative facial effectively improves skin function and cell health whilst combating the signs of aging and removing damaging pollutants. Skin is left restored, renewed, and luminous.

50 min





MEDSPA

The MedSpa delivers real results and emotional transformations with little to no downtime. Contact the spa for a complimentary consultation.

CoolSculpting® Non-Surgical Fat Reduction

Reduce unwanted fat and sculpt your body without any surgery or downtime. This premier therapy is noninvasive and uses controlled cooling technology to contour the body.

Thermage® Skin Tightening Treatments

Tighten and contour the skin in just one treatment. This noninvasive, skin-tightening therapy uses radio frequency to improve the appearance of loose or sagging skin on the face and body.

Microneedling Treatments

Elevate the overall texture of your skin on the face and neck. This cruise-friendly treatment activates cellular regeneration producing collagen and elastin to help tighten and lift skin.

Restylane® Dermal Filler Treatments

Restore youthful contours on the lower face and lips by replacing lost volume and fullness. Results are instant and last at least six months.

Dysport® Wrinkle Treatments

Soften fine lines and wrinkles on the upper face for a refreshed, youthful appearance. Smoother looking skin is visible within days and three to four months.



IV LOUNGE

Enhance your well-being at sea with the vital dose your body needs. The IV Lounge offers a collection of vitamin rich therapies personalized to fit your special needs. Power-through your health goals with effective IV nutrient cocktails filled with the essential nutrients, vitamins, and minerals to help support and maintain your vitality. Feel more energized, replenish lost hydration, restore more youthful looking skin, improve mental clarity, or even accelerate your weight loss journey all while guided by a medical professional. Nourish your body and achieve a feeling of optimal wellness.

IV Therapies

SLIM IV | Slimming Vitamin Therapy

Increase your metabolism, uplift your mood, and jumpstart your weight loss with this hydrating therapy rich in antioxidants, vitamins, minerals and aminos.

GLOW IV | Glowing Skin Vitamin Therapy

Restore youthful radiance and transform your complexion from the inside out, with a powerful combo of vitamins and minerals.

HYDRATE IV | Hydrating Vitamin Therapy

Feel relief from nausea, a night of excess, or dehydration and recharge your body by delivering electrolytes and powerful B12 and C vitamins.

IV Nutrient Push

ENERGY IV | Overall Well being Vitamin Boost

Stimulate metabolism, focus, and increase energy levels while improving mood.

POWER IV | Vitamin defense boost

Supercharge your health - brighten skin, boost mental clarity, and relieve hot flashes.

Nutrient Booster Shots

RENEW BOOST | Awakening Vitamin

Brighten the mind and body with a quick shot of B12 and C.

MEGA BOOST | Energy boost Vitamin

Optimize your health from head to toe with a shot that increases performance.

DETOX BOOST | Detoxifying Vitamins

Flush out toxins with a shot of aminos that also work to burn fat and increase your energy.



A MINDFUL JOURNEY

Simple luxuries to enhance the spa experience.

Time is the Ultimate Luxury

There is nothing like time for self. Embrace a moment in solitude or share the relaxation. Arrive early to experience the wonders of The Spa and discover serenity — a place to escape for an hour or a few.

Immerse Yourself in Wellness

SEA Thermal Suite is your gateway to relaxation. Begin the spa journey by purchasing a Thermal Suite pass. (Bathing suit required; robe and towels are provided.)

Wash All Cares Away

Prepare to receive all the benefits from the selected treatment. Prime the skin and body with a cleanse prior to the service and wash away all impurities — salts, minerals and oils — that could possibly be massaged into the skin. After a shower, wait in the Relaxation Lounge to be whisked away for the ultimate indulgence.

A Soothing Elixir for the Soul

Rich in antioxidants, tea is a mood enhancer. Depending on the selection, tea can calm the mind and body prior to a treatment, boost endurance, and improve health while safeguarding the immune system. In addition to tea, drink plenty of water to hydrate and replenish the body.

Connect With the Therapist

Healing hands are intuitive, but a conversation with your therapist will help guide and address areas of concern. During the treatment, let the therapist know if there is any discomfort or if the environment — temperature, lighting or sound — requires adjusting. A consultation prior to the service will provide the therapist with important details to make the experience more enjoyable.

Indulge in the Moment

An anticipated period of silence. Close the eyes. Inhale a deep breath. Exhale the breath. Allow the mind to drift away. Enjoy the quiet. Every bit of tension will disappear.

Linger in the Lounge

Extend your spa stay by resting in the Relaxation Lounge after the treatment. The quietude will lull mind and body into a deeper state of relaxation.

Continue the Journey

After your spa experience, browse through our spa products — many of which are featured in the treatments. The therapist will provide recommendations to purchase and continue the journey at home.





BODY OF WATER

The sea and the body have many similarities. Both are bodies of water. A vital source for replenishing the body, the element of water cleanses while earth nourishes and air enlivens.

A dark, textured surface serves as the background. In the foreground, a shallow, dark bowl is filled with a vibrant green, clumpy powder. To the left and slightly behind it, a dark cup is filled with a smooth, bright green liquid. The lighting is dramatic, highlighting the texture of the powder and the sheen of the liquid.

SPECIALTY TREATMENT EXPERIENCES*

The elements of Sea, Earth and Air are combined with unparalleled expertise in massage and conditioning to relax, restore and rebalance the mind and body.

A potent blend for deeply eased muscles and healthy, revitalized skin.

SEA

Ocean Spa Wave Massage*

A profoundly calming therapy. This therapeutic warm wrap of nutrient-rich sea plants and marine algae envelops the body, releasing stress and tension while nestled on a water-filled cushion. The deep cleansing seaweed mask, combined with aromatherapy essential oils, decongests and stimulates the body's system as a scalp and foot massage soothes and relaxes. The experience is customized with a choice of color therapy that illuminates the water cushions for optimum results. Includes either a 25-minute back massage or 50-minute full-body massage.

100 / 75 min

SELECT FROM:

Musclease Aroma Spa Ocean Wrap

A warming blend of Pine and Rosemary essential oils help ease the pains of rheumatism, arthritis, muscular spasms, and fatigue.

Cellutox Aroma Spa Ocean Wrap

A detoxifying blend of Juniper and Lemon essential oils decongests and stimulates the body's systems. Excellent for improving the dimpled appearance of cellulite and an effective aid in reducing fluid retention.

EARTH

Hot Mineral Body Boost*

Harnessing the groundbreaking restorative power of the pioneering Amber and Quartz Crystal bed, this powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, perfectly prepping for the nourishing Amber balm while the mind is whisked off to invigorating shores with the aromatic Ocean Spa. Completed by a restorative facial massage, this is a revolutionary, minerally charged experience of skin conditioning, metabolic balancing, and energizing wellness.

75 min

Poulitice-Powered Muscle Release*

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Using a uniquely designed Amber and Quartz poultice, and combining the power of Eucalyptus and Juniper, each area of tension is specifically targeted with vibrational energy to re-mineralize. Painful knots are eased. Tension is dissolved. Completed by a restorative facial massage, the Amber and Quartz in the poultice talks to the Amber in the bed; a powerful mineral connectivity that invigorates the body and elasticizes the skin.

75 min

AIR

Zero Gravity Wellness Massage*

High tech meets high touch in this next generation wellness treatment. Producing a zero gravity effect, the body is suspended on an advanced treatment table that allows for ergonomic workflows and a seamless series of sophisticated techniques used in this choreographed massage. Eight table positions enable effective and precise reach of every muscle group, including intensive work on the back and main muscles, targeted release of tension, and improved body mechanics. Technology bolsters touch to address daily stress zones and deliver ultimate relaxation.

75 min

Iyashi Dôme Experience*

Rooted in the Japanese tradition of heating the body using far infrared (sometimes known as the Japanese Sauna), this treatment deeply cleanses by inducing a gentle sweat that aids the detoxification process. This unique service, designed in conjunction with the bed, releases deep seated tension, increases the body's cellular metabolism, minimizes the effects of jet lag, enhances muscle recovery, and supports overall wellbeing.

50 min

Specialty treatment experiences vary from vessel to vessel. Please inquire at spa reception for availability on your cruise.



MASSAGE THERAPIES

A soothing touch to evoke a sense of comfort, help eliminate toxins, and boost the circulatory system.

BIOTEC Face Treatment and Body Ritual

Technology fuses with touch for the ultimate spa therapy. Combine the 50-minute BIOTEC facial for instant results with a Swedish massage for pure relaxation.

100 minutes

Couture Touch

Condition the skin and body with this all-embracing hands-on experience. Combine our ELEMIS Pro-Collagen Age Defy facial with a 50-minute Swedish massage.

100 min

R3 Pain Management Therapy — Relax, Repair, Relief

Highly recommended for back pain, joint stiffness, tired or aching muscles to help provide effective and immediate relief. Inspired by the benefits of cryotherapy, the power of “cold therapy” is re-imagined, reducing inflammation and swelling that causes pain. Comforting heat therapy uses targeted salt stone massage to relax and soothe muscle tension for a dynamic pain relief treatment.

100 min

Coconut Poultice Massage

Perfectly warmed pure coconut compresses massage the body, releasing natural emollients — rich in Vitamins E and K — to nourish and moisturize the skin followed by a traditional hands-on massage to relax and de-stress the muscles.

100 / 75 / 50 min

Thai Herbal Poultice Massage

This massage utilizes scented and heated herbal poultices applied to the body at pressure points to relax the muscles and release tension. The therapist then follows with an array of eastern and western massage techniques and acupuncture movements combined with essential oils that will take the body on an exotic journey of total renewal.

100 / 75 min

Restorative Salt Stone Massage

Capturing the essence of sea, earth and air, this deeply restorative massage will leave you feeling energized, recharged and ready for the demands of modern life. Himalayan salt resonates with the Earth's frequency to improve mental alertness and overall wellbeing. Warm salt stones are bathed in personally selected aromatics to contour the body and diffuse negative energy, reduce stress, and alleviate muscle tension, completed by a re-energizing face and scalp massage for a truly uplifting experience.

75 min



Earth Grounding Massage

Reconnect the body with nature. This enhanced treatment combines the therapeutic benefits of touch with a specialized grounding technology that harnesses the age-old power of the Earth. Modern science has enabled the adaptation of negative electrons transferred from the Earth's surface into the body via energy channels embedded in the treatment table to alleviate pain and inflammation, reduce stress levels, improve circulation, and aid in restful sleep. Emerge relaxed and recharged from this balancing, earthing experience.

100 / 75 / 50 min

Aroma Stone Therapy

Nothing gets into the belly of the muscle like a hot stone. Bathed in moisturizing body oil, a curated range of Balinese stones are selected to address exactly what the body needs. The stones are worked over the body deep into the muscles, getting into areas of tension at a profound level and persuading the muscles to release trapped energy. The result is a sparkling vitality with the added bonus of intensely hydrated skin.

100 / 75 / 50 min

Bamboo Massage

Imagine warm bamboo shoots and essential oils massaging the muscles into pure bliss. This gorgeously indulgent therapy will revive the senses in a new and innovative way, inspiring the most relaxed state. The therapist will use deep tissue techniques or gentle strokes to melt away the tension and soothe the muscles into sweet oblivion.

100 / 75 / 50 min

Deep Tissue Muscle Massage

This is a vigorous workout for the body, perfect for alleviating high-stress levels. Tailored entirely to the body's needs, it leaves a grounding and focused feeling. An aromatic oil will be selected according to concerns, be they muscle pain, stress relief, pure relaxation, or emotional balance. Skin is prepped to release toxins, and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

100 / 75 / 50 min

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.

100 / 75 / 50 min

Reflexology

Guided by an Asian philosophy that suggests the vital organs of the body are connected to reflex points in the feet via constantly flowing energy channels, this ancient healing therapy is as blissful as it is beneficial. Massaging these points can help restore your natural energy flow and improve health by sending waves of relaxation throughout the body.

50 min

Couples Massage

In the privacy of an exclusive suite reserved for two, couples can enjoy any of our deeply relaxing massages side-by-side (priced according to massage choice). Customized treatment options are also offered in the Couples Suite. Please contact The Spa to personalize the experience.

100 / 75 / 50 min

BODY THERAPIES

Polishes, wraps, detox and treatments to nourish the body and skin.

Thousand Flower Detox Wrap

Enriched by Nordic peat packed with tree, flower and grass-rich nutrients, this treatment provides super skin health and powerful detoxification, helping stimulate the elimination process and restore equilibrium. Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower earth wrap and the nourishing Green Tea balm – the superfoods of the skin, leaving you feeling completely reinvigorated and the body firing on all cylinders. Includes either a 25-minute back massage or 50-minute full-body massage.

100 min / 75 min

Aroma Spa Seaweed Massage

The power of aromatherapy is combined with the riches of the ocean in this deeply warming treatment. A heated mask containing a blend of essential oils is applied to the body before being cocooned in a wrap. The natural ingredients will detoxify, decongest and stimulate the body's systems. Includes either a 25-minute back massage or 50-minute full-body massage.

100 min / 75 min

Body Nectar Nourishing Wrap

This lusciously fragrant, intensely moisturizing body wrap will transport you to the Far East. The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. The body is kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally-grounding experience for skin that has never felt silkier. Enjoy with either a 25-minute back massage or 50-minute full-body massage.

75 min / 50 min

Intensely Cleansing Salt Scrub

Lime and Ginger or Frangipani

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin. Includes either a 25-minute back massage or 50-minute full-body massage.

75 / 50 min

Ionithermie Cellulite Reduction Treatment

This unique therapy detoxifies the body, reduces the appearance of cellulite, and offers substantial inch loss after just one session. Galvanic stimuli propel 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 wellbeing and fitness program.

3 sessions of 50 min / 50 min





TRADITIONAL CHINESE ACUPUNCTURE

Wellness is a state of optimal wellbeing. The Spa provides the best holistic care through acupuncture and traditional Chinese medicine.



Acupuncture

Quickly becoming one of the fastest growing alternative therapies, acupuncture is often recommended by family practitioners to complement and enhance the benefits of traditional medicine. The onboard acupuncturist is certified to safely and effectively treat an extensive list of symptoms and conditions including, but not limited to, pain management (sciatica, joint, muscle and arthritic pain), seasickness, smoking cessation, weight gain, insomnia and anxiety. Experiencing any of these symptoms is not a requirement to benefit from acupuncture. Many enjoy a session for a simple tune-up, enhanced relaxation, and wellbeing maintenance.

50 min

Chinese Herbal Medicine Consultation

Herbs are integral to traditional Chinese medicine. The Spa features JOU[®], an exclusive organic Chinese herb brand. JOU herbs are cultivated in Northern China by using the leaves, roots, stems, bark and petals of plants, shrubs and trees. Once collected, these ingredients are dried, crushed and then placed in a vegan capsule for easy consumption. Chinese herbs have been used as part of the traditional Chinese medicine system for thousands of years and have helped to alleviate many health issues. Ask for a complimentary consultation.

Be sure to ask about our Health and Wellness Seminar series.

BODY IN MOTION

Perfectly fit to suit the needs of every body, wellness trainers, classes and seminars give a boost of energy to fuel guests' onboard journey.

Personal Training

This one-on-one training session focuses on individual needs. Learn which exercises work best. An in-depth consultation and body composition analysis are included.

60 min

InBody570® Composition Analysis

Understand inner health with InBody570, a state-of-the-art body composition analyzer, which stands alone as the most comprehensive analysis available. Using bioimpedance, InBody570 offers precise measurements of segmental muscle mass, body fat mass, visceral fat, metabolism, inflammation and fluid retention levels.

60 min

Nutritional Consultation

Based on the Nobel prize-winning research of Dr. Barry Sears, a personalized, ideal Zone nutrition plan is created for clean and healthy eating to help achieve wellness goals.

60 min

The HIIT*

Maximum results in minimal time.

HIIT (high-intensity interval training) is a full-body, circuit-based, fat-burning workout through quick, intense bursts of exercise followed by short, sometimes active, recovery periods. This type of training gets and keeps the heart rate up and burns more fat in less time.

45 min

LIT Bungee Fit

Utilizing the suspension of a bungee, this low-impact training (LIT) workout enables the movement of the body when performing different exercises without effecting joints – all while boosting energy levels.

45 min

Contender (Cardio Boxing)*

Condition the body with a complete cardio boxing workout to heighten and strengthen cardiovascular and endurance performance. Knock yourself out (in a good way).

45 min

Pulse Barre*

Discover a low-impact, high-intensity workout that incorporates movements from Pilates, yoga and ballet. This total body workout uses small movements with high repetition to sculpt long, lean muscles and burn fat.

45 min

Pure-Form Yoga

Excellent for increasing levels of balance, concentration and focus, this class will benefit the beginner and the experienced yogi.

45 min

RYDE Indoor Cycling

The next evolution in cycling classes. Powered by Technogym®, RYDE ups the thrill factor by giving a real road-cycling sensation through a series of climbs and sprints, in an immersive, inspirational atmosphere.

Modern and old school music will fuel this high-energy workout to get the endorphins flowing.

45 min

Re-Set Breathing Class

A form of active meditation, this lung workout is designed to provide a feeling of immediate relief. These exercises for the diaphragm and intercostal muscles correct breathing and strengthen the body. Learn a short “relax-fast” recovery breath to use daily.

30 min

MindSet Guided Meditation

Find your Zen by joining a guided meditation designed to help balance the emotional, physical and psychological challenges endured on a daily basis for a calm, peaceful state.

30 min

Unlimited Class Pass

Begin your vacation invigorated by signing up for our unlimited class pass. Work your core, burn serious calories, and condition your body. Our class list and schedule allows you to build in workouts at your leisure.

**Please check for the availability of these facilities and/or services on your cruise.*



KÉRASTASE INSTITUTE

Designated the first Kérastase® Institute at sea, this premium salon concept offers luxury haircare products, deluxe services, and a specialty color bar. Using advanced technology, the experts at the Kérastase Institute can diagnose individual haircare needs and prescribe personalized treatment options along with everything expected from a full-service salon — manicures, pedicures, brows and beyond.





KÉRASTASE
PARIS

KÉRASTASE TREATMENTS

Kérastase® Elixir Ultime 24-Carat Indulgent Ritual

Nourish, protect, illuminate and instantly restore hair. This most indulgent ritual combines precious oils with a highly concentrated treatment to provide a sublime transformation, leaving hair silky, weightless and beautifully fragrant. Includes a scalp massage.

25 min

Kérastase® Fusio-Dose™ Instant Hair Treatment

An instant and personalized ritual for the hair fiber. Fusio-Dose combines highly concentrated formulas with powerful boosters for custom-designed results. Dry hair is intensely nourished, damaged hair is repaired and strengthened, the radiance of color treated hair is restored, and mature hair is re-densified.

Kérastase® 123 Hair Ritual

Breathe, treat and texturize with a 3 step made-to-measure ritual to take your tresses from flat to flawless.

Kérastase® Chronologist Caviar Treatment

A unique caviar pearl technology is applied and massaged into the hair, infusing a high concentration of antioxidants and vitamins that renew hair fiber, deeply nourish, and strengthen each strand.

25 min

Color Contouring

Accentuate or soften facial features with this innovative and personalized technique. Color contouring uses the correct tones – highlighting and low lighting – to enhance the face's shape and natural skin tone by adding color to frame the face. The results? A stunning new look.

Creative Coloring

Avant-garde hair styling. Become a muse with creative coloring, an artistic approach to hair tinting using bright and bold, trendsetting hues for a style rich in color.





THE SALON

Keratin Complex® Express Blowout

This specially formulated, revitalizing and rejuvenating treatment for the hair eliminates frizz and lasts up to six weeks. With its unique formulation, this treatment infuses natural Keratin in the shortest amount of time, so hair can be washed just eight hours after.

45 min

Fire & Ice Manicure and Pedicure

Using a combination of therapeutic cooling gels and the warmth of massage with a heated stone, skin will be smoother and nails will be polished to perfection.

*Manicure includes an ice-hot massage
on the lower arms 45 min*

*Pedicure includes an ice-hot massage
on the lower legs 60 min*

ELEMIS Exotic Hand Ritual with Manicure and Sole Delight Foot Treatment with Pedicure

Warmed aromatherapy oils nourish and condition while the sublime sensation of milk lavishes its richness and healing action on skin. Includes a complete traditional manicure and pedicure.

Manicure 45 min | Pedicure 55 min

Make-Up Application

Whether it is a special occasion or simply a way to feel special, The Spa's makeup artists will accentuate features during this make-up application session. Ask about strip lashes to enhance the look.

Waxing

With respect for privacy, The Spa's highly trained therapists will ensure a comfortable experience. Book a waxing service for brows, lip/chin, half arm, underarm, half or full leg, bikini, Brazilian or back/chest. Services are for both men and women. Please ask a spa therapist for more details.

Teeth Whitening Treatment*

This exclusive service whitens teeth up to eight shades in 30 minutes with no sensitivity or discomfort and includes a portable whitening device to take home. Couples treatments are available.
30 min

Book a complimentary consultation.

NOUVEAU® BROWS AND LASHES

Express Brows

A finished brow look in half an hour, tinting, shaping and setting brows to wow.
30 min

LVL Lashes

Add length, volume and lift to natural lashes. Lasts up to 6 weeks.
60 min

STRIP LASHES

Perfect for special occasions, strip lashes add instant glamour to any look in an instant.

MORE NAIL SERVICES

Traditional Manicure

Traditional Pedicure

Re-polish

Shellac™

Nail Fix

MORE HAIR SERVICES

Shampoo and Blow Dry

Cut and Style with Blow Dry

Up Do and Style (without shampoo and blow dry)

Permanent Color

Semi-Permanent Color

Highlights or Lowlights

Partial Highlights

* Available on select vessels.



THE BARBER

There is nothing like a shave and cut to get the day going. Achieve a brawny, brainy, brilliantly smooth look by cutting ties with unwanted hair. Prolong the stay by adding spa therapies. Retreat in much deserved rest and relaxation.

Grooming Treatment with Shave

Includes the Express Shave, Pro-Collagen mini facial, and a luxurious face, scalp, hand and arm massage.

55 min

Express Shave

This treatment includes a deep-cleansing exfoliation and a double close shave to leave skin smooth.

30 min

Men's Cut and Style Dry

Get a clean-cut look with our full-service grooming, including hair and beard trims as well as styling.

Please see price list for full range of services.

SPA GUIDELINES

Our Promise to You

We are committed to inspiring your wellness journey while delivering uncompromising indulgence and the finest expression of service. Your comfort and enjoyment are important to us. If we have not fulfilled our promise to you, we will remedy your experience.

Hours of Operation

8am to 10pm

Reservations

For more information or to reserve treatments, please contact The Spa. Walk-in appointments are subject to availability.

Minimum Age Requirements

Guests must be at least 18 years of age to receive treatments or utilize spa facilities unless participating in the kid and teen program. Salon services are available to guests of all ages. Fitness facilities are not available to minor guests. Please see restrictions posted outside the Fitness Center.

Nurture Your Experience

We recommend arriving 30 minutes prior to your appointment so you can focus your mind on relaxation. To maintain the serenity of the spa, we ask you to silence your mobile phone and turn off electronic devices upon arrival.

Specialty Spa Menus

Visit The Spa desk to inquire about our Pain Management or Kid and Teen menus.

Ensuring a Wonderful Spa Experience

We welcome you to discuss openly your likes, dislikes, concerns or questions with your therapist before, during, or after the treatment.

SEA Thermal Suite

Passes are valid per voyage only; non-refundable; nontransferable. Bathing suits are required.

Gratuity

For your convenience, a gratuity will be applied to your final bill at checkout. Additional gratuity for exemplary service is discretionary.

Valuables

To ensure you do not forget any personal items of value, we suggest leaving them in the safety deposit box in your stateroom.

Cancellation Policy

Please provide 24 hours' notice when canceling appointments or your onboard account may be charged 50% of your treatment cost.

Product Return Policy

Refunds are offered for all unopened products when accompanied by a receipt and returned by the end of the cruise. Unopened products without receipt can be exchanged for either services or products.

Special Offers in Port

For port offers or during special occasions as well as for seminars and group class information, please see your daily program, stateroom television, or contact The Spa.

Smoking

For your safety, The Spa is a non-smoking facility.

Customer Service

c/o OneSpaWorld
1-855-848-3059
customer@onespaworld.com
www.timetospa.com

Occasionally, for reasons beyond our control, your treatment selection may not be available.

Spa treatments are subject to change without notice.