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## Legend of the lotus flower

*Since ancient times, it is believed that the lotus flower has magical healing powers because of its intrinsic ability to fully rejuvenate and blossom, even after long lapses in stressful conditions. You can enjoy a similar feeling of transformation of the mind, body and spirit, simply by experiencing the soothing sensations and treatments offered in the Lotus Spa®.*

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SIGNATURE TREATMENTS

PRICE LIST

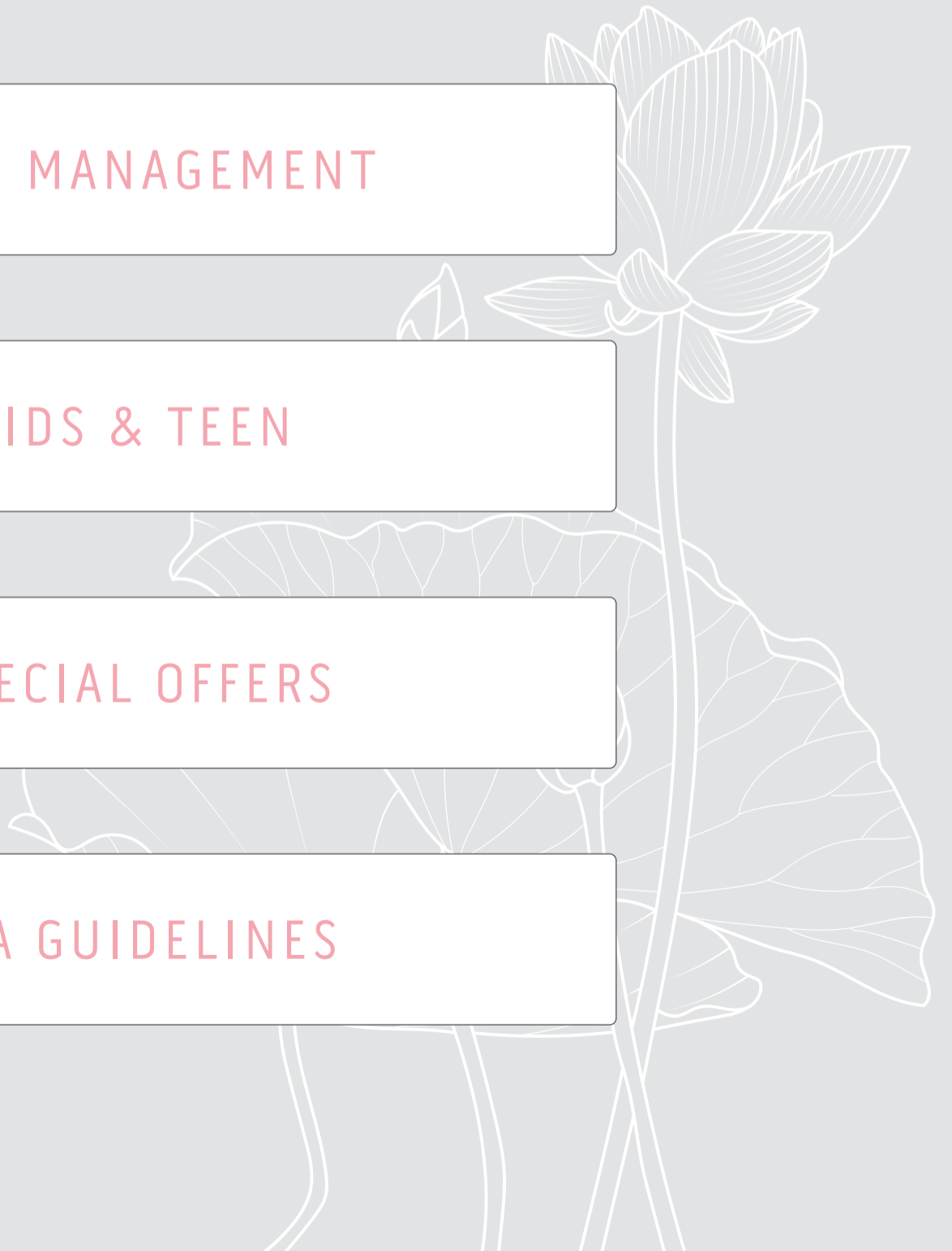
HIGH TECH, LOW TOUCH

PAIN MANAGEMENT

KIDS & TEEN

SPECIAL OFFERS

SPA GUIDELINES





## signature treatments

### ELEMIS BIOTEC Facials

Renew, revitalize and regenerate skin cells with BIOTEC technology, a pioneering innovation that targets age spots, pigmentation, sagging skin, wrinkles, sun damage, enlarged pores, dehydration and all skin conditions.

50 minutes

199

### ELEMIS Pro-Collagen Age Defy

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

50 minutes

169

### Aroma Stone Therapy

Get deep into the muscle with Balinese stones selected to address exactly what you need. Skin is intensely moisturized with warmed oil.

100 / 75 / 50 minutes

299 / 209 / 179

### Bamboo Massage

In this deep massage, your therapist will use bamboo shoots to roll and glide over the muscles helping release tension and lactic acid buildup caused by stress or muscle strain.

100 / 75 / 50 minutes

299 / 209 / 179

### Coconut Poultice Massage

Perfectly warmed, pure compresses massage the body, releasing natural emollients that nourish and moisturize the skin. This is followed by traditional hands-on techniques to relax and destress the muscles even more.

100 / 75 minutes

299 / 229

### Restorative Salt Stone Massage

Warm Himalayan salt stones contour the body and diffuse negative energy, reduce stress, and alleviate muscle tension. Complete with a re-energizing face and scalp massage.

75 minutes

229

### Thai Herbal Poultice Massage

A warm, muslin poultice, steamed with Thai and Chinese herbs, is applied directly to the body in a kneading action, incorporating Thai stretching, hands-on massage, and compressions.

100 / 75 minutes

299 / 229

### Deep Tissue Muscle Massage

A vigorous workout for the body tailored to your needs, be they muscle pain, stress relief, or pure relaxation. Skin is prepped to release toxins and the massage works deep into the tension. As effective as an hour's stretching, but so much more nurturing.

100 / 75 / 50 minutes

299 / 209 / 179

### Aroma Spa Seaweed Massage

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

100 / 75 minutes

299 / 229

### Intensely Cleansing Salt Scrub

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. Select from Lime and Ginger or Frangipani options.

75 / 50 minutes

229 / 189

### Ionithermie Cellulite Reduction Treatment

This unique therapy detoxifies the body, reduces the appearance of cellulite, and offers substantial inch loss after just one session. Drain fluid, smooth the skin, and give the body more definition.

50 minutes / 3 Sessions

189 / 399

### Thousand Flower Detox Wrap\*

This nutrient-rich detox wrap uses the deeply nourishing Green Tea balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

100 / 75 minutes

299 / 229

### Keratin Complex® Express Blowout with Cut

Say goodbye to frizz in just one hour. This specially formulated, revitalizing and rejuvenating treatment eliminates frizz for 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.

60 minutes

from 199

### Pro-Collagen Grooming Treatment with Shave

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

55 minutes

109

\*Independent Clinical Trails  
All prices are in US Dollars (\$)

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## price list

Our most popular services are indicated with this 🌸 symbol

### facial therapies

🌸 ELEMIS ANTI-AGING FACIALS 50 minutes	
BIOTEC Line Eraser	199
BIOTEC Firm-a-Lift	199
BIOTEC Skin Resurfacer	199
BIOTEC Super Charger for Men	199
ELEMIS TOUCH FACIALS 50 minutes	
🌸 Pro-Collagen Age Defy	169
🌸 Dynamic Resurfacing Precision Peel	169
Superfood Pro-Radiance	149
High Performance Skin Energizer for Men	149
ESSENTIAL FACIAL 25 minutes	
Glow In-a-Flash	129

### medi-spa aesthetic treatments

Thermage® Skin Tightening Treatments*	Priced by consultation
Restylane® Dermal Filler Treatments	Priced by consultation
Dysport® Cosmetic Wrinkle Treatments	Priced by consultation

### body therapies

🌸 Thousand Flower Detox Wrap*	
100 / 75 minutes	299 / 229
🌸 Aroma Spa Seaweed Massage	
100 / 75 minutes	299 / 229
🌸 Chocolate Indulgence Body Treatment	
100 / 75 minutes	299 / 229
🌸 Intensely Cleansing Salt Scrub	
75 / 50 minutes	229 / 189
🌸 Ionithermie Cellulite Reduction Treatment	
3 sessions / 50 minutes	399 / 189
Ionithermie Revitalizing Leg Therapy	
40 minutes	99

### massage therapies

🌸 BIOTEC Face Treatment and Body Ritual	
100 minutes	299
🌸 Couture Touch Face and Body Treatment	
100 minutes	299
🌸 R3 Pain Management Therapy	
100 minutes	299
🌸 Restorative Salt Stone Massage	
75 minutes	229
🌸 Coconut Poulitice Massage	
100 / 75 minutes	299 / 229
🌸 Thai Herbal Poulitice Massage	
100 / 75 minutes	299 / 229
🌸 Aroma Stone Therapy	
100 / 75 / 50 minutes	299 / 209 / 179
🌸 Bamboo Massage	
100 / 75 / 50 minutes	299 / 209 / 179
Deep Tissue Muscle Massage	
100 / 75 / 50 minutes	299 / 209 / 179
Swedish Massage	
100 / 75 / 50 minutes	299 / 199 / 149
Reflexology*	
50 minutes	149
Couples Massage (Based on Swedish; select another category for nominal fee)	
100 / 75 / 50 minutes	from 579 / 379 / 279

### traditional chinese acupuncture

Acupuncture Consultation Complimentary	
First Session 50 minutes	179
6 sessions	699
5 sessions	599
4 sessions	499
3 sessions	399
Eastern Nutritional Counseling	20
Herbal Consultation	20

### fitness

Personal Training	
60 minutes	99
3 sessions	249
Body Composition Analysis* 30 minutes	39
InBody570® Composition Analysis* 60 minutes	99
Couples 60 minutes	99
Nutritional Consultation 60 minutes	99
Group Fitness Classes 45 minutes	
Pure-Form Pilates	20
Pure-Form Yoga	20
TRX® Suspension Training	20
LIT Bungee Fit*	20
Results-Based Training*	20
Tour de Cycle*	20
MindSet Guided Meditation*	Complimentary
Select Class Pass 3 classes	39
Select Class Pass 5-7 days	69

### beauty salon

<b>hair</b>	
Keratin Complex® Express Blowout	from 169
Shampoo and Blowout Bundle of 3	129
Red Carpet Blowout	from 79
Up Do Style with Blowout	from 69
Shampoo and Blowout	from 49
🌸 Keratin Complex® Express Blowout with Cut	from 199
Cut and Style with Blowout	from 89
Kérastase® Elixir Ultime 24-Carat Indulgent Ritual	49
Kérastase® Fusio-Dose™ Instant Hair Treatment	29
Highlight or Lowlights	from 149
Permanent Color	from 99
Semi-Permanent	from 79
Colorful Hair	from 49
Partial Highlights	per foil 29
<b>nails</b>	
Fire & Ice Manicure 45 minutes	69
Traditional Manicure 30 minutes	49
Fire & Ice Pedicure 60 minutes	79
Traditional Pedicure 45 minutes	59
Repolish	19
Nail Fix per nail	15
Add on to any nail service	
Shellac® add-on	20
Paraffin Wax add-on	19
<b>Nail Pairings</b>	
🌸 Fire & Ice Manicure and Pedicure	
105 minutes	129
Traditional Manicure and Pedicure	
75 minutes	99
Shellac® add-on for hands and feet	30
<b>smile</b>	
GO SMILE™ Teeth Whitening Treatment	
30 minutes	149
Couples	259
<b>nouveau® lashes and brows</b>	
Deluxe Brow 45 minutes	49
Express Brow 30 minutes	35
LVL Enhance 60 minutes	99
Express 45 minutes	59
Strip 5 minutes	29
<b>waxing</b>	
Full Leg	85
Brazilian Bikini or Back	75
Full Arm or Lower Leg	55
Basic Bikini, Half Back, Chest or Half Arm	45
Brow, Underarms or Stomach	35
Ear, Lip, Chin or Cheeks	25
<b>men's grooming</b>	
Pro-Collagen Grooming Treatment with Shave and Men's Cut	129
🌸 Pro-Collagen Grooming Treatment with Shave	109
Express Shave	59
Men's Cut and Style Dry	45
Beard Trim and Tidy Up	25

All prices are in US dollars.  
\*May not be available on certain vessels.

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## high tech, low touch

### hands-free services

#### ELEMIS No Touch Facial Powered by BIOTEC

Ultra-hygienic, hands-free treatment option that delivers transformative results with cutting-edge technology.

**Benefits:** *hands-free, replenish, restore*

199

#### More No Touch Facials

No Touch Pro-Collagen Age Defy 50 minutes

169

No Touch Dynamic Resurfacing Precision Peel 50 minutes

169

#### The Touchless Treatment by Hyperice

Repair and re-energize with a full-body percussion massage sweep designed to ignite circulation.

**Benefits:** *hands-free, energize, restore*

59

#### More No Touch Body Services

Acupuncture 50 minutes

179

No Touch Bamboo Massage 50 minutes

179

No Touch Coconut Poultice Massage 75 minutes

229

### self-care services

#### No Touch VIP Skin Workshop/Consultation powered by Reveal

A personalized, skincare analysis via Reveal technology followed by a 1:1 tutorial guided by our skincare expert.

**Benefits:** *hands-free, interactive, guided treatment*

59

#### Couples Massage Workshop

Take direction from our body care expert who will share our massage secrets and techniques in this personal session for two. The lesson includes an ELEMIS body oil to take home.

**Benefits:** *shared experience, relaxation, self-care, hands-free*

69

#### Hand Rescue Remedy (Deluxe)

Restore dry hands from constant hand washing with the gentle layering of nutrient-rich, hydrating ingredients paired with an indulgent and circulation-boosting massage.

**Benefits:** *hydrate, heal, restore*

39

#### Hand Rescue Remedy (Essential)

An abbreviated version to address dry hands and recover them in the shortest amount of time.

**Benefits:** *speed spa service, heal, hydrate*

29

*All prices are in US Dollars (\$)*

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## pain management and comfort

### Acupuncture

A safe, natural way to treat an extensive list of symptoms and conditions, including acute and chronic discomfort such as sciatica, joint, muscle and arthritic pain. Acupuncture is a form of traditional medicine in which thin needles are inserted into the body to stimulate endorphins – the body’s natural production of anti-pain chemicals, increase circulation, and interrupt the neurotransmission of pain.

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50 minutes

179

### acupuncture enhancements

#### Electroacupuncture\*

Combines acupuncture with a TENS Unit (transcutaneous electrical nerve stimulation), which uses electrodes to stimulate the nerves in an affected area. The electric pulses send a message to the brain that blocks pain signals. Electroacupuncture should not be used on guests who have a history of seizures, epilepsy, heart disease, strokes, or on patients with pacemakers.

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Complimentary

#### Cupping\*

A traditional form of alternative medicine, we use a fire-free cupping technique in which special cups are placed on the skin to create a suction used to move long-standing congestion, eliminate chronic inflammation, and assist in the restriction of movement.

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29

### chinese herbal supplements

#### Herbal Pain Relievers

Chinese herbs are integral to Traditional Chinese Medicine and have been used for thousands of years to help with pain conditions.

##### These three herbal remedies can assist with pain:

JOU® Back and Knee Formula – an herbal remedy specifically for back and knee pain

JOU® Joint Remedy – an herbal formula for joint pain

JOU® Ache Ease – a general herbal pain killer

In addition to these capsules, we offer menthol and camphor products for external application that can provide instant relief. Our Instant Refreshing Gel is among our most sought-after products to address pain on board. Consult a certified pain professional for pain relief recommendations.

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95

### massage therapies

#### Aroma Spa Seaweed Wrap with Massage

The power of aromatherapy is combined with the riches of the ocean in this deeply warming treatment. A heated seaweed mask containing a blend of essential oils is applied to your body before you are cocooned in a warm wrap. As you relax, our natural ingredients will detoxify, decongest and stimulate your body systems. Treatment includes either half or full-body massage.

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100 / 75 minutes

299 / 229

#### 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.

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100 minutes

299

### comfort through wellness

#### MindSet Guided Meditation\*

A technique for resting the mind and attaining a state of consciousness that is different from the normal waking state. Mindful meditation can reduce stress and improve concentration while increasing happiness and overall wellbeing.

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30 minutes

complimentary

#### Functional Stretch

With the advanced benefits of Hypervolt vibration therapy, this personalized stretch session is designed to open up all major muscle groups and work to help relieve the muscle while supporting the joint. Includes postural analysis.

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45 minutes

85

#### Normatec® Recovery

Using Normatec leg pulse technology, this unique recovery system helps increase circulation and decrease in inflammation to enhance recovery time.

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30 minutes

35

#### Good Feet® Footprint Analysis

These custom arch support insoles are designed to help reduce foot, leg, back and hip pain. A range of styles and sizes allows guests to be fit with the individualized supports that meet their needs, foot type, shoes, lifestyle and overall comfort. Please see your onboard personal trainer for a complimentary consultation and fitting.

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Complimentary

*\*Service enhancers added into your service without adding time.*

*All prices are in US Dollars (\$)*

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## kids & teen

♥ These favorite services are teen approved.

😊 These spa treats are for kids 4-12.

### “knot” your average massage

#### ♥ HEAVENLY MESSAGE

Let it go. Banish your worries, shrug off the stress. Teen pressures are soothed with this heavenly treatment of pure serenity. Our sweetly scented Swedish massage includes a focus on the scalp, neck and shoulders to release pent-up tension. Doze off and dream. Find yourself floating in the clouds.

50 minutes

99

#### TWIN SOULS

**Mother–Daughter Massage** – Like mother, like daughter. Twinsies at heart and soul, together experience a side-by-side massage that is both relaxing and indulgent. We promise to ‘butter’ you up and hydrate the skin, leaving you deliciously scented. Find your tropical paradise.

50 minutes

199

#### FATHER TIME

**Father-Son Massage** – Time for some father and son chillaxin’. Stop the clock and start the timer for 50 minutes of manly bonding during a side-by-side massage. There’s no doubt, our stress-free zone is the perfect time out for a doo-‘dad’-day. Find your chill factor.

50 minutes

199

### insta-fave facials

#### ♥ SUPERFOOD INSTA-GLOW FACIAL

A superfood smoothie for instantly healthy, glowing skin. Purify and recharge your skin with a blend of supergreens, including Avocado, Broccoli and Kale. Our Veggie Mask and power-boosting Oxygen Infusion will leave your skin fresh and glowing for the perfect #superfood selfie!

50 minutes

99

#### CLEAR SKIN MULTI-MASK FACIAL

A power-cleanse facial to de-clog, smooth and refine problem skin. We’ll deep clean your skin and exfoliate, then let LED light technology work its magic to help clean and calm breakouts and redness. You then get the chance to have fun multi-masking. Experiment with our balancing and brightening face mask combos to prepare your skin for the perfect #multimask selfie!

50 minutes

99

### skintastic scrub

#### GINGER GLOW

A tinge of ginger, a dash of salt, a sprinkling of lime – the perfect recipe for glowing skin. Our Lime and Ginger Salt Glow is polished on to smooth out dryness, leaving a new layer of skin that is ready for the limelight.

25 minutes

65

### spa adventures

#### ♥ FANGIRL

Be your own fangirl or style yourself like one you admire. Start your transformation with a Superfood Insta-Glow Facial for dazzling, dewy skin. Then, mark these musts off your check list: mani-pedi – a definite cure; a change of tresses – for sure; a hint of makeup – for allure. Includes Facial, Magical Manicure, Soul Mate Pedicure, Blow Dry, and Makeup Lesson with Application. Additional fee applies for Semi-Permanent Color.

3 hours

285

#### ♥ TEEN SPIRIT

It’s like warm soup for the soul. A Heavenly Massage will work wonders for the body, saying goodbye to teen stress and nourishing your aura with positive vibes. Let worries disappear as you clear the mind as you tend to your skin with choice of Superfood Insta-Glow Facial for radiance or Clear Skin Multi-Mask Facial to shape up problem skin. It’s a karmic connection for the mind and body to boost your teen spirit.

100 minutes

198

salon My hair – mom bought it. My nails– dad’s got it. You like my look, gee thanks ... I rock it.

#### ♥ COLORFUL HAIR

Like a highlighter for the hair, this pop of color will bring out the chameleon in you. Choose from 8 vibrant shades. Lasts up to 12 washes. Add to any salon service.

from 49

#### GLOSSING

It’s the gloss that listens and makes the hair glisten. Add a sun-kissed flair to your hair that last 12 weeks. Add to any salon service.

from 69

#### ♥😊 MAGICAL MANICURE

Simply spellbinding, let your fingers feel the magical powers of nail wizardry. A skin-smoothing hand scrub softens forearms and hands followed by a deeply hydrating massage. Nails are preened, filed, shaped and polished. Amp up your manicure with cool nail art designs for an additional fee.

25 minutes

29

#### ♥😊 SOUL MATE PEDICURE

The daring diva who sits on the pedicure throne will stand on two new feet. Your footies will walk on air after experiencing this delightful treatment. Get glammed up with an eye-popping nail polish shade of your choice. Add nail art for an additional fee. Also available for dudes.

45 minutes

39

#### ♥😊 FANCY FOOTWORK, NAIL DESIGN AND MORE

Glitzy Pinkies *(a touch of sparkle on the nails)* 15

Mood Change *(polish change for the hands)* 15

Toe Touch Up *(polish change for the feet)* 15

Nail Art Design *(where available)* 15

#### ♥😊 BRAID, BUN, BLOW DRY, AND BEYOND

Beauty Bun *(without blow dry)* from 49

Tangled Braid *(without blow dry)* 29

Mermaid Locks *(without blow dry)* 19

Bella Half Do *(without blow dry)* 29

Blow Dry 29

Just Cutz 25

### color guard — paint your canvas

#### MAKEUP LESSON

Learn, apply and repeat at home. This guided lesson teaches teens how to apply their makeup in an age-appropriate manner. We’ll walk you through the process of selecting colors that show off your natural beauty and provide a ‘foundation’ by helping establish a daily skincare routine.

45 minutes

89

#### BROWS ON POINT

This maintenance-must is essential in removing unwanted fuzzies from your eyebrows.

15 minutes

35


*All prices are in US Dollars (\$)*

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# special offers

## TRIPLE YOUR INDULGENCE \*

*Enrich your spa experience by selecting from our signature services indicated with this  symbol.*

**10% OFF** your 1<sup>st</sup> Signature Treatment

**20% OFF** your 2<sup>nd</sup> Signature Treatment

**30% OFF** your 3<sup>rd</sup> Signature Treatment

*\*Treatments may not be shared among multiple persons. All treatments must be booked and paid for in advance.*

*Offer subject to availability and may not be combined with other discounts, including value pricing.*

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# 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 Lotus 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 kids or teen program. Salon services are available to guests of all ages. Fitness facilities are not available to minor guests. Please see restrictions posted outside Pulse 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 turn off your mobile phone and electronic devices upon arrival.

## ENSURING A WONDERFUL SPA EXPERIENCE

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

## SERVICE CHARGE

For your convenience, an 18% service charge 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 recommend 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 a receipt can be exchanged for either services or products.

## SPECIAL OFFERS IN PORT

Contact Lotus Spa to learn about in port and special occasion offers as well as to learn about seminars and fitness class times.

## TIMETOSPA at home

Relaxation is achieved through daily practice. Your therapist will be happy to recommend a home care regimen to continue your treatment. Replenish products purchased at [www.timetospa.com](http://www.timetospa.com).

## CUSTOMER SERVICE

c/o OneSpaWorld 1-855-848-3059  
[customercare@onespaworld.com](mailto:customercare@onespaworld.com).

*Operated by OneSpaWorld, a global wellness provider.*

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