



*Where Beauty*  
**BLOSSOMS**



  
THE GREENHOUSE®  
SPA & SALON

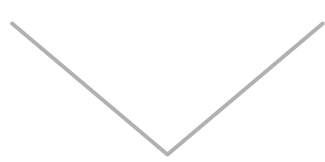


*Let Your Inner Beauty*  
**FLOURISH**

*At The Greenhouse Spa & Salon*

Nurture every aspect of your wellbeing with renowned  
spa rituals and healing touches from around the world.

True to its roots, The Greenhouse Spa & Salon  
redefines the spa experience to harmonize your  
body, mind and spirit with a fusion of luxury  
and nature's most precious ingredients.







SIGNATURE TREATMENTS

PRICE LIST

PAIN MANAGEMENT

HIGH TECH, LOW TOUCH

SPECIAL OFFERS

SPA ETIQUETTE



# SIGNATURE TREATMENTS

## ELEMIS BIOTEC Anti-Aging 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<sup>†</sup> 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

## Swedish Massage

This classical European technique of manipulating muscles can help improve the function of the circulatory, lymphatic, muscular and nervous systems.

100 / 75 / 50 minutes

299 / 199 / 149

## 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

## 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

189

## Acupuncture

Restores balance. The acupuncturist is certified to treat an extensive list of symptoms and conditions including, but not limited to, pain management (sciatica, joint, muscle and arthritic pain), seasickness, weight gain, insomnia and anxiety.

50 minutes

179

## InBody570® Composition Analysis\*

Know yourself inside and out with a body composition analysis, which provides the most comprehensive muscle and fat diagnosis available. Understanding your body’s inner health helps us to determine the best way forward to achieve your wellness goals.

60 minutes

99

## 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

## 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.

105 minutes

129

<sup>†</sup> Independent Clinical Trials

\*This service may not be available on certain vessels.

All prices are in US Dollars (\$)






# PRICE LIST

Onboard credit accepted at The Greenhouse Spa & Salon.




## PLANTING THE SEEDS OF YOUR SPA EXPERIENCE

Enrich your spa journey by selecting from our most well-loved services indicated with this  symbol.

## THE GREENHOUSE RETREAT

THERMAL SUITE\*    *Daily, Cruise and Couple Passes*    *visit spa for pricing*

## FACIAL BRILLIANCE

 ELEMIS BIOTEC 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	
 ELEMIS Pro-Collagen Age Defy	169
 ELEMIS Dynamic Resurfacing Precision Peel	169
ELEMIS Superfood Pro-Radiance	149
ELEMIS High Performance Skin Energizer for Men	149
Essential Facial    25 min	
Glow In-a-Flash	129

## MEDI-SPA AESTHETICS




Restylane® Dermal Filler Treatments	<i>Priced by consultation</i>
DYSPORT® Cosmetic Wrinkle Treatments	<i>Priced by consultation</i>
Thermage® Skin Tightening Treatments*	<i>Priced by consultation</i>

## COUPLES



BODY	
Aroma Spa Seaweed Massage    100 / 75 minutes	579 / 399
Intensely Cleansing Salt Scrub    75 / 50 minutes	399 / 329

MASSAGE	
Each guest can select from Aroma Stone Therapy, Bamboo, Deep Tissue 100 / 75 / 50 minutes	579 / 399 / 329
Swedish Massage    100 / 75 / 50 minutes	579 / 399 / 299


## BODY NOURISHING

 Aroma Spa Seaweed Massage    100 / 75 minutes	299 / 229
 Intensely Cleansing Salt Scrub    75 / 50 minutes	229 / 189
 Ionithermie Cellulite Reduction Treatment    3 sessions / 50 minutes	399 / 189



## MASSAGE NURTURING

 BIOTEC Face Treatment and Body Ritual    100 minutes	299
 Couture Touch Face and Body Treatment    100 / 50 minutes	299 / 189
 R3 Pain Management Therapy – Relax, Repair, Relief    100 minutes	299
 Restorative Salt Stone Massage*    75 minutes	229
 Coconut Poultice Massage*    100 / 75 minutes	299 / 229
 Thai Poultice 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

## ACUPUNCTURE


 Acupuncture Session    50 minutes	179
Neck and Shoulder Cupping add-on	39
Cellulite Cupping add-on	39
Eastern Nutritional Consultation add-on	39
Anti-Aging Acupuncture Facial add-on	39
Herbal Consultation 20	

## INSPIRED WELLNESS

 Personal Training 3 sessions / 60 minutes	249 / 99
 InBody570® Composition Analysis*    60 minutes	99
Nutritional Consultation    60 minutes	99
Body Composition Analysis*    30 minutes	39
Group Fitness Classes	
Pure-Form Pilates    45 minutes	20
Pure-Form Yoga    45 minutes	20
TRX® Suspension Training    45 minutes	20
Trilo3y*    45 minutes	20
Results-Based Training    45 minutes	20
RYDE Indoor Cycling*    45 minutes	20
Select Class Pass    3 classes	39
Select Class Pass    5-7 days	69

## BEAUTY SALON

### HAIR

Color and Style Consultation	<i>Complimentary</i>
Keratin Complex® Express Blowout	<i>from 169</i>
Shampoo and Blowout <i>Bundle of 3</i>	129
Red Carpet Blowout	<i>from 79</i>
Up Do Style with Blowout	<i>from 69</i>
Shampoo and Blowout	<i>from 49</i>
 Keratin Complex® Express Blowout with Cut	<i>from 199</i>
Cut and Style with Blowout	<i>from 89</i>
Kèrastase® Fusio-Dose™ Instant Hair Treatment	59
Kèrastase® Elixir Ultime 24-Carat Indulgent Ritual	29
Kèrastase® 123 Hair Ritual	19
Highlight or Lowlights	<i>from 149</i>
Permanent Color	<i>from 99</i>
Semi-Permanent	<i>from 79</i>
Colorful Hair	<i>from 49</i>

### NAILS

Fire & Ice Manicure    45 minutes	59
Exotic Hand Ritual Manicure    45 minutes	59
Traditional Manicure    30 minutes	39
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Fire & Ice Pedicure    60 minutes	79
Sole Delight Pedicure    60 minutes	69
Traditional Pedicure    45 minutes	59
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Repolish	29
Nail Fix per Nail	15
<i>ADD-ON TO ANY NAIL SERVICE</i>	
Shellac® add-on	20
Paraffin Wax add-on	19

### NAIL PAIRINGS

Fire & Ice Manicure and Pedicure    105 minutes	129
Exotic Hand Ritual Manicure and Sole Delight Pedicure    105 minutes	119
Traditional Manicure and Pedicure    75 minutes	99
Shellac® add-on for Manicure and Pedicure	30

### SMILE

GO SMILE™ Teeth Whitening Treatment <i>Couples / 30 minutes</i>	258 / 149
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### NOUVEAU® LASH

LVL Enhance    60 minutes	99
Express Lashes    45 minutes	59
Strip Lashes    5 minutes	29

### WAXING

Full Leg	85
Brazilian Bikini or Back	79
Full Arm or Lower Leg	55
Basic Bikini, Half Back, Chest or Half Arm	45
Brows, Underarms or Stomach	35
Ear, Lip, Chin or Cheeks	25

### MEN’S GROOMING

Pro-Collagen Grooming Treatment with Shave and Men’s Cut	129
 Pro-Collagen Grooming Treatment with Shave    55 minutes	109
Express Shave    30 minutes	59
Men's Cut and Style Dry	45
Beard and Neck Trim	25

*\*Available on select vessels.  
All prices are in US Dollars (\$)*





# 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.

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.

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.

39

## 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.

99

## MASSAGE THERAPIES

### 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 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.

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.

100 minutes

299

## COMFORT THROUGHWELLNESS

### 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.

30 minutes

20

### 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.

45 minutes

69

### NormaTec® Recovery

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

30 minutes

49

### 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.

Complimentary

All prices are in US Dollars (\$)



# HIGH TECH, LOW TOUCH SERVICES

## HANDS-FREE SERVICES

### ELEMIS No Touch Facial powered by BIOTEC

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

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

50 minutes	189
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### More No Touch Facials

No Touch Pro-Collagen Age Defy   50 minutes	159
No Touch Dynamic Resurfacing Precision Peel   50 minutes	139

### 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
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### More No Toch Body Services

Acupuncture   50 minutes	159
No Touch Bamboo Massage   50 minutes	159
No Touch Coconut Poultice Massage   50 minutes	159

## 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
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### 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*

	63.50
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### 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
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### 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
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All prices are in US Dollars (\$)



# SPECIAL OFFERS

## TRIPLE YOUR INDULGENCE \*

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

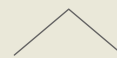
**10% OFF** your 1<sup>st</sup> Signature Treatment

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

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

*\*Treatments valid for one individual only. All three treatments must be booked and paid for in advance. 30% Savings is valid on the least expensive treatment. 20% savings is valid on most expensive treatment. Not valid with other offers. Offer subject to availability.*

RETURN TO MAIN MENU





# SPA ETIQUETTE

## 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.

## Reservations

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

## Nurture Your Experience

We recommend arriving 15 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.

## The Greenhouse Retreat

The Greenhouse Retreat is not available on all Holland America Line ships.

## 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 the Fitness Center.

## 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.

## Service Charge

For your convenience, a 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 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 our port offers or during special occasions as well as for seminars and group class information, please see the spa section of your daily program, stateroom television, or contact the spa.

## TIMETOSPA 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. For more information on our services or products, visit [timetospa.com](http://timetospa.com) or call 1-800-423-5293 to order.

## Customer Service

If you have queries that arise after your cruise, please call 1-855- 848-3059 or email our Customer Service at [customerservice@onespaworld.com](mailto:customerservice@onespaworld.com).

*Operated by OneSpaWorld, a global wellness provider.*

RETURN TO MAIN MENU 