

# spa





# THE SEA SPEAKS TO THE SOUL

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Explore the many wonders of The Spa and discover the connection between the self, the sea, and the breathtaking world beyond. Inspired by sea, earth, and air, Celebrity Cruises has curated a beautiful menu of distinctive, first-at-sea experiences, transformative services, and a wealth of wellness activities designed to deliver a journey grounded in nature and driven by innovation.

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SIGNATURE TREATMENTS

SPECIALTY  
TREATMENT EXPERIENCES

SERVICE LIST

SPA GUIDELINES



# 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 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

## R3 Pain Management Therapy –Relax, Repair, 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

## Restorative Salt Stone Massage

Warm Himalayan salt stones are bathed in personally selected aromatics to contour the body and diffuse negative energy, reduce stress, and alleviate muscle tension. This therapy is complete with a re-energizing face and scalp massage for a truly uplifting experience.

75 min

## 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 min

## 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 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 of choice will gently slough away dead skin cells.

75 / 50 min

## Ionithermie Cellulite Reduction Program

This detoxification treatment will reduce the appearance of cellulite, firm and tone the skin, cleanse the body, and promote substantial inch loss in just one session.

50 min

## 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 min

## 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 min

## Personal Training

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

60 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 and Pedicure with ice-hot massage of lower arms and lower legs 105 min

## GO SMILE™ Teeth Whitening Treatment

Try our advanced teeth whitening treatment. It is a safe, effective way to add a sparkle to a smile. Book a complimentary consultation. Couples treatments available.

30 min

## Pro-Collagen Grooming Treatment with Shave

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

55 min

*For a complete list of Signature Treatments, please refer to the Price List section of this menu.*

*\*Independent Clinical Trails*





# SPECIALTY TREATMENT EXPERIENCES

## SEA

### 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 / 75 min

## EARTH

### Hot Mineral Body Boost

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. Completed by a restorative facial massage, this is a revolutionary, minerally charged experience of skin-conditioning, metabolic-balancing and energizing wellness.

75 min

### Poultice-Powered Muscle Release

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique Amber and Quartz poultice to dissolve knots and ease tensions. Completed with a restorative facial.

75 min

## AIR

### Zero Gravity Wellness Massage

Producing a zero-gravity effect, the body is suspended on an advanced treatment table allowing ergonomic work flows and a seamless series of sophisticated techniques. Eight table positions enable effective and precise reach of every muscle group, targeted release of tension, and improved body mechanics.

75 min


*Specialty Treatment Experiences are available on select vessels.*

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# SERVICE LIST

Our most well-loved services are indicated with this seashell symbol .

Inquire about our Persian Garden and special offers at spa reception.

## NATURAL BEAUTY FACIALS

-  ELEMIS Anti-Aging Facials *50 min*
  - BIOTEC – Select from Line Eraser, Firm-a-Lift
  - Skin Resurfacer, or Super-Charger for Men

- ELEMIS Touch Facials *50 min*
  - ELEMIS Pro-Collagen Age Defy
  - ELEMIS Dynamic Resurfacing Precision Peel
  - ELEMIS Superfood Pro-Radiance
  - ELEMIS High Performance Skin Energizer for Men

- ESSENTIAL FACIAL *25 min*
  - Glow In-a-Flash

## IDEAL IMAGE® OCEAN





- The Advanced MedSpa *All services priced by consultation*
  - CoolSculpting® Non-Surgical Fat Reduction\*
  - Thermage® Skin Tightening Treatments\*
  - Microneedling Treatments
  - Restylane® Dermal Filler Treatments
  - DYSPORT® Cosmetic Wrinkle Treatments
  - All treatments are safely administered by a licensed aesthetic physician.

## COUPLES

- BODY
  - Aroma Spa Seaweed Massage *100 / 75 min*
  - Intensely Cleansing Salt Scrub *75 / 50 min*

- MASSAGE
  - Each guest can select from Aroma Stone Therapy, Bamboo, Deep Tissue *100 / 75 / 50 min*
  - Swedish Massage *100 / 75 / 50 min*



## BODY OF WATER

- Specialty Treatment Experiences
  -  Aroma Spa Seaweed Massage *75 / 100 min*
  -  Hot Mineral Body Boost *75 min*
  -  Poultrice-Powered Muscle Release *75 min*
  -  Zero Gravity Wellness Massage *75 min*

## MASSAGE THERAPIES

- BIOTEC Face Treatment and Body Ritual *100 min*
- Couture Touch Face and Body Treatment *100 min*
-  R3 Pain Management Therapy *100 min*
-  Coconut Poultrice Massage *100 / 75 / 50 min*
-  Thai Herbal Poultrice Massage *100 / 75 min*
-  Restorative Salt Stone Massage *75 min*
- Earth Grounding Massage *100 / 75 / 50 min*
-  Aroma Stone Therapy *100 / 75 / 50 min*
-  Bamboo Massage *100 / 75 / 50 min*
- Deep Tissue Muscle Massage *100 / 75 / 50 min*
- Swedish Massage *100 / 75 / 50 min*
- Reflexology *50 min*
- Couples Massage *100 / 75 / 50 min*

## BODY THERAPIES

-  Thousand Flower Detox Wrap *100 / 75 min*
- Body Nectar Nourishing Wrap *75 / 50 min*
-  Intensely Cleansing Salt Scrub *75 / 50 min*
- Ionithermie Cellulite Reduction Treatment *3 sessions of 50 min*

## TRADITIONAL CHINESE ACUPUNCTURE

- Acupuncture Session *50 minutes*
- Neck and Shoulder Cupping Add-On
- Cellulite Cupping Add-On
- Eastern Nutritional Consultation Add-On
- Anti-Aging Acupuncture Facial Add-On
- Herbal Consultation

## BODY IN MOTION

- Fitness and Nutrition
  - Personal Training *60 min*
  -  InBody570® Composition Analysis\* *60 min*
  - Nutritional Consultation *60 min*
- Group Fitness Classes *45 min*
- The HIIT
- LIT Bungee Fit
- Contender (Cardio Boxing)
- Pulse Barre
- Pure-Form Yoga
- RYDE Indoor Cycling
- Re-Set Breathing Class *30 min*
- MindSet Guided Meditation *30 min*
- Fitness on Demand™\*
- Select Class Pass *3 Days*
- Select Class Pass *5-7 Days*

\*Inquire at the Fitness Center for availability

## KÉRASTASE® INSTITUTE

- Kérastase® Elixir Ultime 24-Carat Indulgent Ritual *25 min*
- Kérastase® Fusio-Dose™ Instant Hair Treatment
- Kérastase® 123 Hair Ritual *15 min*

## HAIR

- Keratin Complex® Express Blowout *45 min*
- Shampoo and Blowout *Bundle of 3*
- Cut and Style with Blowout
- Up Do
- Color Contouring
- Creative Coloring
- Permanent Color
- Semi-Permanent
- Colorful Hair
- Shampoo and Blowout

## NAILS

- Fire & Ice Manicure *45 min*
- Exotic Hand Ritual with Manicure *45 min*
- Traditional Manicure *30 min*
- Fire & Ice Pedicure *60 min*
- Sole Delight Foot Treatment with Pedicure *60 min*
- Traditional Pedicure *45 min*

- Acrylic Nails
- Re-polish
- Nail Fix per Nail

## ADD-ON TO ANY NAIL SERVICE

- Shellac™ add-on
- Paraffin Wax add-on

## NAIL PAIRINGS

- Fire & Ice Manicure and Pedicure *105 min*
- Exotic Hand Ritual and Sole Delight Pedicure *105 min*
- Traditional Manicure and Pedicure *75 min*
- Shellac™ add-on for hands and feet

## SMILE

-  GO SMILE™ Teeth Whitening Treatment
- 30 min
- Couples

## MAKE-UP

- Special Occasion Makeup


## Waxing

- Ear
- Lip or Chin
- Cheeks
- Underarms
- Half Arm
- Full Arm
- Lower Leg
- Full Leg
- Basic Bikini
- Brazilian Bikini
- Half Back
- Back
- Stomach

## NOUVEAU® BROWS & LASHES

- Express Brows *30 min*
- Deluxe Brows *45 min*
- LVL Enhance *60 min*
- Express *45 min*
- Strip Lashes *5 min*

## The Barber

-  Pro-Collagen Grooming Treatment with Shave and Men's Cut
- Pro-Collagen Grooming Treatment with Shave *55 min*
- Express Shave *30 min*
- Men's Cut
- Beard and Neck Trim

*\*Spa treatments may vary from vessel to vessel.*

*\*Cruise passes are based on 7-day cruise; pricing varies by cruise length.*

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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.

## Value Price

During your cruise the spa will offer value prices for certain services at specified times, allowing you to experience luxury therapies at a valued price. Check your daily program for details.

## Nurture Your Experience

We recommend that you arrive 15 minutes prior to your treatment so you can focus your mind on relaxation. 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 give us 24 hours' notice before cancelling your appointments or your onboard account may be charged with 50% of your treatment cost.

## Minimum Age

Guests must be at least 18 years of age to receive treatments or utilize spa facilities unless participating in the kid and teen spa program. Salon services are available to guests of all ages. Fitness facilities are available to minor guests when accompanied by an adult. Please see restrictions posted outside the Fitness Center.

## 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 receipts can be exchanged for either services or products.

## 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.

## Post Cruise 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.*

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