



*Where Beauty*

# BLOSSOMS



THE GREENHOUSE®  
SPA & SALON



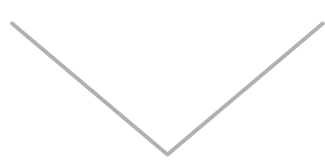
*Let Your Inner Beauty*

# 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

229

### 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

199

### 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 / 229 / 199

### 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 / 229 / 199

### 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 / 219 / 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 / 249

### 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

199

### 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

199

### 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

159

† Independent Clinical Trials  
\*This service may not be available on certain vessels.  
All prices are in US Dollars (\$)

RETURN TO MAIN MENU








## 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 229

BIOTEC Firm-a-Lift 229

BIOTEC Skin Resurfacer 229

BIOTEC Super Charger for Men 229

ELEMIS Touch Facials *50 minutes*

 ELEMIS Pro-Collagen Age Defy 199

 ELEMIS Dynamic Resurfacing Precision Peel 199

ELEMIS Superfood Pro-Radiance 179

ELEMIS High Performance Skin Energizer for Men 149

Essential Facial *25 min*

Glow In-a-Flash 149

### MEDI-SPA AESTHETICS

Restylane® Dermal Filler Treatments *Priced by consultation*

DYSPOUR® Cosmetic Wrinkle Treatments *Priced by consultation*

Thermage® Skin Tightening Treatments\* *Priced by consultation*

### COUPLES

#### BODY

Aroma Spa Seaweed Massage *100 / 75 minutes* 599 / 499

Intensely Cleansing Salt Scrub *75 / 50 minutes* 499 / 399

#### MASSAGE

Each guest can select from Aroma Stone Therapy, Bamboo, Deep Tissue *100 / 75 / 50 minutes* 599 / 499 / 399

Swedish Massage *100 / 75 / 50 minutes* 599 / 449 / 349

### BODY NOURISHING

 Aroma Spa Seaweed Massage *100 / 75 minutes* 299 / 249

 Intensely Cleansing Salt Scrub *75 / 50 minutes* 249 / 199

 Ionithermie Cellulite Reduction Treatment *3 sessions / 50 minutes* 399 / 199

### MASSAGE NURTURING


 BIOTEC Face Treatment and Body Ritual *100 minutes* 299

 Couture Touch Face and Body Treatment *100 / 50 minutes* 299 / 199

 R3 Pain Management Therapy – *Relax, Repair, Relief* *100 minutes* 299

 Restorative Salt Stone Massage\* *75 minutes* 229

 Coconut Poultice Massage\* *100 / 75 minutes* 299 / 249

 Thai Poultice Massage *100 / 75 minutes* 299 / 249

 Aroma Stone Therapy *100 / 75 / 50 minutes* 299 / 229 / 199

 Bamboo Massage *100 / 75 / 50 minutes* 299 / 229 / 199

 Deep Tissue Muscle Massage *100 / 75 / 50 minutes* 299 / 229 / 199

Swedish Massage *100 / 75 / 50 minutes* 299 / 219 / 179

Reflexology *50 minutes* 149

### ACUPUNCTURE

 Acupuncture Session *50 minutes* 199

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 *Complimentary*

Keratin Complex® Express Blowout *from 169*

Shampoo and Blowout *Bundle of 3* 149

Red Carpet Blowout *from 89*

Up Do Style with Blowout *from 69*

Shampoo and Blowout *from 59*

 Keratin Complex® Express Blowout with Cut *from 199*

Cut and Style with Blowout *from 89*

Kèrastase® Fusio-Dose™ Instant Hair Treatment 59

Kèrastase® Elixir Ultime 24-Carat Indulgent Ritual 29

Kèrastase® 123 Hair Ritual 19

Highlight or Lowlights *from 149*

Permanent Color *from 99*

Semi-Permanent *from 79*

Colorful Hair *from 49*

#### NAILS

Fire & Ice Manicure *45 minutes* 79

Exotic Hand Ritual Manicure *45 minutes* 69

Traditional Manicure *30 minutes* 59

Fire & Ice Pedicure *60 minutes* 89

Sole Delight Pedicure *60 minutes* 79

Traditional Pedicure *45 minutes* 69

Repolish 29

Nail Fix per Nail 15

#### ADD-ON TO ANY NAIL SERVICE

Shellac® add-on 20

Paraffin Wax add-on 19

#### NAIL PAIRINGS

Fire & Ice Manicure and Pedicure *105 minutes* 159

Exotic Hand Ritual Manicure and Sole Delight Pedicure *105 minutes* 139

Traditional Manicure and Pedicure *75 minutes* 119

Shellac® add-on for Manicure and Pedicure 40

#### SMILE

GO SMILE™ Teeth Whitening Treatment *Couples / 30 minutes* 299 / 179

#### 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 149

 Pro-Collagen Grooming Treatment with Shave *55 minutes* 129

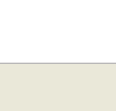
Express Shave *30 minutes* 79

Men's Cut and Style Dry 59

Beard and Neck Trim 25

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

RETURN TO MAIN MENU







## 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

199

### 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.

29

#### 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 / 249

#### 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 THROUGH WELLNESS

#### 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 (\$)

RETURN TO MAIN MENU





## 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 cutting-edge technology.

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

50 minutes

189

#### 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

#### More No Touch 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

#### 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*

65

#### 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 (\$)*

RETURN TO MAIN MENU



# 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

