




lotus spa® favorites

Pampering yourself never felt so good. Replenish mind, body and spirit with a variety of services available in the Lotus Spa. Book early to reserve your preferred time, and ask about our specials for booking multiple services.

Manager's Choice

Triple Your Indulgence (Save up to 30% off)

- Save 10% off 1st
- Save 20% off 2nd
- Save 30% off 3rd Signature Service!

Here's how we indulge you: Decide which 3 Signature spa services you must try, marked with a  and simply schedule your appointments. You will then save each time you visit.

Medi Spa Cosmetic Facial Treatments

Complimentary consultations available with Medi-Spa Physician. Uplifting and youth-enhancing treatments including nonsurgical brow lift, instant lip enhancement, and volumizing skin treatments. Reduce fine lines and wrinkles or instantly replace skin's lost volume. No downtime. All treatments are FDA-approved and administered by our licensed Spa Physician. Amazing results last for months.

GoSmile Teeth Whitening Treatment

\$149 per person - Couples \$258

Your smile is the outward expression of your inner beauty. A beaming smile makes you look younger, more radiant and confident. Are you ready to smile? Then try our advanced GoSmile Tooth Whitening Treatment today. It's a safe and effective way to take your smile from drab to fab in just minutes. Come see us for a free consultation.

The Enclave at Lotus Spa

Travel Weekly Magellan Gold Award Winner

Nurturing environment to soothe your mind, body and spirit, a private world of rejuvenation awaits you. Available to cruise pass holders only.

Amenities include

Turkish Hammam & Caldarium Aroma steam rooms	Sensory showers
Laconium Gentle Sauna with gentle heated benches	Soothing water beds
Hydro-therapy pool with rain shower	Relaxing Stone beds

Acupuncture

Looking for an alternative natural way to care for your health? Tired of all your medications? Ancient healing from the Orient you can utilize to treat the modern problems of today. Treatments range from pain relief, sea sickness, stress relief, detox, weight management and many more.

Detox & Inch Loss-Ionithermie

50 minutes \$159 - 3 sessions \$299 (Saving \$178)

You will lose up to 8 inches 1 session. This figure corrective and firming treatment from France is a unique detox treatment which works with stimuli and algae to reduce cellulite and fatty deposits from the stomach, thighs and buttocks in women and the stomach region in men. Then learn how to remove cellulite the easy European way.

For your convenience, a discretionary 15% gratuity will automatically be added to your receipt.

Call 5343 or visit the Lotus Spa on deck 5 forward for reservations and information.

Please provide 24 hours notice when cancelling your appointments to avoid a 50% cancellation fee.

Ask about our popular port day specials!



relaxation

Aroma Spa Seaweed Massage

75 minutes \$195 • 100 minutes \$259

Combining the richness of the sea and aromatherapy, this detoxifying treatment starts with a warm aromatherapy body mask and comforting wrap. Relax as your body decongests, easing aches, fatigue and muscle spasm while you receive a foot and scalp massage. Continue with a personalized massage focusing on the stress points of the body - neck, shoulders and back of the body. The benefits of this massage last up to 6 weeks.

Chocolate Body Indulgence

75 minutes \$195 • 100 minutes \$259

Using the antioxidant properties of chocolate, this service starts with a gentle chocolate polish before we cocoon the body in a chocolate mousse mask and complete this decadent service with a massage using what else...chocolate massage oil! You will smell delicious! "Enjoy your chocolate without the added calories!"

Absolute Spa Ritual

100 minutes \$265

This wonderfully relaxing ritual will delight you from the soles of your feet to the tingling top of your scalp! Combining the Pro-Collagen Marine Facial for skin vitality with a sublime Deep Tissue Massage, will refresh your spirit and strength your vital energies.

Exotic Lime & Ginger Salt Glow with Massage

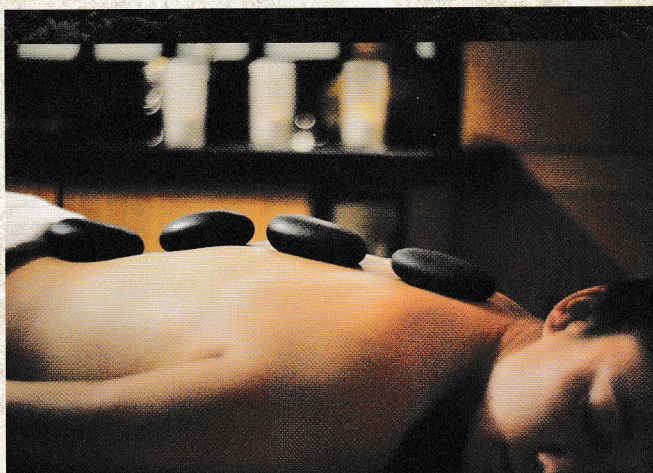
75 minutes \$199

An exotic exfoliation ritual that will invigorate and revitalize your body. Warm oil is dripped luxuriously over your body before our Lime and Ginger Salt Glow is applied. We then apply our Elemis Exotic Island Flower Body Lotion, leaving skin replenished and vibrant. After rinsing away the salts, you will receive a Deep Tissue Muscle Massage.

Royal Experience

75 minutes \$399

Indulge with 2 therapists bestowing their expert touch upon your face and body simultaneously. This sublime experience will treat your face to the exclusive Royal Jewel Facial and your body to the Royal Jewel Massage.



Elemis Deeper than Deep Hot Stone Massage

75 minutes \$195 • 90 minutes \$229

In Bali, it is believed that stones are filled with the vitality and energy of the water that flows over them in an eternal stream. Harnessing these properties, we bathe the stones in warm water, anoint them with the spicy aromas of the Orient, and combine the deep penetrating heat of the volcanic basalt stone with traditional massage and aromatherapy techniques to release muscular tension and balance the spirit.

Bamboo Massage

75 minutes \$199 • 90 minutes \$235

Imagine warm bamboo shoots of various sizes soaked in essential oil rolling, sliding and massaging your muscles. This gorgeously indulgent massage will revive your senses in a new and innovative way, inspiring the most relaxed state. Customized to your preference, our therapist will use deep tissue techniques or gentle strokes to melt away your tension and soothe your muscles into sweet oblivion.

Thai Herbal Poultice Massage

75 minutes \$195 • 90 minutes \$229

The Thai herbal poultice massage treatment utilizes warmed muslin poultices of Thai and Chinese herbs that are steamed and applied directly to the body in a kneading action. This traditional treatment has been practiced to soothe muscle tension and stiffness on the key areas. Heat and herbs are absorbed by the body to help to reduce aches and pains, increase lymphatic drainage and condition the skin.

Thai Coconut Poultice Massage

50 minutes \$155

Our Coconut Thai poultice massage is a luxurious body nourishment ceremony. The tropical application of pure coconut compresses wrapped in a natural muslin cloth covering are warmed before the massage. This creates a comfortable level of heat as it releases emollient, all-natural oils, which relax and de-stress the muscles. Leaving your skin luxuriously smooth.

Couples Side By Side Massage

75 minutes \$349 • 90 minutes \$369

Enjoy a gorgeously relaxing massage in our room reserved for couples. Both of you will enjoy a full body massage Swedish/ deep tissue muscle massages, as you lie side by side.

The Remède Massage


60 minutes \$165 • 90 minutes \$240

Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your Remède Spa technician will customize a massage using a variety of methods including, Shiatsu, Swedish, deep tissue and reflexology, complemented by paraffin treatments to ensure ultimate relaxation and rejuvenation.


Swedish Massage

 75 minutes \$165
90 minutes \$189

Deep Tissue Massage

 75 minutes \$179
90 minutes \$209

Reflexology

 75 minutes \$165
50 minutes \$119

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