

MINDFUL INDULGENCE



WELCOME

Discover the spa onboard Seabourn where serenity meets innovative spa, salon and fitness services to deliver a relaxing experience that nurtures your every being. We are delighted to introduce our Mindful Living program founded in collaboration with Dr. Andrew Weil. The program reflects Dr. Weil's holistic ideas about the mind and body. Mindful Living (pages 7–9) offers key practices that support Dr. Weil's integrative approach to inner and outer physical, emotional, environmental and spiritual wellbeing.



All of our spa offerings are mindfulness tools. When experienced to enhance wellbeing, massage and acupuncture become a catalyst for inner peace and clarity. They are vehicles for self-exploration, creativity and a healthier frame of mind.

Spa & Wellness with Dr. Andrew Weil has been created to help transform our everyday lives through mindful practices — consciously caring for our bodies, nurturing our intellect, reigniting forgotten dreams, and remembering we live in a world of unbounded possibilities.

The Spa has always been a space to center the mind and body. Spa & Wellness with Dr. Andrew Weil takes that meaning to a new, deeper level. We look forward to guiding you through your transformative journey.





MINDFUL INDULGENCE

Surrender mind and body to opulent therapies.

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SIGNATURE SERVICES

This symbol indicates Signature Services that are part of the special 10.20.30 program. For details on the 10.20.30 program, see the spa guidelines at the back of the brochure.

A SPACE OF LUXURY

Intimate and sensuously enriching with a contradiction of pale subdued colors and splashes of brightness, the spa is aromatically pleasing, visually inspiring, and aurally seductive. Surrender any stress and tension upon arrival. Revel in a space created for peace of mind and body. Our space of luxury includes:

SERENE SUITE

Maximize the benefits of your treatment in our modern day Turkish bath. Our invigorating Serene Suite is a social space with a unique combination of heat experiences and monsoon-like showers to purify your body while achieving the ultimate state of relaxation. The Serene Suite is highly recommended before your main treatment and may also be enjoyed for relaxation on its own. To enhance your experience, exfoliate the skin with a custom-blend body polish prepared by our mixologist for you. Envelop your body in a robe and enjoy the comfort of the heated lounge chairs that caress your body with warmth.

FITNESS CENTER

Work out every day at our state-of-the-art fitness center. Personal Trainers will be on hand to assist with workouts and offer guidance on a healthy lifestyle. Complimentary exercise classes are offered daily,

SALON

A social space for beautification, hair and nails are nurtured while an exclusive Barber Shop is a men's only refuge. Our professional styling team and nail technicians will cater to your every desire whether an express service or an indulgent signature ritual.





MINDFUL LIVING WITH DR. ANDREW WEIL

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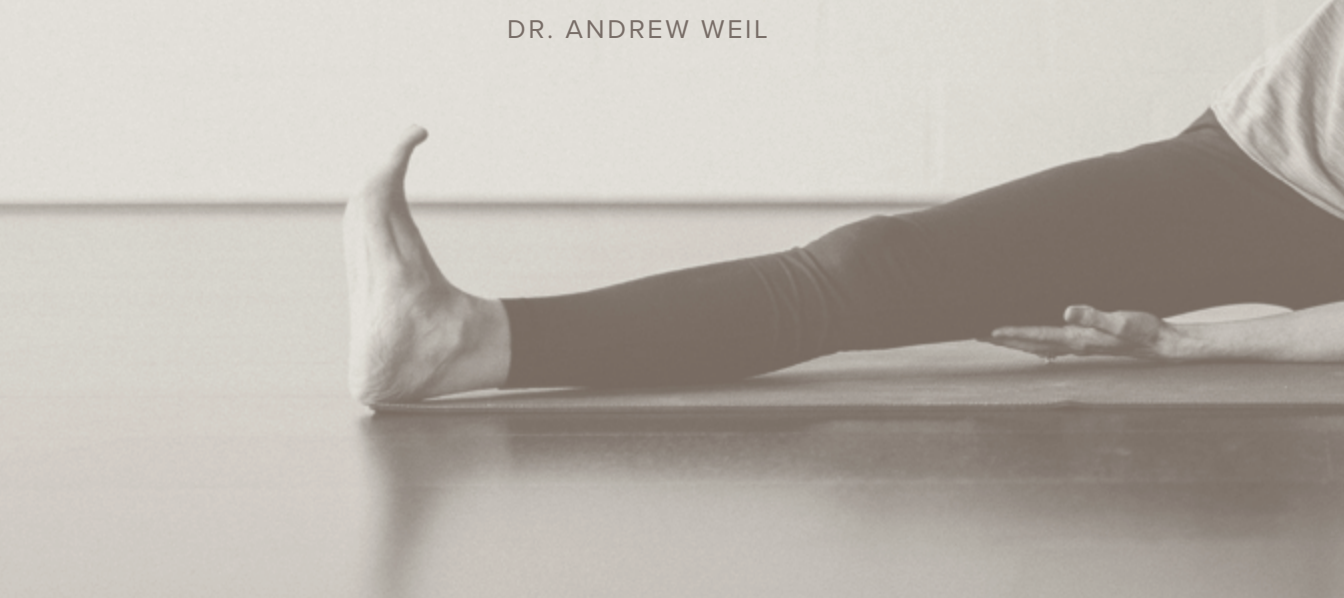
I teach and practice Integrative
Medicine, a system that focuses
on the body's natural healing potential,
views human beings as mental /
emotional and spiritual entities as well
as physical bodies.

”

DR. ANDREW WEIL

“Conscious breath control is a useful tool for achieving a relaxed, clear state of mind.”

DR. ANDREW WEIL



The Mindful Living Program offers practices that enhance peace of mind and contentment in everyday life. Please see our Mindful Living brochure for more details on classes and seminars.

MINDFUL LIVING MEDITATION CLASSES

Our unique Mindful Meditation program is offered complimentary throughout the voyage to help reduce stress and encourage inner peace. Pick up a schedule from the spa and arrive early to reserve a space. | 20 min

INDIVIDUAL MINDFUL MEDITATION PRACTICE

If you would like a deeper insight into meditation and “how to” meditate, the role of the mantra, the history and benefits, as well as what to expect from your meditation experience, then we recommend an Individual Mindful Meditation Practice. Class includes a meditation workbook. | 50 min

MINDFUL LIVING YOGA CLASSES

Throughout the voyage, restorative yoga classes will be offered to improve physical flexibility and mindfulness. Inspired by the ancient Ayurvedic tradition, classes will target both mind and body while focusing on common desires such as stretching the muscles, improving range of motion, opening the hips, stretching the back, aiding sleep, inspiring creativity, opening the heart, and increasing levels of happiness in one’s life. | 50 min | 3 class pass available





INDIVIDUAL MINDFUL LIVING YOGA TRAINING

Whereas most classes offer various poses for a complete mind and body tune up or focus upon particular poses to stretch and strengthen specific muscle groups, the Individual Mindful Living Yoga Training works on postures that speak to your specific needs. Yoga Training is recommended for those who like to practice at home or wish to perfect a particular set of postures. Couples are also welcome. | 50 min

CRYSTAL SOUND BATH GROUP CLASSES

This sound therapy group meditation uses crystal bowls to create sound wave vibrations that resonate with both mind and body, helping release stagnant energy and aiding deep relaxation. 50 min | 3 class pass available

ACUPUNCTURE AND SOUND THERAPY CLASS

Optimized by the Sound Therapy, the ancient practice of acupuncture is offered in a group class. Inserting up to four needles in your wrists and feet, this session focuses on opening the heart to receive even more love in your life. The acupuncture session is for relaxation and does not replace a full customized session and in-depth consultation. | 50 min

MINDFUL LIVING WELLNESS SEMINARS BY DR. ANDREW WEIL

No one has been more important for the development of integrative medicine and encouraging the inclusion of holistic, indigenous practices in one's life to reduce stress and anxiety than Dr. Andrew Weil. You can learn about his philosophy and practices inspired by his many publications, including *Spontaneous Happiness*, *Spontaneous Healing*, *The Natural Mind and Healthy Aging*, and *8 Weeks to Optimal Health*, in a series of workshops written by Dr. Andrew Weil and delivered by our Mindful Living Coach.



HOLISTIC HEALTHCARE

Do not underestimate the power of time-tested treatments to help the body heal itself. Traditional Chinese Medicine is more than 5,000 years old, but it is still a primary healthcare option in China. In the West, acupuncture is used as both preventative and integrative healthcare. According to the Chinese healthcare system, when the physical body is out of balance, we experience disharmony. The experienced acupuncturist works to help release blocked Chi (energy), restoring balance and health back to the body.



ACUPUNCTURE

Acupuncture is quickly becoming one of the fastest growing alternative therapies and is often recommended by family practitioners to complement and enhance the benefits of traditional medicine. Our onboard acupuncturist is certified to safely and effectively treat an extensive list of symptoms and conditions including, but not limited to, pain management (sciatica, joint, muscle and arthritic pain), seasickness, smoking cessation, weight gain, insomnia and anxiety. Of course you do not need to have any symptoms to benefit from acupuncture. Many enjoy a session for a simple tune up, enhanced relaxation, and wellbeing maintenance.

First Acupuncture Session | 50 min

Additional Sessions | up to 45 min

CHINESE HERBAL MEDICINE CONSULTATION

Chinese herbs are integral to Traditional Chinese Medicine. We are happy to feature Jou, an exclusive organic Chinese herb brand. Jou herbs are cultivated in Northern China by using the leaves, roots, stems, bark and petals of plants, shrubs and trees. Once collected, they are dried and crushed and then placed in a vegan capsule for easy consumption. Chinese Herbs have been used as part of the traditional Chinese medicine system for thousands of years and have helped to alleviate many health issues. Ask for a complimentary consultation.

Package pricing available. Be sure to inquire about our Health and Wellness Seminar Series.





FACIALS

Since the dawn of civilization medicinal plants and herbs have been used to calm and nourish the skin. Today, we combine these gifts from nature with advanced scientific technology and the power of touch to bring about optimal skin health.

ADVANCED TECHNOLOGY SOLUTIONS

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically-proven result? Thriving, visibly healthy, and energized skin. Book a complimentary consultation to select the facial for your concerns. | 50 min



BIOTEC AGING WELL FACIALS

BIOTEC Line Eraser

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells toward dynamic functionality. Circulation is improved, increasing the production of collagen and elastin while the dermis is flooded with super Hyaluronic hydrating activators and sealed with a re-energizing Amber balm. Red and blue light therapy warms and de-stresses the skin as a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

BIOTEC Firm-a-Lift

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting technology. Circulation-stimulating Arjuna, Gardenia stem cells, and Alaria Esculenta Seaweed are activated by microcurrent pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

BIOTEC Anti-Pigment Brightener

This powerful, targeted skin-brightening treatment visibly illuminates the complexion, dynamically treating the appearance of uneven skin tone, discoloration and age spots. A unique complex of brightening actives, ultrasonic peel, and light therapy is combined with precision massage to help wash out melanin and reduce dullness. A peel-off mask of Vitamin C and Daisy extract reduces pigmentation while mineral-rich Sea Algae intensely moisturizes. The result is skin that is youthful, refined and naturally translucent.

BIOTEC Skin Resurfacer

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion, using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon oils. Steam and extraction deeply cleanse and detoxify before massage and light therapy restore equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.



BIOTEC Super-Charger for Men

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best-face-forward results. A multi-tasking, time-efficient solution.



BIOTEC SKIN SOLUTION FACIALS

BIOTEC Sensitive Skin Soother

The anti-redness treatment that calms and soothes sensitive skin. Using an activator rich in Frankincense and natural anti-inflammatory Willow herb, the skin is infused with oxygen to encourage cellular restoration, perfect balance, and structural strength. Red light therapy operates in harmony with calming anti-oxidants to improve cell communication and the skin's natural ability to repair itself. The result is serene, smooth and sensational.

BIOTEC Radiance Renew

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells while the Galvanic rejuvenating current harnesses the power of Elderberry and Orange flower extracts to restore moisture and vitality. Skin is left profoundly reinvigorated. Instantly clearer, visibly brighter, and radiant.

BIOTEC Blemish Control

A deep-cleansing facial that detoxifies the skin and repairs damaged tissue. This treatment uses ultrasonic vibration, massage, steam and galvanic currents to thoroughly decongest and exfoliate. A powerfully anti-oxidant, anti-bacterial activator, containing Salicylic acid and inflammation-reducing Iris, soothes and smoothes while light therapy helps balance and clear the complexion, speeding up recovery.

THE POWER OF TOUCH

These hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. Product is applied using a combination of ancient and modern massage techniques from around the world.



PRO-COLLAGEN AGE DEFY

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines while Indian Mulberry reduces skin fatigue, helping relax wrinkles. Targeted lymphatic drainage massage re-energizes and rejuvenates as an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger-looking skin. | 50 min

DYNAMIC RESURFACING PRECISION PEEL

This highly potent couture resurfacing treatment targets the signs of aging and dull, tired, uneven skin tone. Specifically designed to work in conjunction with your skin's unique structure, this pioneering precision layering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother skin. A new start for new skin that has never looked better. | 50 min

SUPERFOOD PRO-RADIANCE

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements, Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energizing nutrients. Skin is left smoother, plumper and luminously radiant —stress-free and lit up with good health. | 50 min

HIGH PERFORMANCE SKIN ENERGIZER FOR MEN

This is the hard-working facial for aging, stressed, dehydrated skin and tired eyes. An energizing treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. Multi-dynamic facial massage sequences boost circulation while targeted scalp and foot massage deeply relax. Finally, the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalized skin for a vibrant and energized result. | 50 min



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Massage therapy has been shown
to improve mood and well-being
especially in people who have chronic
fatigue syndrome.

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DR. ANDREW WEIL



HOLISTIC MASSAGE

It feels like a modern luxury, but hands-on massage is perhaps the oldest form of healthcare in the world. Scientifically proven to eliminate stress, toxins, improve the metabolism, and immediately diminish feelings of anxiety, a massage a day is a cure like no other.



AROMA STONE THERAPY

Nothing gets into the belly of the muscle like a hot stone. Bathed in the intensely moisturizing oils, a curated range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin. | 50 | 75 | 90 min



COCONUT POULTICE MASSAGE

Surrender mind and body to the healing benefits of gently steamed, coconut-filled muslin poultices as they penetrate and relieve every sore muscle. While your therapist presses and massages the body with the poultices, rich coconut milk drizzles over the body, softening, soothing and nourishing the skin with vitamins, minerals and lipids. This treatment is combined with traditional hands-on massage and is nothing short of divine. | 50 min



THAI HERBAL POULTICE MASSAGE

This energizing, rhythmic massage utilizes scented and heated herbal poultices applied to the body at pressure points to relax the muscles and release tension. Your therapist then follows with an array of Eastern and Western massage techniques and acupressure movements combined with essential oils that will take your body on an exotic journey of total renewal. | 75 min



BAMBOO MASSAGE

A warm, soothing massage that will tantalize the senses. Imagine warm bamboo shoots and essential oils massaging your muscles into pure bliss. This gorgeously indulgent massage will revive your senses in a new and innovative way, inspiring the most relaxed state. Our therapist will use deep tissue techniques customized to your preference or gentle strokes to melt away tension and soothe your muscles into sweet oblivion. | 50 | 75 | 90 min

DEEP TISSUE MUSCLE MASSAGE

This is a vigorous workout for the body. Perfect for alleviating high stress levels, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing. | 50 | 75 | 90 min



SWEDISH MASSAGE

This classical European technique of manipulating muscles with aromatic massage oils is both relaxing and invigorating. While providing tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems. | 50 | 75 | 90 min

THE MASSAGE DUET

In the privacy of our exclusive suite reserved for two, you and your favorite person can enjoy any of our deeply relaxing 50, 75 or 90-minute massages as you lie side by side. We also offer customized treatment options, so please contact the Spa Concierge if you wish to personalize your spa retreat. Priced according to massage selection. | 50 | 75 | 90 min

REFLEXOLOGY*

Guided by an Asian philosophy that suggests the vital organs of the body are connected to reflex points in the feet via constantly flowing energy channels, this ancient healing therapy is as blissful as it is beneficial. Massaging these points can help restore your natural energy flow and improve health by sending waves of relaxation throughout your body. | 50 min

COUTURE TOUCH FACE AND BODY TREATMENT

Condition your skin and body with this all-embracing hands-on experience. Combine any 25 or 50-minute hands-on TOUCH facial with your Deep Tissue Muscle Massage or Aroma Stone Therapy. | 50 min | 100 min

SOUND THERAPY

When used for healing, sound can soothe and calm emotions, uplift the spirit, and bring about positive feelings of inner peace and contentment. As part of our Mindful Living program, we use Crystal Singing Sound Bowls to help unblock the energy centers of the body and bring about a state of stress-free serenity.



AMETHYST CRYSTAL SOUND BATH HEALING TREATMENT*

Nothing can prepare you for the healing power of sound as it resonates through your body. This innovative, individual treatment combines the therapeutic benefits of the Amethyst Bio-Mat, which uses infrared light and crystals to heat the body, with the pure sounds that emanate from Crystal Sound Bowls. Your Sound Therapist will play the bowls to lull the mind into a deep meditative state. Studies have shown that the infrared light and negative ions of the Amethyst Bio-Mat effectively reduce stress by 78% while promoting relaxation, improving sleep patterns, soothing pain relief, and eliminating toxins from the body. | 50 min | 3 session packages offered for ultimate healing benefits

**Please inquire at the spa reception desk for the availability of this service.*







NOURISHING AND SOOTHING POLISHES AND WRAPS

Our body wraps and polishes are infused with the most beautiful and nourishing fragrances on Earth — a powerfully healing, sensuous and delightful treat.

BODY NECTAR NOURISHING WRAP WITH MASSAGE

This lusciously fragrant, intensely moisturizing body wrap will transport you to the Far East. The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. Enjoy with a half or full body massage. An emotionally-grounding experience for skin that has never felt silkier. | 75 | 90 min

INTENSELY CLEANSING SALT SCRUB WITH MASSAGE – *Lime & Ginger or Frangipani*

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin. | 50 | 75 min

IONITHERMIE REVITALIZING LEG THERAPY

Ideal for tired or heavy legs, this revitalizing therapy will help treat poor circulation, swelling, varicose veins, and aches associated with activities or from being on your feet all day. | 45 min





DETOXIFYING THERAPIES

Sometimes our internal body systems become stagnant. Lack of sleep, the food we eat, our stress levels, and hormonal changes have an impact on the body. Our detox treatments can help release toxins from the body giving you a renewed sense of wellbeing.



THOUSAND FLOWER DETOX WRAP WITH MASSAGE

Enriched by Somerset soil packed with tree, flower and grass rich nutrients, this treatment provides super skin health and powerful detoxification, helping stimulate the elimination process and restore equilibrium. Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower, vitamin-packed, super nutritious earth wrap, encouraging the body to surrender its toxins. A nourishing Green Tea balm, rich in minerals, proteins and Omegas – the superfoods of the skin – is the final touch, leaving you feeling completely reinvigorated and the body firing on all cylinders. Includes a half or full-body massage. | 50 | 75 | 100 min



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 warming 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 a half or full-body massage. | 75 | 100 min



IONITHERMIE CELLULITE REDUCTION PROGRAM

This unique therapy detoxifies the body, reduces the appearance of cellulite, and offers substantial inch loss after just one session. Galvanic stimuli propel rich marine elements into affected areas to drain fluid, smooth the skin, and give the body more definition. Ionithermie is recommended as part of an ongoing wellbeing and fitness program. | 50 min



SEABOURN FITNESS PROGRAM

Keeping fit with a mixture of cardiovascular exercises and strength training is a vital part of health and longevity. Your onboard fitness instructor can help guide you through a plan to keep you fit throughout this voyage and beyond.



INBODY 570 BODY COMPOSITION ANALYSIS*

See What You're Made Of.™ Understand your inner health with InBody 570, a state-of-the-art body composition analyzer that stands alone as the most comprehensive analysis available. Using bioimpedance, InBody 570 offers precise measurements of segmental muscle mass, body fat mass, visceral fat, metabolism, and also measures inflammation and fluid retention levels inside your body. | 60 min

PERSONAL TRAINING

Our fitness professionals will help you achieve the body you have always wanted with a personalized fitness session. You will learn which exercises work best with your particular body composition. | 50 min

RESULTS-BASED TRAINING (RBT)

RBT is a scientifically backed, functional fitness program designed to give you maximum results in minimum time. Big compound movements with a continuous flow of exercises keep the blood circulating for the entire workout leading to amazing results. | 3 x 30 min

NUTRITIONAL CONSULTATION

Diet and exercise are dynamic, lifelong pursuits. As your onboard fitness provider, we want to help you achieve your wellness goals. A good starting point is eating right for your body, so consult with one of our fitness professionals and receive a healthy lifestyle plan based on your individual needs. | 60 min

TRILO3Y

The exercise synergy fusing 3 key components of fitness in just 45 minutes. Incorporating Cardio, Strength and Stretching, this progressive workout will strengthen the body and open the mind. | 4 x 45 min

For a schedule of complimentary fitness classes, including Pure-Form Pilates and Pure-Form Yoga, please visit the spa reception desk or speak with a Fitness Instructor.

**Please inquire at the spa reception desk for the availability of this service.*



“ Many exercise forms –
aerobic, yoga, weights, walking
and more – have been shown
to benefit mood.”

DR. ANDREW WEIL





THE SALON

Your self-image is integral to your wellness, even if it is not directly correlated with “health.” A strong sense of self has perhaps as much to do with everyday confidence and levels of satisfaction as a balanced diet. So do not underestimate a trip to the hairdresser or manicurist. Feeling good about the way you look contributes to your overall feeling of wellbeing, not to mention the free talk therapy with every service.



KERATIN COMPLEX® EXPRESS BLOWOUT WITH CUT

Say goodbye to frizz in just one hour with the new Keratin Complex® Smoothing Therapy Express Blowout. This specially formulated, revitalizing and rejuvenating treatment for the hair eliminates frizz and lasts up to six weeks. With its unique formulation, this treatment infuses natural Keratin in the shortest amount of time, so your hair can be washed just eight hours after. | 75 min

KÉRASTASE® ELIXIR ULTIME 24-CARAT INDULGENT RITUAL

Nourish, protect, illuminate and instantly restore your hair. Our most indulgent ritual combines precious oils with a highly concentrated treatment to provide a sublime transformation, leaving hair silky, weightless and beautifully fragrant. Includes a scalp massage. | 25 min

KÉRASTASE® FUSIO-DOSE™ INSTANT HAIR TREATMENT

An instant and personalized ritual for the hair fiber. Fusio-Dose combines highly concentrated formulas with powerful boosters for custom-designed results. Dry hair is intensely nourished, damaged hair is repaired and strengthened, the radiance of color-treated hair is restored, and mature hair is redensified.

PHYTO HAIR CONDITIONING TREATMENTS

Phyto is a botanical blend of powerful plants and herbs that helps repair the structure of the hair and nourish scalp and follicle, roots and ends. Choose from Phyto Thirst Quencher, Rescue Remedy, Botanical Bliss, or Color Guard. | 30 min

CND® SHELLAC® 14-DAY NO-CHIP MANICURE | PEDICURE

No drying time. No chipping. No smudging. This tough as nails treatment uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color, and perfect finish. It provides excellent wear and comfortable protection for up to 14 days. | Manicure 30 min | Pedicure 45 min

FIRE & ICE MANICURE | PEDICURE

This invigorating therapy will warm your spirit and cool your stress. Using a combination of therapeutic cooling gels and the warmth of massage with a heated stone, your skin will be smoother and your nails will be polished to perfection. | Manicure (includes an ice-hot massage on the lower arms) 45 min | Pedicure (includes an ice-hot massage on the lower legs) 60 min

TRADITIONAL MANICURE | PEDICURE

Enjoy a Traditional Manicure or Pedicure for beautiful looking nails throughout your cruise. | Manicure 30 min | Pedicure 45 min



BLISS® POETIC WAXING

With respect for your privacy, our highly trained therapists will ensure a comfortable experience. Book a waxing service for your brows, lip/chin, half arm, underarm, half or full leg, bikini, Brazilian, or back/chest. Services are for both men and women. Please ask your spa therapist for more details.

MOOR SPA MUD FOOT THERAPY

For millions of years, Moor mud has been absorbing salts and minerals from the earth. During your treatment, this signature therapeutic mud is dissolved in a warm foot bath for a calming soak that will detoxify, heal and restore your body by diffusing active minerals into your system. This mud soak therapy works best when repeated. | 30 min

ENHANCEMENTS

Choose from other services, including Acrylic Nails or a Paraffin Wax.

BARBER'S SHOP



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

DEEP CLEANSE GROOMING TREATMENT WITH SHAVE

Enjoy the Express Shave with the added benefit of a soothing face and scalp massage, plus a deep, pore-cleansing mask. | 45 min

EXPRESS SHAVE

This treatment includes a deep-cleansing exfoliation and a double close shave to leave your skin smooth. | 30 min

MEN'S CUT

Get a clean cut look with our full-service grooming, including hair and beard trims as well as styling.

HANDS AND FEET

Treat your hands and feet to a manicure and pedicure. Clip, trim and buff your nails.





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 is important to us. If we have not fulfilled our promise to you, we will remedy your experience.

MINDFUL LIVING PROGRAM

The Mindful Living program offers mindful meditation, mindful yoga, and integrative wellness seminars by Dr. Andrew Weil for a more holistic wellness experience.

10.20.30 SIGNATURE SERVICES PROMOTION

Book in for three services with this symbol  and you will receive 10% off the most expensive service, 20% off a service of equal or lesser value, and 30% off the least expensive service from your selection. Treatments cannot be shared with others. All treatments must be booked and paid for in advance. This promotion is subject to availability.

CANCELLATION POLICY

Please provide 24 hours' notice when canceling appointments or your onboard account may be charged 50% of your treatment cost.

ARRIVE EARLY

We suggest you arrive at least 15 or 30 minutes early so you can focus your mind on relaxation.

VALUABLES

We suggest you leave your valuables in the safe provided in your suite.

ENSURING A WONDERFUL SPA EXPERIENCE

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

MINIMUM AGE REQUIREMENTS

Guests must be 18 years of age or older to experience private treatments or use spa and fitness facilities. For guests under 18 years of age, please inquire at the spa reception desk.

SPECIAL OFFERS IN PORT

For our special offers in port or at other times as well as seminars and group classes, please see the spa section of your daily program, stateroom television, or contact the spa.

SPA & WELLNESS WITH DR. ANDREW WEIL

Dr. Andrew Weil does not endorse nor is a sponsor of the spa, any spa brands, or branded services offered in this facility. Our collaboration is strictly restricted to the Mindful Living program and the philosophy reflected in the Mindful Living Seminars by Dr. Andrew Weil, Mindful Living programming in the guest room, and the healing intention expressed through our yoga and meditation practice. We hope you enjoy this new and exclusive program.

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.

Customer Service c/o One Spa World, LLC. | 1-855-848-3059 | www.timetospa.com

Occasionally, for reasons beyond our control, your treatment selection may not be available.