

The Atlantis Spa





facial treatments

rebalance

hydramemory – 24hr deep hydrating treatment – 60 minutes

A deeply hydrating treatment to improve moisture levels in the skin. Hibiscus and honey work to retain moisture in the skin whilst the special ingredient trehalose taken from a desert plant works to increase the moisture and leave the skin feeling like silk.

skin resonance – rebalancing treatment for sensitive skins – 60 minutes

A treatment developed to rebalance and strengthen sensitive skins. This treatment not only cools and calms but reduces any irritation within the skin.

purify

active pureness rebalancing – deep purifying treatment – 60 minutes

Deep cleansing treatment recommended for oily or combination skins, extracts of sage, balm mint and orange fruit water deeply cleanse and leave the skin feeling fresh and restored.

renew and nourish

glorious skin – intensive lifting and smoothing treatment – 60 minutes

This treatment gives an immediate lifting, plumping and tensing effect. Working on the muscle contractions that naturally cause the skin to sag and facial muscles to drop. Incorporates the ingredient hexapeptide which works as a muscle inhibitor. This treatment is excellent for a special occasion or will give on going lifting and firming effects especially when used in conjunction with a special homecare programme.

add-on specialty treatments

eye supreme anti ageing – 30 minutes

A specific treatment to rejuvenate the area around the eyes, attenuating unsightly swelling, dark circles and expression lines. It provides deep nourishment and protection against free radicals.

eye supreme firming – 45 minutes

An eye and neck rejuvenating treatment to provide a profound nourishing and firming effect to these delicate areas, reduced appearance of lines and wrinkles, the skin appears more elastic with renewed softness.

lip blooming – 30 minutes

A complete lip care system to rejuvenate, smooth, nourish, hydrate and re-plump the lip area.

OXYJET facial – 90 minutes

The needle free alternative to Botox using active ingredients. We penetrate the cellular layers of the skin around forehead, eyes and mouth. This leaves the skin youthful, radiant and nourished. We include a scalp, hand and foot ritual. A must for facial lovers.

the OXYJET luxury energiser facial – 60 minutes

Rejuvenate your natural youthful looks with this energising facial. Natural active serums are applied in a stream of pure oxygen, waging the war against age, stress and lifestyle. This treatment includes complementary intensive attention to your eyes and lips.

the OXYJET maxilip treatment – 30 minutes

Maxi-Lip is a patented natural peptide ingredient used to volumise the lips. It will increase the collagen production by up to 351% and increase the moisture content of the lips making them look and feel softer and plumper. This is the ideal treatment for those who want the 'perfect pout'.

body treatments

body strategist cellulite remodelling treatment [comfort zone] – 60 minutes

Intense cellulite reducing treatment, carnitine and caffeine have an exceptional effect on eliminating fatty deposits. The hot and cold effect increases blood circulation to the areas being treated. A course is highly recommended for best results.

reflexology

specialty add-on treatment – 30 minutes

To personalise your treatment experience, request the add-on treatment or Reflexology (where available).

mud treatments

monticelli mud - conditioning mud treatment [comfort zone] – 60 minutes

The active ingredients in the soft Monticelli thermal mud are enriched with the mineral salt thermal waters from Terme di Monticelli, giving a detoxifying and draining action and healing and restorative benefits.

revitalising mud - revitalising firming mud treatment – 60 minutes

Firming mud treatment using essential oils and marine algae this treatment will firm and tone the skin tissues, increase the circulatory system and create a feeling of restored vitality

vital feet and leg treatment [comfort zone] – 45 minutes

This vital leg detoxifying treatment is a synergy of active ingredients including compressed mint, which promotes the elimination of impurities to improve circulation and provide a rebalancing action for tired, swollen, jet lagged or over worked legs, feet and ankles.

massage treatments

swedish – 60 minutes

This classic European massage featuring long strokes and kneading techniques, improves circulation, eases muscle pain and lowers stress.

the Balinese – 20 minutes

An indulgent aromatic scalp massage to relieve fatigue and aid relaxation as a selection of warm oils are applied to the scalp, neck and shoulders to stimulate circulation and nourish the hair.

ancient stones – 75 minutes

Ancient stones carrying the energy of the earth, invigorate and stimulate the body as warm essential oils are drizzled over the body and the hot stones release the tension trapped deep within the muscles.

sports – 60 minutes

This deep tissue massage utilises the skills of the therapists hands along with the benefits of aromatherapeutic oils to alleviate muscle pain and achy joints.

herbal poultice massage – 75 minutes

This purifying massage technique boosts circulation of the lymphatic system and helps eliminate toxins while acting favourably against cellulite and intracellular debris.

comfort touch massage – 60 minutes

This exotic massage treatment relaxes the body and the mind with the [comfort zone] tranquility welcome, followed by signature massage strokes and techniques.

neck, back & shoulder massage – 30 minutes

This treatment targets the tension zones of the back and upper body.

thai massage – 60 minutes

From the exotic cultures of the Far East, Thai massage uses stretching, kneading and mobility techniques to deliver a unique active massage experience. It is a combination of gentle rocking and stretching using a range of motion and acupressure techniques applied through clothing without oils.



To truly spoil yourself.....add-on the lushly treatment experience [comfort zone]

Experience these Polynesian rituals with tiaré flower blossom extract for hands and feet (35mins feet / 30mins hands). An exotic treatment inspired by an ancient Polynesian rite for bestowing wellbeing to hands and feet. This exfoliating, hydrating and refreshing action restores suppleness and hydration to tired hands and feet, leaving the skin soft and beautifully fragranced with tiaré flower extract. Simply request your lushly experience with your Spa Receptionist.



Aromasoul massage rituals

Four unique ritual scrubs from the [comfort zone] Aromasoul rituals system. Each of the four Aromasoul scrubs represents a different corner of the world, with Oriental, Mediterranean, Indian, and Arabian to choose from. Each massage integrates ancient cultures within contemporary rituals by incorporating unique blends of essential oils and movements that reflect the energies of the area of the world they are based on. They imprint in the olfactory memory indelible traces of pleasure and wellbeing. Each ritual scrub is evocative of the location that the treatment is derived from, using ingredients native to the area.

arabian ritual – 90 minutes

Inspired by the Berber and Tuareg traditions so incorporates ground coconut and is to be used on particularly resistant and keratinised complexions.

oriental ritual – 90 minutes

Contains ground pearls - the symbol of beauty and richness in the Orient. Used for resistant and problematic complexions.

mediterranean ritual – 90 minutes

Uses ground olive stones as an inner connection with the soul, warmed and energised by the Mediterranean. Ideal for resistant complexions.

indian ritual – 90 minutes

Includes ground rice grains for a connection with natural resources from the Indian earth. Perfect for the most delicate and sensitive complexions.



the G Form™ body shaping programme

G Form™ electrolipolysis treatment – 60 minutes

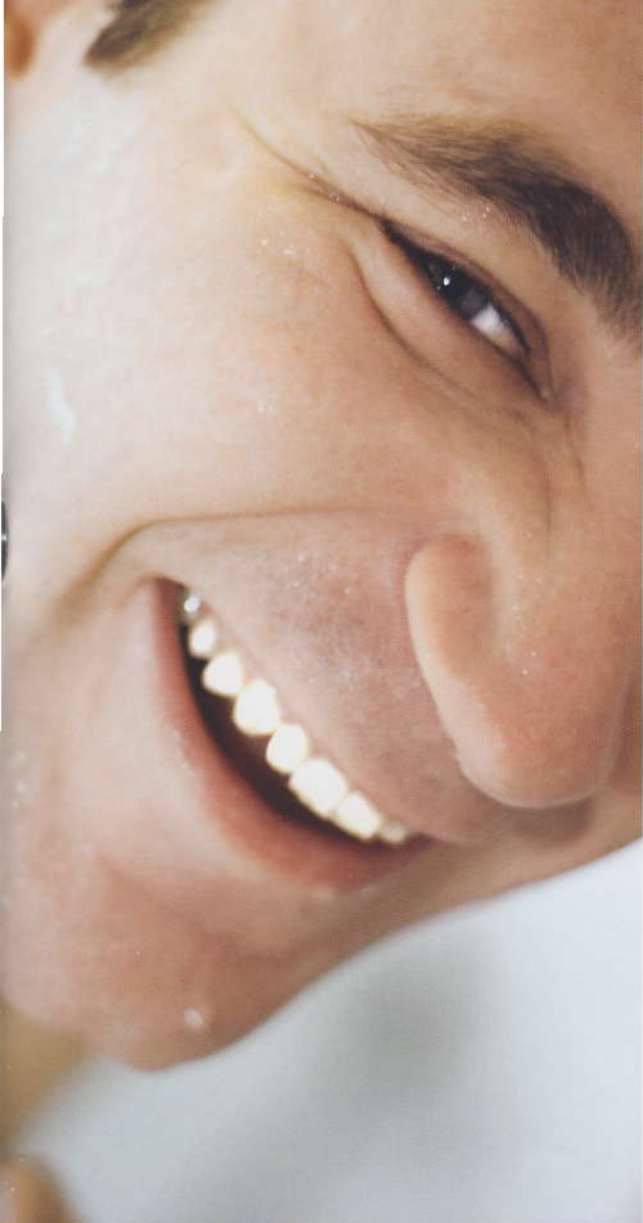
G Form™ is a pain-free weight loss therapy using electrolipolysis. During the treatment, specific patterns of micro-currents work at a cellular level to break down triglycerides into free fatty acids and water, which are then carried away by the lymphatic system. Redefine your hips thighs and buttocks and reverse the effects of cellulite.

G Form™ lymphatic drainage treatment – 60 minutes

G Form™ now offers you the ultimate in Detox to help with fluid retention and give you that cleanse and energy boost your body needs. Working at an intracellular level toxic debris is eliminated from the fat cells of the body and excess fluid levels are reduced.

for best results...

Results can be seen after just one treatment, however, much more significant results can be achieved after a course of treatments. Contact your onboard therapist for a complimentary consultation in order to create a treatment programme for optimal results.



man space [comfort zone]

hydra performance facial

rehydration treatment for men – 45 minutes

Perfectly restores moisture levels to the skin by the use of active ingredients such as Swiss glacial water. Ideal for frequent flyers or skin that is exposed to extreme temperatures and environmental stress.

pure performance facial

active purification treatment – 45 minutes

Removes impurities whilst rebalancing oily areas. This deep cleansing treatment leaves the skin with a perfectly matte finish

anti-age performance facial

active rejuvenating treatment – 45 minutes

Active treatment to contrast wrinkles and expression lines, stimulates cell renewal leaving the skin firm compact and toned. Uses a lightweight ultra-effective serum to firm the skin's surface.

men's barbering concept

This 30 minute specialty treatment includes a skin prep, cleanse, tone, hot towel shave, a gentle soothing booster and multivitamin power recovery masque. Individualise your treatment and request an express 15 minute sports manicure to tidy up your nails as well.

men's sports manicure

This 30 minute specialty sports manicure will cut, file, tidy & buff your nails with no fuss.

men's sports pedicure

This 30 minute specialty sports pedicure will cut, file, tidy & buff your toe nails with no fuss.



the acupuncture programme

Acupuncture is rooted in an ancient Chinese philosophy of change, growth, balance and harmony. That is, yin and yang, the Five Elements, the organ system and the meridian network along which acupuncture points are located. Realign and rebalance your physical and psychological well-being with this treatment programme delivered by British Acupuncture Council registered practitioners

initial treatment includes consultation – 60 mins

follow-up treatment – 45 mins



the hair styling salon

All wet hair services include a volumising treatment and scalp massage ritual with our compliments

shampoo / set
shampoo / blow dry

ladies cut and blow dry
men's cut and finish

contemporary / formal up-style
formal braid only (without shampoo/dry)
speciality braid

the colour studio

one-colour process
two-colour process
highlights
weaves

eyelash and brow tincture

hair removal

complete (full leg/bikini/underarms/arms)
full legs
partial legs
bikini line
underarms
arms
face



the nail programme

manicure – 30 minutes

Includes a hand and forearm massage.

french manicure – 30 minutes

Includes a hand and forearm massage and French varnish to finish.

pedicure – 30 minutes

Includes a foot and ankle massage.

french pedicure – 30 minutes

Includes a foot and ankle massage and French varnish to finish.

gels

full set
fills
repair

nail

polish change

toe nail

polish change



the couples DaySpa experience

to share

For her

[comfort zone] facial system 60 minutes
couples comfort touch wellbeing massage 60 minutes
lushly hand ritual 30 minutes
manicure 30 minutes
Balinese scalp massage & blow-dry 30 minutes

For him

[comfort zone] facial system 60 minutes
couples comfort touch wellbeing massage 60 minutes
lushly foot ritual 30 minutes
pedicure 30 minutes
Balinese scalp massage & blow-dry 30 minutes

total time 3hrs 30 minutes

for those guests who prefer to relax alone please contact spa reception to design a DaySpa experience especially for you.



the fitness programme

the **Pilates INSTITUTE** at sea programme

Exceptionally qualified staff from the worldwide Pilates Institute feature onboard with this dynamic programme. The lecture series runs each voyage and is complimentary to all guests. Check the daily programme for times and dates.

the **YO'FIT™** yoga programme

Enjoy the benefits of the featured onboard yoga programme with specifically trained teachers.

the **GRAVITY** programme

GRAVITY Personal Training

This unique instructor-lead group PT programme produces amazing results in a short period of time. Utilizing a glideboard and your own body weight against gravity, this system will accommodate both experienced and new comers to exercise.

the class programme

A complimentary programme of aerobics, step, walk for wellbeing and conditioning classes, are also offered whilst at sea.

the Personal Training programme

Maximise the potential of your results from each workout session by employing the skills of our bodytransform specialists, who shall create a bespoke programme for you.

Body Composition Analysis

Discover your true potential once you learn the real composition of your body including lean body mass and excess water retention.

Nutrition Consultation

Create your ideal "Burn fat fast zone" with your onboard fitness director who shall provide you with all of the tools to achieve your optimum nutritional requirements.





location

The Atlantis Spa and Fitness Centre is situated on the Highland Deck 10 forward. Designed with everything you need to help you unwind and relax, including treatment rooms, beauty studio, Fitness Centre and steam/sauna facilities.

The Atlantis Spa and Fitness Centre is a non-smoking area for the comfort of all and for safety reasons.

treatments

Briefs should be worn for your treatment, or we will be pleased to provide disposable underwear if preferred. Kindly inform our therapists of any pre-existing medical condition prior to booking your spa treatments, as some treatments may be contra-indicated to certain conditions. Please note all massage treatments include a personalised consultation.

reservations

In view of the popularity of the Atlantis Spa and Fitness Centre please be sure to book your treatments as early as possible in order to avoid any disappointment. We suggest that you arrive 15 minutes prior to your scheduled treatment reservation to allow for you to prepare and relax, unwind and enjoy the tranquillity and serene surroundings of our spa.

cancellations

In the event that you wish to cancel or change your reservation, kindly allow 24 hours notice prior to your scheduled appointment time so that we may arrange the rescheduling of your treatment. 50% of the treatment costs will be charged to your cabin should you cancel less than 24 hours prior to your scheduled time or not arrive for the treatment. Pre-booked reservations will be released to other guests 15 minutes after the scheduled reservation time, should you be late. Late arrivals will unfortunately not be guaranteed a full treatment time, as this would disturb the following guest's treatment.

opening hours

The Atlantis Spa and Fitness Centre is open from 8am to 8pm whilst at sea and in port and, on special evenings, remains open until 10pm.

To book your spa salon or fitness experience please contact the Atlantis Spa on #1465

