



At a Glance Spa Favorites

THE LOTUS SPA

Menu of Services



MEDI-SPA TREATMENTS Cosmetic treatments start from \$300. Complimentary consultations available. Regain a youthful appearance by adding fullness to your features or reducing the appearance of facial wrinkles with the most effective treatments in Facial Rejuvenation—Restylane®/Perlane® and BOTOX® Cosmetic. All products are FDA approved and treatments are administered by a board-certified medical doctor specializing in these safe, non-surgical aesthetic procedures.

ACUPUNCTURE 60 minutes \$150 • 3 sessions \$399

With a history of 3,000 years and part of the traditional Chinese medicine this amazing treatment is available onboard. Acupuncture is effective in almost any and every of your health concerns and has been clinically proven to be beneficial in the treatment of: Arthritis, Digestive Disorder, Fibromyalgia, Crohn's Disease, Back, Neck or Shoulder Pain, Migraine, Sciatica, Tennis Elbow, Sea Sickness, PMS, weight management and more. FREE consultations available.

GoSMILE TEETH WHITENING 30 minutes \$199

GoSmile teeth whitening system is a fast and effective way to whiten teeth. GoSmile whitens teeth optimally and safely lifts stains from porcelain crowns and veneers too. Proven not to damage teeth enamel or cause sensitivity. Clinically prove to whiten teeth up to 6 shades. A white brighter smile can be yours today.

IONITHERMIE ALGAE DETOX 50 minutes \$159 • 3 sessions \$399

You will lose 3-8 INCHES of internal toxins in 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.

ELEMIS OXYDERMY FACIAL 50 minutes \$169

Give your skin what it's been craving! Now you can fight lines and wrinkles, reduce skin discoloration, scarring and reduce pore size. Get that glow that's been eluding you. Let us pamper your skin with the new cutting-edge technology that brings Microdermabrasion and Oxygen together in one luxurious treatment.

LA THERAPIE OXYGEN LIFTING FACIAL 50 minutes \$119

This corrective lifting facial uses gentle stimuli and guarantees no break outs or redness. Working to the deepest layers of the skin, this facial generates an anti-aging effect while working deeply around the eyes, neck and mouth for fine lines, crows feet, dark circles and puffy eyes. Perfect for all skin types, even the most sensitive.

AROMA SPA OCEAN WRAP & MASSAGE 75 minutes \$195 • 105 minutes \$259 * Couples \$358

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.

AROMA STONES MASSAGE 75 minutes \$195

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.

EXOTIC LIME & GINGER SALT GLOW WITH BODY MASSAGE 50 minutes \$155 • 75 minutes \$199

An exotic exfoliation ritual to invigorate and revitalize. Following light body brushing, warm oils are drizzled over your skin, and then our sublime Lime and Ginger Salt Glow polishes your skin to perfection, smoothing away dryness. We then nourish your skin with Exotic Island Flower Body Balm during a luxurious back massage or full body massage. Complete bliss!

COUPLES MASSAGE 50 minutes \$269 * Add Couples Mud Room for \$69

Lay side by side while experiencing a luxurious tension releasing full body massage with the one you love or love to be with.

Kindly enquire about our other face and body treatments as well as our Express Menu.

LOTUS SPA, DECK 16 FWD CALL #16229 / 16228 FOR YOUR RESERVATIONS OR QUERIES

In order to accommodate your fellow passengers, 24 hours notice must be given for cancellations. A 50% charge will apply to cancellations within the 24 hour period.

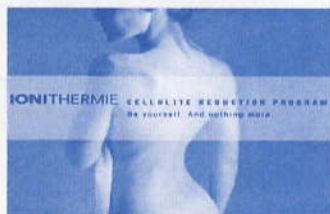
IONITHERMIE Cellulite Reduction Treatment

SUPER ALGAE DETOX SLIMMING With the added benefit of a 3-8 INCHES LOSS

- Detoxifies and Remineralizes
- Firms and tones
- Reduces water retention
- Eliminates toxins through lymphatic drainage
- Improves circulation
- Reduces appearance of cellulite by 15-45%
- Improves skin texture
- Spot reduction
- Major energy boost
- Lose 1- 8 inches in one session.



Call today to book a complimentary consultation with one of our specialist Ionithermist to discuss your individual concerns, and how Ionithermie can make the difference you have been looking for.



In order to maintain and further enhance the results, your Ionithermist will prescribe the most beneficial homecare programme for you.

Single Session \$159
Course of three \$399

The Revolutionary La Therapie

Oxygen Lifting Facial

with Collagen Eye or Neck Treatment
Europe's #1 Corrective Facial

50 minutes \$119

Treating the major causes of skin ageing, sun damage, hyper-pigmentation and acne.

La Therapie Oxygen Lifting Facial combines the stimulating effects of high frequency which boost the circulation and enhance oxygen absorption, whilst creating a protective, anti-bacterial layer on the skin with visible results in just one treatment.

We guarantee no breakouts!

Results are fast and dramatic.

The appearance of fine lines and wrinkles is reduced, skin tone and texture are restored and the complexion becomes smoother and more radiantly youthful achieving... "Skin Perfection."

Your fully qualified skin specialists will carry out a thorough skin analysis and consultation in order to prescribe the most beneficial homecare programme to further enhance your results.

CALL #16229 for your reservations or visit us on Deck 16 fwd.

If you find you are unable to keep your appointment please call 24 hours prior to your scheduled time. Otherwise a charge of 50% of the treatment cost may be charged to your account.

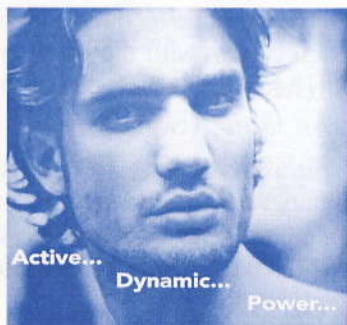
time for men barberonboard

"Anti-ageing Shave" \$95

(WITH HOT TOWELS & FACIAL)

Cruise Special!!!

We have a special offer just for you:
Treat your face & skin and you will feel like a new man



A step above the Deep Cleanse Shave, this is for the gentleman who wants maximum results. We energize, polish and protect your skin with a deep cleanse facial and double close shave system. Indulge with three luxurious massages for the face, scalp, hand & arms.

GoSmile teethwhitening

ONLY 30 MINUTES



GoSmile teeth whitening system is a fast and effective way to whiten teeth. GoSmile whitens teeth optimally and safely lifts stains from porcelain crowns and veneers too. Impressive results that last giving you up to six shades lighter. Lighten the smart way Clinically proven.

Was \$199 • Save \$50

Now \$149

CALL #16229

for your reservations or free consultation

Please Note:
24-hours advance notice needed for changes or cancellation for appointments to avoid 50% charge to your account. Appointment times subject to availability. Cannot be used in conjunction with any other offer.

time for massage
STONES MASSAGE

HOT STONES MASSAGE



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.

50 minutes **\$155**
 75 minutes **\$195**
 Pure Indulgence

time for massage
SEAWEED MASSAGE

WARM SEAWEED MASSAGE



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 spasms while you receive a foot and scalp massage.

Continue with a body massage focusing on the stress points of the body - back, neck and shoulders. The benefits of this massage last up to 5 weeks.

In order to maintain and to further enhance your results, your Muscle Detox Specialist will prescribe the most beneficial homecare programme for you.



75 minutes **\$195**
 105 minutes **\$259**
#1 Muscle Detoxification

THE LOTUS THERMAL SUITE

THE ULTIMATE IN SELF PAMPERING

Relax in our exclusive thermal grottos, aromatic steam chambers, sauna suites and heated stone benches! Take a rainforest shower and cool down with a refreshing mist fog shower. Unlimited Usage pass!

SINGLE CRUISE PASS..... \$75

COUPLES CRUISE PASS \$129

COUPLES MUD ROOM \$95 Per Couple

(Fun & Romantic! Cover each other with organic mud after using our all over body scrub and relax together in the private Moroccan Steam Chamber Cleanse, Stimulate & Detoxify. For maximum effect use in conjunction with the couples massage ritual)

ULTIMATE COUPLES CRUISE PASS \$195

(Includes couples cruise pass to the thermal sanctuary and one session in the mud room)

LOTUS SALON MENU OF SERVICES

SHAMPOO & SETS, BLOW DRY From \$35
ARTISTIC SCISSOR WORK..... (Includes Blow-dry) From \$59

HAIR UP STYLES From \$60
MENS CUT..... \$35

COLOR (full, roots, highlights, etc)..... On Consultation
Come and see our International makeover specialists!

NAIL TREATMENTS

EXOTIC HAND RITUAL MANICURE \$45
SOLE DELIGHT FOOT RITUAL PEDICURE..... \$65
FIRE AND ICE MANICURE..... \$50
FIRE AND ICE PEDICURE \$70

We also offer full sets of acrylic nails and nail fixes.

BARBERING SERVICES

THE ANTI AGEING SHAVE - 55 MINUTES \$95

A Double close shave, old fashioned steam towel wrap & anti ageing facial with Collagen skin treatment followed by a relaxing scalp, hand & arm massage.

SALON SAMPLER

CHOOSE 3 OF THE FOLLOWING \$99

- Foot & Ankle Massage • Frangipani Scalp Massage • Neck & Shoulder Massage
- Rehydrating Booster Facial • Eye Collagen Treatment • Hand & Arm Massage

LOTUS THERMAL SUITE

THE ULTIMATE IN SELF PAMPERING

Relax in our exclusive thermal grottos, aromatic steam chambers, sauna suites and heated stone benches!
Take a rainforest shower and cool down with a refreshing mist fog shower.

Unlimited pass!

SINGLE CRUISE PASS..... \$75
COUPLES CRUISE PASS..... \$129
ULTIMATE CRUISE PASS
(include the Rasul COUPLES ROMANCE Mud Ritual for one hour)..... \$195

FITNESS SERVICES

METABOLISM & TOXIN TEST \$35

Everybody carries excess fat, however the chances are that a large percentage of what you might think is fat, is actually water retention.

We will help you lose 50% of that excess water retention.

We can raise your metabolic rate so you will burn fat and calories while you are resting!

We will help reduce the severity of Cellulite.

We will improve your health and well being both Internally and Externally.

We will provide you with a lifestyle solution.

CALL #16229 FOR YOUR RESERVATIONS OR QUERIES

In order to accommodate your fellow passengers, 24 hours notice must be given for cancellations.

A 50% charge will apply to cancellations within the 24 hour period.