



At a Glance Spa Favorites THE LOTUS SPA



- 1) **TEETH WHITENING – GoSMILE** **45 minutes \$199 • Couples \$360**
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 proven to whiten teeth up to 6 shades! A whiter brighter smile can be yours today.
- 2) **DETOX & INCH LOSS – IONITHERMIE** **50 minutes \$159 • 3 sessions \$399**
You will lose up to 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.
- 3) **FACIAL – LA THERAPIE HYDRALIFT** **50 minutes \$119 (with Microdermabrasion \$175)**
This youth enhancing facial has results that are fast and dramatic. We guarantees no break out or redness. Working to the deepest layers of the skin, this facial generates an anti-aging effect. We work deeply around the eyes, neck and mouth for fine lines, crows feet, dark circles and puffy eyes. This caters to the needs of your skin as you totally relax receiving a shoulder and neck massage. Perfect for all skin types, even the most sensitive skin.
- 4) **MASSAGE – AROMA SPA SEAWEED** **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 5 weeks.
- 5) **MASSAGE – HOT STONES** **50 minutes \$159 • 75 minutes \$195
Couples 50 minutes Stones \$318**
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.
- 6) **MASSAGE & EXFOLIATION – LIME & GINGER SALT SCRUB** **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. Complete bliss!
- 7) **ACUPUNCTURE** **1 Hour \$ 150 • 45 Minutes follow up \$125**
A painless and relaxing treatment based on Traditional Chinese Medicine. Individualized approach to treatment effectively alleviates pain, manages stress, improves sleep and vitality, boosts your immune system and will benefit any health concerns.
- 8) **COUPLES SELECTION**
 - A) **Couples Massage** **50 Minutes \$269**
Lay side by side while experiencing a luxurious tension releasing full body massage with the one you love or love to be with.
 - B) **Couples Float Ritual** **\$199**
You will both enjoy a tension releasing aromatherapy back, neck and shoulder massage. Let us ease out your muscle aches and pains. This treatment also includes the luxury experience of our wonderful float ritual as you are suspended in warm water. Sheer bliss!
 - C) **Couples Romance Ritual** **\$329**
Enjoy the couples mud rasul – exfoliate each other with salt and essential oils, lather yourselves in cleansing mud and relax in your private steam chamber. This ritual includes a couples full body massage.

ALSO INQUIRE ABOUT OUR OTHER FULL BODY MASSAGES INCLUDING REFLEXOLOGY
LOTUS SPA, DECK 16 FWD

DIAL #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.

time to detox ionithermie

Europe's leading body corrective,
anti-cellulite and detoxification treatment.

- 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
- You can lose 1-8 inches



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

time to smile teethwhitening

GO SMILE 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. Why pay up to \$700 for comparable treatment on land? Lighten the smart way Clinically proven and FDA Approved.

Only \$199

Better yet book with a friend and you will both SAVE \$20 each

1/3 the Time and 1/3 the cost of other professional lightening treatments

In order to maintain and to further enhance your results your GoSmile Expert will prescribe a homecare programme for you which cost approximately \$1.50 a day.

time for rejuvenation La Therapie

Oxygen Lifting Facial

This is a skin corrective facial

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.

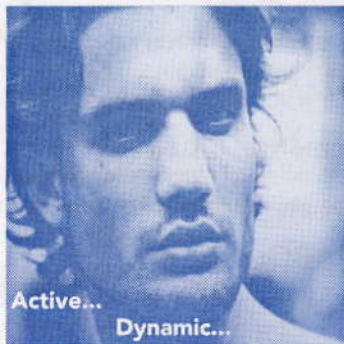
50 Minutes \$119
Add Microdermabrasion \$56

time for men barberonboard

"Anti-ageing Shave" \$95

(WITH HOT TOWELS & FACIAL)

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,

time for massage
HOT STONES MASSAGE

HOT STONES MASSAGE

75 minutes \$195 50 minutes \$159

Pure Indulgence



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.

time for massage
WARM SEAWEED MASSAGE

WARM SEAWEED MASSAGE

75 minutes \$195

105 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 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.

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



time for healing
ACUPUNCTURE

**TRADITIONAL CHINESE
MEDICINE THERAPY**

Holistic clinical treatments for:
Pain Management, Poor Circulation,
Chronic Back Pain, Neck & Shoulder Pain,
Health Problems & Symptoms ranging
from Headaches to Digestive Problems,
Migraines, Fatigue & even Depression.

Complimentary Consultations Available

Selected treatments include. . . .

**Just to try
Weight Loss
Sea Sickness
Detox
Stop Smoking
Stress-Free
Pain Management**

1st Treatment \$150 - 1 hour
Follow up treatments \$125

time to inspire
FITNESS SEMINARS

HEALTH SEMINARS

Focusing on your health and fitness questions..
Ever wanted to know how to lose weight and not muscle?
Ever wanted to know correct eating habits and not dieting?
Without cancelling out all the "good things" in life?

Wondered why people get older with age
and not stronger over time?

*Attend our informative and educational seminars
and find out the answers!*

SECRETS TO A FLATTER STOMACH

BURN FAT FAST

DETOX FOR HEALTH & WEIGHT LOSS

EAT MORE TO WEIGH TO LESS

Check your daily patten for seminar times.

Sign up now at the Lotus Gym to reserve your place

LOTUS THERMAL SANCTUARY

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!

SINGLES CRUISE PASS	\$80
COUPLES CRUISE PASS	\$130
ULTIMATE CRUISE PASS (with Rasul)	\$190
THE COUPLES MUD RASUL	\$95

The most FUN two people can have together! Exfoliate each other with Lime & Ginger Salt Glow and essential oils, then lather each other in cleansing mud & relax in your own private Steam chamber.

PRO-COLLAGEN MARINE FACIAL

50 MINUTES \$145

This exceptional facial helps to slow down the signs of premature aging, reducing the appearance of fine lines and wrinkles. Specialized lifting massage techniques are combined with the unique anti-aging Japanese Silk Mask impregnated with Pro-Collagen Booster Serum. The precious ingredients in this facial will help lift the skin and reduce signs of aging.

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 our sublime Deep Tissue Muscle Massage, will refresh your spirit and strengthen your vital energies.

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.

LOTUS SALON MENU OF SERVICES

SHAMPOO & SET OR WASH & BLOW DRY	From \$45
ARTISTIC SCISSOR WORK	(Includes Blow-dry) From \$59
HAIR UP STYLES	From \$60
COLOR (full, roots, highlights, etc)	On Consultation
FRANGIPANI CONDITIONING HAIR & SCALP RITUAL	\$35

NAIL TREATMENTS

EXOTIC HAND RITUAL \$45
More than just a manicure. Warmed aromatherapy oils nourish and condition while the sublime sensation of milk lavishes richness and a healing action on your skin.

SOLE DELIGHT FOOT RITUAL PEDICURE \$65
This is the most rejuvenating foot therapy. Indulge your feet in warm aromatherapy oils combined with the decadence of milk.

We also offer full sets of acrylic nails and nail fixes

THE SHAVES OF ALL SHAVES

55 MINUTES \$95

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

SALON SAMPLER

CHOOSE 3 OF THE FOLLOWING \$99

- Foot & Ankle Massage
- Frangipani Scalp Massage
- Neck & Shoulder Massage
- Hand & Arm Massage
- Eye collagen Treatment

DIAL #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.

TimeForMen

Men's Shaves/Grooming

Shave of All Shaves – 55 minutes \$95

This premium treatment begins with the ultimate shaving experience, upon finishing your close shave we will then begin an anti ageing treatment combined with face, scalp, hand and arm massage. Your ultimate grooming experience!!

Deep Cleanse Grooming – 45 minutes \$75

Enjoy a 2 phase shave leaving you refreshed followed by a deep cleanse treatment which will rejuvenate your skin whilst enjoying a soothing scalp and face massage. Fantastic for a formal night!!!!

Express Shave - 30 minutes \$45

This includes a deep cleanse exfoliation followed by the 2 phase shaving experience leaving your skin super smooth. Great for that last minute touch up. !!!

Gentlemen's Hair Cut - \$35

Time For Men Mix

Choose 3 of the following for only \$99 or 4 / \$109 or 6 / \$119

Indian Head Massage, Express Shave, Men's Hair Cut, Deep Cleanse Facial
Beard Trim, Head Shave, Defense Eye Treatment, Neck & Shoulder Massage

Men's Spa Treatments

Ionithermie Algae Detox – 50 minutes - 1 Session \$159 Includes Body Check & Metabolism Analysis.

Regain your youth when we analyze your metabolic rate and then we select specific Marine algae to reduce any concerned area. This can increase digestion, decrease the mid section, increase mobility, circulation and energy, this treatment will revitalize you.

Skin Essentials – 55 minutes \$119

This anti-aging deep cleansing facial is customized to suit your individual needs. With the help of marine collagen it will decongests the eyes; smoothing the appearance of fine lines and premature ageing. This is an exclusive treatment for men who want to feel and look vibrant.

Aroma Pure Seaweed Massage – 75 minutes \$195

This is the ultimate number one massage treatment in Europe. The mineralizing Seaweed mask is followed by a massage on the main areas of tension. This will ease the tension away from your muscles for up to five weeks relief. This Seaweed treatment is excellent for arthritis; muscle spasm; fibromyalgia; aches and pains; stiff joints and general muscle cleansing. A true living experience for the man always on the go.

Aroma Stone Therapy - 75 minutes \$195 / 50 minutes \$159

A true muscle warmer, we combine the deep penetrating heat of the volcanic basalt stone with traditional massage and aromatherapy techniques to release muscular tension and balance the stress levels of your body.

Visit the Lotus Spa on deck 16 Fwd or dial extension #16229

Please provide 24hrs cancellation or rescheduling notice to prevent 50% charge on your onboard account!

Our skincare professionals will be happy to recommend a facial specific to your needs.



THE LOTUS SPA

CRUISE PLANNER 1st & 2nd SEA DAY FREE SEMINARS

Sign up essential as space is limited, Come and visit us on Deck 16 Forward or call us at 16229 to secure your space, Please arrive early, Don't miss out.

Sea Day 1

10.00am - STYLE MAKE-OVER @SEA - Hearts & Minds -Wedding Chapel, Deck 16 FWD

Are you always having a bad hair day? Do you want to change your look? Had the same style for years? Do not miss this FREE seminar to learn the tricks of the trade from you award winning onboard stylist she will change your style forever.

FREE IMAGE CONSULTATIONS FOR ALL WHO ATTEND,

Sign up essential limited sign ups. Call 16229 now to book your space don't miss out.

11.00am - DETOX FOR HEALTH AND WEIGHT LOSS - Gymnasium, Deck 16 FWD

Join your onboard Nutrition Specialists to learn how to achieve Perfect Health and the quickest way for weight loss.

12.00pm - SLIM DOWN FASTER - Hearts & Minds -Wedding Chapel, Deck 16 FWD

Learn from our Body Correction Specialists how to achieve permanent Inch loss, firm and tone your problems areas and sculpt the body without surgery. Get Bikini ready & Healthy for the summer.

1.00pm - ACUPUNCTURE- AN INTRODUCTION – Hearts & Minds -Wedding Chapel, Deck 16 FWD

Did you know that Acupuncture can combat a variety of health problems? By stimulating key points on the body acupuncture seeks to restore your vital energy which can relieve pain or treat various conditions, such as smoking, sea sickness, weight loss, muscle pain and problems with relaxation, all without the use of medicine or surgery.

2.00pm - SECRETS TO A FLATTER STOMACH – Gymnasium, Deck 16 FWD

Your Fitness Directors will tell you what gets rid of that unwanted tummy! (Aerobics Studio)

Sea Day 2

10.00am – BEAT THE BELLY BULGE -Hearts & Minds -Wedding Chapel, Deck 16 FWD

Do you need to lose those extra Inches from the waist, buttocks or Thighs? Are you having trouble removing those access pounds? Find out the safest and most effective way today?

11.00am - FREE SEMINAR: "HOW TO INCREASE YOUR METABOLISM - Gym, Deck 16 FWD

Learn how to turn your body into a fat burning machine.

1.00PM - PAIN MANAGEMENT & ACUPUNCTURE - Hearts & Minds -Wedding Chapel, Deck 16 FWD

Learn the long lost secrets to relieving arthritis, aching muscles or rheumatism through the ancient art of Acupuncture.

2.00PM - FREE SEMINAR: "FIGHTING HIGH BLOOD PRESSURE, CHOLESTEROL & DIABETES"

Gymnasium, Deck 16 FWD - Fantastic seminar not to be missed, your health depends on it!

12.00pm The FREE Ladies Pamper Hour

Sign Up in the Lotus Spa Now or call 16229

Space is very Limited

Hearts & Minds -Wedding Chapel, Deck 16 FWD

*Our skin expert will teach you the art of Pampering

In this hour you will:

*Learn the Lotus spa's anti-ageing secrets

* Receive a FREE anti-aging collagen eye Treatment

* Enter a raffle for spa prizes

Try these signature body treatments...

Aroma Stone Therapy Traditional massage is already the ultimate form of relaxation, but when combined with the penetrating heat of volcanic basalt stones placed on key energy points of your body, you will drift into a world of pure bliss.

Ionithermie Cellulite Reduction Program This revolutionary therapy reduces the appearance of cellulite, detoxifies the body and offers substantial inch loss (between 1-8 inches) in just one session.

