GRANDEUR DAY SPA – MENU OF SERVICES

Ionithermie Super Detox **50-minutes... $159** **3 sessions... $359**

This body contouring treatment successfully helps to eliminate cellulite. With gentle stimulation we will work on the stomach, thighs and buttocks, firming and toning the skin and muscles through the power of algae. Externally detoxifying the body you will reduce the appearance of cellulite and lose up to 8 inches in just one treatment.

La Thérapie Hydralift Facial **50-minutes... $119**

This youth–enhancing facial is customized to suit your individual needs. Using a unique blend of science and nature, this facial is both deep cleansing and rejuvenating yet gentle enough for the most sensitive of skins.

Pro-Collagen Marine Facial **75-minutes... $145**

This exceptional face and eye treatment will help slow down the signs of premature aging by reducing the appearance of fine lines and wrinkles after just one treatment.

AromaPure (Seaweed Massage) **85-minutes... $195** **105-minutes... $259**

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 such as Pine and Rosemary is applied to your body before you are cocooned in a warm wrap. Relax while active ingredients work to ease arthritis, fatigue and muscle spasms. This ultimate massage works on the scalp, feet and the stress areas of the body by massaging lower and upper back, shoulders and neck.

Aroma Stone Therapy **75-minutes... $195** **50-minutes... $165**

Pure indulgence... this massage will send your mind body and spirit into a heavenly state. Traditional massage is already the ultimate form of relaxation, but when combined with the penetrating heat of volcanic stones placed on key energy points of your body, you will simply drift into a world of pure bliss. An ancient Polynesian tradition that must be experienced.

Absolute Spa Ritual **105-minutes... $240**

This exclusive treatment combines reflexology on the base of the feet followed by drainage massage on the calves, firming massage on the thighs, pressure point massage up the back, around the shoulders and on to the neck. This is followed by a deep scalp massage and completed with a relaxing 45-minute collagen-enriching facial.

Couples' Massage **50-minutes... $269 per couple**

Relax and enjoy a full body massage together in the comfort of our couples massage room. (Early booking recommended)

Aroma Flex **50-minutes... $119** **75-minutes... $175**

This unique, wonderfully relaxing treatment incorporates the ancient healing properties of aromatherapy, reflexology and massage.

Lime and Ginger Body Bliss Treatment **50-minutes... $155** **75-minutes... $199**

Warmed oils and a sumptuous mixture of exotic salts will be massaged into the skin to slough away dryness and leave the skin feeling like silk. Followed by a relaxing massage... sheer heaven!

GoSMILE® Teeth Whitening **30-minutes... $199**

A revolutionary treatment to show off those pearly whites! More effective and better priced than any teeth whitening you'll find on land! Up to 6 shades improvement in just 30-minutes for a whiter, brighter smile!

Visit the Grandeur Day Spa, Deck 9 or dial 4850 for more information.

Please provide 24-hours cancellation or rescheduling notice to prevent a 50% charge to your SeaPass account

OUR SKINCARE PROFESSIONALS WILL BE HAPPY TO RECOMMEND A FACIAL SPECIFIC TO YOUR NEEDS

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GRANDEUR FITNESS CENTER CLASSES AND SEMINARS

Day 1, Saturday – Baltimore

Tour and class sign up	2:00 pm

Day 2, Sunday – At Sea

Vitality Stretch	7:00 am
Body Conditioning	7:30 am
Pathway-to-Yoga (*$12 fee*)	8:00 am
Secrets to a Flatter Stomach**	10:00 am
Core Conditioning Pilates (*$12 fee*)	3:00 pm
Indoor Cycling/Wheels-in-Motion (*$12 fee*)	4:00 pm

Day 3, Monday – Bermuda

Vitality Stretch	7:30 am
Tai Chi	8:00 am
Pathway-to-Yoga *($12 fee)*	4:00 pm

Day 4, Tuesday – Bermuda

Vitality Stretch	7:30 am
Fab Abs Class	8:00 am
Indoor Cycling/Wheels-in-Motion (*$12 fee*)	4:00 pm

Day 5, Wednesday – At Sea

Vitality Stretch	7:30 am
Body Conditioning	8:00 am
Indoor Cycling/Wheels-in-Motion *($12 fee)*	9:00 am
Detox for Health and Weight Loss**	10:00 am
Pathway-to-Yoga ($12 fee)	3:00 pm

Unlimited Fitness Class Pass is available for $80
Speak to our onboard Personal Trainer
for further details.

Fitness Service Menu

Metabolism Test (B.C.A.)	45 minutes $35
Nutrition Consultation	60 minutes $85
One-on-one Personal Training	60 minutes $85

** *Indicates Complimentary Fitness Seminars.*
Please sign up at the Personal Trainer's Desk,
Grandeur Fitness Center, Deck 10.

VISIT THE FITNESS CENTER FOR MORE INFORMATION

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GRANDEUR DAY SPA – HAIR & NAIL RITUALS

GoSMILE® – Teeth Whitening

This revolutionary and clinically proven Spa teeth whitening system is a quick, efficient, no-sensitivity treatment utilizing a proprietary hydrogen peroxide active in conjunction with a white light system. Half the time and price of other professional whitening procedures. Try our Go SMILE® teeth whitening treatment, a safe and effective way to take your smile from drab to fab!

30-minutes... $199

Color Me Crazy Special

Complete hair make-over! Let our hairstyling professionals give you a new look with a precision hair cut, hair color, highlights, style and blow dry. It is going to be a completely new you! (Price depends on the length of your hair). A consultation with a hair stylist prior to your appointment is recommended. **From $150**

Exotic Frangipani Scalp Treatment

We begin this tantalizing ritual by massaging Monoi oil, used for centuries by Polynesian women, into the hair and scalp to ease away stress and leave your hair shiny and deeply nourished. Great treatment for dry and colored or damaged hair!

25-minutes... $29

Exotic Hand Ritual – Spa Manicure

First we rejuvenate with the Elemis exotic lime and ginger salt glow, then nourish and condition with the sublime sensation of milk protein. This exquisite ritual includes a complete manicure.

(French polish - extra $8)

35-minutes... $45

Sole Delight – Spa Pedicure

This is the most rejuvenating foot therapy. Indulge your feet in warmed Aromatherapy oils combined with decadence in milk and finished with a full pedicure treatment. You will feel like you are walking on air! (French polish - extra $8)

45-minutes... $65

Hair & Nails

Acrylic Nails Full Set	90-minutes... $85
Acrylic Nails Refill	90-minutes... $45
One Nail Repairs	$15
French Manicure Polish	20-minutes... $20
Regular Re-polish	15-minutes... $19
Re-polish Toes	20-minutes... $25
Shampoo & Finish	from $35 to $49
Shampoo, Cut & Finish	from $59 to $79
Hair-Up (no shampoo)	$50
Men's Cut & Finish	$35
Comb Out	$19
Re-Growth Tint	$69 / $79 / $89
Full Head Color Change	$95 / $105 / $115
One Color Highlights/Lowlights	$89 / $99 / $109

Salon Special

Pick 'n' Mix

Choose any three of the following beauty mini-treatments:

European Mini-Facial
Eye Booster Treatment
Exotic Frangipani Scalp Massage
Foot and Ankle Massage
Hand and Arm Massage
Neck, Scalp and Shoulder Massage

for only $99 or
choose all 6 for only $125

Free Hair Consultation

If you feel you need advice from one of our experts, book your appointment at the Spa Reception Desk, Deck 9.

Visit the Grandeur Day Spa, Deck 9 or dial 4850 for more information.

Please provide 24-hours cancellation or rescheduling notice to prevent a 50% charge to your SeaPass account

Try this Salon Favorite...

GoSMILE Tooth Whitening 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 tooth whitening treatment available at the spa. It's a safe and effective way to take your smile from drab to fab in just minutes. Consultations are free.

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