

# Yin & Yang Salon Service Menu

## GOSmile Teeth Whitening - 30 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 white brighter smile can be yours in just one 30 minute session.

## Ladies Pampering – Choose 3 for \$89 (50 minutes)

Booster Facial, Eye Collagen Treatment, Foot & Ankle Massage, Hand Massage, Hair Conditioning Treatment and Scalp Neck and Shoulder Massage.

(All prices are based on hair length and thickness)

### Style/Dry

Shampoo & finish.....	\$35/\$39/\$49
Shampoo, cut & finish.....	\$59/\$75/\$79
Hair-Up (no shampoo).....	\$40/\$55/\$65
Frangipani hair & scalp treatment.....	\$29

### Color

Re-growth tint.....	From \$69
Full head color change.....	From \$79
One color highlights/low-lights.....	From \$99

### Barbering Services

#### Shave of All Shaves

55 minutes - \$95

For the more sophisticated gentleman we offer this refreshing and energizing shave, to bring your youthfulness back in full force; we energize, polish and protect your skin. This treatment includes an Express Shave, anti-aging mini facial treatment and luxurious face, scalp, hand and arm massage.

Men's cut & finish.....\$35

### Nail Treatments

Hand Ritual Manicure.....	\$45
Sole Delight Pedicure.....	\$65
Nail Polish Change.....	\$19
Acrylics full set.....	\$85
Acrylic fills.....	\$45
Nail fix.....	\$15

Free consultations are also available. Call 12200 for all Appointments or visit us on Deck 12 Fwd.

Please note that there is a 18% service charge automatically added to all Spa and Salon Services

## TRY THIS SIGNATURE FACIAL...

**Elemis Pro-Collagen Marine Facial** This exceptional face and eye treatment helps to slow down the signs of premature aging by reducing the appearance of fine lines and wrinkles after just one treatment.



## Couples Spa Menu

### Couples Tropical Mud room

Disappear together for an hour into the secret Rasul and spend some intimate time together in your own private shower and steam room. You will groom one another utilizing the purifying properties of green tea in a mud mask made especially for two.

\$95 per couple

### Couples Exotic Bathing Ritual & Full Body Massage

Start your experience with a private relaxing Jacuzzi bath for two. Enjoy the most spectacular views of the open ocean from the comfort of a hot bath, followed with a luxurious tension releasing full body massage. Pure bliss for 75 minutes

\$329 per couple

### Couples Swedish Massage

Relax side by side in our specialized couple's suite and allow our therapists to indulge the senses with a luxurious tension releasing full body Swedish massage. Pure bliss for 50 minutes

\$269 per couple

### Couples GoSmile Teeth Whitening

Safe, fast results, giving you up to 6 shades lighter in just 45 minutes. Without any gum or teeth sensitivity. Perfect for veneers and dentures.

\$360 per couple

### Partner Teach Massage Class

Learn how to massage each other from our professional couples massage therapists and receive a bottle of aromatherapy massage oil for immediate in-cabin practice!

Sign up at the Spa today \$61 per couple

**For more information, please contact the Yin & Yang Spa Deck 12, forward by dialing 12200**

Please note that an 18% service charge is automatically added on to your service. In addition, please be aware of our 24-hour cancellation policy to avoid a 50% charge applied to your on-board account for appointments not kept.

### TRY THESE SIGNATURE BODY TREATMENTS...

**Elemis 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.

# Yin and Yang Menu of Spa Services

## Medi Spa Services

Treatment start from \$300, complimentary consultations available

The most popular and effective treatments in Facial Rejuvenation, Restylane®/Perlane® & BOTOX® Cosmetic. Guests experience no down time with these treatments and the benefits of a rejuvenated appearance. All consultations and treatments are administered by Dr. Dhillon, the NCL Gem's Medi Spa Physician. Dr. Dhillon is a licensed medical doctor with specialized training in these cosmetic procedures.

### Ionithermie Algae Detox

50 Minutes \$159 Course of 3 \$399

In Port \$143

This powerful body treatment successfully helps to reduce cellulite, firms and tones your skin and detoxifies your body. You will lose up to 8 inches around the buttocks, abdomen, arms or thighs. If you are serious about achieving dramatic instant results and focusing on a plan to maintain a firm and toned body, this is the treatment you are looking for.

### Elemis Oxydermy Facial

50 Minutes \$169

In Port \$152

Give your skin what it's been craving. Now you can fight lines, wrinkles, spots and 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. We will cleanse, polish, masque and massage you into sweet oblivion using our new dual Microdermabrasion/Oxygen machine known as HyperBarOX™.

### Tri - Enzyme Resurfacing Facial

50 Minutes \$125

In Port \$112

The Tri-Enzyme Resurfacing Spa treatment offers micro-encapsulated enzyme therapy with unprecedented results never seen before from just one facial. The precision layering of three targeted enzymes stimulates and accelerates the skin's biological exfoliation process by up to 75% after just one treatment. These advanced resurfacing techniques safely and effectively remove the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant bringing a renewed level of evenness and clarity to the complexion.

### Quartz Lift Facial

50 Minutes \$145

In Port \$131

Experience the ultimate in scientific skin therapy. An advanced anti-ageing facial, clinically proven to reduce the number of wrinkles & improve skin firmness after just 1 treatment. This anti-aging face and eye treatment helps to protect against the signs of ageing, reducing the appearance of fine lines and wrinkles on the face and restructuring the eye contour. Specialized lifting massage techniques are combined with the new anti-ageing products for maximum treatment efficacy.

### Aroma Spa Seaweed Wrap and Massage

75 Minutes (Back) \$195 / 100 Minutes (Full Body) \$259

In Port \$176 / \$233

The No 1 massage for lasting relaxation and muscular relief. The detox seaweed body mask is followed by a massage on the main tension areas, providing weeks of relief. Excellent for arthritis, fibromyalgia, muscle spasms and general body detoxification. Includes a scalp and foot massage.

### Aroma Stone Therapy

75 Minutes \$195 / 50 Minutes \$149

In Port \$176 / \$135

A traditional full body massage combined with deep penetrating heat from volcanic stones bathed in oriental oils. This Balinese massage helps release deep muscular tension and is undeniably luxurious.

### Elemis Cooling Hot Stone Body and Facial

55 Minutes \$159

In Port \$143

Pure body indulgence with exceptional anti-aging facial results! Your Elemis therapist will customize a unique "ice-cool thermal muscle massage" to your specific problem areas, alleviating stress and easing aching muscles. While your body is in a pure state of blissful relaxation, you will receive the Elemis Tri-Enzyme Facial to smooth your skin and restore your radiant glow.

### Body Sculpting and Colon Therapy

60 Minutes \$125

In Port \$112

Redefine your silhouette with the new clinically proven Elemis Body Sculpting System. Congestion caused by poor circulation, fluid retention and a sluggish digestive system, bloating and toxic build up. This treatment works at the deepest level to flush and cleanse the body. Specialized massage techniques over the hip and thigh area help to stimulate blood flow and drain away fluid. A detoxifying Fennel and Birch peel off body mask is also applied to help firm and smooth the skin. Number 1 service for I.B.S, Constipation and digestive complaints.

### Acupuncture

50 Minutes \$150 for 1<sup>st</sup> treatment \$125 for follow up treatments

Acupuncture is a traditional Chinese medicine practiced for thousands of years in China and other Eastern countries. Since making its way to the West it has been one of the fastest growing alternative therapies. Acupuncture can help to treat the following: Pain Management, Sea sickness, Facial Rejuvenation, Digestive issues, Arthritis, Sciatica, Migraines, Insomnia and much, much more.

### Couples/friends Massage

50 Minutes \$269

The ultimate way to share quality time together...Using warmed aromatherapy oils and eastern and western massage techniques combined, de-stress and melt your muscles side by side in our joint suite...the complete remedy for every day stress.

### GOSmile

35 Minutes \$199/ \$360 for couples

The most economical and safest way to get your teeth whitened in the comfort of our professional salon environment. No harsh chemicals, no messy trays or hot burning light, just great results in just one session.

### Facial Mapping and Skin Analysis

20 Minutes \$35 add to any facial for \$15

### Deep Tissue Massage

50 Minutes \$129 (75 Minutes \$195 - limited appointments available)

### Thermal Suite and Hydro Pool

Limited cruise pass packages available

Yin and Yang Day Spa open daily call 12200

Please note that there is a 18% service charge automatically added to all Spa and Salon Services. Please allow 24 hours to cancel or reschedule your appointment, to avoid a 50% cancellation fee.

MEDI-SPA TREATMENTS AVAILABLE ONBOARD:

Restylane  
with hyaluronic acid

Perlane

BOTOX®  
Cosmetic  
Botulinum toxin Type A