

# Yin and Yang Spa Services Menu

## Medi Spa Services

Treatments start from \$300, complimentary consultations available

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

## Acupuncture

50 Minutes \$150 or (3 Session \$390 / 5 Session \$600)

Since Acupuncture made its way to the West it has been one of the fastest growing alternative therapies to overcome and treat; Pain Management, Sea sickness, Facial Rejuvenation, Digestive issues, Arthritis, Sciatica, Migraines, Insomnia and much, much more.

## Ionithermie Algae Detox

50 Minutes \$159 (Course of 3 \$399)

In Port \$144

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 \$153

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 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 \$113

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. 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

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

## Freeze 24/7 - Ice Goddess Facial

50 Minutes \$119

In Port \$107

This results driven treatment goes deep to address the unwanted signs of aging FAST, with the use of Freeze 24-7® products that deliver instant results. First the skin is deeply cleansed and resurfaced. Then, each area of the face and neck is gently reshaped with effective topical line and wrinkle reducers. This luxurious treatment reveals smooth, brightened, and firm skin, with a look that is youthful, fresh and radiant!

## Aroma Spa Seaweed Wrap and Massage

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

In Port \$176 / \$234

Combining the power of the ocean with the healing effects of aromatherapy, this treatment is excellent for soothing aches and pains, Fibromyalgia, arthritis or just stiff joints. During this treatment you will receive a scalp massage and a pressure point foot massage followed by a back of body massage or full body massage.

## Thal Poultice Massage

75 Minutes \$195

In Port \$176

Utilizing warmed muslin poultices containing Thai and Chinese herbs. These are steamed and applied to the body in kneading, tapping and rolling actions, incorporating Thai stretching and traditional hands on massage. The absorption of heat combined with the powerful herbs will aid in reducing aches and pains, increase lymphatic drainage and condition the skin.

## Aroma Stone Therapy

75 Minutes \$195 / 50 Minutes \$149

In Port \$176 / \$135

The deep penetrating heat of volcanic stone is combined with Swedish or Deep Tissue Massage and aromatherapy techniques to relieve muscle tension and experience complete relaxation.

## Bamboo Massage

75 Minutes \$199 / 50 Minute Massage \$159

In Port \$180/ \$144

Imagine warm bamboo of various sizes and warmed oils rolling, sliding and massaging your muscles. This indulgent massage will tantalize the senses in a new invigorating way, inspiring the most relaxed start. Customized to your preference, our therapists will use deep tissue or gentle strokes!

## Face and Body Sensation

55 Minutes \$159

In Port \$143

Pure body indulgence with exceptional anti-aging facial results! 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 \$113

Redefine your silhouette! Congestion caused by poor circulation, fluid retention and a sluggish digestive system, bloating and toxic build up. Specialized massage techniques over the hip and thigh area help to stimulate blood flow and drain away fluid. A detoxifying Fennel and Birch body mask is applied to help firm and smooth the skin. Number 1 service for I.B.S., Constipation and digestive complaints.

- Swedish Massage 50 Minutes \$119 (75 minutes \$169)
- Deep Tissue Massage 50 Minutes \$129 (75 Minutes \$195)
- Reflexology 50 Minutes \$119
- Couples/friends Massage 50 minutes \$269 per couple (Swedish or Deep Tissue)
- Rasul - Tropical Mud Chamber 60 minutes \$95 per couples
- Thermal "Chill out" Lounge \$99 per person - 7 Day Unlimited Use Pass

Yin and Yang Day Spa open daily from 8am - 10pm, call 12200 or visit us on Deck 12 Fwd

Please note an 18% service charge is automatically added to all Spa and Salon Services.

Please allow 24 hours to cancel or reschedule your appointment, to avoid a 50% cancellation fee

## 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.

