



# Indulge in Senses Spa. Your playground for the SENSES.

Senses Spa and Salon will be your pathway to light hearted self-discovery. Playful but with a purpose, Senses Spa and Salon will satisfy both wellness and whimsy, helping you achieve perfect equilibrium through tempting your senses with irresistible treats. Surrender to our indulgence-evoking facilities, including the Rainforest with its various grottos, experience showers and hydro-pools. Relax in solitude or share the experience in Spa Villas that offer sublime views of the vast ocean while you enjoy one of our sensory services. Our facilities also offer a private barber shop, private teeth whitening facilities, a separate Chill Spa for teens and a perfectly social hair and nail salon where we can primp you to perfection!



## TRIPLE YOUR INDULGENCE

We recommend you enrich your day spa experience by choosing three of your favorite signature treatments, indicated with a ✨ symbol.

.....  
**10% OFF** your 1st signature treatment

**20% OFF** your 2nd signature treatment

**30% OFF** your 3rd signature treatment  
.....

SAVE UP TO \$155!\*

**SENSES**  
SPA & SALON

LOCATED ON DECK



\*Treatments may not be divided among multiple persons. All treatments must be booked and paid for in advance. Offer subject to availability and may not be combined with other discounts, including value pricing.

## THE RAINFOREST

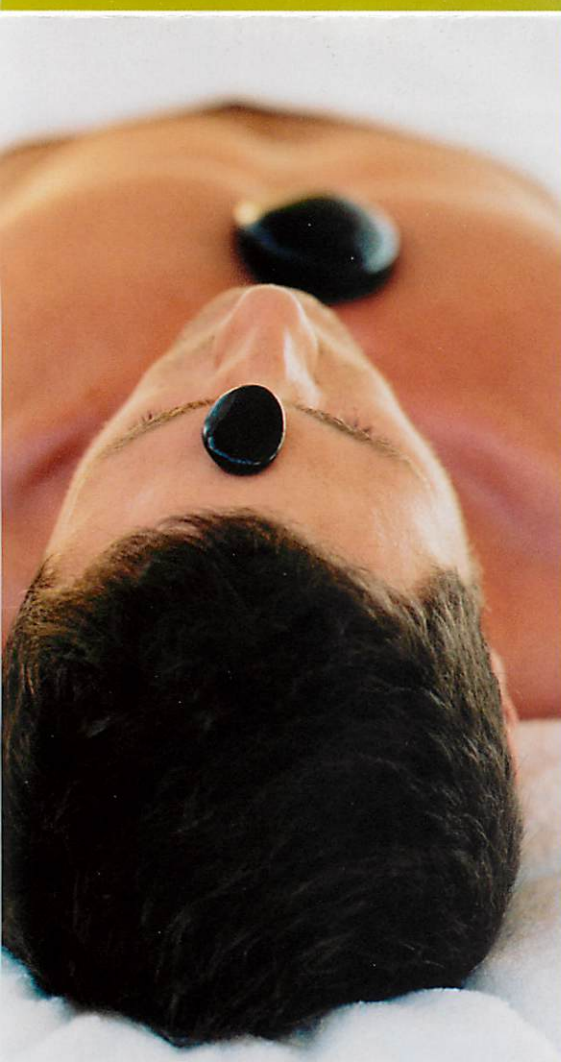
Relax in the Rainforest, a thermal suite with various mild steam and saunas, a Hammam and sensory experience showers.

For extra sensory perfection try the Rainforest DIY Scrub Experience, a custom-designed body polish to slough away dead skin in the Rainforest experience showers.

Purchase passes for the day or cruise.

## A TRADITIONAL BARBER SHOP

Enjoy a traditional hot towel shave or deep cleansing treatment in a private space for men! See the Senses Spa brochure for a complete listing of services.



# Signature Sensory Services

Below is a sampling of our most sensory services which come highly recommended. For a complete listing of services please refer to our full brochure which can be found in your stateroom or at the spa reception.

## FACIALS

### SENSES 24 KARAT GOLD FACIAL

**Sense Appeal:** opulent and enriching. 24 Karat gold combines with medicinal grade plant extracts and expert touch to evoke a brighter, more clarified skin texture and complexion ..... 75 minutes / \$325

### \* BLISS TRIPLE OXYGEN TREATMENT

**Sense Appeal:** like a deep, clarifying skin-breath. This complexion reviver cleanses, oxygenates, hydrates and nourishes ..... 75 minutes / \$160

### \* LA THÉRAPIE HYDRA-THÉRAPIE SKIN NUTRITIVE FACIAL

**Sense Appeal:** a highly effective in targeting the needs of a dry, dull, tired or stressed skin. After deep cleansing, your skin will be resurfaced using Orbital Microdermabrasion. A lifting massage and prescriptive treatment mask are followed by an O2 Infusion which helps to plump out wrinkles ..... 50 minutes / \$189

### \* ELEMIS TRI-ENZYME RESURFACING FACIAL

**Sense Appeal:** aromatic plant enzymes gently remove surface layers. Can resurface the skin up to 75% and leave the skin up to 32% smoother\* ..... 50 minutes / \$125

## MEN'S SERVICES

### ELEMIS PRO-COLLAGEN GROOMING TREATMENT WITH SHAVE

**Sense Appeal:** smooth, sensuous and practical at the same time. This shave of all shaves nourishes and nurtures men's skin, ingrown hairs and shaving induced skin irritations ..... 55 minutes / \$95

### \* ELEMIS SKIN IQ FACIAL

**Sense Appeal:** protects against harsh effects of shaving and environment. Active ingredients have been clinically trialed to increase moisture levels by 28%\* after just one treatment ... 50 minutes / \$119

## MASSAGE

### ELEMIS AROMA STONE THERAPY

**Sense Appeal:** warming and healing. Warm basalt stones and opulent oils combine to provide complete relaxation and renewal ..... 50 minutes / \$159 ... 75 minutes / \$190

### THAI HERBAL POULTICE MASSAGE

**Sense Appeal:** aromatherapy, soothing, and de-stressing. Tension floats away as heated herbal poultices combine with acupressure in this exotic treatment ..... 75 minutes / \$195

### BAMBOO MASSAGE

**Sense Appeal:** revive your senses in a new and innovative way. Warm bamboo shoots and fragrant oils slide, roll, and massage your muscles into pure bliss ... 50 minutes / \$159 ... 75 minutes / \$179

## BODY THERAPY

### \* ELEMIS AROMA SPA SEAWEED MASSAGE

**Sense Appeal: detoxifying, warming and nutritious.** This deeply warming and nourishing treatment includes a seaweed wrap containing a warming blend of essential oils and a full or half body massage. .... 75 minutes / \$188 ... 100 minutes / \$244

### CHOCOLATE INDULGENCE BODY TREATMENT

**Sense Appeal: Zero Calories! Absolute Indulgence!** Melt away with this deliciously comforting and anti-oxidant enriching wrap and massage. .... 75 minutes / \$141 ... 75 minutes / \$178

### BLISS FATGIRLSLIM

**Sense Appeal: waist whittling and trouble spot targeting.** Feel fantastically firm with this detoxifying, circulation-stimulating, body-toning treatment ..... 75 minutes / \$150

## SENSORY SUITE & SPA VILLAS TREATMENTS

### SENSORY SUITE BODY PURIFYING EXPERIENCE

**Sense Appeal: detoxifies, stimulates circulation, body toning.** Experience weightless relaxation after purifying the body with a lavish mask and decadent massage ..... 155 minutes / \$245

### COUPLES CHOICE

**Sense Appeal: relaxed togetherness.** Experience your choice of indulgent body therapies in an intimate and romantic setting ..... 130 minutes / \$475

## SALON SERVICES

### PHYTO CONDITIONING COCKTAILS

**Sense Appeal: a spa treatment for the hair.** Nurture hair and scalp with powerful botanical blends which nourish and protect the hair.

Thirst Quencher, Botanical Bliss, or Rescue Remedy ..... 30 minutes / \$49  
Color Guard ..... 15 minutes / \$29

### \* KERATIN COMPLEX SMOOTHING THERAPY EXPRESS BLOW OUT

**Say goodbye to frizz in just one hour.** This specially formulated revitalizing and rejuvenating treatment for the hair eliminates frizz and lasts up to 6 weeks. And you can wash your hair just 8 hours after treatment ..... 60 minutes from \$149

### \* FIRE AND ICE MANICURE / PEDICURE

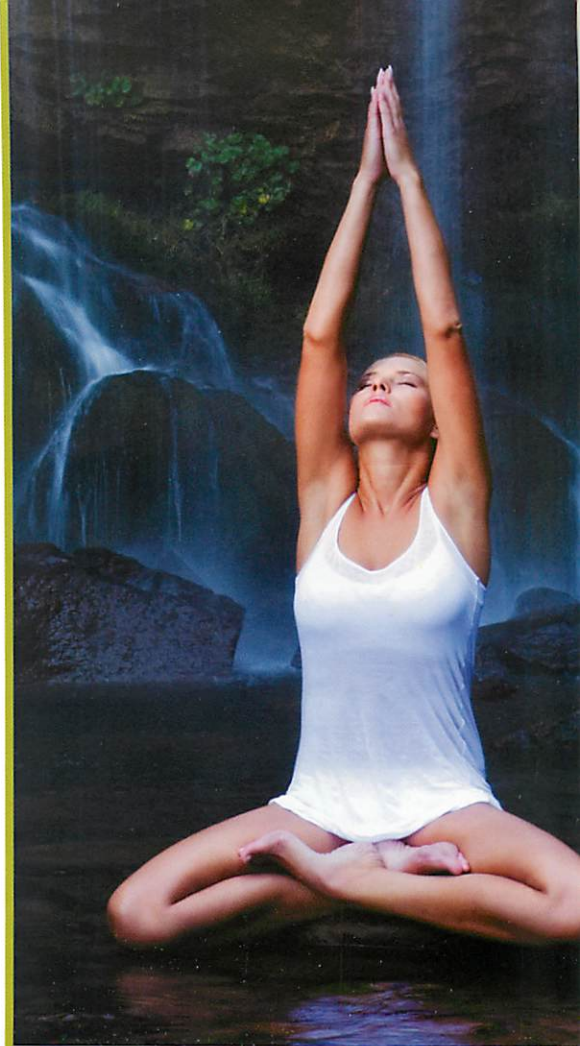
**Sense Appeal: ice-hot luxury for hands and feet!** Imagine a gorgeous massage with hot stones and cooling potions, combined with skin-smoothing exfoliation and the most perfect manicure and pedicure ever ..... manicure 50 minutes / \$50 ... pedicure 60 minutes / \$70

### 14 DAY NO CHIP MANICURE / PEDICURE

**Sense Appeal: long wearing color with a perfect finish.** No drying time! No chipping! No smudging! Have gorgeous nails your entire cruise ... manicure 25 minutes / \$45 ... pedicure 45 minutes / \$59

### GO SMILE TOOTH WHITENING

**Sense Appeal: a younger, radiant, confident smile.** Safe and effective tooth whitening that will quickly take your smile from dull to dazzling ..... 30 minutes / \$199



## COUPLES SPA VILLAS

Steal away to one of our spa villas with a loved one and enjoy your service side by side.

Sublime ocean views along with a tea ceremony and foot ritual take this sensory escape to new levels!

## SENSORY SUITE

If you are having one of our detoxifying or decadent wraps and body treatment, opt to try it in our Sensory Suite where you can enjoy the added opulence of feeling weightless in our warm Sensory dry float bed.

An experience not to be missed.

## CHILL SPA FOR TEENS

A private space just for teens between 13 and 17 to indulge in facials, scrubs and rubs!

For details see Chill Spa's complete menu of services.

## INDULGE MORE FOR LESS!

Discounts are offered on select services while we are in port.

Visit the spa for details.



## FITNESS

### \* PERSONAL TRAINING

Our fitness professionals will help you achieve the body you've always wanted with a personalized fitness session. You will learn which exercises work the best with your particular body composition. .... 60 minutes / \$82

### METABOLISM TEST

By using our Body Composition Analysis device, our fitness professionals will determine your body fat percentage, rate of metabolism and water retention level and then compare the results to the percentage recommended for you ..... 45 minutes / \$33

### NUTRITIONAL CONSULTATION

Diet and exercise are dynamic, lifelong pursuits. As your onboard fitness provider, we want to help you achieve all your wellness goals. A good starting point is eating right for your body, so consult with one of our fitness professionals and receive a healthy lifestyle plan based on your individual needs. .... 45 minutes / \$85

### BODY SCULPT BOOT CAMP

Boot Camp is a blood pumping, throat clearing, endorphin releasing reason to get out of bed every day. The program consists of four specifically designed workouts to challenge the mind, body, and resolve of every individual who takes the challenge ... 2 x 30 minute sessions / \$69 or 4 x 30 minute sessions / \$120

### FREE FITNESS

Want to get your feet wet before jumping in? We offer a variety of 45-minute classes at no charge to you. Available classes include Pathway to Yoga, Pure-Form Pilates, and Tour de Cycle. Visit spa reception for class times.

## Spa Tips

**SENSES SPA LOCATION AND HOURS** We are located on Deck 11, extension 1466. We open at 8am.

**SATISFACTION GUARANTEE POLICY** We pride ourselves on our premium treatments that nurture wellness on every level. If our staff does not meet your service expectations during your treatment we will offer an alternative service, or if preferred, we will issue a refund.

**NURTURE YOUR EXPERIENCE** Be sure to arrive in the spa 15 minutes prior to your scheduled treatment time. Leave personal belongings in your suite.

**CANCELLATION POLICY** Please give us 24 hours notice before canceling your appointments or your on board account may be charged with 50% of your treatment cost.

**AUTO-GRATUITY POLICY** For your convenience an 18% gratuity will automatically be added to your bill at checkout.

**MINIMUM AGE** You must be at least 18 years of age to utilize our spa facilities. Salon services are available to guests of all ages. Teen Services (13 - 17) are available in the Chill Spa. A parent or guardian must be present for the entire duration of all Chill Spa services.

**CUSTOMER SERVICE** We aim to delight. Please let us know if there is anything else we can do to make your time in the spa more relaxing.

**PRODUCT RETURN POLICY** All guests are entitled to receive a full refund on any unopened products when accompanied by a receipt and returned by the end of the cruise. Unopened products without a receipt can be exchanged for products or services. We regret, we cannot exchange or refund products that have been used or opened.

*\*Occasionally, for reasons beyond our control, your treatment selection may not be available.*



## WEDNESDAY MIAMI

11:30 am - 3:00 pm SPA OPEN HOUSE

Check out our latest facilities and ask about our onboard fitness classes.

3:00 pm SPA RAFFLE - \$500 WORTH OF PRIZES TO BE WON!

4:30 pm COMPLIMENTARY TONGUE & PULSE ANALYSIS

5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

## THURSDAY DISNEY'S CASTAWAY CAY

7:00 am SUNRISE STRETCH

7:30 am FAB ABS

8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

9:00 am GROUP CYCLING (SIGN-UP REQUIRED)

11:00 am YOGA ON THE BEACH - SERENITY BAY

4:30 pm SEMINAR: INTRODUCTION TO ACUPUNCTURE

5:00 pm GOOD FEET SEMINAR: WALKING IN COMFORT

## FRIDAY NASSAU

7:00 am SUNRISE STRETCH

7:30 am FAB ABS

8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

9:00 am GROUP CYCLING (SIGN UP REQUIRED)

11:00 am SEMINAR: SECRETS TO A FLATTER STOMACH

2:00 pm SEMINAR: HOW TO INCREASE YOUR METABOLISM

4:00 pm PURE FORM PILATES

4:30 pm SEMINAR: CHINESE HERBS

5:00 pm FOOTPRINT CLINIC

## SATURDAY KEY WEST

7:00 am SUNRISE STRETCH

7:30 am FAB ABS

8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

9:00 am GROUP CYCLING (SIGN UP REQUIRED)

10:00 am SEMINAR: RELIEVING BACK PAIN - KEYS

11:00 am SEMINAR: DETOX FOR HEALTH AND WEIGHT LOSS

12:00 pm PAMPER PARTY

5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

5:15 pm COMPLIMENTARY TONGUE & PULSE ANALYSIS

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### THE RAINFOREST

Relax in the Rainforest, a thermal suite with various mild steam and saunas, a Hammam and sensory experience showers. For extra sensory perfection try the Rainforest DIY Scrub Experience, a custom-designed body polish to slough away dead skin in the Rainforest experience showers.

Couples Cruise Pass \$144

Single Cruise Pass \$101

### BODY COMPOSITION ANALYSIS

Has Weight Loss become mission impossible? Or are you losing inches, but from the wrong areas (Face & Chest?). How efficient is your Metabolism functioning? Using our state of the art Biodynamic machine you will find out exactly what is happening on the inside of your body! Once we have the results we will advise you on Detoxification. ONLY \$33.00 - 45 Minutes

### PERSONAL TRAINING

Get a personalized hour sessions with our health and fitness directors onboard to insure you achieve the best results!

- Single Session (one person) \$82/1 hour

- 3 Sessions (one person) \$246

(Includes a complimentary Body Composition Analysis Test)

### 4 NIGHT CRUISE BOOT CAMP

- 30 Minute Workouts

- Full Body Workout

- Burn up to 700 Calories in 1 Session

- Low Impact/High Intensity

\$69 for 2 Sessions

(Body Sculpt Body Sculpt Boot Camp includes a complimentary Body Composition Analysis)

### GOSMILE TEETH 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 Go-Smile teeth whitening treatment. It's a safe and effective way to take your smile from dull to dazzling in just 30 minutes. \$149 per person \$258 for couples

### FITNESS CENTER - 6:00 A.M. - 10:00 P.M.

Shirts and training shoes must be worn at all times.

Fitness Center is reserved for Guests 18 & older.

(Operating Hours Subject to Change)



Tone. En Forma. Fitness.  
Forma. Fitness. De remise en forme.

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