

SENSES

SPA & SALON

FITNESS SCHEDULE

Opening Hours: 6:00 am - 10:00 pm. Shirts and training shoes must be worn at all times. Phone 7-1465.
Spa facility is reserved for Guests over 18 years of age. All exercise classes are 45 minutes in length, except as noted.

*Please collect a mat from Senses Spa Fitness Center before attending classes at Goofy's Pool.

THURSDAY PORT CANAVERAL

11:30 am - 10:00 pm EMBARKATION GYM HOURS

Check out our latest facilities and ask about our onboard fitness classes and our personal international fitness instructors, who can advise you and personalize a workout program for you.

12:00 pm - 3:00 pm SPA OPEN HOUSE

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

5:00 pm ACUPUNCTURE DEMONSTRATION

5:15 pm COMPLIMENTARY FOOTPRINT ANALYSIS

FRIDAY DAY AT SEA

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)

10:15 am INTRODUCTION TO ACUPUNCTURE Cove Cafe Deck 10

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

2:00 pm SEMINAR: GOOD FEET: WALKING IN COMFORT

3:15 pm ACUPUNCTURE: CHINESE HERBS

4:00 pm PURE FORM PILATES

5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

SATURDAY DISNEY CASTAWAY CAY

7:00 am SUNRISE STRETCH

7:30 am FAB ABS

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

8:00 am COMPLIMENTARY FOOTPRINT ANALYSIS

10:30 am YOGA ON THE BEACH - SERENITY BAY CABANA RECEPTION

2:00 pm SEMINAR: HOW TO INCREASE YOUR METABOLISM

3:00 pm SEMINAR: GOOD FEET: WALKING IN COMFORT

3:30 pm SEMINAR: CHINESE HERBAL REMEDIES

4:00 pm GROUP CYCLING (SIGN UP REQUIRED)

CABANA MASSAGE, CASTAWAY CAY

Enjoy a massage at Serenity Bay side by side or by yourself overlooking the blue waters of the Bahamas.

Swedish Massage - 50 minutes \$147

Bamboo Massage - 50 minutes \$159

BODY SCULPT BOOT CAMP

- 30 Minute Workouts

- Full Body Workout

- Burn up to 700 Calories in 1 session

- Low impact/ high intensity

\$33 for 1 session

\$69 for 2 sessions

(2 sessions includes a complimentary Body Composition Analysis)

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 per person - 45 Minutes

SPA PORT DAY SPECIALS

PAMPER PACKAGE

50 Minute Full Body Massage & Foot and Ankle Massage & Scalp massage

25 Minute Facial

75 Minute Pamper for \$149

SALON TASTER SPECIAL

Choose from any of the following: Scalp Massage, European Facial, Hand Treatment, SunGlow Makeover, Conditioning Hair Treatment, Eye Collagen Facial, Foot & Ankle Massage, Neck & Shoulder Massage.

Choose 3 for \$99, Five for \$119 or all Eight for \$139

TRAVELERS TENSION

20 minute back neck and shoulder massage, 20 minute scalp massage and 20 minute foot and ankle massage. 60 minutes for \$99.

PERSONAL TRAINING

Get a personalized training session with our health and fitness instructors onboard to insure you achieve the best results!

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

- 3 Sessions (one person) \$209

(Includes a complimentary Body Composition Analysis Test)



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

timetospa



AROMASPA OCEANWRAP

THIS TREATMENT CAN BE TAILOR-FIT ACCORDING TO YOUR CONCERNS. YOUR CHOICE!

(MUSCLEASE OR CELLUTOX)

Amazing treatment for: Rheumatism, Arthritis, Muscle Pains, Joint Pain, Fibromyalgia, Retention, Cellulite, Sciatic.

BLOOD PURIFYING – The chemical composition of seaweed is so close to human plasma that they are excellent at regulating and purifying our blood.

ALKALIZING – Seaweed is 97% Alkaline and it is excellent for neutralizing the acidity of our body.

CONTAIN ANTI-OXIDANTS – Seaweed contains Lignans (Naturally occurring chemical compounds) which have Anticancer properties.

DETOXIFYING – Seaweed is rich in chlorophyll. Powerful natural detoxifier that helps to draw out waste products.

Treatment will be followed by a heavenly half body massage or a full body massage, your choice!

EMBARKATION SPECIAL!

RECEIVE 100 MINUTES OF TREATMENT AND PAY ONLY FOR THE PRICE OF 75 MINUTES TREATMENT.

\$188 ---- >SAVE ----> \$56

FLOAT BED ADD – ON - \$20



ACUPUNCTURE: THE POINT OF WELLBEING

Acupuncture has been proven effective in the treatment of over 100 conditions, some of which are listed below:

Stress

Insomnia
Anxiety
Depression
Fatigue
Tension
Tics/Spasm
Addictions
Dizziness
Vertigo
Meniere's
Hypertension

Digestive

Sea Sick
Nausea
Bloating
GERD'S
Gastritis
Constipation
IBS
Gas
Crohn's
Diverticulitis
Bloating
Reflux

Respiratory

Colds
Flu
Asthma
Sinusitis
Rhinitis
Allergies
Hay Fever
Bronchitis
Pneumonia
Post Nasal
Ear Ache
COPD

Pain

Joint Pain
Neck/ Back Pain
Sciatica
Arthritis
Carpal Tunnel
Tennis Elbow
Phantom Pain
Fibromyalgia
HA's/ Migraines
Shingles
Heel Spurs
Sports Injuries

Common Complaints

Weight/ Obesity
Edema
Tinnitus
PMS/ Menstrual
Menopause
Diabetes
Frozen Shoulder
Trigeminal Neuraglia
Bell's Palsy
Neuropathies
Phantom Pain
Jet Lag

Are you ready to feel better?
Do you want safe and effective solutions?
Come learn how acupuncture will benefit you.

Lee Yonghee.

Licensed Acupuncturist and Chinese Herbalist

For Appointments Dial Ext. 7-1465
Senses Spa, Deck 9 Forward

Complimentary consultations are available to discuss how
Acupuncture will benefit your specific health condition.