

Acupuncture **The Point of Well-Being**

EFFECTIVE TREATMENTS FOR VARIOUS CONDITIONS

HERBAL SUPPLEMENTS / EDUCATIONAL SEMINARS

Available at the Spa

SENSES
SPA & SALON

ACUPUNCTURE:

The Point of Wellbeing

Acupuncture has been proven effective in the treatment of over 100 conditions:

Stress Complaints	Digestive	Respiratory	Pain	Common
Insomnia	Sea Sick	Colds	Joint pain	Weight/Obesity
Anxiety	Nausea	Flu	Neck/back pain	Edema
Depression	Bloating	Asthma	Sciatica	Tinnitus
Fatigue	GERD's	Sinusitis	Arthritis	PMS/Menstrual
Tension	Gastritis	Rhinitis	Carpal Tunnel	Menopause
Tics/Spasms	Constipation	Allergies	Tennis elbow	Diabetes
Addictions	IBS	Hay fever	Frozen shoulder	Numbness
Dizziness	Gas	Bronchitis	Fibromyalgia	Trigeminal Neuralgia
Vertigo	Crohn's	Pneumonia	HA's/migraines	Bell's Palsy
Meniere's	Diverticulitis	Post nasal	Shingles	Peripheral Neuro
Hypertension	Bloating	Ear ache	Heel spurs	Phantom limb pain
PTSD	Reflux	COPD	Sport's injuries	Jet Lag

- *Are you ready to feel better?*
- *Do you want safe and effective solutions?*

Come learn how acupuncture will benefit you.

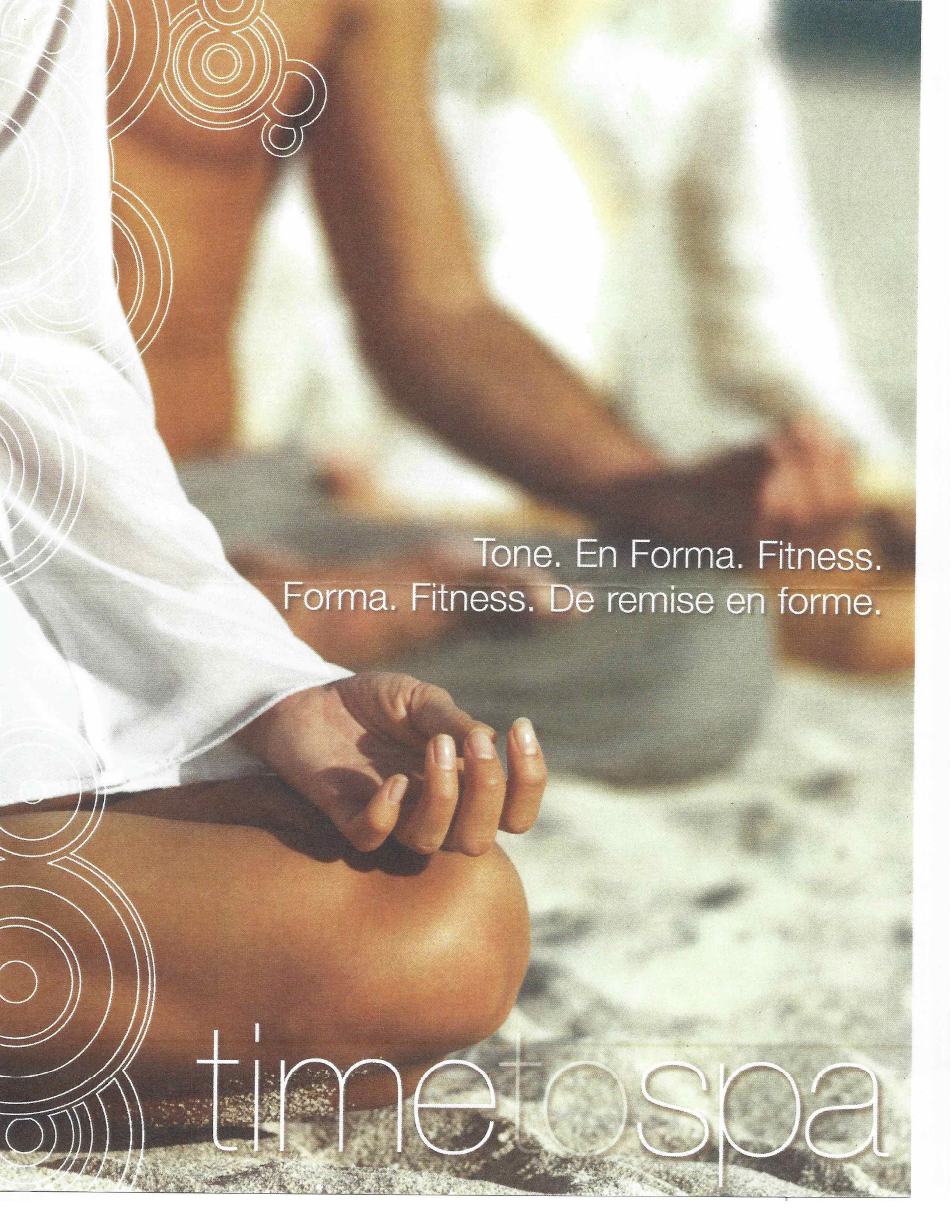
Yi Zhang, Dipl. Ac., L. Ac.
Licensed Acupuncturist and Chinese
Herbalist

**For Appointments Dial Ext. 7-
1465**

Senses Spa, Deck 11, Forward

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

 **Contact the onboard Acupuncturist for more information.** 



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

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SENSES

SPA & SALON

FITNESS SCHEDULE

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

PORT CANAVERAL

12:00 pm - 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 work out program for you.
12:00 pm - 3:30 pm	OPEN HOUSE
12:30 pm	MEET DR. URSULA, (OUR SPA REJUVENATION PHYSICIAN)
2:00 pm	COMPLIMENTARY ACUPUNCTURE DEMONSTRATION CONSULTATION
3:00 pm	SPA RAFFLE
4:30 pm - 8:00 pm	COMPLIMENTARY FOOTPRINT ANALYSIS
4:30 pm	KIDS ME! BATH PEDI PARTY (FEE APPLIES)
5:00 pm - 8:00 pm	COMPLIMENTARY FACE & BODY REJUVENATION CONSULTATION

DISNEY CASTAWAY CAY (DAY 1)

7:00 am	WAKE UP & STRETCH - CLASS (30 MINUTES)
7:30 am	FAB ABS
8:00 am	BODY SCULPT BOOT CAMP (FEE APPLIES) Goofy's Sports Deck - Meet 10 min before in Senses Fitness Center
11:00 am	PURE YOGA ON THE BEACH - Serenity Bay
4:00 pm - 6:00 pm	COMPLIMENTARY FACE & BODY REJUVENATION CONSULTATION
4:00 pm	ACUPUNCTURE SEMINAR: PAIN RELIEF
4:30 pm	HOW TO LOOK TEN YEARS YOUNGER TODAY - SENSES SPA

NASSAU

7:00 am	WAKE UP & STRETCH - CLASS (30 MINUTES)
7:30 am	FAB ABS
8:00 am	BODY SCULPT BOOT CAMP (FEE APPLIES) Goofy's Sports Deck - Meet 10 min before in Senses Fitness Center
9:00 am	EAT MORE TO WEIGH LESS
9:30 am	COOLSCULPTING SEMINAR: ONE TREATMENT FOR A SLIMMER YOU
10:00 am	INTRODUCTION TO ACUPUNCTURE
10:30 am	THERMAGE SKIN TIGHTENING - SENSES SPA
11:15 am	HOW TO LOOK TEN YEARS YOUNGER TODAY - SENSES SPA
2:00 pm	SECRETS TO A FLATTER STOMACH
3:00 pm	GOOD FEET SEMINAR: IMPROVING POSTURE
3:15 pm	ACUPUNCTURE FOR PAIN MANAGEMENT
4:00 pm	TOUR DE CYCLE - Sign Up Required
4:30 pm	COMPLIMENTARY GOOD FEET ANALYSIS
5:00 pm - 8:00 pm	COMPLIMENTARY FACE & BODY REJUVENATION CONSULTATION

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	75 minutes \$159
Bamboo Massage - 50 minutes \$159	75 minutes \$179

DISNEY CASTAWAY CAY (DAY 2)

7:00 am	WAKE UP & STRETCH - CLASS (30 MINUTES)
7:30 am	FAB ABS
8:00 am	BODY SCULPT BOOT CAMP (FEE APPLIES) Goofy's Sports Deck - Meet 10 min before in Senses Fitness Center
11:00 am	PURE YOGA ON THE BEACH - Serenity Bay
3:00 pm	SEMINAR: HOW TO INCREASE YOUR METABOLISM
3:00 pm	LADIES PAMPER PARTY - SENSES SPA - Sign Up Required
4:00 pm - 6:00 pm	COMPLIMENTARY FACE & BODY REJUVENATION CONSULTATION
4:00 pm	ACUPUNCTURE SEMINAR: PAIN RELIEF
4:30 pm	COOLSCULPTING - ONE TREATMENT FOR A SLIMMER YOU - SENSES SPA
5:00 pm	GOOD FEET SEMINAR: WALKING IN COMFORT

DAY AT SEA

7:00 am	WAKE UP & STRETCH - CLASS (30 MINUTES)
7:30 am	FAB ABS
8:00 am	BODY SCULPT BOOT CAMP (FEE APPLIES) Goofy's Sports Deck - Meet 10min before in Senses Fitness Center
10:15 am	CHINESE HERBS
10:30 am	HOW TO LOOK TEN YEARS YOUNGER - SENSES SPA
11:00 am	SEMINAR: DETOX FOR HEALTH + WEIGHT LOSS
11:30 am	COOLSCULPTING - ONE TREATMENT FOR A SLIMMER YOU - SENSES SPA
1:00 pm	THERMAGE SKIN TIGHTENING - SENSES SPA
2:00 pm - 6:00 pm	COMPLIMENTARY FACE & BODY CONSULTATION - SENSES SPA
2:00 pm	GOOD FEET SEMINAR: RELIEVING BACK PAIN with complimentary acupuncture demo
3:00 pm	ACUPUNCTURE: CHINESE HERBS with live model acupuncture demonstration
4:00 pm	TOUR DE CYCLE - Sign Up Required
5:00 pm	COMPLIMENTARY FOOTPRINT ANALYSIS

PERSONAL TRAINING

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

- Single session (One Person) \$82/1 hour
- 3 sessions (One Person) \$209 (includes a complimentary Body Composition Analysis)

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 Three for \$99, Five for \$119 and all Eight for \$139

PAMPER PACKAGE

50min full body massage and 25 minute facial, a 75 minute pamper for \$149

BODY SCULPT BOOT CAMP

- 30 Minute Workouts
- Full Body Workout
- Burn up to 700 Calories in 1 session
- Low impact/ high intensity
- \$69 for 3 sessions

(3 sessions includes a complimentary Body Composition Analysis)