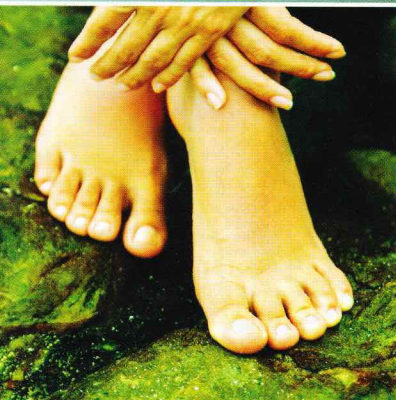




Indulge at Senses Spa. Your playground for the SENSES.

Playful but with a purpose, Senses Spa & Salon will satisfy both wellness and whimsical while helping you achieve perfect equilibrium by tempting your senses with irresistible treats. Surrender to our indulgence-evoking amenities, which includes the Rainforest with its various grottos and experience showers. Relax in solitude or a share spa experience in one of our Spa Villas – private quarters with sublime views of the vast ocean – while you enjoy one of our sensory services. Our amenities also include a barber shop, private teeth-whitening, 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

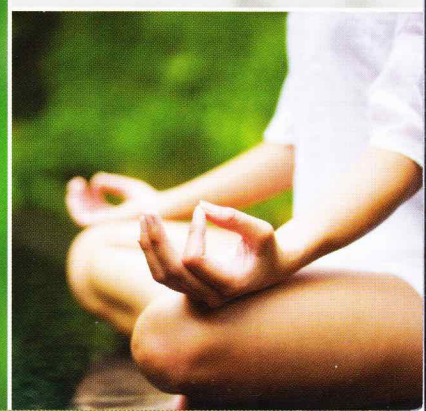
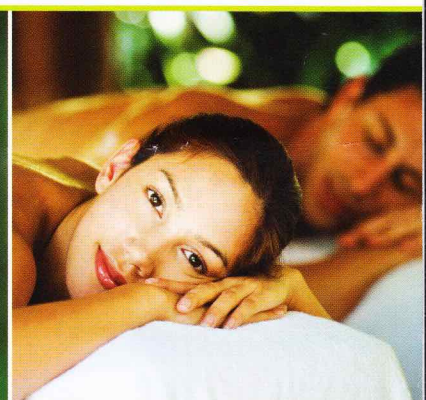
SAVE UP TO \$195!*

SENSES

SPA & SALON

LOCATED ON DECK 11 / EXT. 1466

*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 mild steam and saunas, a Hammam,* and sensory experience showers.

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

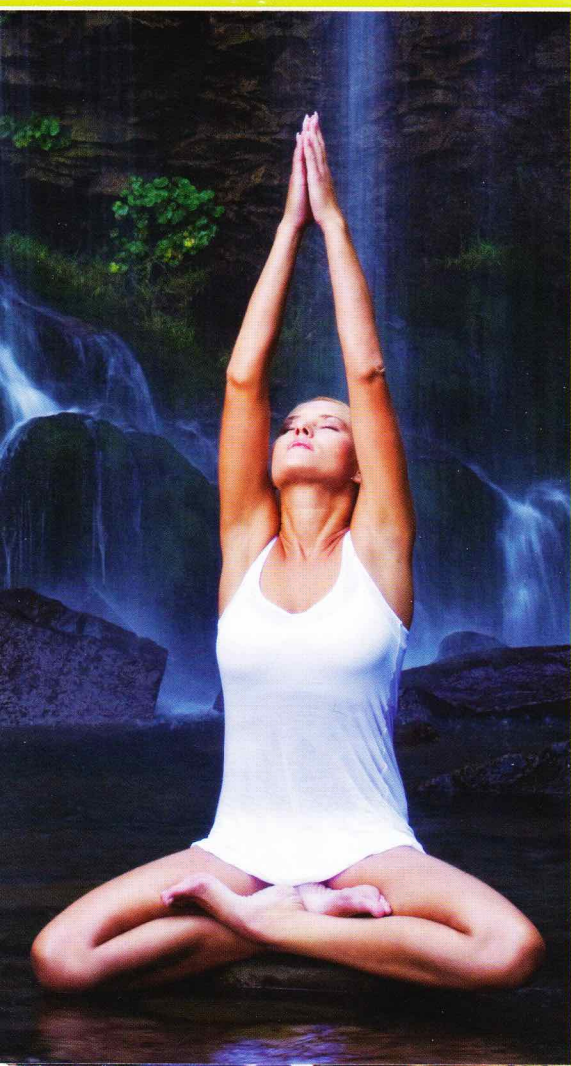
Purchase passes for the day or cruise.

INDULGE MORE FOR LESS!

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

Visit the spa for details.

**May not be available on certain vessels.*



Signature Sensory Services

Immerse yourself in 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

* ELEMIS TECHNOLOGY | BIOTEC FACIALS

Sense Appeal: advanced and energizing. BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically-proven results? Thriving, visibly healthy, and energized skin. Select from any of eight BIOTEC anti-aging and skin solution facials. Book a complimentary consultation to select the best facial for your concerns 50 minutes / from \$165

* ELEMIS PRO-COLLAGEN AGE DEFY

Sense Appeal: slows visible signs of aging. Tackle fine lines and wrinkles with the clinically-proven,* age-defying benefits of marine-charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger-looking skin 50 minutes / \$145

ELEMIS DYNAMIC RESURFACING PRECISION PEEL

Sense Appeal: reveals a new layer of skin. Clinically-proven* to target the signs of aging and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother skin 50 minutes / \$125

REJUVENATION SPA COSMETIC TREATMENTS

Our Medi-Spa Physician offers Dysport® targeted wrinkle treatments, Restylane® facial dermal filler treatments, Thermage® skin-tightening treatments, and CoolSculpting fat-reduction and body-contouring treatments. Please see more details on inside panel.

MASSAGE

* ELEMIS AROMA STONE THERAPY

Sense Appeal: warming and healing. Warm basalt stones and nourishing oils combine to provide complete relaxation and renewal 50 minutes / \$149 ... 75 minutes / \$195 ... 90 minutes / \$229
ELEMIS Aroma Stone Therapy Couples ... 50 minutes / \$289 ... 75 minutes / \$379 ... 90 minutes / \$449

* 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 / \$199 ... 90 minutes / \$235
Bamboo Massage Couples 50 minutes / \$309... 75 minutes / \$389 ... 90 minutes / \$459

Escape to one of our Spa Villas and enjoy sublime ocean views.

BODY THERAPY

IONITHERMIE CELLULITE REDUCTION PROGRAM

Sense Appeal: slimming and detoxifying. This treatment is ideal for both women and men looking for body corrective therapy. Ionithermie can effectively reduce the appearance of cellulite, firm and tone the skin, cleanse the body, and promote inch loss in just one session 50 minutes / \$155

* ELEMIS INTENSELY CLEANSING SALT SCRUB - LIME AND GINGER OR FRANGIPANI

Sense Appeal: soothing aromatherapy and regenerating antioxidants. Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas ready to absorb the deeply nourishing body oil 50 minutes / \$151 ... 75 minutes / \$195

* 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 half-body or full-body massage. 75 minutes / \$195 ... 100 minutes / \$259

ALTERNATIVE THERAPY

ACUPUNCTURE

Sense Appeal: for well-being maintenance or enhanced relaxation. Our onboard acupuncturist is certified to safely and effectively treat an extensive list of symptoms and conditions including, but not limited to, pain management (sciatica, joint, muscle and arthritic pain), seasickness, smoking cessation, weight gain, insomnia and anxiety.

First Acupuncture Session 50 minutes / \$150
Additional Sessions up to 45 minutes / \$125

SALON SERVICES

KERATIN COMPLEX SMOOTHING THERAPY EXPRESS WITH BLOW OUT

Sense Appeal: a solution for frizzy hair in just one hour. This specially-formulated revitalizing and rejuvenating treatment for the hair eliminates frizz and lasts up to six weeks. And you can wash your hair just eight hours after the treatment 60 minutes / from \$149

* FIRE & ICE MANICURE AND 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 100 minutes / \$120

GO SMILE™ TEETH WHITENING TREATMENT

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

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 men's skin. Includes an Express Shave, anti-aging mini facial, and luxurious face, scalp, hand and arm massage 55 minutes / \$95

ELEMIS HIGH PERFORMANCE SKIN ENERGIZER

Sense Appeal: restores energy and dynamism. The hard-working facial for aging, dehydrated skin and tired eyes. It maximizes cell regeneration as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation while scalp and foot massage deeply relax 50 minutes / \$129



REJUVENATION SPA COSMETIC TREATMENTS

Return home from your vacation
looking completely refreshed and youthful
with these effective treatments:

DYSPORT® TARGETED WRINKLE TREATMENTS

Softens fine lines and wrinkles on the upper
face for a refreshed, youthful appearance.
Results are visible within days and
last up to four months.

RESTYLANE® FACIAL DERMAL FILLER TREATMENTS

Restores youthful contours on the lower face
and lips by replacing lost volume and fullness.
Results are instant and up to six months.

THERMAGE® SKIN TIGHTENING TREATMENTS

A premier non-invasive skin-tightening
therapy that uses radio frequency to
improve the appearance of sagging or
loose skin on the face and body. Tighten and
contour in just one treatment.

COOLSCULPTING® FAT REDUCTION AND BODY CONTOURING TREATMENTS

This premier non-invasive fat
reduction and body-contouring treatment
uses controlled cooling technology
to eliminate fat and sculpt your body
with a single treatment.

Pricing Available by Consultation.

All treatments may not be available on certain voyages.

GOOD FEET® FOOTPRINT ANALYSIS

Got back pain?
Tired of having sore knee or hip problems?
The solution could be your feet.

Visit the fitness center for your
complimentary foot analysis.

Take one step toward less pain –
just one footprint can help us find the
solution you've been waiting for.

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 Pure-Form Yoga,
Pure-Form Pilates, and Tour de Cycle.

Visit spa reception for class times.



FITNESS

RESULTS-BASED TRAINING (RBT)

Science fact. Not science fiction. RBT is a scientifically-backed functional fitness program designed to get you maximum results in minimum time. Big compound movements with a continuous flow of exercises keep the blood circulating for the entire workout.

..... 30-minute session / \$45 or 3 x 30-minute sessions / \$99

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, to 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 / \$89

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

Spa Tips

SENSES SPA HOURS The spa is open daily from 8am. Closing times may vary, so please check your copy of the Personal Navigator or DCL App for more information.

OUR PROMISE TO YOU We are committed to inspiring your wellness journey while delivering uncompromising indulgence and the next expression of service. Your comfort and enjoyment is important to us. If we have not fulfilled our promise to you, please visit the spa reception desk to ensure we remedy your experience.

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

CANCELLATION POLICY Please provide 24 hours' notice before canceling your appointments or your onboard account may be charged 50% of your treatment cost.

AUTO-GRATUITY POLICY For your convenience, an 18% gratuity will automatically applied 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 at Chill Spa.

PRODUCT RETURN POLICY Refunds are offered for all unopened products when accompanied by a receipt and returned by the end of the cruise. Unopened products without receipts can be exchanged for either services or products.

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.

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