

# SENSES

SPA & SALON

## SUNDAY DOVER

- 11:30 am - 4:00 pm SPA OPEN HOUSE  
Check out our latest facilities and ask about our onboard fitness classes.
- 11:30 am - 4:00 pm ACUPUNCTURE DEMONSTRATION
- 11:30 am - 4:00 pm MEET DR. LUISA: HOW TO LOOK 10 YEARS YOUNGER TODAY
- 3:15 pm SPA RAFFLE - \$500 WORTH OF PRIZES TO BE WON!
- 4:45 pm KIDS & TEENS MEIBATH PEDI PARTY
- 4:30 pm - 8:00 pm COMPLIMENTARY SEMINAR: RELIEVING BACK PAIN

## MONDAY DAY AT SEA

- 7:00 am GROUP CYCLING (SIGN-UP REQUIRED)
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES) (RECEPTION)
- 9:00 am YOGA (SIGN-UP REQUIRED)
- 10:00 am SEMINAR: DETOX FOR HEALTH & WEIGHT LOSS - GYM
- 10:15 am INTRODUCTION TO ACUPUNCTURE
- 11:00 am LOSE UNWANTED FAT WITH COOLSCULPTING
- 1:00 pm INCH LOSS MADE EASY WITH IONITHERMIE
- 2:00 pm SEMINAR: WALKING IN COMFORT
- 3:15 pm ACUPUNCTURE: PAIN RELIEF
- 3:30 pm SEMINAR: SECRETS TO A FLATTER STOMACH - GYM
- 4:00 pm THE NON-SURGICAL FACELIFT WITH THERMAGE
- 5:00 pm SEMINAR: RELIEVING BACK PAIN

## TUESDAY COPENHAGEN

- 6:30 am BODY SCULPT BOOT CAMP (FEE APPLIES) (RECEPTION)
- 7:00 am PURE FORM STRETCH (MEETING POINT: GYM)
- 8:45 am SEMINAR: WALKING IN COMFORT
- 5:15 pm BACK PAIN (ACUPUNCTURE) (BACK PAIN SOLUTION)
- 5:30 pm BODY SCULPT BOOT CAMP
- 5:30 pm - 6:30 pm COMPLIMENTARY FOOTPRINT ANALYSIS
- 8:00 pm THERMAGE SKIN TIGHTENING

## WEDNESDAY OSLO

- 7:00 am SUNRISE STRETCH (MEETING POINT: GYM)
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)(RECEPTION)
- 9:00 am SEMINAR: RELIEVING BACK PAIN
- 5:30 pm BODY SCULPT BOOT CAMP
- 6:00 pm - 7:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS
- 6:00 pm - 7:00 pm WALK-IN ACUPUNCTURE CONSULTATIONS
- 7:00 pm - 8:00 pm BODY CONTOURING COOLSCULPTING SEMINAR WITH DR. LUISA

## THURSDAY KRISTIANSAND

- 6:30 am BODY SCULPT BOOT CAMP (FEE APPLIES) (RECEPTION)
- 7:00 am SUNRISE STRETCH (MEETING POINT: GYM)
- 4:00 pm - 8:00 pm SEMINAR: WALKING IN COMFORT
- 5:30 pm BODY SCULPT BOOT CAMP
- 5:30 pm - 6:30 pm COMPLIMENTARY FOOTPRINT ANALYSIS
- 6:00 pm - 8:00 pm COMPLIMENTARY WALK-IN FACIAL REJUVENATION CONSULTATIONS WITH DR LUISA
- 6:00 pm SEMINAR: SECRETS TO A FLATTER STOMACH

## FRIDAY STAVANGER

- 6:30 am BODY SCULPT BOOT CAMP (FEE APPLIES) (RECEPTION)
- 7:00 am SUNRISE STRETCH (SIGN-UP REQUIRED)
- 6:00 pm REJUVENATION: NON-SURGICAL FACELIFT
- 5:00 pm SEMINAR: RELIEVING BACK PAIN
- 5:00 pm BODY SCULPT BOOT CAMP
- 5:30 pm - 6:30 pm COMPLIMENTARY FOOTPRINT ANALYSIS
- 6:00 pm SEMINAR: DETOX FOR HEALTH & WEIGHT LOSS

## SATURDAY DAY AT SEA

- 7:00 am GROUP CYCLING
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:00 am YOGA (SIGN-UP REQUIRED)
- 10:00 pm SEMINAR: BURN FAT FASTER
- 10:30 am COOL SCULPTING - CHIN CONTOURING AND BODY
- 11:15 am CHINESE HERBAL SEMINAR
- 2:00 pm SEMINAR: WALKING IN COMFORT
- 3:30 pm SEMINAR: EAT MORE TO WEIGH LESS
- 5:00 pm REJUVENATION: THERMAGE SKIN TIGHTENING
- 5:00 pm SEMINAR: RELIEVING BACK PAIN

### FITNESS CENTER - 6:00 AM - 10:00 PM

Shirts and training shoes must be worn at all times.  
Fitness Center is reserved for Guests 18 & older.  
(Operating Hours Subject to Change)

### THE RAINFOREST

Tropical showers, warm ceramic lounges, hammam - mild steam room & aromatic steam room.

### 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) \$209 (save \$37) (Incl. free Body Composition Analysis)

### 7 NIGHT CRUISE BOOT CAMP

- 30 Minute Workouts
- Full Body Workout
- Burn up to 700 Calories in 1 Session
- Low Impact/High Intensity
- \$33 for 1 Session

\$49 for 2 Sessions (Includes free Body Composition Analysis)  
\$89 for 3 Sessions (Includes free Body Composition Analysis)  
\$120 for 4 Sessions (Includes free Body Composition Analysis)

### IONITHERMIE

Lose between 1-8 inches? Speed up your metabolism. Firm muscle tone. Improve appearance of cellulite.  
\$155/1 session or \$388/3 sessions.

### ONBOARD ACUPUNCTURE

Naturally effective for pain, arthritis, sea sickness, stress, digestion, weight loss, and much more.

\$150 per session  
Packages available

### REJUVINATION SPA CONSULTATIONS

Ready to enhance your natural beauty? Book your free Facial Rejuvenation consultation with our Rejuvenation Doctor at The Senses Spa.

### ELEMIS BIOTEC

8 different Facial treatments available based on your specific concerns or needs. Technology turbo charges the concept of touch. The clinically proven result is visibly healthy, nourished and energized skin.

### GO SMILE TEETH WHITENING

Safe and effective teeth whitening that will quickly take your smile from dull to dazzling.

\$199 / 1 person  
\$258 / couples special

### SPA PORT DAY SPECIALS

#### PERFECT DAY

50 Minute Full Body Massage & 25 Minute Facial  
75 Minute Pamper for \$169

#### SPA TOPIA BAMBOO

75 Minute Bamboo Massage for \$169 (save \$30)

#### SPA TOPIA STONES

75 Minute Aroma Stone Massage for \$169 (save \$26)

Tone. En Forma. Fitness.  
Fitness. Deeper in time.  
time to spa