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“The beauty of nature
is best known in waves of
silence and stillness.”

– ANGIE WEILAND-CROSBY

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a sea of
INSPIRATION

The beauty of nature can have a profound effect on the senses, and nature's elements can have a lasting effect on beauty and wellbeing. It is an infinite cycle that opens a gateway from the outer world into the inner world; a life force that shapes the foundation of every being.

The Spa on Celebrity explores the connection between the self, the sea, and the breathtaking world beyond. At this wellness sanctuary, beauty flourishes, the mind retreats, the body rests, and the spirit engages. Inspired by the sea, the earth, and the air, this beacon of good health feeds a desire to live whole and well.

Harnessing the power of these elements, The Spa is a transformational journey. Every moment is an uncompromising escape filled with innovation, groundbreaking firsts, the latest technology, and the simplest of all things — nature.

Discover a distinct journey that speaks to the soul and reveals an undeniable fact: water, earth and air are the cornerstones to our wellness.



SIGNATURE SERVICES

Throughout this menu, our most well-loved services are indicated with this seashell symbol.



THE PERSIAN GARDEN

Explore the sea from our serene sanctuary – an earthly paradise of uninhibited relaxation where spiritual and leisure pleasures are rivaled only by the benefits. Luxuriate in a collection of restorative experiences for the mind and body – billows of aromatic steam, tropical rain showers, the warmth of the sauna. A therapeutic environment, the Persian Garden is an immersive prologue to a nurturing wellness journey, a silent escape from a day of play, and a social enclave for sharing.

A SENSORY PARADISE

AROMATIC STEAM ROOM

Multi-sensory and mood-enhancing healing. Moist heat lingers through the air and dances on to the skin and through the airways to release impurities from the body.

FINNISH SAUNA

Soothing warmth to relax muscles and soothe aches. The traditional Finnish sauna features a classic hot and dry cabin lined with aromatic Nordic cedar and heated by a hidden stove.

HERBAL SAUNA

Gentle, relaxed heat. Unwind in an average temperature of 140 degrees Fahrenheit and 60 percent humidity to strengthen the immune system.

SENSORY SHOWERS

Feel drops and streams of water wash away tension in this simulated rain shower. Refreshing and invigorating, water massages the body while bringing a sense of renewal.

THE PERSIAN GARDEN PASS

Delight in our facilities with the purchase of a Persian Garden pass, which includes use of the locker rooms. Robes, towels and refreshments are provided.

Passes are valid from 8 am to 10 pm. Ask about our multi-day passes.

Facilities may be enjoyed by guests 16 years of age and older. Passes are not transferable or refundable.

The Persian Garden is complimentary for AquaClass® guests.

Inquire about our special offers at spa reception.

Persian Garden designs and amenities vary by vessel. Bathing suit required; robe and towels are provided.

Natural Beauty FACIALS

Experience the ultimate in advanced skincare. Known for its aromatics and pure ingredients from the sea and earth, ELEMIS transforms the ever-changing nature of the skin.

This award-winning skincare brand offers clinically trialed facial treatments without compromising on indulgence.



ELEMIS BIOTEC TECHNOLOGY

BIOTEC facial treatments are where groundbreaking 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 result? Thriving, visibly healthy, and energized skin. Book a complimentary consultation.

50 min



BIOTEC ANTI-AGING FACIALS

BIOTEC Line Eraser

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells toward dynamic functionality. Circulation is improved, increasing the production of collagen and elastin as the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energizing Amber balm. Red and blue light therapy warms and de-stresses the skin while a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

BIOTEC Firm-a-Lift

Rediscover the architecture of your face with this groundbreaking blend of massage and sculpting technology. Circulation-stimulating Arjuna, Gardenia stem cells, and Alaria Esculenta Seaweed are activated by microcurrent pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

BIOTEC Skin Resurfacer

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion, using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon oils. Steam and extraction deeply cleanse and detoxify before massage and light therapy restore equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

BIOTEC Super-Charger for Men

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best-face-forward results. A multitasking, time-efficient solution.



BIOTEC SKIN SOLUTION FACIALS

BIOTEC Sensitive Skin Soother

The anti-redness treatment that calms and soothes sensitive skin. Using an activator rich in Frankincense and natural anti-inflammatory Willow herb, the skin is infused with oxygen to encourage cellular restoration, perfect balance, and structural strength. Red light therapy operates in harmony with calming antioxidants to improve cell communication and the skin's natural ability to repair itself. The result is serene, smooth and sensational.

BIOTEC Radiance Renew

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells while the Galvanic rejuvenating current harnesses the power of Elderberry and Orange flower extracts to restore moisture and vitality. Skin is left profoundly reinvigorated, instantly clearer, visibly brighter, and radiant.

BIOTEC Blemish Control

A deep-cleansing facial that detoxifies the skin and repairs damaged tissue. This treatment uses ultrasonic vibration, massage, steam and galvanic current to thoroughly decongest and exfoliate. A powerful antioxidant, anti-bacterial activator, containing Salicylic acid and inflammation-reducing Iris, soothes and smoothes while light therapy helps balance and clear the complexion, speeding up recovery.

ELEMIS TOUCH FACIALS

ELEMIS' globally renowned hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. Product is applied using a combination of ancient and modern massage techniques from around the world. *50 min*

ELEMIS Pro-Collagen Age Defy

This is the treatment to tackle fine lines and wrinkles, helping support the cellular structure of the skin. The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines while Indian Mulberry reduces skin-fatigue to relax wrinkles. Targeted lymphatic drainage massage re-energizes and rejuvenates as an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger-looking skin.

ELEMIS Dynamic Resurfacing Precision Peel

This highly potent couture resurfacing treatment targets the signs of aging and dull, tired, uneven skin tone. Specifically designed to work in conjunction with your skin's unique structure, this pioneering precision layering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother, younger-looking skin while steam and extractions cleanse at a deeper level. A new start for new skin that has never looked better.

ELEMIS Superfood Pro-Radiance

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals, and trace elements; Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jumpstart tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energizing nutrients. Skin is left smoother, plumper and luminously radiant — stress free and lit up with good health.

ELEMIS High Performance Skin Energizer for Men

This is the hard-working facial for aging, stressed, dehydrated skin and tired eyes. An energizing treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. It maximizes cell regeneration while steam and extractions decongest. Multi-dynamic facial massage sequences boost circulation and a targeted scalp and foot massage deeply relax. Finally, the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalized skin for a vibrant and energized result.

FACIAL ENHANCEMENTS

BIOTEC Eye Treatment

Gently stimulates and tightens the delicate eye area without disturbing fragile skin.

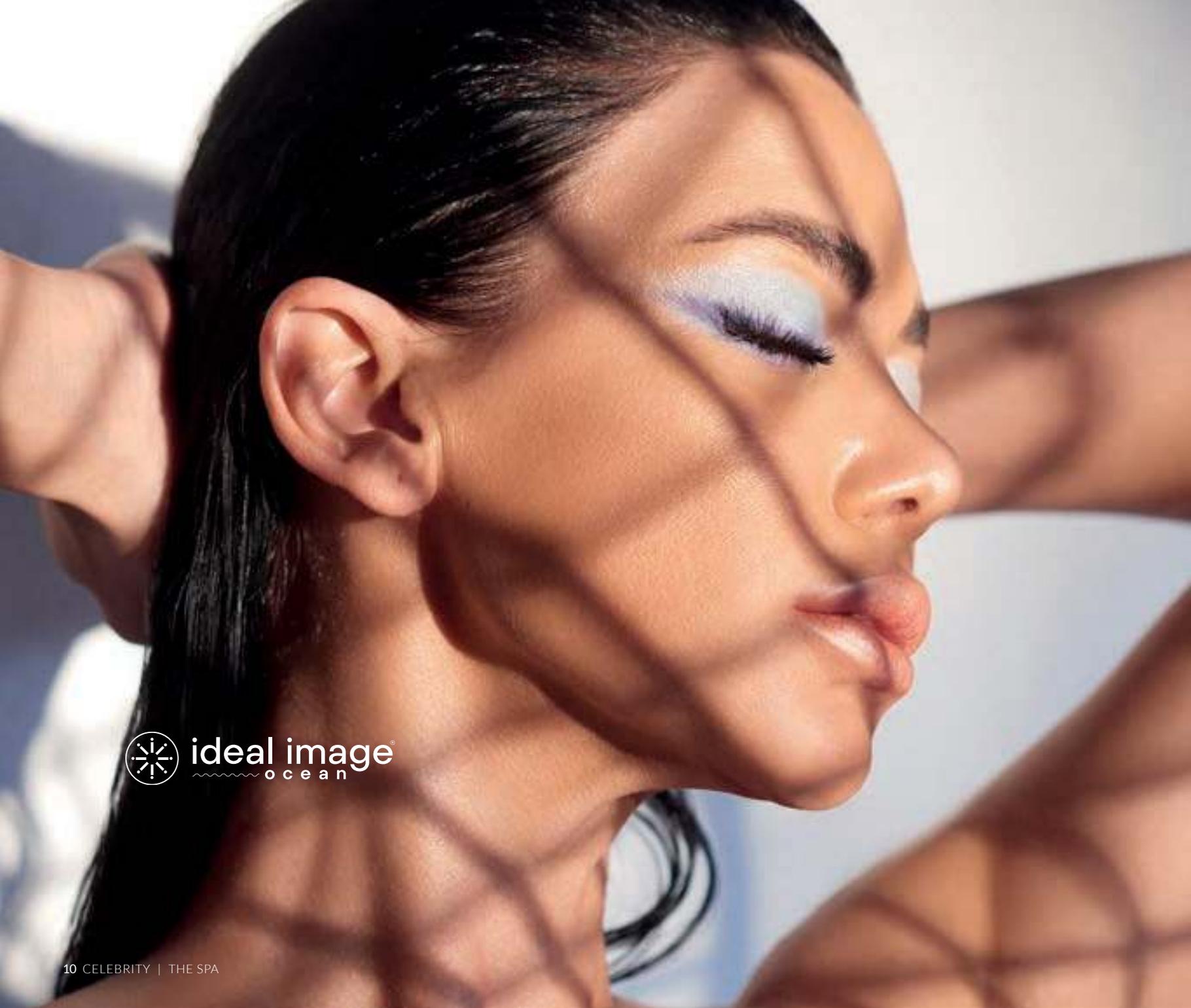
15 min

BIOTEC Neck Treatment

Microcurrent reminds the muscle to firm up while the jowl and chin mask lifts and tightens.

15 min





ideal image[®]
ocean

IDEAL IMAGE® OCEAN

At the forefront of technology, this recognized MedSpa brand delivers real results and emotional transformations with little to no downtime. Contact the spa for a complimentary consultation.

Dysport® Wrinkle Treatments

Soften fine lines and wrinkles on the upper face for a refreshed, youthful appearance. Smoother looking skin is visible within days and three to four months.

- ❑ Frown Lines – soften the wrinkles between the eyebrows
- ❑ Forehead Lines – smooth horizontal forehead lines
- ❑ Crow's Feet – smooth the area from the outside corner of the eye

Restylane® Dermal Filler Treatments

Restore youthful contours on the lower face and lips by replacing lost volume and fullness. Results are instant and last at least six months.

- ❑ Smile Lines – smooth lines from the corners of the nose to the corners of the mouth
- ❑ Marionette Lines – soften lines from the corners of the mouth to the chin
- ❑ Lip Lines – soften lines around borders of lips for a smoother lip line
- ❑ Lip Enhancement – add volume to uneven or small lips

Microneedling Treatments

Elevate the overall texture of your skin on the face and neck. These treatments activate cellular regeneration producing collagen and elastin to help tighten and lift skin.

Face – restore a youthful glow | Neck – regenerate radiant skin

CoolSculpting® Non-Surgical Fat Reduction

Reduce unwanted fat and sculpt your body without any surgery or downtime. This premier therapy is noninvasive and uses controlled cooling technology to contour the body.

- ❑ Tummy – eliminate stubborn fat in the upper and lower stomach
- ❑ Love Handles – reduce unwanted fat to sculpt the waistline
- ❑ Double Chin – reduce or eliminate the double chin

Thermage® Skin Tightening Treatments

Tighten and contour the skin in just one treatment. This noninvasive, skin-tightening therapy uses radio frequency to improve the appearance of loose or sagging skin on the face and body.

- ❑ Face/Neck – smooth and tighten skin for an overall naturally younger-looking appearance
- ❑ Body (Tummy) – smooth and tighten wrinkled, crepey and sagging skin on the tummy

All treatments are safely administered by a licensed aesthetic physician. MedSpa treatments may not be available on certain vessels.



A MINDFUL JOURNEY

Simple luxuries to enhance the spa experience.

Time is the Ultimate Luxury

There is nothing like time for self. Embrace a moment in solitude or share the relaxation. Arrive early to experience the wonders of The Spa and discover serenity — a place to escape for an hour or a few.

Immerse Yourself in Wellness

The Persian Garden is your gateway to relaxation. Begin the spa journey by purchasing a pass. (Bathing suit required; robe and towels are provided.)

Wash All Cares Away

Prepare to receive all the benefits from the selected treatment. Prime the skin and body with a cleanse prior to the service and wash away all impurities — salts, minerals and oils — that could possibly be massaged into the skin. After a shower, wait in the Relaxation Lounge to be whisked away for the ultimate indulgence.

A Soothing Elixir for the Soul

Rich in antioxidants, tea is a mood enhancer. Depending on the selection, tea can calm the mind and body prior to a treatment, boost endurance, and improve health while safeguarding the immune system. In addition to tea, drink plenty of water to hydrate and replenish the body.

Connect with the Therapist

Healing hands are intuitive, but a conversation with your therapist will help guide and address areas of concern. During the treatment, let the therapist know if there is any discomfort or if the environment — temperature, lighting or sound — requires adjusting. A consultation prior to the service will provide the therapist with important details to make the experience more enjoyable.

Indulge in the Moment

An anticipated period of silence. Close the eyes. Inhale a deep breath. Exhale the breath. Allow the mind to drift away. Enjoy the quiet. Every bit of tension will disappear.

Linger in the Lounge

Extend your spa stay by resting in the Relaxation Lounge after the treatment. The quietude will lull mind and body into a deeper state of relaxation.

Continue the Journey

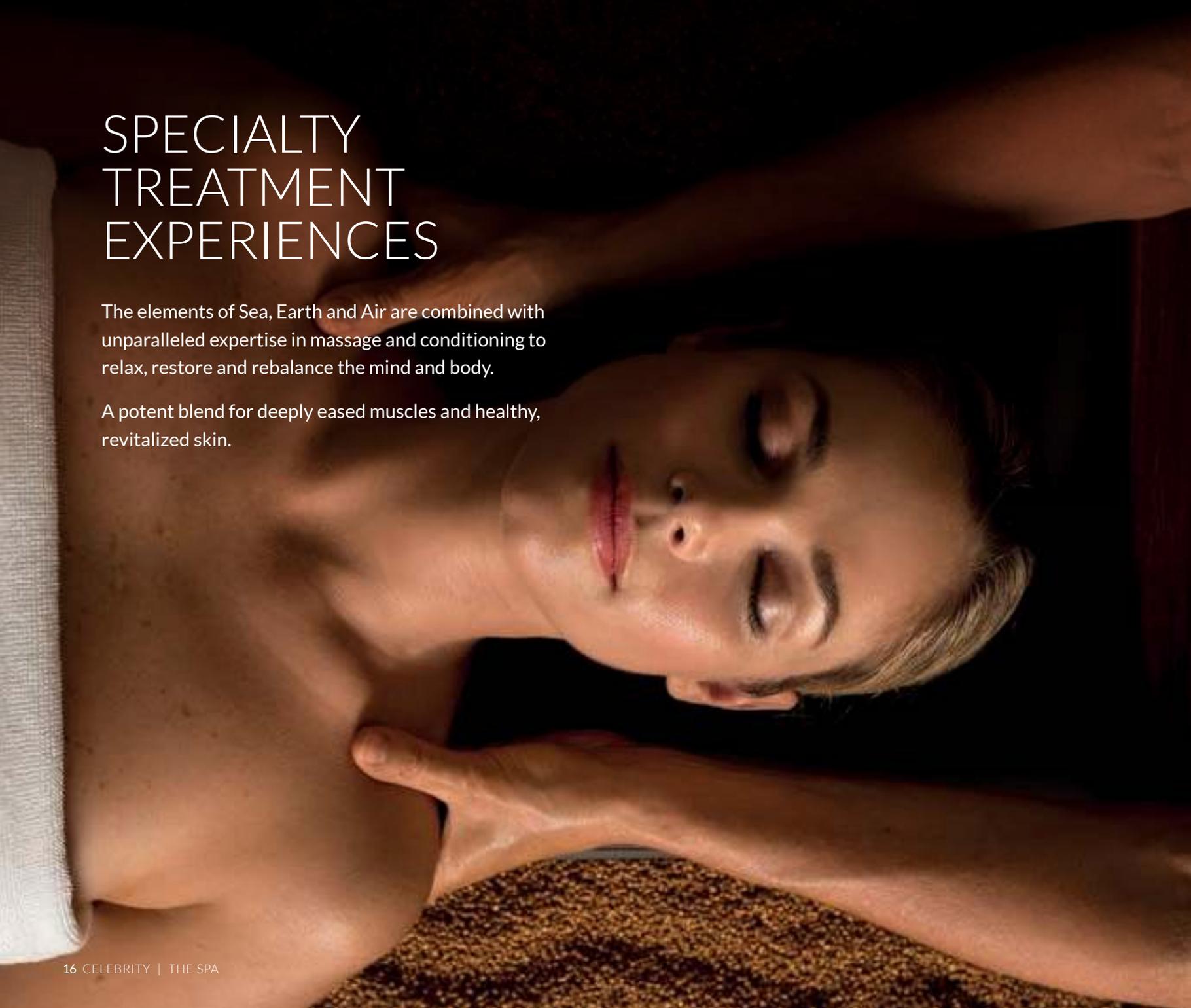
After your spa experience, browse through our spa products — many of which are featured in the treatments. The therapist will provide recommendations to purchase and continue the journey at home.

Inquire about our special offers at spa reception.



BODY OF WATER

The sea and the body have many similarities. Both are bodies of water. A vital source for replenishing the body, the element of water cleanses while earth nourishes and air enlivens.

A woman is lying on her back on a massage table, receiving a massage. Her eyes are closed, and she has a relaxed expression. Her hair is pulled back. The background is dark, and the lighting is soft, highlighting her skin. The text is overlaid on the upper left portion of the image.

SPECIALTY TREATMENT EXPERIENCES

The elements of Sea, Earth and Air are combined with unparalleled expertise in massage and conditioning to relax, restore and rebalance the mind and body.

A potent blend for deeply eased muscles and healthy, revitalized skin.

SEA

Aroma Spa Seaweed Massage

The power of aromatherapy is combined with the riches of the ocean in this deeply warming treatment. A heated mask containing a blend of essential oils is applied to the body before being cocooned in a wrap. The natural ingredients will detoxify, decongest and stimulate the body's systems. Includes either a 25-minute back massage or 50-minute full-body massage.

75 min / 100 min

EARTH

Hot Mineral Body Boost

Harnessing the groundbreaking restorative power of the pioneering Amber and Quartz Crystal bed, this powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, perfectly prepping for the nourishing Amber balm while the mind is whisked off to invigorating shores with the aromatic Ocean Spa. Completed by a restorative facial massage, this is a revolutionary, minerally charged experience of skin conditioning, metabolic balancing, and energizing wellness.

75 min

Poultice-Powered Muscle Release

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Using a uniquely designed Amber and Quartz poultice, and combining the power of Eucalyptus and Juniper, each area of tension is specifically targeted with vibrational energy to re-mineralize. Painful knots are eased. Tension is dissolved. Completed by a restorative facial massage, the Amber and Quartz in the poultice talks to the Amber in the bed; a powerful mineral connectivity that invigorates the body and elasticizes the skin.

75 min

AIR

Zero Gravity Wellness Massage

High tech meets high touch in this next generation wellness treatment. Producing a zero gravity effect, the body is suspended on an advanced treatment table that allows for ergonomic workflows and a seamless series of sophisticated techniques used in this choreographed massage. Eight table positions enable effective and precise reach of every muscle group, including intensive work on the back and main muscles, targeted release of tension, and improved body mechanics. Technology bolsters touch to address daily stress zones and deliver ultimate relaxation.

75 min



MASSAGE THERAPIES

A soothing touch to evoke a sense of comfort, help eliminate toxins, and boost the circulatory system.

Aroma Stone Therapy

Nothing gets into the belly of the muscle like a hot stone. Bathed in moisturizing body oil, a curated range of Balinese stones are selected to address exactly what the body needs. The stones are worked over the body deep into the muscles, getting into areas of tension at a profound level and persuading the muscles to release trapped energy. The result is a sparkling vitality with the added bonus of intensely hydrated skin.

50 / 75 / 90 min

Bamboo Massage

Imagine warm bamboo shoots and essential oils massaging the muscles into pure bliss. This gorgeously indulgent therapy will revive the senses in a new and innovative way, inspiring the most relaxed state. The therapist will use deep tissue techniques or gentle strokes to melt away the tension and soothe the muscles into sweet oblivion.

50 / 75 / 90 min

Coconut Poultice Massage

Perfectly warmed pure coconut compresses massage the body, releasing natural emollients — rich in Vitamins E and K — to nourish and moisturize the skin followed by a traditional hands-on massage to relax and de-stress the muscles.

50 / 75 / 90 min

Restorative Salt Stone Massage

Capturing the essence of sea, earth and air, this deeply restorative massage will leave you feeling energized, recharged and ready for the demands of modern life. Himalayan salt resonates with the Earth's frequency to improve mental alertness and overall wellbeing. Warm salt stones are bathed in personally selected aromatics to contour the body and diffuse negative energy, reduce stress, and alleviate muscle tension, completed by a re-energizing face and scalp massage for a truly uplifting experience.

75 min

Thai Herbal Poultice Massage

This massage utilizes scented and heated herbal poultices applied to the body at pressure points to relax the muscles and release tension. The therapist then follows with an array of eastern and western massage techniques and acupressure movements combined with essential oils that will take the body on an exotic journey of total renewal.

75 / 90 min



Earth Grounding Massage

Reconnect the body with nature. This enhanced treatment combines the therapeutic benefits of touch with a specialized grounding technology that harnesses the age-old power of the Earth. Modern science has enabled the adaptation of negative electrons transferred from the Earth's surface into the body via energy channels embedded in the treatment table to alleviate pain and inflammation, reduce stress levels, improve circulation, and aid in restful sleep. Emerge relaxed and recharged from this balancing, earthing experience.

50 / 75 / 90 min

R3 Pain Management Therapy — Relax, Repair, Relief

Highly recommended for back pain, joint stiffness, tired or aching muscles to help provide effective and immediate relief. Inspired by the benefits of cryotherapy, the power of “cold therapy” is re-imagined, reducing inflammation and swelling that causes pain. Comforting heat therapy uses targeted salt stone massage to relax and soothe muscle tension for a dynamic pain relief treatment.

90 min

Swedish Massage

This classical European technique of manipulating muscles with aromatic massage oils is both relaxing and invigorating. While providing tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems.

50 / 75 / 90 min

Deep Tissue Muscle Massage

This is a vigorous workout for the body, perfect for alleviating high-stress levels. Tailored entirely to the body's needs, it leaves a grounding and focused feeling. An aromatic oil will be selected according to concerns, be they muscle pain, stress relief, pure relaxation, or emotional balance. Skin is prepped to release toxins, and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

50 / 75 / 90 min

Couples Massage

In the privacy of an exclusive suite reserved for two, couples can enjoy any of our deeply relaxing massages side-by-side (priced according to massage choice). Customized treatment options are also offered in the Couples Suite. Please contact The Spa to personalize the experience.

50 / 75 / 90 min

Couture Touch

Condition the skin and body with this all-embracing hands-on experience. Combine our ELEMIS Pro-Collagen Age Defy facial with a 50-minute Swedish massage.

100 min

BIOTEC Face Treatment and Body Ritual

Technology fuses with touch for the ultimate spa therapy. Combine the 50-minute BIOTEC facial for instant results with a Swedish massage for pure relaxation.

100 minutes

Reflexology

Guided by an Asian philosophy that suggests the vital organs of the body are connected to reflex points in the feet via constantly flowing energy channels, this ancient healing therapy is as blissful as it is beneficial. Massaging these points can help restore your natural energy flow and improve health by sending waves of relaxation throughout the body.

50 min

C.A.R.E. for Cancer*

An innovative and integrative approach to cancer care.

This client-specific, customized massage session is designed to meet the unique and changing needs of someone in treatment for cancer or with a history of cancer treatment.

A safe massage plan is generally tailored around the side effects (both short- and long-term) of chemotherapy, radiation and surgery. These treatments are carried out by our specially qualified therapists.

75 min

**This treatment may not be available on all vessels.*

BODY THERAPIES

Polishes, wraps, detox and treatments to nourish the body and skin.

Body Nectar Nourishing Wrap

This lusciously fragrant, intensely moisturizing body wrap will transport you to the Far East. The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. The body is kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally-grounding experience for skin that has never felt silkier. Enjoy with either a 25-minute back massage or 50-minute full-body massage.

50 min / 75 min

Intensely Cleansing Salt Scrub

Lime and Ginger or Frangipani

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin. Includes either a 25-minute back massage or 50-minute full-body massage.

50 / 75 min

Ionithermie Cellulite Reduction Treatment

This unique therapy detoxifies the body, reduces the appearance of cellulite, and offers substantial inch loss after just one session. Galvanic stimuli propel rich marine elements into affected areas to drain fluid, smooth the skin, and give the body more definition. Ionithermie is recommended as part of an ongoing wellbeing and fitness program.

50 min / 3 sessions of 50 min

Thousand Flower Detox Wrap

Enriched by Nordic peat packed with tree, flower and grass-rich nutrients, this treatment provides super skin health and powerful detoxification, helping stimulate the elimination process and restore equilibrium. Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower earth wrap and the nourishing Green Tea balm — the superfoods of the skin, leaving you feeling completely reinvigorated and the body firing on all cylinders. Includes either a 25-minute back massage or 50-minute full-body massage.

75 min / 100 min





CHINESE MEDICINE

Wellness is a state of optimal wellbeing. The Spa provides the best holistic care through acupuncture and traditional Chinese medicine.

Acupuncture

Quickly becoming one of the fastest growing alternative therapies, acupuncture is often recommended by family practitioners to complement and enhance the benefits of traditional medicine. The 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. Experiencing any of these symptoms is not a requirement to benefit from acupuncture. Many enjoy a session for a simple tune-up, enhanced relaxation, and wellbeing maintenance.

50 min

Pain Management Program

Our pain experts are available to address your discomfort and concerns while offering a selection of drug-free, noninvasive onboard therapies that range from acupuncture and massage treatments to wellness classes.

Chinese Herbal Medicine Consultation

Herbs are integral to traditional Chinese medicine. The Spa features JOU[®], an exclusive organic Chinese herb brand. JOU herbs are cultivated in Northern China by using the leaves, roots, stems, bark and petals of plants, shrubs and trees. Once collected, these ingredients are dried, crushed and then placed in a vegan capsule for easy consumption. Chinese herbs have been used as part of the traditional Chinese medicine system for thousands of years and have helped to alleviate many health issues. Ask for a complimentary consultation.

Be sure to ask about our Health and Wellness Seminar series.

BODY IN MOTION

Perfectly fit to suit the needs of every body, wellness trainers, classes and seminars give a boost of energy to fuel guests' onboard journey.

InBody570®

Composition Analysis

Understand inner health with InBody570, a state-of-the-art body composition analyzer, which stands alone as the most comprehensive analysis available. Using bioimpedance, InBody570 offers precise measurements of segmental muscle mass, body fat mass, visceral fat, metabolism, inflammation and fluid retention levels.

60 min

Personal Training

This one-on-one training session focuses on individual needs. Learn which exercises work best. An in-depth consultation and body composition analysis are included.

60 min

Nutritional Consultation

Based on the Nobel prize-winning research of Dr. Barry Sears, a personalized, ideal Zone nutrition plan is created for clean and healthy eating to help achieve wellness goals.

60 min

The HIIT*

Maximum results in minimal time.

HIIT (high-intensity interval training) is a full-body, circuit-based, fat-burning workout through quick, intense bursts of exercise followed by short, sometimes active, recovery periods. This type of training gets and keeps the heart rate up and burns more fat in less time.

45 min

LIT Bungee Fit*

Utilizing the suspension of a bungee, this low-impact training (LIT) workout enables the movement of the body when performing different exercises without effecting joints – all while boosting energy levels.

45 min

Contender (Cardio Boxing)*

Condition the body with a complete cardio boxing workout to heighten and strengthen cardiovascular and endurance performance. Knock yourself out (in a good way).

45 min

Pulse Barre*

Discover a low-impact, high-intensity workout that incorporates movements from Pilates, yoga and ballet. This total body workout uses small movements with high repetition to sculpt long, lean muscles and burn fat.

45 min

Pure-Form Yoga

Excellent for increasing levels of balance, concentration and focus, this class will benefit the beginner and the experienced yogi.

45 min

Re-Set Breathing Class

A form of active meditation, this lung workout is designed to provide a feeling of immediate relief. These exercises for the diaphragm and intercostal muscles correct breathing and strengthen the body. Learn a short “relax-fast” recovery breath to use daily.

30 min

MindSet Guided Meditation

Find your Zen by joining a guided meditation designed to help balance the emotional, physical and psychological challenges endured on a daily basis for a calm, peaceful state.

30 min

RYDE Indoor Cycling*

The next evolution in cycling classes. Powered by Technogym®, RYDE ups the thrill factor by giving a real road-cycling sensation through a series of climbs and sprints, in an immersive, inspirational atmosphere. Modern and old school music will fuel this high-energy workout to get the endorphins flowing.

45 min

Unlimited Class Pass

Begin your vacation invigorated by signing up for our unlimited class pass. Work your core, burn serious calories, and condition your body. Our class list and schedule allows you to build in workouts at your leisure.

Peloton®*

Access high-energy indoor cycling workouts with the only exercise bike streaming live and on-demand classes directly from a NYC studio. Select from thousands of classes for any level that gives the motivation to go the extra mile.

**Please check for the availability of these facilities and/or services on your cruise.*



KÉRASTASE SALON

This premium salon concept offers luxury haircare products, deluxe services, and a specialty color bar. Using advanced technology, the experts at the Kérastase® Salon can diagnose individual haircare needs and prescribe personalized treatment options along with everything expected from a full-service salon — manicures, pedicures, brows and beyond.





KÉRASTASE
PARIS

KÉRASTASE TREATMENTS

Kérastase Elixir Ultime 24-Carat Indulgent Ritual

Nourish, protect, illuminate and instantly restore hair. This most indulgent ritual combines precious oils with a highly concentrated treatment to provide a sublime transformation, leaving hair silky, weightless and beautifully fragrant. Includes a scalp massage.

25 min

Kérastase Fusio-Dose™ Instant Hair Treatment

An instant and personalized ritual for the hair fiber. Fusio-Dose combines highly concentrated formulas with powerful boosters for custom-designed results. Dry hair is intensely nourished, damaged hair is repaired and strengthened, the radiance of color treated hair is restored, and mature hair is re-densified.

Kérastase 123 Hair Ritual

Breathe, treat and texturize with a 3 step made-to-measure ritual to take your tresses from flat to flawless.

Color Contouring

Accentuate or soften facial features with this innovative and personalized technique. Color contouring uses the correct tones – highlighting and low lighting – to enhance the face's shape and natural skin tone by adding color to frame the face. The results? A stunning new look.

Creative Coloring

Avant-garde hair styling. Become a muse with creative coloring, an artistic approach to hair tinting using bright and bold, trendsetting hues for a style rich in color.





THE SALON

Keratin Complex® Express Blowout

This specially formulated, revitalizing and rejuvenating treatment for the hair eliminates frizz and lasts up to six weeks. With its unique formulation, this treatment infuses natural Keratin in the shortest amount of time, so hair can be washed just eight hours after.

45 min

Fire & Ice Manicure and Pedicure

Using a combination of therapeutic cooling gels and the warmth of massage with a heated stone, skin will be smoother and nails will be polished to perfection.

Manicure includes an ice-hot massage on the lower arms 45 min

Pedicure includes an ice-hot massage on the lower legs 60 min

ELEMIS Exotic Hand Ritual with Manicure and Sole Delight Foot Treatment with Pedicure

Warmed aromatherapy oils nourish and condition while the sublime sensation of milk lavishes its richness and healing action on skin. Includes a complete traditional manicure and pedicure.

Manicure 45 min | Pedicure 55 min

CND™ Shellac™ 14-Day No-Chip Manicure and Pedicure

No drying time. No chipping. No smudging. This tough as nails treatment uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color, and perfect finish. It provides excellent wear and comfortable protection for up to 14 days.

Manicure 30 min | Pedicure 45 min

Make-Up Application

Whether it is a special occasion or simply a way to feel special, The Spa's makeup artists will accentuate features during this make-up application session. Ask about strip lashes to enhance the look.

Waxing

With respect for privacy, The Spa's highly trained therapists will ensure a comfortable experience. Book a waxing service for brows, lip/chin, half arm, underarm, half or full leg, bikini, Brazilian or back/chest. Services are for both men and women. Please ask a spa therapist for more details.

GO SMILE™

Teeth Whitening Treatment

Try our advanced teeth whitening treatment, a safe, effective way to add a sparkle to a smile. Book a complimentary consultation. Couples treatments available.
30 min

NOUVEAU® BROWS AND LASHES

Deluxe Brows

A complete and tailored brow styling solution.

45 min

Express Brows

A finished brow look in half an hour, tinting, shaping and setting brows to wow.

30 min

LVL Lashes

Add length, volume and lift to natural lashes. Lasts up to 6 weeks.

60 min

Express Lashes

Amplify lashes in a dash. Voluminous lashes accentuate the eyes with a quick multi-lash placement technique that lasts up to 14 days.

45 min

MORE NAIL SERVICES

Traditional Manicure

Traditional Pedicure

Re-polish

Acrylic Nails

Acrylic Refills

Nail Fix

MORE HAIR SERVICES

Shampoo and Blow Dry

Cut and Style with Blow Dry

Up Do and Style (without shampoo and blow dry)

Permanent Color

Semi-Permanent Color

Highlights or Lowlights

Partial Highlights



THE BARBER

There is nothing like a shave and cut to get the day going. Achieve a brawny, brainy, brilliantly smooth look by cutting ties with unwanted hair. Prolong the stay by adding spa therapies. Retreat in much deserved rest and relaxation.

ELEMIS Pro-Collagen Grooming Treatment with Shave

Includes the Express Shave, Pro-Collagen mini facial, and a luxurious face, scalp, hand and arm massage.

55 min

Express Shave

This treatment includes a deep-cleansing exfoliation and a double close shave to leave skin smooth.

30 min

Men's Cut

Get a clean cut look with our full-service grooming, including hair and beard trims as well as styling.

Gentleman's Manicure and Pedicure

Treat the hands and feet to a manicure and pedicure. Trim, shape and buff the nails.

Manicure 30 min | Pedicure 45 min

Please see price list for full range of services.

SPA GUIDELINES

Our Promise to You

We are committed to inspiring your wellness journey while delivering uncompromising indulgence and the finest expression of service. Your comfort and enjoyment are important to us. If we have not fulfilled our promise to you, we will remedy your experience.

Hours of Operation

8am to 10pm

Reservations

For more information or to reserve treatments, please contact The Spa. Walk-in appointments are subject to availability.

Minimum Age Requirements

Guests must be at least 18 years of age to receive treatments or utilize spa facilities unless participating in the kids or teen program. Salon services are available to guests of all ages. Fitness facilities are not available to minor guests. Please see restrictions posted outside the Fitness Center.

Nurture Your Experience

We recommend arriving 30 minutes prior to your appointment so you can focus your mind on relaxation. To maintain the serenity of the spa, we ask you to silence your mobile phone and turn off electronic devices upon arrival.

Specialty Spa Menus

Visit the spa desk to inquire about our Pain Management or Kids and Teen menus.

Ensuring a Wonderful Spa Experience

We welcome you to discuss openly your likes, dislikes, concerns or questions with your therapist before, during, or after the treatment.

The Persian Garden

Thermal suite passes are valid per voyage only; non-refundable; nontransferable. Bathing suits are required.

Gratuity

For your convenience, an 18% gratuity will be applied to your final bill at checkout. Additional gratuity for exemplary service is discretionary.

Valuables

To ensure you do not forget any personal items of value, we suggest leaving them in the safety deposit box in your stateroom.

Cancellation Policy

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

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 receipt can be exchanged for either services or products.

Port Day Spa Escape

Staying on board? Coming back early? Check for specials on the spa section of your daily program, cruise app, or contact spa reception to reserve your day of bliss.

Smoking

For your safety, The Spa is a non-smoking facility.

Customer Service

c/o OneSpaWorld
1-855-848-3059
customer@onespaworld.com
www.timetospa.com

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

Spa treatments are subject to change without notice.

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Celebrity **X** Cruises®