



At a Glance THE LOTUS SPA



Triple Your Indulgence

We know good things come in three's, but they didn't say oh-how-good it can be! We know you like to indulge, and we love to indulge you, so we created a way for you to squeeze in some pampering that is guaranteed to pay off.

**10% off your first Signature Spa Treatment • 20% off your second Signature Spa Treatment
30% off your third Signature Spa Treatment**

Here's How: Decide which 3 gorgeous spa treatments you absolutely must try marked with a * and simply schedule your appointments. You will then save each time you visit.

Lotus Spa Exclusives

Cosmetic Facial Treatments Complimentary consultations available

Uplifting and youth-enhancing treatments including non-surgical brow lift, instant lip enhancement, and volumizing skin treatments. Reduce fine lines and wrinkles or instantly replace skin's lost volume. All treatments are FDA-approved and administered by our Spa Physician, Dr. Cyndy Guia. Amazing results last for months.

GoSMILE Teeth Whitening Treatment 30 minutes \$149 • Couples special \$129 each

GoSMILE is a safe fast and effective way to whiten your smile up to 6 shades in 30 minutes. GoSMILE is safe for caps, crowns and veneers, after whitening your smile in the Lotus Spa your technician will teach how you protect, maintain and enhance your results. Your service includes a full consultation and shade analysis.

* Detox & Inch Loss – Ionithermie 50 minutes \$159 – 3 sessions Now Only \$299 (SAVE \$178)

You will lose up to 8 INCHES of internal toxins in 1 session. This figure corrective and firming treatment from France is a unique Detox treatment which works with stimuli and algae to reduce cellulite and fatty deposits from the stomach, thighs and buttocks in women and the stomach region in men. Then learn how to remove cellulite the easy European way.

Acupuncture Complimentary consultations

Treatments with Licensed Acupuncturist Frantz Duclervil

Looking for an alternative way to care for you health? Tired of all your medications? Ancient healing from the Orient you can utilize to treat the modern problems of today. Treatments range from pain relief, sea sickness, Detox, weight loss, to an acupuncture face lift. Individual complimentary consultations available.

Facial Rituals

* Oxydermy Facial55 minutes \$169

Give your skin what it's been craving. Now you can fight lines and wrinkles, reduce skin discoloration, scarring and reduce pore size. Get that glow that's been eluding you. Let us pamper your skin with the new cutting edge technology that brings Microdermabrasion and Oxygen together in one luxurious treatment. We will cleanse polish, masque and massage you into sweet oblivion. Enjoy your vacation by looking younger and radiant instantly.

* Pro-Collagen Marine Facial.....50 minutes \$145

Includes specialized lifting massage techniques combined with the unique anti-ageing Japanese Silk Mask, impregnated with Pro-collagen Booster Serum and face, neck, shoulder and scalp massage. Adding back the collagen that we loose with age and boosts up the youth in your skin.

* NEW Tri-Enzyme Resurfacing Facial50 minutes \$125

Clinically proven to resurface the skin by up to 75% and increase skin smoothness by up to 32% after just one treatment using micro-encapsulated enzyme therapy to accelerate the skins exfoliation process. Advanced resurfacing techniques using precision layering of three targeted enzymes safely and effectively remove the thickening layer of the epidermis leaving skin incredibly clean, smooth and radiant bringing evenness and clarity to the complexion.

* La Therapie Corrective Lifting Facial50 minutes \$119

This corrective lifting facial uses gentle stimuli and guarantees no break outs or redness. Working to the deepest layers of the skin, this facial generates an anti-aging effect while working deeply around the eyes, neck & mouth for fine lines, crow's feet, dark circles and puffy eyes. Perfect for all skin types, even the most sensitive skin.

In order to accommodate your fellow passengers, 24 hours notice must be given for cancellations.

A 50% charge will apply to cancellations within the 24 hour period.

Massage Rituals

* **Aroma Spa Seaweed Massage** 75 Minutes \$195 • 100 minutes \$259

Combining the richness of the sea and aromatherapy, this detoxifying treatment starts with a warm aromatherapy body mask and comforting wrap. Relax as your body decongests, easing aches, fatigue and muscle spasm while you receive a foot and scalp massage. Continue with a personalized massage focusing on the stress points of the body - neck, shoulders and back of the body. The benefits of this massage last up to 5 weeks.

* **Hot Stone Massage**75 Minutes \$195

In Bali, it is believed that stones are filled with the vitality and energy of the water that flows over them in an eternal stream. Harnessing these properties, we bathe the stones in warm water, anoint them with the spicy aromas of the Orient, and combine the deep penetrating heat of the volcanic basalt stone with traditional massage and aromatherapy techniques to release muscular tension and balance the spirit.

* **Bamboo Massage**75 Minutes \$199

Imagine warm bamboo shoots of various sizes soaked in essential oil rolling, sliding and massaging your muscles. This gorgeously indulgent massage will revive your senses in a new and innovative way, inspiring the most relaxed state. Customized to your preference, our therapist will use deep tissue techniques or gentle strokes to melt away your tension and soothe your muscles into sweet oblivion.

* **Thai Herbal Poultice Massage**75 minutes \$195

The Thai herbal poultice massage treatment utilizes warmed muslin poultices of Thai and Chinese herbs that are steamed and applied directly to the body in a kneading action. This traditional treatment has been practiced to soothe muscle tension and stiffness on the key areas. Heat and herbs are absorbed by the body to help to reduce aches and pains, increase lymphatic drainage and condition the skin.

* **Exotic Lime & Ginger Salt Glow with Massage**.....75 Minutes \$199

An exotic exfoliation ritual to invigorate and bring vitality to your body. Warm oil is dripped luxuriously over your body before our Lime and Ginger Salt Glow is applied. We then apply our Elemis Skin Nourishing Milk Bath, leaving skin replenished and vibrant. After rinsing away the salts, you will receive a either a Swedish or Deep Tissue Massage. With half body massage 50 minutes, full body massage 75 minutes.

* **Elemis Absolute Spa Ritual**.....105 minutes \$265

Experience pure decadence and stimulate all of your senses, from the soles of your feet to the top of your scalp. Enjoy a tantalizing tension releasing massage that combines a series of cultural touches from around the world, blended together with an anti-aging power boosting facial, to instantly firm, rejuvenate and plump up the skin.

* **Full Body Massage Swedish/Deep Tissue** 75 minutes \$165/\$195

Cabana Massages from \$119 per person

As the soft ocean breeze flows freely through our private cabanas located in the Sanctuary, you will experience the healing powers of touch as you indulge in one of our muscle-melting full body massages. Choose from either a Swedish Massage, Deep Tissue Massage, Reflexology or Couples Massage.

Reflexology50 minutes \$119

For massage packages please enquire at the Lotus Spa Reception.

Couples Rituals

Couples Massage 50 minutes \$269 • Including Rasul \$329

Lay side by side while experiencing a luxurious tension releasing full body massage or deep tissue massage with the one you love or love to be with.

Couples Float and Massage \$199

Enjoy a 25 minute Back of the Body Massage whilst your partner relaxes and unwinds in the flotation bed, after 25 minutes you will switch. 50 minutes of pure bliss for each person.

The Couples Rasul 'the mud room' \$95

The most FUN two people can have together! Exfoliate each other with Lime & Ginger Salt Glow and essential oils, then lather each other in cleansing mud & relax in your own private Steam chamber.

HEALTH & FITNESS SERVICES - Metabolism & Toxin Test - \$35

Everybody carries excess fat, however the chances are that a large percentage of what you might think is fat, is actually water retention. We will help you lose 50% of that excess water retention. We can raise your metabolism rate so you will burn fat and carries while you are resting! We will improve your Health and well being both Internally and Externally. We will provide you with a lifestyle solution.

GOOD FEET

Find out why looking after your feet is so important to manage any pain and can give you the greatest comfort while living a more active lifestyles.

Come in for a Foot Print Analysis with our Good Feet Specialists.

LOOK YOUNGER, HEALTHIER, & REFRESHED TODAY!

The Lotus Spa offers uplifting and youth-enhancing treatments including non-surgical brow lift, instant lip enhancement, and volumizing skin treatments. All consultations and treatments are administered by a licensed physician and facial rejuvenation specialist.

Get the lift you've been looking for with dermal filler treatments

- Instantly replace skin's lost volume
- Rejuvenate your smile lines
- Instantly enhance your lips or smooth away smoker's lines

Results are immediate and last 6 months or longer.

Rejuvenate your skin with Dysport, the newest FDA-approved wrinkle remedy

- Reduce fine lines and wrinkles
- Lift the brows
- Freshen tired or angry eyes

Results are apparent within days and last 3-4 months.

Call 16229 today to schedule your 15-minute complimentary consultation with Dr. Cyndy Guia. Check the Patter to attend one of Dr. Cyndy's seminars.

ACUPUNCTURE The Point of Well Being

Stress	Digestive	Respiratory	Women's Health	Pain
Emotional Distress	Nausea	Asthma	Infertility	Bone Pain
Depression	Vomiting	Sore Throat	PMS	Nerve Pain
Anxiety	GERD	Cold/Flu	Menstrual Disorders	Dental Pain
Insomnia	Gastritis	Bronchitis	Menopause	Cancer Pain
Smoking Cessation	Diarrhea	Pneumonia	UTI's	Sciatica
Addictions	Constipation	Tonsillitis	Migraines	Arthritis
Dizziness	IBS	Sinusitis	Sugar Cravings	Tennis Elbow
Fatigue	Colitis	Rhinitis	Chronic	Headaches
Weight	Crohn's Disease	Allergies	Fatigue	TMJ
Management	Sea Sickness	Shortness of Breath	Facial Rejuvenation	Neuropathy
				Fibromyalgia
				Post-Stroke

Free Complimentary consultations available with

Frantz Duclervil, L. Ac.
Licensed Acupuncturist

For more information visit the Lotus Spa on Deck 16 Forward or Dial Ext. 16229