

YOUR OASIS JOURNEY... It begins with the thought of relaxation. And it culminates as you step over the

FACILITIES, PASSES & UPGRADES

Thermal Suite	(1 day)	£15
Silver	(5 day pass)	30
Gold	(full cruise)	50/80 for two
Platinum	(full cruise + couples Rasul treatment)	70/120 for two
DIY Scrub Bar Experience (includes Thermal Suite session)		20
The Retreat	Please see separate brochure for details	
Private Spa Balcony upgrade (includes foot ritual and tea)		+ 10

INDULGE

FACIALS

24 Karat Gold Facial	75 minutes	£219
Elemis Oxydermy Facial	50 minutes	99
Elemis Tri-Enzyme Resurfacing Facial	50 minutes	89
Elemis Pro-Collagen Quartz Lift Facial	50 minutes	89
Elemis Skin Specific Facial	50 minutes	79
La Therapie Oxy-Polish Facial	50 minutes	99
La Therapie Hydralift Facial	50 minutes	79

MASSAGE

Elemis Aroma Stone Therapy	50/75 minutes	£79/99
Thai Poulitice Massage	75 minutes	119
Thai Table Massage	75 minutes	109
Bamboo Massage	50/75 minutes	89/109
Customised Deep Tissue Massage	50/75 minutes	79/99
Swedish Massage	50/75 minutes	69/89
Reflexology	50 minutes	79
Elemis Face & Body Sensation	50 minutes	99
Elemis Absolute Spa Ritual	100 minutes	169
The Retreat Massage	(priced in accordance with the a la carte menu)	

ENLIGHTEN

DETOXIFYING AND NOURISHING TREATMENTS

Elemis Exotic Lime & Ginger Salt Glow	50/75 minutes	£89/109
Elemis Body Sculpting Cellulite & Colon Therapy	50 minutes	79
Elemis Aroma Spa Seaweed Massage	75/100 minutes	109/149
Sensory Dry Float Upgrade		+10
Ionithermie Cellulite Reduction Programme	50 minutes	89
	course of three	229
Ionithermie Cheek Lift Treatment	50 minutes	89
	course of three	229
Ionithermie Revitalising Leg Therapy	40 minutes	49

KINDRED SPIRITS

COUPLES TREATMENTS (PRICED FOR TWO)

Couples Massage	50/75 minutes	£139/209
Exotic Steam Rasul	50 minutes	79

Exotic Steam Rasul & 50 minute Couples Massage	100 minutes	209
Harmony Ritual (€358 value)	approx 125 minutes	283
(includes for two Thermal Suite, Private Yoga, Thai Poulitice Massage)		

WELLNESS THERAPIES

ACUPUNCTURE

Acupuncture* first session	50 minutes	£89
Acupuncture* follow up session	50 minutes	79
Acupuncture Facial Rejuvenation	50 minutes	99
Herbal Remedy Consultation		free
Tongue & Pulse Analysis		free

AYURVEDA

Shirodhara	25 minutes	£39
Shirobhyanga Massage	50 minutes	79
Dosha Analysis		free

GENTLEMEN'S SPA

GROOMING

Elemis Express Shave	30 minutes	£29
Elemis Deep Cleanse Grooming Treatment with Shave	45 minutes	49
Elemis Pro-Collagen Grooming Treatment with Shave	55 minutes	59
Tidy Up	15 minutes	9
Men's Wet Cut or Cut & Blow Dry		from 19
Elemis Skin IQ Facial	50 minutes	69
Elemis Urban Cleanse Facial	50 minutes	89
Elemis Executive De-Stress Treatment	50 minutes	69
Manicure	25 minutes	19
Pedicure	45 minutes	29

BEAUTIFY

HAIR SERVICES

Elemis Frangipani Conditioning Hair & Scalp Ritual	25 minutes	£19
Cellophane Hair Gloss Treatment	30 minutes	29
Shampoo & Set/Blow Dry		from 29
Shampoo, Cut & Blow Dry		from 39
Fringe Trim		9
Hair Up without Style Dry		from 29
Semi-Permanent Colour		29
Permanent Colour (roots only)		39
Permanent Colour (whole head)		59
Highlights		from 49
Partial Highlights		from 5
Individual Corn Braids		each 5
Braid & Corn Braids		from 19



WAXING SERVICES

Brows		£9
Lip and/or Chin		9

n and surrender to a still moment of perfection. It gains momentum as you tread softly toward the spa.
threshold into a world where you are the centre. This is a moment of your sheer perfection. Indulge in it.

Arm	25
Underarm	19
Half Leg	29
Full Leg	55
Bikini	25
Deep Bikini	39
Back	49
Chest	29

NAIL SERVICES



Elemis Exotic Hand Ritual w/manicure	45 minutes	E29
Elemis Sole Delight Ritual w/pedicure	60 minutes	39
 Fire and Ice Manicure	45 minutes	29
 Fire and Ice Pedicure	60 minutes	45
Traditional Manicure	25 minutes	19
French Manicure	30 minutes	29
Traditional Pedicure	45 minutes	29
French Pedicure	50 minutes	39
Repolish	15 minutes	9
Acrylic Nails (full set)	75 minutes	49
Acrylic Nails (refills)	45 minutes	29
Brisa Gel Forever French	75 minutes	49
Brisa Gel Single Colour Overlays	75 minutes	49
Brisa Gel Refills	45 minutes	29
Nail Fix (per nail)	5-15 minutes	5
Paraffin Wax add-on	15 minutes	19

BEAUTY




Makeup Application	45 minutes	E49
Lash Tinting	30 minutes	19
Brow Tinting	30 minutes	15
St. Tropez Sunless Tanning for Face and Body	50 minutes	69

FITNESS

INDIVIDUAL CONSULTATIONS & TRAINING

 Personal Training	60 minutes	E45
	3 sessions	125
 Body Composition Analysis	30 minutes	29
Nutritional Consultation	60 minutes	45

SPECIALISED GROUP CLASSES

 Yoga	45 minutes	E7
Tai Chi	45 minutes	7
Pilates	45 minutes	7
 Tour De Cycle (3 sessions)	45 minutes	21
 Kettle Bell Classes	45 minutes	7

ESCAPISM

Create Your Day (E371 value)	180 minutes	E314
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See the main brochure for Create your Day options.

THE OASIS EXPERIENCE

For a full list of spa tips, please see our main brochure.

CUSTOMISED PACKAGES

We are happy to custom-design packages so you may enjoy the spa and its facilities every day of your cruise. Please contact the spa concierge for more details.

LOCATION AND CONTACT

Deck 16 Forward, Ext. 16222

HOW TO SPA

We recommend you arrive in the spa 30 minutes prior to your scheduled treatment time so that you can use the facilities. Please meet your therapist in the Relaxation Lounge, showered and in your robe 5 minutes before your scheduled appointment time. If you are late, we may have to reduce your treatment time to accommodate our next guest.

OASIS SPA & THE RETREAT PASSES

Passes for both areas can be purchased separately at the spa. Please call or meet with the spa concierge.

ONLY BRING WHAT YOU NEED

Please leave all personal belongings in your guest room safe as the spa cannot accept responsibility for items left in the treatment room.

CANCELLATIONS

If you do need to cancel, please give us 24 hours' notice so that we may reschedule your appointment. Your on board account may be charged with 50% of your treatment cost for cancellations made with less than 24 hours' notice.

MINIMUM AGE

You must be at least 18 years of age to book in for private treatments. For those of you under the age of 18, you must be accompanied by an adult for the duration of your service.

SPA AT HOME



Relaxation is achieved through daily practice. Your therapist will be happy to recommend a home care regimen to continue your treatment at home. You may continue to purchase your skin, body and hair care at www.timetospa.co.uk or call 44 (0)1278 727827.

AVAILABILITY

All treatments, services and facilities are subject to availability.

THANK YOU

We hope we have enhanced your on board experience and wish you days filled with well being, vitality and joy until we meet again...

 indicates Oasis Spa favourites
 these services can be enjoyed in The Retreat