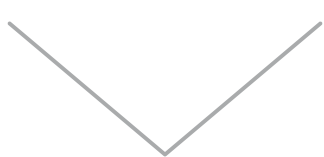


Legend of the lotus flower

Since ancient times, it is believed that the lotus flower has magical healing powers because of its intrinsic ability to fully rejuvenate and blossom, even after long lapses in stressful conditions. You can enjoy a similar feeling of transformation of the mind, body and spirit, simply by experiencing the soothing sensations and treatments offered in the Lotus Spa®.



Signature Treatments

Special offers

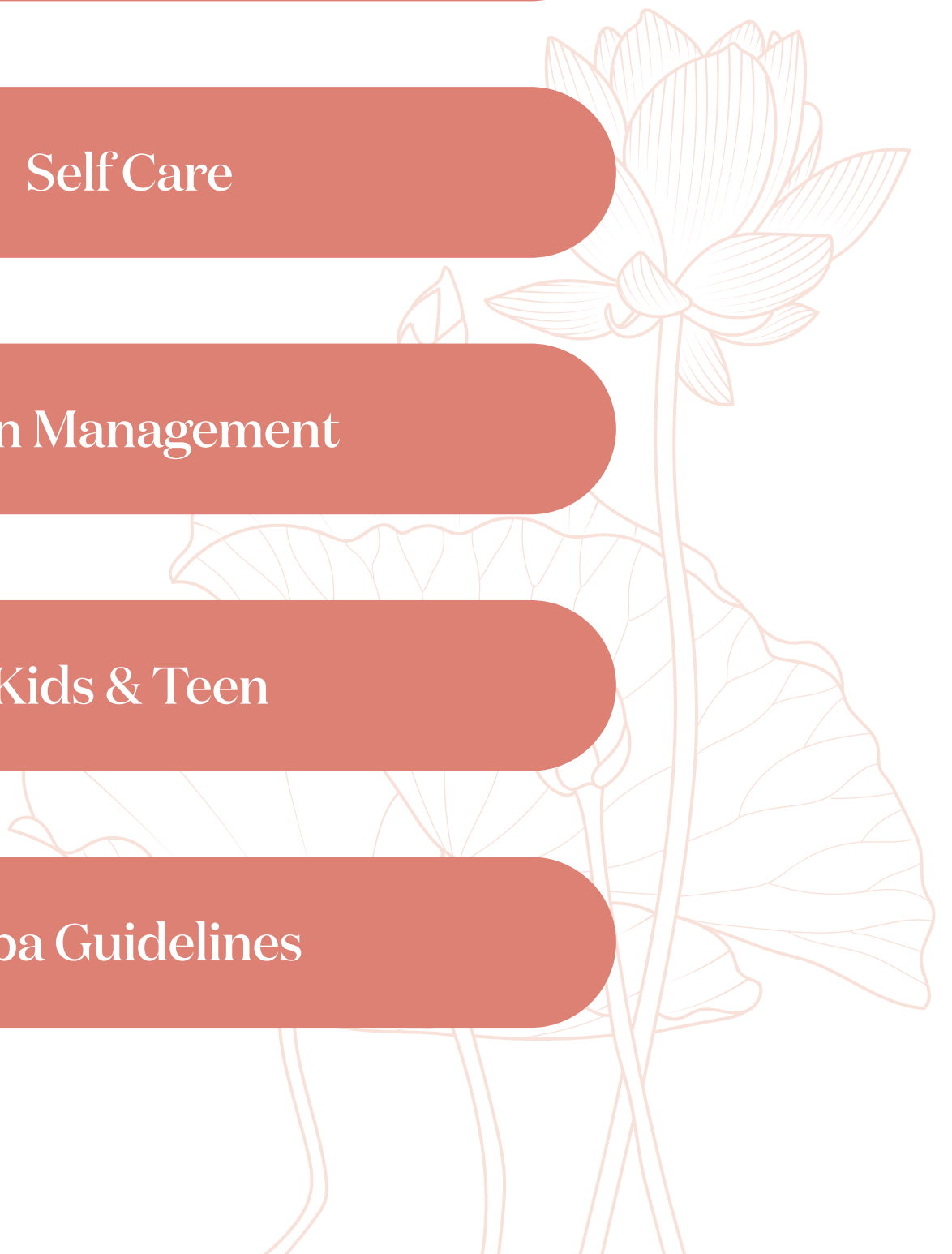
Price List

Self Care

Pain Management

Kids & Teen

Spa Guidelines





Signature treatments

The Ultimate Facial*

Experience the power of all six ELEMIS BIOTEC 2.0 technologies in this age-defying facial. Lift, smooth, define, oxygenate, and recharge your skin, revealing a radiant, youthful appearance in just one treatment.

50 minutes

249

Targeted Technology Facial

Embark on a skincare journey with our Targeted Technology Facial. Choose Pro Collagen for Microcurrent Lifting or Dynamic Resurfacing for a refined complexion. ELEMIS products promise personalized and revitalized skin.

50 minutes

229

Skin Renew Facial

Deeply cleanses skin at a cellular level to eliminate pollutants and impurities that build up causing aging, irritation, and clogged pores. Skin health is revitalized using Grown Alchemist products.

50 minutes

199

Aroma Stone Therapy

Get deep into the muscle with Balinese stones selected to address exactly what you need. Skin is intensely moisturized with warmed oil.

100 / 75 / 50 minutes

299 / 229 / 199

Bamboo Massage

In this deep massage, your therapist will use bamboo shoots to roll and glide over the muscles helping release tension and lactic acid buildup caused by stress or muscle strain.

100 / 75 / 50 minutes

299 / 229 / 199

Coconut Poultice Massage

Perfectly warmed, pure compresses massage the body, releasing natural emollients that nourish and moisturize the skin. This is followed by traditional hands-on techniques to relax and destress the muscles even more.

100 / 75 minutes

299 / 249

Restorative Salt Stone Massage

Warm Himalayan salt stones contour the body and diffuse negative energy, reduce stress, and alleviate muscle tension. Complete with a re-energizing face and scalp massage.

75 minutes

249

Thai Herbal Poultice Massage

A warm, muslin poultice, steamed with Thai and Chinese herbs, is applied directly to the body in a kneading action, incorporating Thai stretching, hands-on massage, and compressions.

100 / 75 minutes

299 / 249

Deep Tissue Muscle Massage

A vigorous workout for the body tailored to your needs, be they muscle pain, stress relief, or pure relaxation. Skin is prepped to release toxins and the mas- sage works deep into the tension. As effective as an hour’s stretching, but so much more nurturing.

100 / 75 / 50 minutes

299 / 229 / 199

Aroma Spa Seaweed Massage

The power of aromatherapy is combined with the riches of the ocean. A heated seaweed mask is applied to the body before being cocooned in a wrap. The natural ingredients will detoxify, decongest and stimulate the body’s systems. Includes a 25-minute back or 50-miute full-body massage.

100 / 75 minutes

299 / 249

Intensely Cleansing Salt Scrub

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. Choose from Lime and Ginger or Frangipani options.

75 / 50 minutes

249 / 199

Keratin Complex® Express Blowout with Cut

Say goodbye to frizz in just one hour. This specially formulated, revitalizing and rejuvenating treatment eliminates frizz for 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.

60 minutes

from 199

The Ultimate Men’s Facial & Shave

Hydrate, exfoliate, and smooth with a double shave, face and scalp massage, and cooling cryo-tech for a total skin and scalp reset.

55 minutes

179

Slim IV

Increase your metabolism, uplift your mood, and jumpstart your weight loss with this hydrating therapy rich in antioxidants, vitamins, minerals and aminos.

299

Glow IV

Restore youthful radiance and transform your complexion from the inside out,with a powerful combo of vitamins and minerals.

299

Hydrate IV


Feel relief from a night of excess and recharge your body by delivering electrolytes and powerful B12 and C vitamins.

299

All prices are in US Dollars.

Special offers

Triple your Indulgence*

Enrich your spa experience by selecting from our signature services indicated with this  symbol.

10% OFF your 1st Signature Treatment

20% OFF your 2nd Signature Treatment

30% OFF your 3rd Signature Treatment

**Treatments may not be shared 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.

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Price list

Our most popular services are indicated with this  symbol.

Onboard credit accepted at Lotus Spa.

Facial therapies

 The Ultimate Facial	50 minutes	249
Targeted Technology Facial	50 minutes	229
Grown Alchemist Skin Renew Facial	50 minutes	199

Medi-spa aesthetic treatments

TruSculpt® Body Contouring*	<i>Priced by consultation</i>
Thermage® Skin Tightening Treatments	<i>Priced by consultation</i>
Restylane® Dermal Filler Treatments	<i>Priced by consultation</i>
DYSPORT® Cosmetic Wrinkle Treatments	<i>Priced by consultation</i>

Smooth, shape, and sculpt*

 CRYOTIGHTEN + FIRM	
75 minutes	299

Firm, tone, and tighten*

CRYOFIRM	
3 sessions / 50 minutes	299 / 149

Couples

Body

Aroma Spa Seaweed Massage	100 / 75 minutes	599 / 499
Intensely Cleansing Salt Scrub	75 / 50 minutes	499 / 399








Massage

Each guest can select from Aroma Stone Therapy, Bamboo, Deep Tissue		
100 / 75 / 50 minutes		599 / 499 / 399
Swedish Massage	100 / 75 / 50 minutes	599 / 449 / 349

Body therapies

 Aroma Spa Seaweed Massage	
100 / 75 minutes	299 / 249
 Intensely Cleansing Salt Scrub	
75 / 50 minutes	249 / 199




Massage therapies

 BIOTEC Face Treatment and Body Ritual	
100 minutes	299
 Couture Touch Face and Body Treatment	
100 minutes	299
 R3 Pain Management Therapy	
100 minutes	299
 Restorative Salt Stone Massage	
75 minutes	249
 Coconut Poultice Massage	
100/ 75 minutes	299 / 249
 Thai Herbal Poultice Massage	
100/ 75 minutes	299 / 249
 Aroma Stone Therapy	
100/ 75 / 50 minutes	299 / 229 / 199
 Bamboo Massage	
100 / 75 / 50 minutes	299 / 229 / 199
Deep Tissue Muscle Massage	
100 / 75 / 50 minutes	299 / 229 / 199
Swedish Massage	
100 / 75 / 50 minutes	299 / 219 / 179

Acupuncture

 Acupuncture Session	50 minutes	199
LED Light Therapy add-on		49
Neck and Shoulder Cupping		39
Cellulite Cupping add-on		39
Eastern Nutritional Consultation add-on		39
Anti-Aging Acupuncture Facial add-on		39
Herbal Consultation		20

IV lounge

IV therapies	60 minutes	
Each IV Therapy includes a choice of Nutrient Push: ENERGY IV or POWER IV.		
 Slim IV		299
 Glow IV		299
 Hydrate IV		299
Nutrient Booster Shots	5 minutes	
Renew Boost		49
Mega Boost		49
Detox Boost		49


Fitness

Personal Training

3 sessions / 60 minutes	249 / 99
InBody570® Composition Analysis* 60 minutes	99
Nutritional Consultation 60 minutes	99
Body Composition Analysis* 30 minutes	69
Group fitness classes 45 minutes	
Pure-Form Pilates	30
Pure-Form Yoga	30
Body Sculpt Boot Camp	30
Tour de Cycle	30
Stretch and Release	30
Select Class Pass 7 days	149
Select Class Pass 14 days	299

Beauty salon

Hair

Color and Style Consultation	Complimentary
Keratin Complex® Express Blowout	from 169
Shampoo and Blowout Bundle of 3	from 149
Red Carpet Blowout	from 89
Updo	from 69
Shampoo and Blowout	from 59
 Keratin Complex® Express Blowout with Cut	from 199
Cut and Style with Blowout	from 89
Kérastase® Elixir Ultime 24-Carat Indulgent Ritual	49
Kèrastase® Fusio-Dose™ Instant Hair Treatment	29
Kèrastase® 123 Hair Ritual	19
Highlight or Lowlights	from 149
Permanent Color	from 99
Semi-Permanent	from 79

Nails

Fire & Ice Manicure	45 minutes	79
Exotic Hand Ritual Manicure	45 minutes	69
Traditional Manicure	30 minutes	59


Fire & Ice Pedicure	50 minutes	89
Sole Delight Pedicure	55 minutes	79
Traditional Pedicure	45 minutes	69

Repolish	29
Nail Fix per nail	15

Add on to any nail service

Shellac® add-on	25
Paraffin Wax add-on	19

Nail pairings

 Fire & Ice Manicure and Pedicure	105 minutes	159
Exotic Hand Ritual Manicure and Sole Delight Pedicure	105 minutes	139
Traditional Manicure and Pedicure	75 minutes	119
Shellac® add-on for hands and feet		40

Smile

Megawhite® Teeth Whitening Treatment	199
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Nouveau® brows and lashes

LVL Lash Lift	60 minutes	99
Express Brow	30 minutes	35
Strip Lash	5 minutes	29


Makeup

Special Occasion Makeup	99
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Waxing

Full Leg	85
Brazilian Bikini or Back	75
Full Arm or Lower Leg	55
Basic Bikini, Half Back, Chest or Half Arm	45
Underarms or Stomach	35
Ear, Lip, Chin or Cheeks	25

Men's grooming

 The Ultimate Men's Facial & Shave	55 minutes	179
Dynamic Resurfacing Men's Facial & Shave	45 minutes	159
Groom & Go Express	25 minutes	99
Men's Cut and Style Dry		59

All prices are in US dollars. An 18% gratuity will be applied to your final bill.
*Available on select vessels.

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Self care

Self-care services

VIP Skin Workshop/Consultation powered by Reveal

A personalized, skincare analysis via Reveal technology followed by a 1:1 tutorial guided by our skincare expert.

Benefits: *hands-free, interactive, guided treatment*

59

Couples Massage Workshop

Take direction from our body care expert who will share our massage secrets and techniques in this personal session for two. The lesson includes an ELEMIS body oil to take home.

Benefits: *shared experience, relaxation, self-care, hands-free*

69

Hand Rescue Remedy (Deluxe)

Restore dry hands from constant hand washing with the gentle layering of nutrient-rich, hydrating ingredients paired with an indulgent and circulation-boosting massage.

Benefits: *hydrate, heal, restore*

39

Hand Rescue Remedy (Essential)

An abbreviated version to address dry hands and recover them in the shortest amount of time.

Benefits: *speed spa service, heal, hydrate*

29

All prices are in US dollars. An 18% gratuity will be applied to your final bill.



Pain Management and Comfort

Acupuncture

A safe, natural way to treat an extensive list of symptoms and conditions, including acute and chronic discomfort such as sciatica, joint, muscle and arthritic pain. Acupuncture is a form of traditional medicine in which thin needles are inserted into the body to stimulate endorphins – the body’s natural production of anti-pain chemicals, increase circulation, and interrupt the neurotransmission of pain.

50 minutes

199

Acupuncture enhancements

Electroacupuncture*

Combines acupuncture with a TENS Unit (transcutaneous electrical nerve stimulation), which uses electrodes to stimulate the nerves in an affected area. The electric pulses send a message to the brain that blocks pain signals. Electroacupuncture should not be used on guests who have a history of seizures, epilepsy, heart disease, strokes, or on patients with pacemakers.

Complimentary

Cupping*

A traditional form of alternative medicine, we use a fire-free cupping technique in which special cups are placed on the skin to create a suction used to move long-standing congestion, eliminate chronic inflammation, and assist in the restriction of movement.

39

Chinese herbal supplements

Herbal Pain Relievers

Chinese herbs are integral to Traditional Chinese Medicine and have been used for thousands of years to help with pain conditions.

These three herbal remedies can assist with pain:

- JOU® Back and Knee Formula – an herbal remedy specifically for back and knee pain
 - JOU® Joint Remedy – an herbal formula for joint pain
 - JOU® Ache Ease – a general herbal pain killer
- In addition to these capsules, we offer menthol and camphor products for external application that can provide instant relief. Our Instant Refreshing Gel is among our most sought-after products to address pain on board. Consult a certified pain professional for pain relief recommendations.

99

Massage therapies

Aroma Spa Seaweed Wrap with Massage

The power of aromatherapy is combined with the riches of the ocean in this deeply warming treatment. A heated seaweed mask containing a blend of essential oils is applied to your body before you are cocooned in a warm wrap. As you relax, our natural ingredients will detoxify, decongest and stimulate your body systems. Treatment includes either half or full-body massage.

100 / 75 minutes

299 / 249

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.

100 minutes

299

Comfort through wellness

Good Feet® Footprint Analysis

These custom arch support insoles are designed to help reduce foot, leg, back and hip pain. A range of styles and sizes allows guests to be fit with the individualized supports that meet their needs, foot type, shoes, lifestyle and overall comfort. Please see your onboard personal trainer for a complimentary consultation and fitting.

Complimentary

**Service enhancers added into your service without adding time.
All prices are in US dollars. An 18% gratuity will be applied to your final bill.*



Kids & teen

- ♥ These favorite services are teen approved.
- 😊 These spa treats are for kids 4-12.
- ★ These spa treats are for kids 13-17.

“Knot” your average massage

♥ Heavenly Massage

Let it go. Banish your worries, shrug off the stress. Teen pressures are soothed with this heavenly treatment of pure serenity. Our sweetly scented Swedish massage includes a focus on the scalp, neck and shoulders to release pent-up tension. Doze off and dream. Find yourself floating in the clouds.

50 minutes

99

★ Twin Souls

Mother–Daughter Massage – Like mother, like daughter. Twinsies at heart and soul, together experience a side-by-side massage that is both relaxing and indulgent. We promise to ‘butter’ you up and hydrate the skin, leaving you deliciously scented. Find your tropical paradise.

50 minutes

279

★ Father Time

Father-Son Massage – Time for some father and son chillaxin’. Stop the clock and start the timer for 50 minutes of manly bonding during a side-by-side massage. There’s no doubt, our stress-free zone is the perfect time out for a doo-‘dad’-day. Find your chill factor.

50 minutes

279

Insta-fave facials

♥ Superfood Insta-Glow Facial

A superfood smoothie for instantly healthy, glowing skin. Purify and recharge your skin with a blend of supergreens, including Avocado, Broccoli and Kale. Our Veggie Mask and power-boosting Oxygen Infusion will leave your skin fresh and glowing for the perfect #superfood selfie!

50 minutes

149

Clear Skin Multi-Mask Facial

A power-cleanse facial to de-clog, smooth and refine problem skin. We’ll deep clean your skin and exfoliate, then let LED light technology work its magic to help clean and calm breakouts and redness. You then get the chance to have fun multi-masking. Experiment with our balancing and brightening face mask combos to prepare your skin for the perfect #multimask selfie!

50 minutes

149

Skintastic scrub

Ginger Glow

A tinge of ginger, a dash of salt, a sprinkling of lime – the perfect recipe for glowing skin. Our Lime and Ginger Salt Glow is polished on to smooth out dryness, leaving a new layer of skin that is ready for the limelight.

25 minutes

65

Spa adventures

♥ Fangirl

Be your own fangirl or style yourself like one you admire. Start your transformation with a Superfood Insta-Glow Facial for dazzling, dewy skin. Then, mark these musts off your check list: mani-pedi – a definite cure; a change of tresses – for sure; a hint of makeup – for allure. Includes Facial, Magical Manicure, Soul Mate Pedicure, Blow Dry, and Makeup Lesson with Application. Additional fee applies for Semi-Permanent Color.

3 hours

285

♥ Teen Spirit

It’s like warm soup for the soul. A Heavenly Massage will work wonders for the body, saying goodbye to teen stress and nourishing your aura with positive vibes. Let worries disappear as you clear the mind as you tend to your skin with choice of Superfood Insta-Glow Facial for radiance or Clear Skin Multi-Mask Facial to shape up problem skin. It’s a karmic connection for the mind and body to boost your teen spirit.

100 minutes

198

Salon My hair – mom bought it. My nails– dad’s got it. You like my look, gee thanks ... I rock it.

♥ Colorful Hair

Like a highlighter for the hair, this pop of color will bring out the chameleon in you. Choose from 8 vibrant shades. Lasts up to 12 washes. Add to any salon service.

from 49

Glossing

It’s the gloss that listens and makes the hair glisten. Add a sun-kissed flair to your hair that last 12 weeks. Add to any salon service.

from 69

♥😊 Magical Manicure

Simply spellbinding, let your fingers feel the magical powers of nail wizardry. A skin-smoothing hand scrub softens forearms and hands followed by a deeply hydrating massage. Nails are preened, filed, shaped and polished. Amp up your manicure with cool nail art designs for an additional fee.

25 minutes

29

♥😊 Soul Mate Pedicure

The daring diva who sits on the pedicure throne will stand on two new feet. Your footsies will walk on air after experiencing this delightful treatment. Get glammed up with an eye-popping nail polish shade of your choice. Add nail art for an additional fee. Also available for dudes.

45 minutes

39

♥😊 Fancy footwork, Nail Design and more

Glitzy Pinkies <i>(a touch of sparkle on the nails)</i>	15
Mood Change <i>(polish change for the hands)</i>	15
Toe Touch Up <i>(polish change for the feet)</i>	15
Nail Art Design <i>(where available)</i>	15

♥😊 braid, bun, blow dry, and beyond

Beauty Bun <i>(without blow dry)</i>	from 49
Tangled Braid <i>(without blow dry)</i>	29
Mermaid Locks <i>(without blow dry)</i>	19
Bella Half Do <i>(without blow dry)</i>	29
Blow Dry	29
Just Cutz	25

Color guard — paint your canvas

Makeup Lesson

Learn, apply and repeat at home. This guided lesson teaches teens how to apply their makeup in an age-appropriate manner. We’ll walk through the process of selecting colors that show off your natural beauty and provide a ‘foundation’ by helping establish a daily skincare routine.

45 minutes

89

Brows on Point

This maintenance-must is essential in removing unwanted fuzzies from your eyebrows.

15 minutes

35

All prices are in US dollars. An 18% gratuity will be applied to your final bill.

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 Lotus 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 Pulse 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 turn off your mobile phone and electronic devices upon arrival.

Ensuring a wonderful spa experience

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

Service charge

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 recommend 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 with- out a receipt can be exchanged for either services or products.

Special offers in port

Check your daily Princess® Patter, stateroom television, or contact Lotus Spa to learn about in port and special occasion offers as well as to learn about seminars and fitness class times.

Smoking

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

Timetospa at home

Relaxation is achieved through daily practice. Your therapist will be happy to recommend a home care regimen to continue your treatment. Replenish products purchased at www.timetospa.com.

Customer service

c/o OneSpaWorld 1-855-848-3059
customerservice@onespaworld.com.

Operated by OneSpaWorld, a global wellness provider.

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