



MANDARA  
— SPA —

*Transcend. Transform. Trust the Moment.*





WELCOME TO

# Mandara Spa

Imagine the mystery of the East meeting the science of the West. Imagine boundaries ceasing to exist. Imagine science and nature dancing together in perfect harmony. And then imagine Mandara Spa onboard Norwegian Cruise Line. Here, science and nature; practicality and mystery; beauty and peace are intertwined offering an experience that is as luxurious as it is therapeutic and as magical as it is real. Imagine.

**Indulge in our relaxation facilities before your treatment...**

#### **Mandara Thermal Suite\***

Like a passage toward ultimate relaxation, the Thermal Suite is based on the traditional Turkish Baths, where friends and family would spend the day relaxing together. Here, we have different herbal steam and sauna grottos that cleanse the body with gentle heat. Heated chaise lounges and tropical shower features make this both a cleansing and relaxing experience.

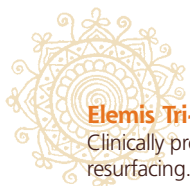
#### **Mandara Thalassotherapy Bath\***

Taking the waters is seen as a healing and relaxing experience in all cultures. The Mandara Thalassotherapy Bath is a therapeutic water pool that has been based on the concept of a natural bubbling spring. As you bathe in its effervescence, all your worries and stiff and sore joints will simply wash away.

\*This relaxation facility may not be available on your cruise.



# Signature Facial



## **Elemis Tri-Enzyme Resurfacing Facial**

Clinically proven enzyme therapy for skin resurfacing. This revolutionary facial is proven to reduce the appearance of fine lines, acne, superficial facial scarring, and uneven skin pigmentation, revealing a renewed level of clarity to the complexion. After just one session, this facial can resurface the skin up to 75% and leave your skin up to 32% smoother.\*

**50 MINUTES**

## **Elemis Pro-Collagen Quartz Lift Facial**

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Empowered with Quartz micro-crystals and the anti-oxidant properties of other precious minerals, this treatment is proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just one session. It will slow down the visible signs of aging, leaving skin firmer and uplifted.\*

**50 MINUTES**

## **Elemis Oxydermy Facial**

Now you can fight lines, wrinkles, spots and get the radiant glow that's been eluding you. Let us pamper your skin with our new cutting-edge technology that brings Microdermabrasion and Oxygen together in one luxurious treatment. We will cleanse, polish, and massage your skin into sweet oblivion using our new dual Microdermabrasion/Oxygen system and Elemis skincare.

**50 MINUTES**

## **La Therapie HydraLift Facial**

The appearance of fine lines and wrinkles are reduced as galvanic frequency and specialized ingredients treat the deeper layers of the skin where cell renewal takes place. The stimulating effects of high frequency will boost circulation and enhance oxygen absorption, resulting in a smoother complexion that will leave your skin looking youthfully radiant after just one treatment.

**50 MINUTES**

# als

## **Elemis Face and Body Sensation**

Pure body indulgence with exceptional anti-aging results! Your Elemis therapist will customize a unique ice-cool thermal muscle massage to your specific problem areas, alleviating stress and easing aching muscles. While your body is in a pure state of blissful relaxation, you will receive the Elemis Tri-Enzyme Facial to smooth your skin and restore your radiant glow.

**50 MINUTES**

\*Independent Clinical Trails, 2006/2007





# Signature



## **Thai Herbal Poultice**

This energizing, rhythmic massage utilizes scented herbal poultices that are heated and 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 MINUTES**

## **Bamboo Massage**

Imagine warm bamboo shoots of various sizes soaked in essential oil rolling, sliding and massaging your muscles, bliss. 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.

**50 or 75 MINUTES**

## **Ionithermie Cellulite Reduction Program**

This unique therapy detoxifies the body, reduces the appearance of cellulite and offers substantial inch loss. Galvanic stimuli propel rich marine elements into affected areas to drain fluid, smooth skin and give body more definition. For optimal results a course of 3 is recommended.

**50 MINUTES**

# Body Treatments

## Mandara Hot Stone Heaven

This indulgent and therapeutic massage uses the power of touch and aroma with heated Basalt stones to soothe away stiff and sore muscles. In Polynesia it is believed that the river rocks harness the healing power of the water that flows over them. As your therapist massages your body with the stones, you will believe they are right.

**75 MINUTES**

## Elemis Aroma Spa Seaweed Massage

Combining the power of the ocean with the healing effects of aromatherapy, this treatment is excellent for soothing aches and pains, fibromyalgia, arthritis and sore muscles. A heated seaweed mask containing a warming blend of essential oils is applied before you are cocooned in a comforting wrap. As you relax, you will receive a scalp and foot massage, followed by your choice of a half or full body massage.

With half body massage **50 MINUTES**  
with full body massage **75 MINUTES**

## Elemis Body Sculpting Cellulite and Colon Therapy

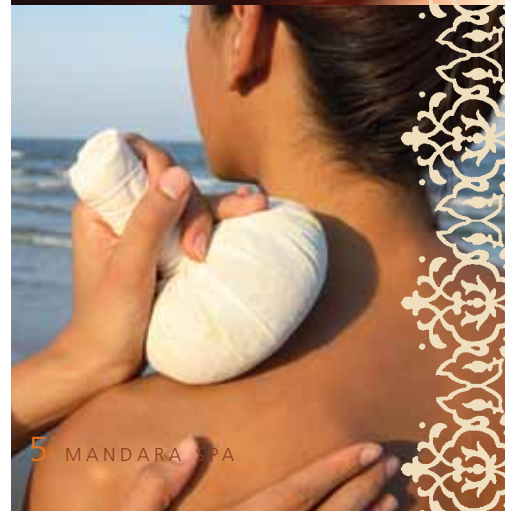
This treatment is clinically proven to improve the appearance of stubborn cellulite and sagging skin with advanced formulations that achieve rapid results. A detoxifying body mask is combined with specialized drainage massage techniques to break down fatty deposits, cleanse the digestive system, eliminate toxins, and improve texture of the skin.

**50 MINUTES**

## Elemis Exotic Lime & Ginger Salt Glow

An exotic exfoliation ritual to invigorate and bring vitality to face and body. Warm oil is dripped luxuriously over your body before our Lime and Ginger Salt Glow is applied, leaving skin replenished and vibrant. After rinsing away the salts, you will receive a muscle melting massage.

With half body massage **50 MINUTES**  
with full body massage **75 MINUTES**





# A Fit Healthy



## BEAUTY AND WELLNESS

### Acupuncture the Point of Well-Being

Acupuncture is one of the fastest growing alternative and integrative solutions to health issues. Based on the ancient Chinese healthcare system, your acupuncturist seeks to unblock any latent energy in the body which causes disharmony. Your onboard acupuncturist is certified to safely and effectively treat a variety of symptoms and conditions.

First Acupuncture Session **50 MINUTES**

Additional Session up to **45 MINUTES**

### Medi-Spa

Now you can return home from vacation completely refreshed with our safe and effective Medi-Spa Cosmetic Treatments available onboard. Increase volume and fullness in the lower face with the FDA approved dermal fillers Restylane® and Perlane®. Soften fine lines and wrinkles of the upper face with FDA approved BOTOX® and DYSPORT®. In just minutes you can expect amazing results without any downtime. Call the spa to book your free consultation today.

**30 MINUTES.**

### GO SMiLE Tooth Whitening

Your smile is the outward expression of your inner beauty. A beaming smile makes you look younger, more radiant and confident. Are you ready to smile? Then try our advanced GO SMiLE Tooth Whitening Treatment. It's a safe and effective way to take your smile from dull to dazzling in just minutes.

**30 MINUTES**

### Barber-on-Board... Time for Men Grooming Services

See our smooth menu of services created especially for the guys. While seated in a traditionally inspired barber's station, he can enjoy one of our luxurious deep cleansing shaves. Complete with facial massage and steaming hot towels, his skin will feel smoother than ever. For the man who wants more, we also offer complete facial and body treatments designed just for men.



# Body



## ONBOARD FITNESS PROGRAM

### Individualized Personal Training

The physiology of the body is extremely complex and everyone needs to discover exercises that will enhance inner health and physical strength. Personal training is your unique prescription toward a healthy and strong mind and body.

**60 MINUTES**

### Nutritional Consultation

The best way to control weight is with a commitment to a lifelong sensible eating plan combined with regular exercise that can be designed by our onboard Fitness Professionals. Are you ready to start eating right for your body? Learn how with an in-depth Nutritional Consultation.

**60 MINUTES**

### Body Composition Analysis

By using our Body Composition Analysis device, our fitness professionals will determine your body fat percentage, rate of metabolism and water retention level and then compare the results to the percentage recommended for you.

**30 MINUTES**

### SPECIALIZED CLASSES

In addition to our complimentary exercise classes available onboard, we also offer the following specialized classes:

### Body Sculpt Boot Camp

Boot Camp is a blood pumping, throat clearing, endorphin releasing reason to get out of bed every day. The program consists of four specifically designed workouts to challenge the mind, body, and resolve of every individual who takes the challenge.

**4 x 30 MINUTE SESSIONS**

### Pathway to Yoga

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

**45 MINUTES**

### Pilates

This exercise system combines posture and controlled moves. Our class is mat based and good for all levels of students.

**45 MINUTES**

### New Body Cycling

If you love to cycle outdoors, then you are going to love the New Body Cycling program indoors. Coast downhill or climb your personal mountain with this smart way to reshape your body.

**45 MINUTES**



# Salon Favorites



## Phyto Hair Conditioning Treatments

Phyto is a botanical blend of powerful plants and herbs that helps repair the structure of the hair and nourish both scalp and follicle, roots and ends. Opt to have a luxurious and nourishing Phyto treatment. Choose from Phyto Thirst Quencher, Rescue Remedy, or Botanical Bliss.

**30 MINUTES**

## Phyto Color Guard treatment

**15 MINUTES**

## Elemis Frangipani Conditioning Hair and Scalp Ritual

Monoi Oil has been used for centuries in Tahiti to soften the skin and hair. After cleansing your hair, enjoy a deep scalp massage for fifteen minutes using this precious ingredient that eases away stress and leaves hair shiny.

**25 MINUTES**

## Fire and Ice Manicure and Pedicure

Your nails are one of your most important accessories, so keep them beautiful with these invigorating treatments that will warm your spirit and cool your stress. Using a combination of therapeutic cooling gels and the warmth of massage using a heated stone, your skin will be smoother and your nails will be nourished and polished to perfection.

**50 / 60 MINUTES**

## 14 Day No Chip Manicure and Pedicure

No drying time. No chipping. No smudging. These tough as nails treatments use a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color and perfect finish. Providing excellent 14 day wear and comfortable protection, once the Shellac coating has been applied, you are free to go about your day to flaunt your gorgeous nails!

**25 / 45 MINUTES**

## Elemis Hand Ritual with Manicure

Warmed aromatherapy oils nourish and condition, while the sublime sensation of milk lavishes its richness and healing action on your skin. Our Exotic Hand Ritual includes a complete traditional manicure.

**45 MINUTES**

## Elemis Sole Delight Ritual with Pedicure

Elemis Sole Delight Ritual with Pedicure This is the most rejuvenating foot therapy. You will walk on air when you indulge your feet in warmed aromatherapy oils combined with the decadence of milk. This exquisite treatment includes a traditional manicure.

**55 MINUTES**

See price list for complete list of services.



## SPA TIPS

### Mandara Spa Location

The spa, salon and fitness center are located on Deck 14 Aft.

### Mandara Spa Hours

The spa is open from 8 am until 10 pm. On the last day of the cruise, we are open from 8 am to 8 pm.

### Spa Attire

You will be provided with a robe before your spa treatment. We recommend that you leave your underwear on during your spa service; however, treatments may be enjoyed without clothing if that is your preference. Our therapists will always use draping techniques to respect your privacy.

### Minimum Age

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.

### Cancellation Policy

Please give us 24 hours notice before canceling your appointments or your onboard account may be charged with 50% of your treatment cost.

### Your Experience

We hope Mandara Spa has inspired you to achieve beauty and wellness during your journey and beyond. If we can enhance your spa retreat in any way, please let us know.

### Prices & Service Charge

For your convenience an 18% service charge will automatically be added to your spa and salon services.

### Cell Phones

It is recommended that you leave your cell phone in your stateroom. If you must have it with you, please turn it off when you enter the spa. This will help ensure that you, as well as everyone else, receives the most beneficial treatment.

### Smoking

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

### 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 receipts can be exchanged for either services or products.

### timetospa 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. For more information on our services or products visit [www.timetospa.com](http://www.timetospa.com) or call 1-800-423-5293 to order.

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



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