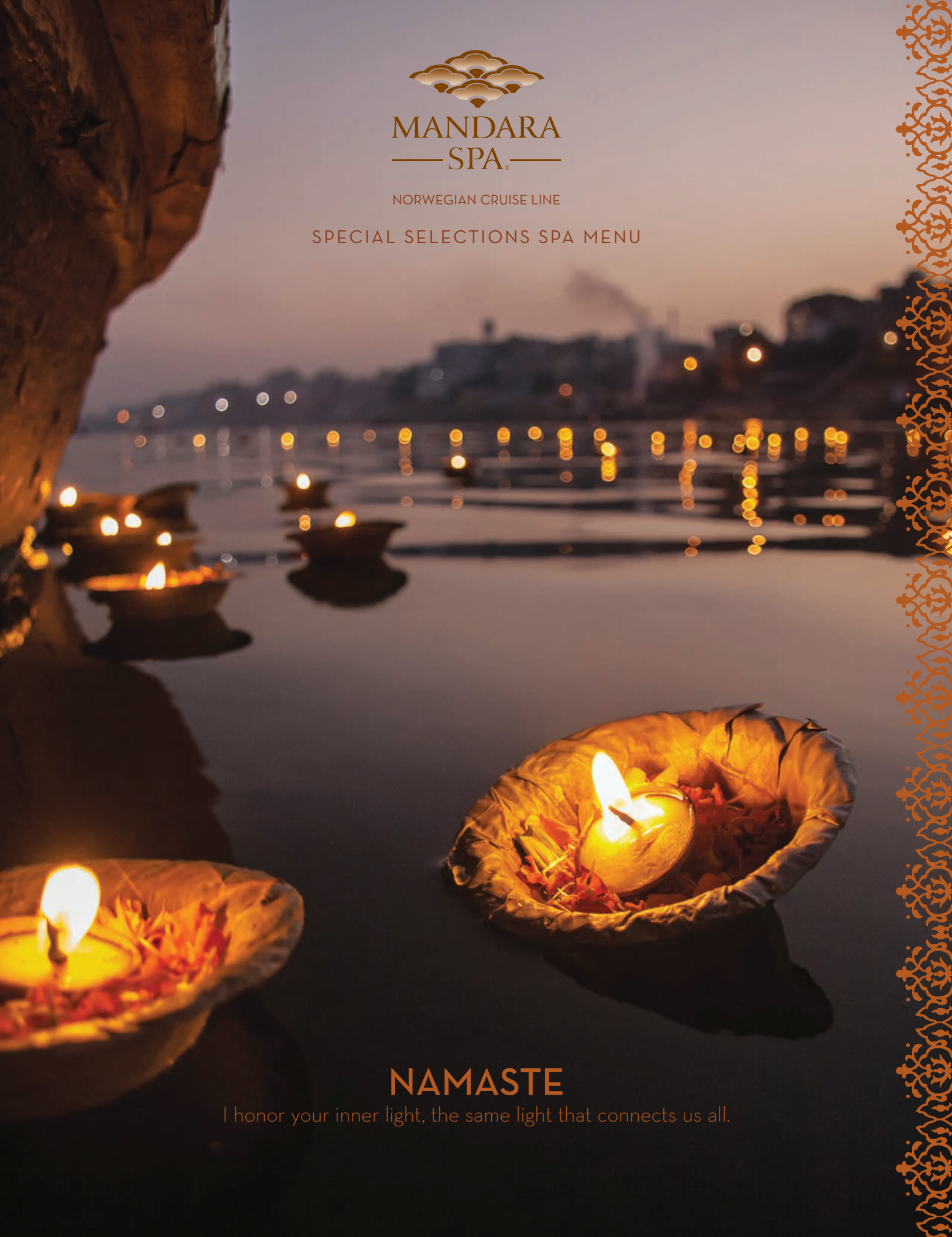




MANDARA
— SPA —

NORWEGIAN CRUISE LINE

SPECIAL SELECTIONS SPA MENU



NAMASTE

I honor your inner light, the same light that connects us all.





TRANSCEND. TRANSFORM

Imagine the mystery of the East meeting the science of the West. Imagine boundaries ceasing to exist. Imagine science completely. This is our offering to you: treatments that promise the balance of science and nature; practicality and m

FACE OF BEAUTY

ELEMIS BIOTEC FACIALS*
BIOTEC facial treatments are where ground-breaking 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 results? Thriving, visibly healthy, and energized skin. Select from any of eight BIOTEC anti-aging and skin solution facials. Book a complimentary consultation to select the best facial for your concerns.
50 minutes \$165

LA THÉRAPIE HYDRATÉRIE SKIN NUTRITIVE FACIAL*
After deep cleansing, your skin will be resurfaced using Orbital Microdermabrasion. A lifting massage and prescriptive treatment mask are followed by an O2 Infusion which helps to plump out wrinkles. Instantly brightens a dull complexion.
50 minutes \$189

ELEMIS PRO-COLLAGEN AGE DEFY
Tackle fine lines and wrinkles with the clinically proven,* age-defying benefits of marine-charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger-looking skin.
50 minutes \$145
*Independent Clinical Trials, 2007

BODY OF PEACE

ELEMIS AROMA STONE THERAPY
Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, while luxuriously warmed oils are massaged deeply into the body for maximum relaxation.
50 minutes \$159
75 minutes \$209
90 minutes \$229

THAI HERBAL POULTICE MASSAGE
Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.
75 minutes \$195
*Independent Clinical Trials

COCONUT POULTICE MASSAGE
Surrender mind and body to the healing and nourishing benefits of gently steamed, coconut-filled muslin poultices as they penetrate and relieve every sore muscle. Combined with hands on healing massage techniques, this treatment is nothing short of divine. Recommended for dry skin.
50 minutes \$155

BAMBOO MASSAGE
Imagine warm bamboo shoots of various sizes and essential oils rolling, sliding and massaging your muscles into pure 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 minutes \$169
75 minutes \$209
90 minutes \$235

BODY OF LOVE

Treatments for two.

COUPLES MASSAGE
In our private spa therapy room reserved for couples, you and your favorite person can enjoy a gorgeously relaxing full body massage as you lie side by side. Choose from Swedish, Deep Tissue, Bamboo or Aroma Stone Therapy massages. Prices based on Swedish Massage. Select another category for an additional fee.
50 minutes from \$259
75 minutes from \$369
90 minutes from \$445

COUPLES MASSAGE & BATHING RITUAL
This most romantic of rituals will indulge you both from head-to-toe in a secluded private setting. Both of you will enjoy a deeply relaxing massage, followed by a warm and soothing Bathing Ritual that will renew your spirit and enhance this special occasion. Choose from Swedish,

Deep Tissue, Bamboo or Aroma Stone Therapy massages.
50 minutes from \$269
75 minutes from \$325
90 minutes from \$429

BODY OF PROMISE

IONITHERMIE CELLULITE REDUCTION PROGRAM
This unique therapy detoxifies the body, reduces the appearance of cellulite and offers substantial inch loss. Galvanic stimuli propels rich marine elements into affected areas to drain fluid, smooth the skin and gives the body more definition.
50 minutes \$159

IONITHERMIE CELLULITE REDUCTION PROGRAM
Course of three \$299

ELEMIS AROMA SPA SEAWEED MASSAGE
Choose Cellutox to detoxify or Musclease to soothe sore muscles and joints. The power of aromatherapy is combined with the riches of the ocean in this deeply warming treatment. A heated seaweed mask containing a warming blend of essential oils is applied to your body before you are cocooned in a warm wrap. Treatment includes either a half or full body massage.
75 minutes \$209
100 minutes \$259



M. TRUST THE MOMENT.

ence and nature dancing together in perfect harmony. And then, imagine a spa experience that mirrors this ideal mystery; beauty and peace and an experience as luxurious as it is therapeutic and magical as it is real. Namaste.

BODY OF WELLNESS

ACUPUNCTURE*

Safely administered by our licensed Acupuncturist.

This ancient practice is integral to Traditional Chinese Medicine and can be used exclusively to enhance well-being holistically, or integrated with conventional health care techniques. Please see our main brochure for a list of symptoms that have been successfully addressed by acupuncture. Book in for a complimentary consultation.

◆ First Acupuncture Session
50 minutes \$169
Additional Sessions \$125+

MEDI-SPA SERVICES

RESTYLANE® DERMAL FILLER TREATMENTS*

Safely administered by our licensed Medi-Spa Physician.

Restore youthful contours on the lower face and lips by replacing lost volume and fullness. Results are instant and last six months or longer. Dermal Fillers soften and smooth smile lines, marionette lines, lip lines and can also be used to enhance thinner lips by adding volume.

30 minute sessions
Priced by consultation.

DYSPORT® TARGETED WRINKLE TREATMENTS*

Soften fine lines and wrinkles on the upper face for a refreshed, youthful appearance. Results are visible within days and last up to four months. Wrinkle treatments can be used to

soften and smooth frown lines, forehead lines and crow's feet.

30 minutes
Priced by consultation.

THERMAGE® SKIN TIGHTENING TREATMENTS

A premier non-invasive skin-tightening therapy that uses radio frequency to improve the appearance of sagging or loose skin on the face and body. Tighten and contour the face, neck or tummy in just one treatment.

30 minute sessions
Priced by consultation.

BODY OF MAN

◆ ELEMIS PRO-COLLAGEN GROOMING TREATMENT WITH SHAVE

Known as the "shave of all shaves," this youth enhancing treatment will leave his skin looking and feeling revitalized. This signature grooming service includes the Express Shave, an anti-aging mini facial and luxurious face, scalp, hand and arm massage.

55 minutes \$95

◆ ELEMIS HIGH PERFORMANCE SKIN ENERGIZER

The hard-working facial for aging, dehydrated skin and tired eyes. It maximizes cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

50 minutes \$129

BODY OF PERFECTION

KERATIN EXPRESS BLOW OUT

Say goodbye to frizz in just one hour with the new Keratin Complex Smoothing Therapy Express Blow Out. In 60 minutes you will be frizz free for up to 6 weeks. You will be able to wash your hair 8 hours after the treatment!

Keratin Express Blow Out short/med

60 minutes \$149

Keratin Express Blow Out long

60 minutes \$179

◆ Keratin Express Blow Out with cut short/med

60 minutes \$175

◆ Keratin Express Blow Out with cut long

60 minutes \$199

PHYTO HAIR CONDITIONING TREATMENTS

Phyto is a botanical blend of powerful plants and herbs that help repair the structure of the hair and nourish both scalp and follicle, roots and ends. Choose from Thirst Quencher for dehydration, Rescue Remedy for damaged or Botanical Bliss for a nourishing boost. Ask about Phyto Color Guard to help preserve your hair color after swimming and sunbathing.

Thirst Quencher, Rescue Remedy, Botanical Bliss

30 minutes \$49

Phyto Color Guard

15 minutes \$29

FIRE AND ICE MANICURE/ PEDICURE

Your hands and feet are one of your most important accessories, so keep them beautiful with this invigorating manicure and/or pedicure that will warm your spirit and cool your stress. Using a combination of therapeutic cooling gels and the warmth of massage with a heated stone, your skin will be smoother and your nails will be nourished and polished to perfection. You choose. Manicure, pedicure, or both!

◆ Fire and Ice Manicure and Pedicure

110 minutes \$120

Fire and Ice Manicure

50 minutes \$50

Fire and Ice Pedicure

60 minutes \$70

SHELLAC 14 DAY NO CHIP MANICURE/PEDICURE

This tough as nails manicure and/or pedicure uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color and perfect finish and lasts for 14 days.

Shellac 14 Day No Chip Manicure

30 minutes \$45

Shellac 14 Day No Chip Pedicure

45 minutes \$59

FACILITIES INSPIRE WELLNESS

HYDROTHERAPY COURTYARD*

Relax in our Thermal Suite inspired by the ancient Turkish and Roman Baths. Fitted with dry heat, steam chambers, monsoon like hot and cold showers and heated benches, you can linger in solitude or with friends. Ask about our evening spa events in the Thermal Suite.

SNOW PARADISE

EXCLUSIVE TO THE NORWEGIAN BLISS AND NORWEGIAN ESCAPE

After warming up in the Thermal Suite, cool off in Snow Paradise. This ultra-cool experience is set at -10°C to enhance blood circulation and respiratory system. Upon entering, inhale and exhale deeply in order to refresh your airways. Spend about 2 minutes and then take a shower and relax for a few moments. Some restrictions may apply. Please see front desk for contraindications.

SALT ROOM

EXCLUSIVE TO THE NORWEGIAN BLISS, NORWEGIAN BREAKAWAY, NORWEGIAN ESCAPE, AND NORWEGIAN GETAWAY

This precious mineral is vital for our health. The Salt Room is filled with Himalayan Salt creating a healing oasis akin to ancient natural salt caves. Sit in the salt cave alone or with others, inhale deeply to get the full benefits.

15-20 minutes

PULSE FITNESS CENTER

Visit our spacious facility which boasts the latest in fitness technology, specialized classes, seminars and personalized exercise programs. Here are a few must tries!

RESULTS-BASED TRAINING (RBT)

This scientifically backed functional fitness program offers maximum results in minimum time. A short, intense circuit keeps the blood circulating for the entire session.

3 x 30 minute sessions \$99

PERSONAL TRAINING (PT)

One-on-One PT focuses on you and your needs. Includes an in-depth consultation and Body Composition Analysis. **BOOK 3, GET ONE FREE!**

60 minutes \$85

◆ INBODY570® BODY COMPOSITION ANALYSIS*

Know yourself inside and out with InBody570 which provides the most comprehensive muscle and fat diagnosis available. Understanding your body's inner health helps us to deter-

mine the best way forward to achieve your wellness goals.

60 minutes \$99

BODY SCULPT BOOT CAMP

Perspiration guaranteed! Boot camp is a spirit soaring, throat clearing, endorphin releasing reason to get out of bed everyday. You will also receive a complimentary Metabolism Test.

4 x 30 minute sessions \$120

INDOOR CYCLING

If you enjoy cycling outdoors, then you are going to love the Indoor Cycling programme indoors. Coast downhill or climb your personal mountain with this smart and invigorating way to reshape your body.

45 minutes \$25

TRX® SUSPENSION TRAINING®

TRX® Suspension Training® tightens your core and enables you to perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

45 minutes \$20

FIGHT KLUB

Master any skill from jabbing, punching, ducking and diving. Our signature classes are delivered by motivated and experienced coaches in a dynamic group fitness setting on and off the bag.

45 minutes \$25

3 class pass \$60

RYDE

Powered by MyZone, RYDE is an indoor cycling class integrating technology to track your intensity and enhance your future workout results. The combination of modern and old school music will fuel the atmosphere for an upbeat, high-energy workout where you will leave every class with a great feeling of achievement.

45 minutes \$20

UNLIMITED CLASS PASS

Begin your vacation guilt-free by signing up for our unlimited class pass. Not sure what to choose? Have the ability to do it all. Work your core, burn serious calories, condition your whole body. Our class list and schedule allows you to build-in workouts at your leisure. Limited spaces available.

Up to 4 days \$39

5 to 7 days \$79

8 days or more \$99

SPA TIPS

To ensure your Mandara Spa experience is enjoyable from beginning to end, please review our spa tips.

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

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 is important to us. If we have not fulfilled our promise to you, please visit the spa reception desk to ensure we remedy your experience.

SPA ATTIRE Spa robes will be provided upon your request. We recommend 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 Pulse 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.

10.20.30 SIGNATURE SERVICES PROMOTION Our signatures are indicated with f When you book three signature services you will receive 10% off your first, 20% off your second and 30% off your third. Treatments cannot be shared with others. All treatments must be booked and paid for in advance. This promotion is subject to availability.

MOBILE PHONES It is recommended that you leave your mobile 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 or call 1.800.423.5293 to order.

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