

MANDARA  
— SPA. —

**SPA, SALON AND FITNESS MENU**

## *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's fine fleet. 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.



## Prepare to Relax...

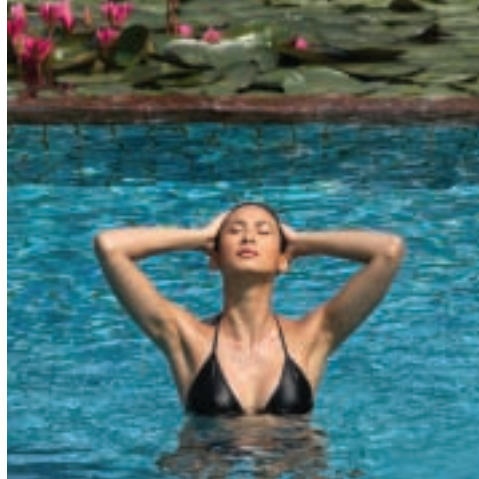
### INDULGE IN OUR RELAXATION FACILITIES BEFORE YOUR TREATMENT...

#### **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.



*Transcend. Transform. Trust the Moment.*

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

# Specialty Treatments

## **GoSMILE Tooth Whitening**

Arguably the best feature of any face is the smile that emanates from it. So, nurture one of the most important qualities you have, with GoSMILE whitening treatment for your teeth. Our tooth whitening treatment will lighten and brighten your smile in just minutes. Come and see us for a free consultation. Couples treatments available. 30 MINUTES

## **Ionithermie Cellulite Reduction Program**

Ionithermie is the leading body correction therapy in Europe. Created by a surgeon in France, Ionithermie helps to reduce cellulite and water retention levels, firms and tones the skin, and detoxifies the body. By using two gentle stimuli, we will treat areas prone to cellulite such as the stomach, thighs and buttocks. Combining 21st century technology with specially selected sea algae, you can lose between 1-8 inches in just one session. For ultimate benefits and detoxification, we recommend you book in for a course of three treatments during your cruise. 50 MINUTES

## **La Thérapie HydraLift Facial**

The appearance of fine lines and wrinkles will be reduced as galvanic frequency and our 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

## **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 to your body before you are cocooned in a comforting foil wrap. As you relax, you will receive a scalp and foot massage, followed by your choice of a half or full body massage. 75/100 MINUTES

## **Barber-on-Board... Grooming for Men**

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.

## **Mandara Spa Ritual**

This wonderfully relaxing ritual will delight you from the soles of your feet to the tingling top of your scalp! Combining the Elemis Pro-Collagen Marine Facial for skin vitality with our sublime Elemis Deep Tissue Muscle Massage or Swedish Massage, this ritual will refresh your spirit and strengthen your vital energies. 100 MINUTES

See last page for a complete list of services.



## *Acupuncture* the Point of Well-Being

### **Facial Rejuvenation**

Get a younger, more vibrant look without undergoing an invasive procedure. This natural approach to anti-aging uses acupuncture needles to reduce lines and wrinkles. 90 MINUTES

### **Pain Management with Acupuncture**

If you want to relieve aches and pains, this acupuncture treatment is for you. This pain management therapy will reduce or eliminate chronic back, neck and joint pain. 60 MINUTES

### **Weight-Loss Acupuncture**

Having trouble shedding those extra pounds? This acupuncture treatment will help you lose weight safely and effectively. 60 MINUTES

### **“Just to Try ” Acupuncture**

Curious about acupuncture and how it can benefit you? Try this special introductory treatment. 60 MINUTES

### **Stress-Free Acupuncture**

Melt away stress and worries with this deeply relaxing form of acupuncture. By focusing on specific acupoints, the healing touch of acupuncture will refresh mind, body and soul. 60 MINUTES

### **Detox Acupuncture**

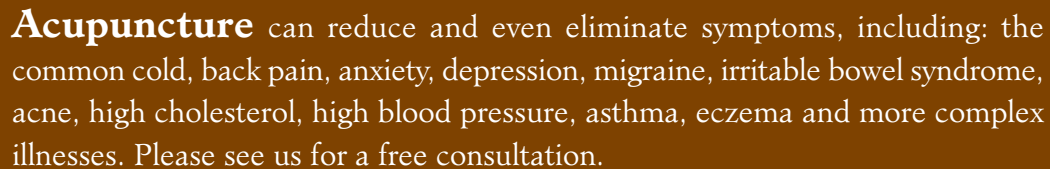
Restore harmony and balance in your channels and meridians by eliminating toxins. This detox treatment will cleanse the body, boost metabolism and build vital energy. 60 MINUTES

### **Stop Smoking**

Kick the habit. This safe and natural treatment can be as effective as the patch or other methods used to stop smoking. 60 MINUTES

### **Sea Sickness**

This treatment is designed to relieve motion sickness commonly associated with sea travel. 60 MINUTES



**Acupuncture** can reduce and even eliminate symptoms, including: the common cold, back pain, anxiety, depression, migraine, irritable bowel syndrome, acne, high cholesterol, high blood pressure, asthma, eczema and more complex illnesses. Please see us for a free consultation.

# Onboard Fitness Program

**If getting physical is on your itinerary this cruise, head to the onboard Fitness Center for the workout program your body needs to look its best. The Fitness Center offers the following services:**

## **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

## **Metabolism Test**

One of the major causes of health problems is an imbalance within the body's composition. 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:

### **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

### **Elemis Frangipani Conditioning Hair and Scalp Ritual**

We use rich Frangipani Monoi Oil, which is legendary for its ritual uses in Tahiti. After cleansing your hair, enjoy a deep scalp massage using this precious ingredient that eases away stress and leaves hair shiny. 25 MINUTES

### **Elemis Exotic Hand Ritual with Manicure**

Simply beautiful. Pure pampering for your hands and nails to restore beauty and suppleness. 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 with Pedicure**

Warmed aromatherapy oils nourish and condition your feet and nails while the decadence of milk and Exotic Frangipani Monoi Oil lavish their richness and healing action on your skin. Sole Delight Foot Treatment includes a complete traditional pedicure. A sensory experience for your feet which promises to leave you walking on cloud nine! 55 MINUTES

For a complete listing of salon services, please see the last page.



**INDULGE MORE... your spa or salon experience doesn't end with your treatment.**

Achieve optimum results and continue on the path to beauty and wellness when you try our exclusive range of Elemis, La Thérapie, Ionithermie or Steiner Hair Care Products. Just ask one of our spa professionals for assistance.



# Mandara Spa Price List

## Relaxation Features

Mandara Thermal Suite day pass .....	Standard	Value
One Week Cruise Pass .....	\$20	\$18
	\$75	\$68

## Face

La Thérapie HydraLift Facial/50 minutes .....	\$119	\$107
Elemis Pro-Collagen Marine Facial/50 minutes .....	\$145	\$131
Elemis Pro-Collagen Eye Zone Therapy .....	\$70	\$63
Elemis Skin Specifics Facial/50 minutes .....	\$119	\$107

## Firming, Toning and Detoxing

Ionithermie Cellulite Reduction Program/50 minutes .....	\$159	\$143
Course of three .....	\$399	\$359
Elemis Aroma Spa Seaweed Massage With Half Body Massage/75 minutes .....	\$195	\$176
With Full Body Massage/100 minutes .....	\$259	\$233

## Massage

Mandara Hot Stone Heaven/75 minutes .....	\$195	\$176
Mandara Swedish Massage/50 minutes .....	\$119	\$107
Mandara Deep Tissue Muscle Massage/50 minutes .....	\$129	\$116
Mandara Four Hands Massage/50 minutes .....	\$199	\$179
Mandara Spa Ritual/100 minutes .....	\$265	\$239

## Nourishing and Moisturizing

Arabian Rasul (for 1 or 2 people) 50 minutes .....	\$95	\$86
Elemis Exotic Frangipani Nourish Body Wrap w/half body massage/75 minutes .....	\$225	\$203
w/full body massage/100 minutes .....	\$265	\$239
Elemis Coconut Rub and Milk Ritual w/half body massage/75 minutes .....	\$225	\$203
w/full body massage/100 minutes .....	\$265	\$239

## Acupuncture... the Point of Well-Being

Acupuncture/60 minutes .....	1st time	next
Acupuncture Facial Rejuvenation/90 minutes .....	\$150	\$125
	\$175	\$150

## Time for Men

Elemis Urban Cleanse Facial/50 minutes .....	\$129	\$116
Elemis Skin IQ Facial/50 minutes .....	\$119	\$107
Elemis Express Shave .....	\$45	\$41
Elemis Deep Cleanse Grooming Treatment with Shave .....	\$75	\$68
Elemis Pro-Collagen Grooming Treatment with Shave .....	\$95	\$86
Men's Cut with or without Blow Dry .....	\$25+	
Beard Trim .....	\$15	

## Smile Spa

GoSMILE Tooth Whitening Treatment/30 minutes .....	\$199
GoSMILE Tooth Whitening for Couples/30 minutes .....	\$360

## Bathing in Glory

Choose from: Elemis Enriching Milk Bath, Elemis Exotic Jasmine Flower Bath, Elemis Warming Ocean Bath, Elemis Detox Ocean/25 minutes .....	\$35	\$32
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## Hair

Elemis Frangipani Conditioning Hair and Scalp Ritual/25 mins. Shampoo/Set or Shampoo/Blow Dry .....	\$29+	\$35+
Up-Do .....	\$35+	

## Hair (continued)

Comb Out .....	\$19
Ladies Cut & Blow Dry/Styling .....	\$59+
Children's Hair Cut .....	\$25
Braid Only without Shampoo .....	\$25

## Color Services

Highlights full head .....	\$89+
Permanent Color roots only .....	\$69+
Permanent Color whole head .....	\$95+
Semi-Permanent Color .....	\$55+

## Nail Services

Elemis Exotic Hand Ritual .....	\$45
Elemis Sole Delight .....	\$65
Acrylic Nails Full Set .....	\$85
Acrylic Nail Refills .....	\$45
Traditional Manicure .....	\$29
Traditional Pedicure .....	\$45
French Manicure .....	\$39
Nail Polish Change .....	\$19
Paraffin Dips for Hands or Feet .....	\$25

## Fitness Program

Personal Training .....	\$85
Metabolism Analysis .....	\$35
Specialized Classes .....	\$10

## Satisfaction Guarantee

We pride ourselves on enriching the lives of all our guests with premium treatments that nurture wellness on every level. If our staff does not meet your service expectations during your treatment we will offer an alternative service or if preferred, we will issue a refund.

## Spa FAQ's

**PRICES & SERVICE CHARGE** For your convenience an 18% service charge will automatically be added to your spa and salon services.

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

**MINIMUM AGE REQUIREMENT** Guests must be 18 years of age or older to enjoy standard Mandara Spa services or the Relaxation Facilities. For information on spa services designed for guests under the age of 18, please visit or call Mandara Spa.

**PRODUCT RETURN POLICY** All guests are entitled to receive a full refund on any unopened products when accompanied by a receipt and returned by the end of the cruise. Unopened products without a receipt can be exchanged for products or services. We regret, we cannot exchange or refund products that have been used or opened.

**ARRIVE EARLY** We suggest you arrive at least 15 minutes prior to your treatment. Please understand your treatment will end on time so the next guest will not be inconvenienced.

**VALUABLES** For the safety of your valuables, we suggest that you leave them in your stateroom.

**LOCATIONS** Find Mandara Spa in over 50 locations worldwide, on land and at sea. For more information, visit our website at: [www.mandaraspacom.com](http://www.mandaraspacom.com).

**CONTINUE TO CARE** after your cruise with **timetospa**. Elemis, La Thérapie, Ionithermie, Jou and Steiner Hair Care products are available 24 hours a day for purchase through [www.timetospa.com](http://www.timetospa.com). You can also consult with a professional timetospa skincare expert by calling 1-800-423-5293.

[www.mandaraspacom.com](http://www.mandaraspacom.com)