



MANDARA  
— SPA —

*Transcend. Transform. Trust the Moment.*





ESCAPE YOUR WORLD. INDULGE IN OURS.

# Mandara Spa

Just say ahhhh! Leave your relaxation and well-being in our hands as you experience a world-class health spa, day spa, salon and fitness center all rolled into one. Whether your goal is relaxation or results, seclusion or sociability, Mandara is the place where you can be your own unfiltered self, express your youthful spirit, and engage or disengage on your own terms. Our full-service beauty and wellness facility is thriving with all the treatments, services and exotic features to woo all your whims, whether it be a quiet escape, a guilty pleasure, a social event, or just being.

**Much can happen in a Mandara moment. What are you waiting for?**



Enhance your spa experience with one of our signature Mandara treatments when you see this symbol.



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# The Mandara Experience

## Your Mandara

We invite you to view Mandara Spa as a personal journey that beckons you to relax, unwind and revel in the perfect moment. Whether you choose to enjoy a treatment or two or just relax in our soothing surroundings, we know you will emerge revitalized and renewed.

## Relaxation Lounge

All guests who book in for spa treatments are welcome to drink tea and juice in our Relaxation Lounge. Simply put your feet up and let relaxation begin. Your therapist will whisk you away when it is your time for indulgence!

## Hydrotherapy Courtyard

This sprawling oasis will nourish and purify you from the inside out. Our Hydrotherapy Courtyard includes the Thermal Suite, which offers a therapeutic Laconium Chamber (dry heat) with heated benches, plus a Caldarium Steam Chamber, which assists the body to eliminate toxins and impurities and encourage relaxation. You can also immerse yourself in the therapeutic depths of our Hydrotherapy Pool to soothe sore muscles and invigorate the senses. This is a social-optional experience, so you can come alone or with friends. We encourage the use of the Hydrotherapy Courtyard before all spa treatments. Daily and cruise passes are available.

## DIY Scrub Experience

Here's the scrub: Show your skin some love and book a revitalizing body scrub to exfoliate and luxuriate your skin back to its sparkling best. Simply select which scrub you want from our flavorful selection and our mixologist will create your very own exfoliating blend. A body scrub is the perfect prelude to any spa treatment – or it can be enjoyed on its own. Includes one day access to the Thermal Suite.

## Exotic Steam Rasul

An exotic escape for anyone seeking a unique body renewing experience, the Rasul treatment has been adapted from an ancient Arabian cleansing ritual. In our Rasul, you can apply organic muds to the body to purify and nourish, while the gentle herbal steam opens up the breathing, soothes the skin and detoxifies the body. To complete the ritual, step into the adjoining shower and let the warm water wash away any remaining tension. Available for individuals or couples.

## Spa Villas

Indulge on our own or share your spa experience with the one you love to be with. Get whisked away to our selection of single and couples Spa Villas, where you can enjoy a variety of sumptuous spa treatments amid the most deluxe surroundings. Each villa includes a Jacuzzi and private veranda, where you can marvel at endless views of the ocean. Spa Villa appointments are limited and subject to availability.

## Medi-Spa

Whether you seek instant beauty solutions, wellness or both, the Medi-Spa offers a selection of safe and effective Acupuncture services, Medi-Spa Cosmetic treatments like BOTOX® Cosmetic, DYSPORT™, Restylane® and Perlane®, and GO SMILE Tooth Whitening in our soothing environment. Please visit us and get a copy of our complete menu of services. Consultations are free of charge.

## Mandara Salon

Let our pampering prowess take your look to the next level. Our full-service salon offers everything from hair color and styling to waxing services, nail services, makeup, and more. Be sure to check out our most popular picks.

## Pulse Fitness Center

This spacious facility boasts state-of-the-art fitness equipment, specialized classes, seminars, and personalized exercise programs. Let one of our personal trainers work out your cruise fitness plan or come at your leisure and use our selection of equipment. Join in any of daily fitness classes and leave the Pulse Fitness Center recharged and refitted!



# Skindulgent Facials

Your skin is not only the biggest organ, it is the biggest skindication of how we live, what we breathe, how we age, and our bad habits. If you don't want the world to know about whatever skin sins you might be committing, then clear your conscience and your complexion with one of our gorgeous, skin-redeeming facials today!



## ✿ Epic 24 Karat Facial

Our Epic Facial is not just skin luxury, it is skin stardom. Gold is thought to be the rare result of a powerful supernova that happened light years away. Quite literally Stardust, the properties of gold are electrifying, speeding up cell renewal through its powerful magnetic forces while evoking a brighter and more clarified skin texture and complexion. We combine the 24 karat gold mask with the Elemis Pro-Collagen Quartz Lift Facial, an alchemy of precious gems, medicinal grade plant extracts and expert touch which reduces the number of wrinkles by up to 94%\* and improve skin firmness by up to 57%\* after just one treatment.

**75 minutes**

## ✿ bliss® the triple oxygen treatment™

Our most-popular all-around complexion reviver includes intensive cleansing, exfoliating, a fruit acid wash, a pre-extraction oxygen wrap, the necessary extractions, a calming oxygen and milk mask, hydrating enzyme pack and vitaminized oxygen infusion. Fantastic for all skin types.

**75 minutes**

## ✿ Elemis Oxydermy Facial

Softens blemishes and lifts aging skin. Give your skin what it has been craving. 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**

## ✿ Elemis Tri-Enzyme Resurfacing Facial

This facial is clinically 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 Skin Specific Facial

Prescribed to your needs, the power of nature and specialized Eastern massage techniques oxygenate your skin and balance the mind and body. Choose from: Fruit Active Glow to make dull skin perky, Herbal Lavender Repair to heal and soothe acne prone skin, Exotic Cream Moisture Dew to give a hydrating boost to the skin or Absolute Lift to revitalize and lift mature skin.

**50 minutes**

## La Therapie Oxy-Polish Facial

Banish your blemishes. This advanced facial uses supreme pharmaceutical grade and medical strength formulas, combined with our oxygen infused microdermabrasion system, to bring fast, dramatic results in the fight against time. Relaxing and results-driven, this facial targets fine lines and wrinkles, sun damage, age spots, facial scarring, and other skin blemishes with dermatological formulations and patented Anti-Oxidant preparations.

**50 minutes**

## La Therapie HydraLift Facial

This youth-enhancing facial has results that are fast and dramatic. 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**

\*Independent Clinical Trials, 2006/2007.



# Muscle Melting Massages

A massage a day keeps stress at bay! The therapeutic benefits of massage are known for enhancing circulation, boosting metabolism, and releasing endorphins, also known as 'bliss hormones' that serve to calm and bring about tranquility, even during times of stress. For optimum relaxation, book in for a series during your cruise.

## ✿ Elemis Aroma Stone Therapy

Uses heated stones to melt away tension. 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. The combination of deep penetrating heat and traditional massage techniques will balance the spirit and transport you to the ultimate state of bliss.

**50 / 75 minutes**

## ✿ Thai Herbal Poultice Massage

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. Your therapist then follows with an array of Eastern and Western massage techniques and acupressure movements combined with essential oils that will take your body on an exotic journey of total renewal.

**75 minutes**

## ✿ Bamboo Massage

A warm, soothing massage that will tantalize the senses. Imagine warm bamboo shoots of various sizes and essential oils rolling, sliding and massaging your muscles into pure bliss. This gorgeously indulgent massage will revive your senses in a new and innovative way, inspiring the most relaxed state. 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 / 75 minutes**

## Freestyle Massage

A massage on your terms. Stress less with this 'go with the flow' freestyle massage that lets you choose what areas to focus on during your treatment. Simply tell us which muscles are mistreating you the most and your therapist will give their undivided attention to those nagging sore spots. Let us knead, rub and melt your pain and worries away. There is no knot we can't untangle, so just say where and when, and we are at your service!

**50 minutes**

## Elemis Deep Tissue Muscle Massage

Using muscle-melting warmed oils and deep pressure massage movements, we massage deep into the belly of the muscle, erasing stress, tension and lactic acid build up.

**50 minutes**

## Swedish Massage

This classical European technique of manipulating muscles with aromatic massage oils is both relaxing and invigorating. While providing tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems.

**50 minutes**

## Reflexology\*

Inspired by an ancient Chinese philosophy that the vital organs of the body are connected and mirrored to reflex points in the feet by energy channels called 'meridians', this deeply relaxing foot massage aims to unblock any latent energy and revitalize mind and body. Reflexology can improve health and is as blissful as it is beneficial.

**50 minutes**

## Elemis Face and Body Sensation

Pure body indulgence with exceptional anti-aging facial 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**

## Elemis Absolute 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 Quartz Lift Facial for skin vitality with our sublime Elemis Deep Tissue Muscle Massage will refresh your spirit and strengthen your vital energies.

**100 minutes**

## Massage by the Sea\*

If you prefer the great outdoors, feel free to enjoy your Massage on the veranda in one of our select treatment rooms and embrace the soft ocean breeze as it carries your stress and worries away. Massage selections for this option include a Swedish Massage, Elemis Deep Tissue Muscle Massage or Freestyle Massage. Please ensure you specify that you would like this massage during your booking as appointments are limited and subject to availability.

**50 minutes**

\*Please check for availability of this treatment



# Body Worship

Our body and mind-mellowing selection of wraps, slimmers, and other effective body treatments adds another indulgent layer to your spa experience. You can detoxify, tone and exfoliate your body, and then top it all off with our sunless tanning for a natural, sun-kissed glow for those swimsuit moments.

## ✧ Elemis Aroma Spa Seaweed Massage

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 comforting wrap. As you relax, our natural ingredients will detoxify, decongest and stimulate your body systems. Treatment includes either a half or full body massage.

**75 / 100 minutes**

## ✧ bliss® fatgirlslim™

A savior before slipping into anything curve hugging, this detoxifying, circulation-stimulating, body-toning treatment includes dry brushing, application of firming grapefruit essential oil, a trouble-spot-targeting seaweed task mask, a heated wrap, and a rubdown.

**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 the skin and give the body more definition. Ionithermie is recommended as part of an ongoing well-being and fitness program.

**50 minutes**

## Ionithermie Cheek Lift Treatment

This acclaimed treatment will help to give your buttocks a lift while firming and toning the skin. Active ingredients are applied to the area before we apply a soothing clay, algae and pine mask. Gentle stimuli are then placed on the buttocks, thighs and tummy to stimulate muscle tissue and firm the skin.

**50 minutes**

## Ionithermie Revitalizing Leg Therapy

Ideal for tired or heavy legs, this revitalizing therapy will help treat poor circulation in the legs, swelling, varicose veins and aches associated with activities or being on your feet all day. Feel strain and heaviness drain out of your tired legs as water retention is reduced and circulation restored.

**40 minutes**

## Elemis Exotic Lime & Ginger Salt Glow

Warm oil is dripped luxuriously all over your body before our Lime and Ginger Salt Glow is applied. We then apply our Exotic Island Flower Body Lotion, leaving skin replenished and vibrant. After rinsing away the salts, you'll receive either a half or full body massage.

**50 / 75 minutes**

## St. Tropez Sunless Tanning

Obtain a rich, natural, golden tan without the worries of premature aging and sun-induced skin damage. First we exfoliate your skin until it is silky smooth and then we apply St. Tropez's paraben-free, Aloe Vera based formula which soothes, hydrates and nourishes the skin while evoking a natural sun-kissed glow.

**60 minutes**

## Sensory Dry Float Upgrade

Our wraps can be further enhanced by the Sensory Dry Float experience which cocoons the body within a perfectly warm floatation bed. This delightfully relaxing upgrade enhances both the physical, emotional and relaxation benefits of your treatment.







# Medi-Spa

We offer our Acupuncture Program and Medi-Spa treatments such as BOTOX® Cosmetic and DYSPORT™ wrinkle treatments, Restylane® and Perlane® dermal fillers, and GO SMiLE Tooth Whitening in the comfort of our spa facility.

Please visit or contact the Medi-Spa for a complimentary consultation.



## 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.

### What does it treat?

The National Institute of Health (NIH) and the World Health Organization (WHO) have found acupuncture can successfully treat the following conditions:

- |                   |                            |
|-------------------|----------------------------|
| • Anxiety         | • Irritable Bowel Syndrome |
| • Arthritis       | • Insomnia                 |
| • Bone Pain       | • Joint Pain               |
| • Crohn's Disease | • Nerve Pain               |
| • Chronic Fatigue | • Obsessive Behavior       |
| • Cold/Flu        | • Rhinitis                 |
| • Constipation    | • Sciatica                 |
| • Depression      | • Sea Sickness             |
| • Diarrhea        | • Sinusitis                |
| • Dizziness       | • Smoking Cessation        |
| • Fatigue         | • TMJ                      |
| • Fibromyalgia    | • Weight Issues            |
| • Gastritis       |                            |
| • GERDS           |                            |
| • Headaches       |                            |

### Onboard Acupuncture Services

First Acupuncture Session **50 minutes**  
Additional Session **up to 45 minutes**

## MEDI-SPA COSMETIC SERVICES

Now you can return home from vacation completely refreshed with our safe and effective Medi-Spa Cosmetic Treatments available onboard. In just minutes you can expect amazing results without any downtime. Contact the spa for a free consultation.

### Restylane® and Perlane® Dermal Filler Treatments

Restore your youthful radiance in just minutes. Made of hyaluronic acid, a naturally occurring substance in the skin, Restylane® and Perlane® restore youthful contours to the skin and reduce the signs of aging. Results are instantaneous and typically last up to six months or longer.

- Smile Lines — smooths lines from the corners of the nose to the corners of the mouth
- Marionette Lines — softens lines from the corners of the mouth to the chin
- Lip Lines — softens lines around edges of lips for a smoother lip line
- Lip Enhancement — for a fuller pout, adds volume to uneven or small lips

**30 minutes**

### BOTOX® Cosmetic and DYSPORT™ Wrinkle Treatments

Give your skin the gift of youth. Made of a purified protein, both BOTOX® Cosmetic and DYSPORT™ are safe, FDA approved, nonsurgical treatments that focus on the upper face. Treatments reduce the appearance of wrinkles, resulting in a refreshed and youthful appearance. Results are visible within days and typically last up to four months.

- Frown Lines — softens the wrinkles between the eyebrows
- Forehead Lines — smooths horizontal forehead lines
- Crow's Feet — smooths the area from the outside corner of the eyes

**30 minutes**

All BOTOX® Cosmetic, DYSPORT™, Restylane® and Perlane® treatments are administered by our onboard Medi-Spa Physician, a licensed medical doctor.

## TOOTH WHITENING

### ✦ 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**





# Couples Retreat

Share the spa experience with the one love to be with. A selection of couples treatments are offered in our private Spa Villas, where you can savor our indulgent spa services together and luxuriate in a bathing ritual on the verandah. Our treatments for two provide a relaxing and soothing escape for those looking to reconnect in a stress-free, serene environment.



## Spa Villas

A selection of couples spa treatments is available to enjoy in our airy Spa Villas throughout the cruise. If you wish to inquire further about these service options, or to make your appointment, please contact Mandara Spa.

## Bathing Ritual

Our beautiful couples villas feature a bathing service on the verandah, where you can immerse your body in a pool of tranquillity and renewal. With the ocean as your backdrop, this idyllic setting will inspire the most relaxed state while soothing sore muscles and relieving tension. It's also the perfect way to spend some quality time together. Add a Bathing Ritual to your villa experience.

**25 minutes**

## Couples Massage

In the privacy of our exclusive villa reserved for couples, you and your favorite person can enjoy a gorgeously relaxing full body Elemis Deep Tissue Muscle Massage, Swedish Massage or Freestyle Massage as you lie side by side. We also offer customized treatment options in our Couples Spa Villas, so please contact the Spa Concierge to reserve your spa retreat.

**50 minutes**

## Couples Massage & Bathing Ritual

This most romantic of rituals will indulge you both from head-to-toe in our secluded Spa Villa 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.

**75 minutes**

## Exotic Steam Rasul

Great for couples or anyone looking for a unique body renewing experience, the Rasul treatment has been adapted from an ancient Arabian cleansing ritual. In our Rasul, you can apply organic muds to each other. These muds purify and nourish, while the gentle herbal steam opens up the breathing, soothes the skin and detoxifies the body. To complete the ritual, step into the adjoining shower and let the warm water wash away any remaining tension.

**50 minutes**

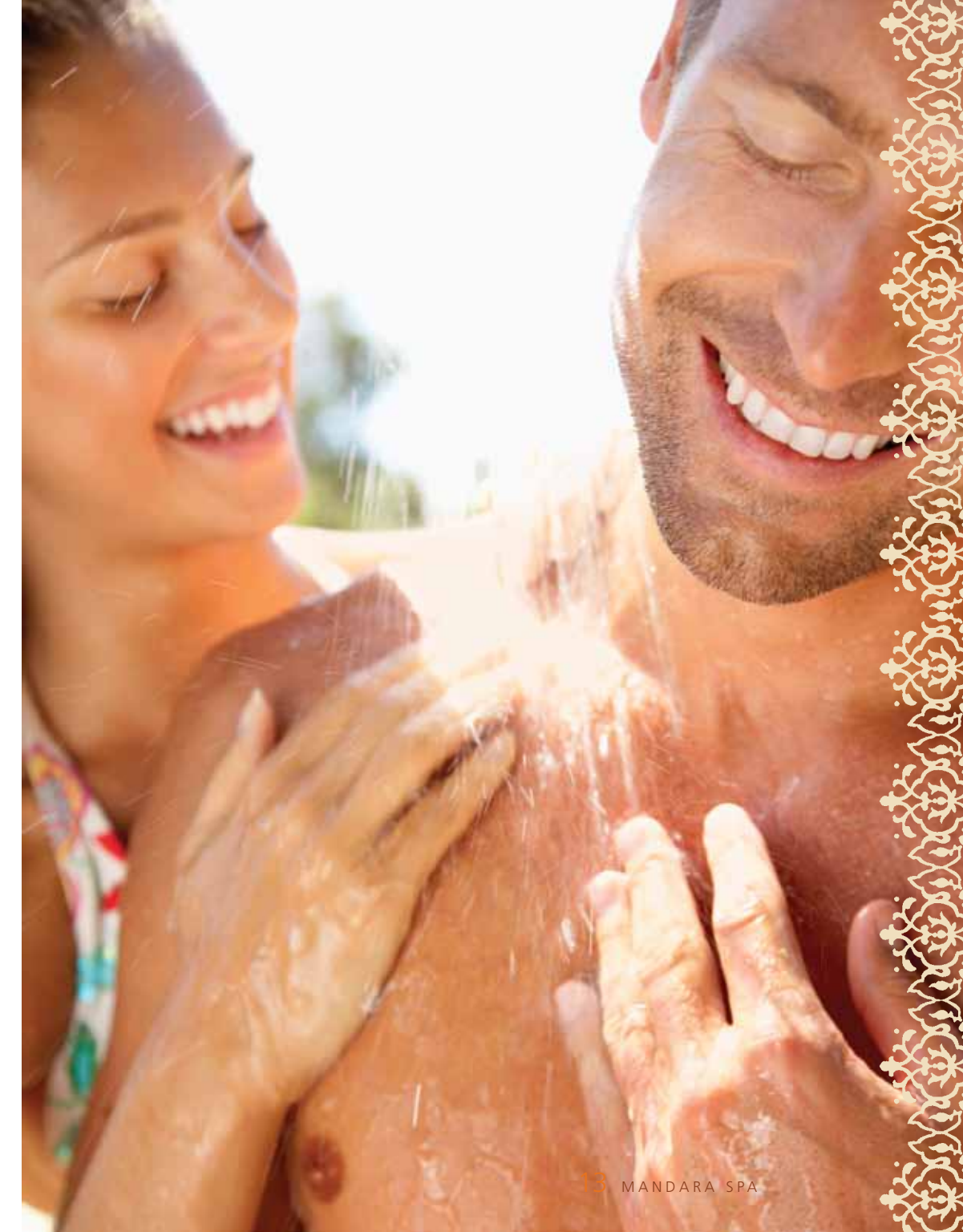
## Exotic Steam Rasul and Couples Massage

This deeply cleansing and relaxing treatment includes a sensuous experience in the Exotic Steam Rasul followed by a full body massage while lying side by side. The perfect escape when you want to spend quality time with your first mate.

**90 minutes**

## Couples GO SMiLE Tooth Whitening Treatment

Smile twice as big with our Couples GO SMiLE Tooth Whitening Treatment. In our Medi-Spa facility, you and a guest can safely and effectively whiten your teeth up to six shades in just minutes as you lie side by side. Are you ready to take your smiles from dull to dazzling? Then come to the spa. Consultations are free.







# Men's Club

What do men really want? To be pampered from head-to-toe, of course. That's why Mandara Spa created a selection of treatments just for his needs. After one of our smooth grooming services or skin renewing facials, he will feel like a new man in just minutes. You can also visit the Barber Shop on Deck 7Aft for a smooth, close shave on-the-go.

## Elemis Express Shave

This treatment includes a deep cleansing exfoliation and a double close shave to leave your skin super smooth.

**30 minutes**

## Elemis Deep Cleanse Grooming Treatment with Shave

Enjoy the Express Shave with the added benefit of a soothing face and scalp massage and deep pore cleansing mask.

**45 minutes**

## 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**

## Tidy Up

Let the barber tidy up your beard, hairline, side burns, eyebrows and stray hairs this cruise!

**15 minutes**

## Men's Wet Cut and Dry

The salon isn't just for the ladies. Men, you too can turn heads by treating yourselves to a nice hair cut and style with our experienced stylists. Wet cuts are also available.

**25 minutes**

## Elemis Skin IQ Facial

This facial will protect the skin against the harsh, aging effects of shaving and environmental damage. Our active ingredients have been clinically trialed to increase moisture levels by 28%\* after just one treatment.

**50 minutes**

## Elemis Urban Cleanse Facial

This deep cleansing facial decongests the skin to help eliminate blocked pores, accelerate skin repair and neutralize impurities for a clearer complexion. Our fast-acting, revolutionary ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants.

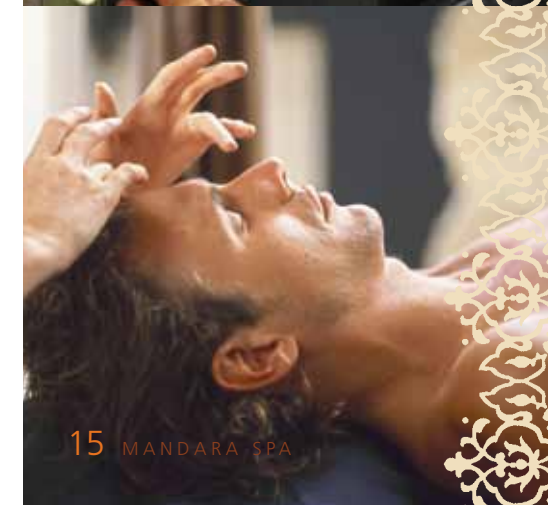
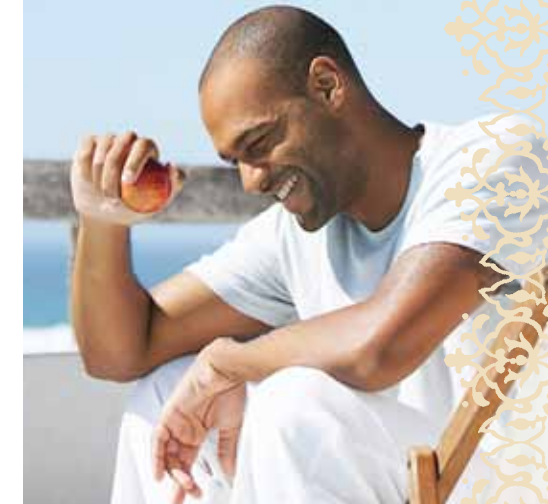
**50 minutes**

## MANicure and PEDicure

Treat your hands and your feet. Push back your cuticles, slough away dead skin, file and buff your nails and voila, your hands and feet are neat! You can have both cures separately, or done in tandem by a dynamic duo of nail techs!

**45 minutes**

\*Independent clinical trials 2006.





# Mandara Salon

Let your hair down. Don a new do. Get buffed, polished, primped, and waxed. You are on vacation, so use it to help transform the way you look! Now is the time to experiment with your own beauty, or simply maintain the look you love. We offer everything in the Mandara Salon – hair color and styling, waxing services, nail services and more. Here are our most gorgeous offerings.



## Brazilian Blowout

The Brazilian Blowout leaves hair smooth, healthy and frizz-free for up to 12 weeks without the use of harsh chemicals. Through the use of a proprietary based Keratin formulation, this treatment actually enhances the condition of the hair by creating a protective protein layer around the hair shaft to eliminate frizz and smooth the cuticle, improving the health of the hair. No Damage! No down time! The minute you leave the salon, you can wash and air dry your hair, and it will be smooth, frizz-free and radiant.

**90 minutes**

## Elemis Frangipani Conditioning Hair and Scalp Ritual

Monoï 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 shining like the star that you are! We recommend topping it off by adding a blow dry.

**25 minutes**

## Cellophane Hair Gloss Treatment

Make your crowning glory shine like never before. This cellophane treatment is a protein-based conditioning treatment and clear-gloss color designed to add shine and smooth the hair so that it looks and feels soft, silky and healthy. Your hair will go from dull to dazzling in just minutes.

**30 minutes**

## No Chip 14 Day Manicure\*

No drying time. No chipping. No smudging. This tough as nails manicure uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color and perfect finish. It also provides 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!

**60 minutes**

## No Chip 14 Day Pedicure\*

The perfect companion to the No Chip Manicure, this enduring pedicure is just as long-lasting and worry-free. Our Shellac coating is the vacation-friendly way to have your nails done because there's no chipping, drying time, or smudging. It's also better than regular polish because it lasts for 14 days! Once the Shellac is applied, you don't have to sit around. Go have fun!

**60 minutes**

## Fire and Ice Manicure

Your nails are one of your most important accessories, so keep them beautiful with this invigorating manicure 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.

**50 minutes**

## Fire and Ice Pedicure

This super rejuvenating pedicure will warm your senses and cool your tension. Savor the sublime as your feet and lower legs are soothed with our cooling gels and then warmed with a heated stone massage. This combination of hot and cold, plus aroma-therapeutic ingredients promote healthy-looking skin and nails.

**60 minutes**

## Makeup Application

Whether it is a special occasion, your special day, or simply a way to feel special, our make-up artists will accentuate your best features during this make up application session. We will also share our top secrets on make-up application so you can learn how to get creative with your look.

**25 minutes**

## WAXING SERVICES

Wax in. Wax out! Remove unwanted hair from virtually anywhere with our quick, painless, skin-loving waxing services. The spa offers a full menu of waxing treatments for the face and body so you can be silky smooth and hair-free during your vacation. Walk-ins are welcome! No appointment necessary.

- Brows
- Lip
- Chin
- Half Arm

- Underarm
- Half Leg
- Full Leg
- Bikini
- Deep Bikini
- Back Chest

## NAIL SERVICES

- Elemis Exotic Hand Ritual w/Manicure
- Elemis Sole Delight Ritual w/Pedicure
- Fire and Ice Manicure
- Fire and Ice Pedicure
- No Chip 14 Day Manicure
- No Chip 14 Day Pedicure
- Traditional Manicure
- Traditional Pedicure
- French Manicure or Pedicure
- Repolish
- Acrylic Nails (Full Set and Refills)
- Brisa Gel Forever French
- Brisa Single Color Overlays
- Brisa Gel Refills
- Nail Fix
- Paraffin Wax add-on

## HAIR SERVICES

- Style Dry or Roller Setting
- Shampoo, Cut and Style Dry
- Fringe Trim
- Hair Up without Style Dry
- Semi-Permanent Color
- Permanent Color (whole head or roots)
- Highlights
- Partial Highlights
- Island Braid

\*Please check for availability of this service.







# Pulse Fitness Center

Our Personal Trainers can motivate you to move and educate you on health and wellness. Whether you work out your mind in one of our seminars or your body in one of our classes, it is worth your while to spend some valuable one on one time with an expert. Onboard we offer the following fitness services.



## Personal Training

Our fitness professionals will help you achieve the body you've always wanted with a personalized fitness session. You will learn which exercises work the best with your particular body composition. Traditional Personal Training is available, along with Gravity and Kettlebell Training to give you a better understanding of each discipline and assists in exercising safely and effectively.

**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**

## Nutritional Consultation

Diet and exercise are dynamic, lifelong pursuits. As your onboard fitness provider, we want to help you achieve all your wellness goals. A good starting point is eating right for your body, so consult with one of our fitness professionals and receive a healthy lifestyle plan based on your individual needs.

**60 minutes**

## SIGNATURE CLASSES

Although we offer complimentary exercise classes daily, there is a supplemental fee for our Signature Classes. For all classes, you can sign up from one hour before the class is due to begin. Following is an overview of classes which may vary on your cruise, so please ensure you get a proper schedule from our fitness center.

## Kettlebell Training Class

Build strength, burn fat, be fit. As the name suggests, the Kettlebell classes use weights that are shaped and held like a bell and help to increase strength, power, coordination, and core stability. As you work with the kettlebells your entire body is targeted with muscles working from all angles. It is a cardio and strength building workout popular with celebrities and professional athletes.

**45 minutes**

## 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 sessions x 30 minutes**

## Tour de Cycle with Activio

When exercising, it is important to identify your correct exertion levels for the best result. During this unique cycling class, you can develop your cardiac and physical capacity, and increase metabolism or muscle strength with our Activio® heart rate feedback feature. Using this device during our invigorating class offers honest, objective and direct information on your progress. Your participation in this cycling program will also benefit the LIVESTRONG® foundation in the fight against cancer.

**3 sessions x 45 minutes**

## TRX Suspension Training

Use your body as your machine in this innovative class format. TRX® Suspension Training® harnesses your own body weight to create resistance as you train. 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**

## Gravity Training

If you want to experience a fun and exciting way to exercise, our fitness professionals will incorporate our Gravity Reformer to strengthen and tone your muscles with the results-driven workout your body needs to look its best.

**45 minutes**

## Yoga

Excellent for increasing levels of balance, 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**

## Education

During your cruise we invite you to participate in our wellness and beauty seminars. A schedule will be available in the Fitness Center.



# Teen and Kid Spa

Checkout the coolest spa at sea. It's for teens, tweens and everyone in between as long as you are not yet eighteen! Contact the spa for information on these services.

## **Fabulously Fruity Facial**

This fruity facial uses an organic mixture of fresh fruits. Combined with the power of touch, this facial is deep cleansing, moisturizing and nourishing and quite literally a tasty treat for your skin.

**50 minutes**

## **Mother / Daughter Paradise Massage**

Learn the art of indulgence from mom with this gorgeously relaxing treatment. Be pampered together as you enjoy a massage side by side.

**50 minutes**

## **Father / Son Chill Out Massage**

After shooting some hoops on deck, chill out together by enjoying an invigorating massage. With all that hard work you deserve it.

**50 minutes**

## **Heavenly Massage**

We know that teens get stressed out too. That's why we offer this unbelievably heavenly back massage. Your professional therapist will use aromatherapy oils and Swedish massage techniques to banish all that stress.

**50 minutes**

## **Styling Session**

If you are looking to change things up, try a funky cut and color after a personalized consultation with your stylist.

**90 minutes**

## **Magical Manicure**

This manicure will leave your hands looking magnificent during your cruise. You can have it with or without polish.

**25 minutes**

## **Sole Mate**

You will love this pedicure! Walk on air after you experience this delightful foot treatment and polish.

**45 minutes**

## **Me! Bath Ice Cream Manicure**

The Spa invites all teens and kids to try the sweetest, most fun way to have your nails done with our ME! Bath Ice Cream Manicure. Our delicious Me! Bath manicure uses an ice cream shaped bath product and other yummy ingredients to give your hands a sweet treat while you sit back and relax. You get to choose which soaking ice cream scoop to use in your treatment. The flavors of the day are chocolate, vanilla and strawberry. We will then polish your nails with your favorite color.

**50 minutes**

## **Me! Bath Ice Cream Pedicure**

Here's the scoop. If you want to give your feet a sweet treat, then head to the spa for our Me! Bath Ice Cream Pedicure. This treatment is kid and teen approved and is the sweetest, most fun way to have your nails done. Our Me! Bath Pedicure uses an ice cream shaped bath product and other yummy ingredients that make this treatment absolutely delicious. You get to choose which soaking ice cream scoop to use in your treatment. The flavors of the day are chocolate, vanilla and strawberry. We will then polish your nails with your favorite color.

**60 minutes**

## **Ice Cream Social**

We all scream for ice cream! Throughout the cruise, the spa offers Ice Cream Socials so kids and teens can come and hang out with friends while enjoying a Me! Bath Ice Cream Pedicure using their favorite flavor. It's a fun, sweet treat we know they will love, so contact the spa for availability.







# Spa Tips

We want to ensure that your Mandara Spa experience is enjoyable from beginning to end, so please review our spa tips and feel free to contact our spa manager should you require additional information.

## Mandara Spa Location

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

## 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.

## 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.





THE MEANING OF

# Mandara

The name Mandara comes from an ancient Sanskrit legend about the gods' quest to find the elixir of immortality and eternal youth. Mandara Spa has embraced the legend with unique and exotic spa treatments that reflect the beauty, spirit and traditions of those ancient times and the soul and ritual of Asian culture. The legend tells of the ten stages of destruction and the means by which these are overcome. In this legend Mandara Giri is a sacred mountain from which flows the water of life — a magical elixir with the power to keep you forever young. We cannot promise immortality but when you experience one of our spa treatments, you will feel radiant and revitalized. You may even feel as if you could live forever. **We hope you enjoyed your Mandara Experience and look forward to seeing you again.**

Mandara can be found in exclusive resorts around the world. For information on locations or to learn more, please visit [www.mandaraspaspa.com](http://www.mandaraspaspa.com)





MANDARA  
— SPA —