

## THE WELLNESS CENTER

*The Wellness Center is a group of gifted international therapists and practitioners united in harmony to offer a variety of Eastern and Western techniques.*

**Open while at sea 10:00am ~ 8:00pm and only by appointment while at port.**

### Massages

**Seven Seas Massage** relax and experience this unique massage that is a perfect blend of the following *seven* different healing massage techniques that are world renown. Lomi-Lomi, Shiatsu, Aromatherapy, Reflexology, Swedish, Reiki, and Thai massage.

**50 minutes \$ 55                      80 minutes \$ 75**

**Swedish Massage** a traditional massage done with oil to relax physical and mental tension.

**25 minutes \$ 25                      50 minutes \$ 45**

**Deep Tissue** *firm* pressure applied to unblock muscle tension, relaxes specific muscles and the mind very quickly.

**25 minutes \$ 30                      50 minutes \$ 50**

**Aromatherapy** *relies* on the essential oils extracted from plants and flowers to induce relaxation, invigorates and reduces muscular tension.

**25 minutes \$ 25                      50 minutes \$ 45**

**Reflexology** a very old therapy, which links the reflex zones on the feet to specific parts of the body. Relief from pain, illness and stress comes by putting pressure on the appropriate reflex zone of the feet.

**25 minutes \$ 25**

**Hot Stone Massage** an ancient Native American healing therapy. The use of stones aids the therapist by giving relief to deep-seated muscle tension. Stones are known generators of energy creating a sense of balance and calm.

**50 minutes \$ 60                      80 minutes \$ 80**

**Bamboo Anti Cellulite Massage** a wonderfully unique treatment designed specifically to reduce cellulite in combination with a deep tissue massage, ridding the body of unwanted toxins, significantly increases circulation and lymph flow.

**50 minutes \$ 50**

**Chair Massage** Alleviate muscle tension from the shoulders, neck and scalp leaving you with a feeling of well being.

**15 Minutes \$ 15                      30 minutes \$ 30**

## Body Treatments

**Salt Glow with light massage** a technique in which the body is rubbed with coarse salt combined with fragrant oils to remove the outer layer of dead skin and stimulate circulation.

**50 minutes \$ 50**

## Body Wraps

**Firming or Slimming** a very effective treatment leaving you feeling and looking like a picture of health.

**60 minutes \$ 60**

**Bronzing Treatment** a light scrub is applied removing dead skin cells, leaving the skin smooth after which a self tanner is massaged, giving a healthy sun kissed color, visible in a few hours.

**50 minutes \$ 60**

**Hydrotherapy** long a staple in European spas includes underwater jet massage Detox – *Relaxing – Muscle Relief – Invigorating.*

**30 minutes \$ 25**

## Manicures & Pedicures

Standard Manicure	\$20	Nail Repair	\$5
Standard Pedicure	\$25	Paraffin ( hands or feet )	\$10
French Manicure	\$25	Polish Change	\$10
French Pedicure	\$30	French Polish Change	\$5
OPI Axxium Gel Lacquer for Fingers	\$32	Axxium Gel Lacquer for Toes	\$32 / \$25 with pedicure

## Facials

**Guinot Hydradermie** a spectacular treatment with visibly lasting results, leaving the skin radiant and in a wonderful state of well-being. *Perfect for all skin types.* Your therapist will choose the treatment that meets your needs for oily, dry, dehydration, sensitivity, anti-aging, or lightening.

**50 minutes \$ 55**

**80 minutes \$80** Includes the eyes, neck and décolleté

**Vitamin Infusion** an extremely effective and innovative facial that is available at the best hotels throughout the world and is now being offered on board at a fraction of the cost. This facial and hand treatment combines a glycolic application, vitamin C and a luxurious wonderful massage.

**50 minutes \$ 50**

Or in conjunction with another facial treatment for **\$35**

**Beaute Neuve** with dual effect treatment based on the complementary action of fruit acids and enzymes eliminating dead cells and impurities.

Derived from apples, grapes and citrus fruits. Break the cellular links and gently detach the dead cells. Fruits enzymes extracted from pineapple and papaya break down the cells leaving your skin smooth, and glowing.

**50 minutes \$ 50**

Or in conjunction with another facial treatment for **\$35**

**Deep Pore Cleansing** utilizing trace elements to boost renew balance and purify your skin.

**50 minutes \$ 50**

**Aromatic Facial** relax de-stress and invigorate your skin through the ancient art of aromatherapy and botanical healing. Float away in clouds of plant extracts.

**50 minutes \$ 50**

**Mini Facial** Enjoy this “quick fix” facial that is perfect before special events or just because, leaving the skin refreshed & radiant.

**minutes \$25**

**25**

**Lash & Brow Tinting**

Lash Tint	<b>\$20</b>	Lash & brow tint	<b>\$30</b>
Brow Tint	<b>\$15</b>	Lash Extension	<b>\$150 /Partial \$75</b>

**Facial & Body Waxing**

Brow design	<b>\$ 15</b>	
Lip	<b>\$ 12</b>	
Chin	<b>\$ 12</b>	
Arms- from elbows, includes fingers	<b>\$ 20</b>	
Underarms	<b>\$ 17</b>	
Bikini	<b>\$ 30</b>	
Brazilian wax	<b>\$ 50</b>	
Half leg from knee	<b>\$ 20</b>	
Full leg includes bikini	<b>\$ 60</b>	add <b>\$30</b> for Brazilian
½ back wax	<b>\$ 25</b>	
Full back wax	<b>\$ 60</b>	

**Salon Services**

Ladies Haircut	<b>\$ 25</b>	Shoulder length & longer-add <b>\$ 10</b>
Bang Trim	<b>\$ 12</b>	
Men's Haircut	<b>\$ 17</b>	
Beard Trim	<b>\$ 10</b>	
Blow Dry (short to medium length)	<b>\$ 15</b>	Shoulder length \$20 / longer <b>\$30</b>
Permanent Hair Color	<b>\$ 55</b>	Shoulder length \$65 / longer <b>\$75</b>
Semi-Permanent color	<b>\$ 45</b>	Shoulder length \$55 / longer <b>\$65</b>
High-Lights – Partial	<b>\$ 80</b>	
High-Lights- Full Head to shoulders	<b>\$160</b>	Shoulder length and longer <b>\$200</b>
Deep-Conditioning Treatment – short length	<b>\$15</b>	Shoulder length \$20 / longer <b>\$25</b>
Keratin Hair Straightening Treatment- short-	<b>\$80</b>	Medium- <b>\$140</b> Long - <b>\$175</b> / Lower back & longer- <b>\$200</b>
Dead Sea Mineral Scalp & Hair Mud Treatment	<b>\$ 20</b>	Shoulder length \$25 / longer <b>\$30</b>
<i>Hair Consultation</i>	<b>FREE</b>	
<i>Corrective Color Consultation</i>	<b>FREE</b>	