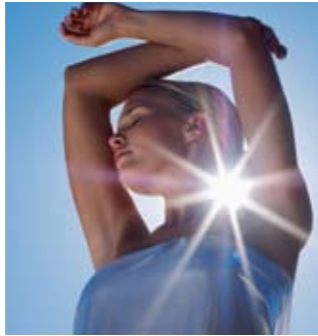


WINDSPA

face body hair beauty fitness





Welcome to WindSpa

Indulge
Relax
Rejuvenate

Enjoy the ambience of tranquil surroundings as you escape to another world. Take an ancient cultural journey with Spa rituals designed to elevate your sense of well-being.

Rediscover the radiance of your hair in the Salon featuring hair rituals from the world's most famous hair brand, Kérastase by L'Oreal.

Excite the senses with an aromatherapy inspired body treatment featuring the most pure botanicals available, ancient stones, mythical crystals and exotic muds.

Reenergize your body in the Fitness Center and be guided with professional instruction by our fully qualified and experienced onboard Fitness Director.

WindSpa
- the most tranquil place on earth, at sea.

facial treatments p05

body treatments p06

aromaveda rituals p08

male grooming p10

first timers spa guide p11

body contouring concept p12

hair salon rituals p14

day spa rituals p17

fitness & well-being concept p18





introducing O SPA

spa rituals

O SPA London is a completely certified organic spa experience designed for both face and body. We proudly choose products created with time proven organic essential oils and extracts of aromatic plants and herbs. Our earth and sea botanicals are designed to actively treat, soothe, nourish, revive and restore the skin and the body.

O SPA London features AromaCollagen Marine™ and Fructophores™ at its core, a collagen-rich formulation made with organic fruit and seaweed extracts with organic almond oil and shea butter to naturally enrich, protect and moisturize the skin.

Drawing on the ancient practices from cultures across the world the O SPA London experience takes you on an exotic multi-sensorial journey of rejuvenation and relaxation with all ingredients being sourced from organic, sustainable sources, such as The Eden Project, (the largest biosphere project in the world), Lisadell House, the organic medicinal co-operative on the shores of the clear Atlantic Ocean on the West Coast of Ireland and the Georgina Koomson's FairTrade women's co-operative in Ghana.



Our unique approach to facial treatments allows your therapist to provide a treatment that is prescribed exclusively for you. The therapist starts with an analysis of your skin's unique requirements and then selects the most intelligent botanicals and the purest essential oils available to restore you to your radiant best. All treatments include an intensive eye masque experience.

re::vive – 75 minutes \$199

An intense lifting oxygenating facial featuring pure marine botanicals, intensive restructuring masques and invigorating facial massage. The active ingredients are pushed deep into the skin with the assistance of the oxypressure system which also pushes oxygen into the deeper layers of the skin, plumping up fine lines and softening the effects of time.

re::new – 75 minutes \$199

A deeply relaxing anti-aging facial utilizing the oxypressure system designed to stimulate cellular regeneration by removing dehydrated surface cells with active fruit acids. Firming and elasticizing collagen improves tone and texture with the additional use of a sea buckthorn concentrate to lock in moisture and protect the skin against further free radical damage.

re::hydrate – 60 minutes \$149

A deeply hydrating facial treatment to improve moisture levels in the skin. Lavender and rose geranium work to retain moisture in the skin while the unique Fructophores and the active ingredient essential glow masque work to increase the moisture levels and create a smooth as silk complexion.

re::balance – 60 minutes \$149

An active treatment for problem and impure skin. Balances and treats congested skin with a deeply cleansing aromatic steam therapy, followed by fruit acids to gently exfoliate surface cells leaving the skin fresh and clear. A facial massage to improve circulation and stimulate the complexion completes the experience.

re::fresh – 30 minutes \$89

This active facial addresses those areas of concern quickly and effectively. The skin is prepped, deep cleansed, and refreshed with a masque before being boosted, protected and rehydrated.





Our unique body concept allows us to draw on the teachings of the ancient masters and create individual, effective solutions to meet the needs and requirements of your body. Detox, deep cleanse, rehydrate or simply relax - the choice is yours.

CUERPO Therapeutic mud treatments

The active 72 minerals in the Blumin Miracle mud combined with ancient Canadian Moor mud is infused with a master blend of aromatherapy oils to provide a detoxifying treatment as well as healing and restorative benefits.

re::storative – 30 minutes **\$49**

The signature O SPA London therapeutic mud is gently dispersed in relaxing warm water in a ceramic foot spa, while active Himalayan salts are added to the blend. Through the process of osmosis, the 72 active minerals are absorbed into the body and distributed to those parts of the body needing them the most while the Fuller's Earth component draws the toxins from the body.

de::toxifying – 45 minutes **\$99**

The signature O SPA London therapeutic mud is gently warmed and then massaged into the entire body before being cocooned in a relaxing wrap. After the detoxification process, enjoy a warm shower and an application of nourishing O SPA detoxifying oil blend for the body.

in::vigorating – 60 minutes **\$139**

The treatment starts with an invigorating full body exfoliation with detoxifying Himalayan Salts. Then the signature O SPA London therapeutic mud is gently warmed and then massaged into the entire body before being cocooned in a relaxing wrap and dry float bed. After the detoxification process, enjoy a warm shower and an application of nourishing O SPA detoxifying oil blend for the body.

massage treatments

O SPA Balinese – 20 minutes **\$49**

An indulgent aromatic scalp massage to relieve fatigue and aid relaxation as a selection of warm oils are applied to the scalp, neck and shoulders to stimulate circulation and nourish the hair.

O SPA classic – 30 minutes **\$69**

the neck, back & shoulder massage

Targets the tension zones of the back and upper body.

O SPA reflexology treatment – 30/50 minutes **\$69/ \$119**

To personalize your treatment experience, request the add-on treatment or Reflexology (where available).

O SPA swedish – 60 minutes **\$119**

This classic European massage featuring long strokes and kneading techniques, improves circulation, eases muscle pain and lowers stress.

O SPA sports – 60 minutes **\$129**

This deep tissue massage utilizes the skills of the therapist's hands along with the benefits of aromatherapeutic oils to alleviate muscle pain and achy joints.

O SPA fire and ice ancient stones – 75 minutes **\$149**

Ancient stones carrying the energy of the earth, invigorate and stimulate the body as warm essential oils are drizzled over the body and the hot stones release the tension trapped deep within the muscles.

To personalize your massage, please consult your therapist. A full body exfoliation and body wrap can be added to any of the O SPA massages to complete your O SPA experience.





Inspired by the ancient rejuvenating arts of Ayurveda & Aromatherapy, this multi-sensory treatment created in conjunction with Absolute Aromas™ invites you to escape to a world of bliss while discovering complete tranquility.

shirodosha™ experience – 75 minutes \$169

An exceptional experience, the feet are bathed and polished with aromatic Himalayan salts in preparation for a powerful de-stressing Ayurvedic head massage. Then Shirodosha commences with a continuous flow of warm aromatic herbal oils drizzled onto the forehead for calming and soothing the mind & body. Finally, a harmonizing full-body massage restores vitality as Dosha specific warm aromatic oils are drizzled over the body.

pindadosha™ experience – 75 minutes \$169

Inspired by ancient tradition, the Pindadosha treatment uses Pindas — hot herbs encased in a cotton bag — to massage. Experience this deep cleansing thermal treatment to detoxify and rejuvenate the body. Warm aromatic oils are drizzled on the body which is then massaged using the Pindas, followed by a foot pampering ritual using aromatic Himalayan salts. The fusion of heated herbs and oils melts away tension, exfoliates and softens the skin and the inclusion of pure ginger invigorates the body's own natural cleansing system, resulting in a boost in energy and vitality.

shiroabhyanga™ experience – 30 minutes \$79

An indulgent experience, the Shiroabhyanga experience is an ancient ayurvedic Indian head massage. A tradition handed down from generation to generation in the sub-continent, your third eye will be relaxed before your energy pathways are cleared by the subtle mana pressure point massage technique, your doshas rebalanced and hair and scalp nourished with the specialty oils and your pranas restored. The result will be a feeling of deep relaxation and renewed energy.

pada-abhyanga™ – 30 minutes \$79

A treatment of pure indulgence, the pada-abhyanga is an ancient ayurvedic Indian foot, ankle and lower leg massage ritual which can be traced back 5000 years. First, the skin is cleansed and polished with Himalayan salts, then the massage is completed with the specialty dosha oil to rebalance the chakras while working on the marma points with a light pressure to relieve the stress and tension of the lower leg, ankles and feet. This treatment offers many benefits as it nourishes the skin, improves blood and lymph circulation and soothes the agitated mind. It relaxes the muscles of the feet and the legs, and according to ayurvedic scripts, it may also help to alleviate stress, including anxiety, nervousness and depression.

Crystals from around the world have been carefully selected for their therapeutic and relaxing qualities. Experience uniquely relaxing and unique treatments created to harmonize the chakras of the body.

kristalakama™ complete experience – 75 minutes \$169

Harmonize the chakras of the body with this unique treatment. The treatment commences with a cleansing of the feet and then the body is polished and charged with the energy of aromatic Himalayan salts in preparation for a therapeutic experience. The therapist provides a number of oils for you to choose from in order to establish the needs of the body before using polished ancient crystals of Amethyst to massage the body and to restore the energy, while many other semi-precious crystals are placed on the body to bring peace and harmony to the chakras.

KristalaKama™ classic experience – 45 minutes \$119

Warm crystals and specially selected dosha oils are chosen to relieve the stressed muscles of the neck, back and shoulders. This treatment combines the benefits of rhythmic massage and light marma pressure point therapy with precious crystals and placements stones on those areas of the back which require individual care and attention, harmonizing and balancing the key energy centers of the body.





The male grooming concept has been developed to meet the specific needs of the modern man. Active ingredients are combined with the latest technologies to deliver the best results. Enjoy the male grooming concept in our dedicated in spa manspace.

man space

hydra performance facial

rehydration treatment for men – 45 minutes **\$89**

Perfectly restores moisture levels to the skin by the use of active ingredients such as Swiss glacial water. Ideal for frequent flyers or skin that is exposed to extreme temperatures and environmental stress.

anti-age performance facial

active rejuvenating treatment – 45 minutes **\$89**

Active treatment to contrast wrinkles and expression lines, stimulates cell renewal leaving the skin firm, compact and toned. Uses a lightweight ultra-effective serum to firm the skin's surface.

men's barbering concept – 30 minutes **\$49**

This specialty treatment includes a skin prep, cleanse, tone, hot towel shave, a gentle soothing booster and multivitamin power recovery masque. Individualize your treatment and request an express 15 minute sports manicure to tidy up your nails as well.

men's sports manicure – 30 minutes **\$39**

This specialty sports manicure will cut, file, tidy & buff your nails with no fuss.

men's sports pedicure – 30 minutes **\$49**

This specialty sports pedicure will cut, file, tidy & buff your toe nails with no fuss.

If you are new to the Spa concept, relax. It is our pleasure to introduce you to this onboard experience. Please take a moment to read through the following Spa treatments.

facial treatments

Not just for the ladies, facials generally are very relaxing and are enjoyed by both men and women in today's spa. By using pure ingredients from nature and the best practices from science, the skin can be deep cleaned, hydrated and the facial lines that accompany life's experiences may be softened. You will remain fully wrapped in a robe and the therapist will only touch the face, neck, shoulders and head.

Recommended Treatment:

60 minute

For Her: Anti-aging Facial. For Him: Hydra Performance Facial.

body treatments

Body treatments generally provide detoxifying and relaxation benefits using a combination of therapeutic ingredients and excess fluid relieving techniques. The results may be re-nourished skin, alleviated fluid retention and increased circulation. Some treatments are quicker and more localized than others, simply ask a therapist which would be best for you.

Recommended Treatment:

Therapeutic Mud foot treatment for those with tired legs after trips ashore or long flights!

massage treatments

A neck, back and shoulder massage is often the most requested massage. The therapist will have you lay face down with your lower body completely covered. This is a great way to alleviate stress in the upper body.

Recommended Treatment:

30 minute Classic Massage.

manicure and pedicure

A manicure or pedicure is very relaxing. You remain completely clothed while the trained Nail Technician cleans, clips, buffs and neatens your nails. To complete the experience, the therapist finishes off with a hand and forearm massage with the manicure or a foot and ankle massage with the pedicure.

Recommended Treatment:

30 minute

For Her: Manicure. For Him: Sports Manicure.

aromaveda signature massage

These are our exotic signature treatments that last for a full 75 minutes. Inspired by the ancient rejuvenating arts of Ayurveda and Aromatherapy, this multi-sensory treatment invites you to escape to a world of bliss while discovering complete tranquillity. The highly trained therapist takes you on a journey using oils and movements from the sub-continent.

Recommended Treatment:

Consult with your therapist to discover which exotic cultural journey you will follow. We use exotic oils in this treatment and complete a full body massage.

the thermal spa experience

Essentially this involves numerous co-ed steam and sauna facilities, and a luxurious relaxation lounge complete with robes, towels and slippers. (bathing suits required).

Recommended Treatment:

Ask at the The Spa reception for a day pass to the thermal experience. Then just lay back and relax.





G Form™ electrolipolysis treatment \$149

G Form™ is a pain-free weight loss therapy using electrolipolysis. During the treatment, specific patterns of micro-currents work at a cellular level to break down triglycerides into free fatty acids and water, which are then carried away by the lymphatic system.

G Form™ lymphatic drainage treatment \$149

G Form™ now offers you the ultimate in Detox to help with fluid retention and give you that cleanse and energy boost your body needs.

G Form™ pain relief treatment \$149

G Form™ now offers you a pain relief treatment. Increase your mobility while decreasing joint pain to help improve your overall well-being.

Results can be seen with just one treatment. For best results, a series of treatments designed in consultation with your onboard G Form therapist will create long lasting benefits.

Classical Acupuncture is a system of healing that has been practiced in China and other Eastern countries for thousands of years, with some canons of acupuncture dating back to 500BC. Although often described as a means of pain relief, it is in fact used to treat a wide range of illnesses. Its focus is on improving the overall well being of the patient, rather than the isolated treatment of specific symptoms.

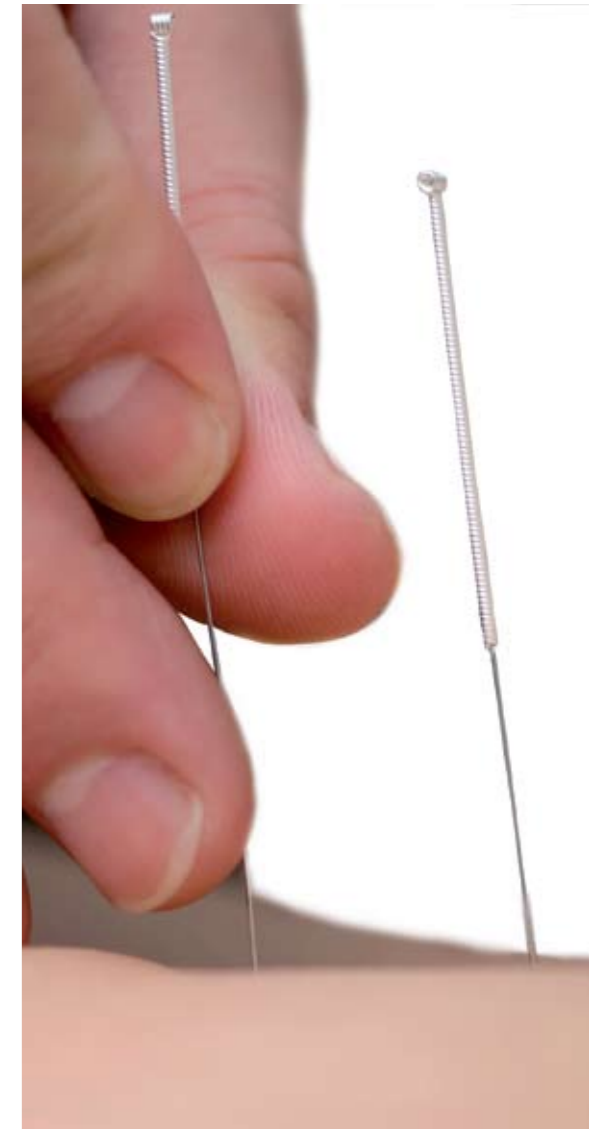
Classical Acupuncture, when practiced correctly according to natural laws, is one of the most beautiful systems of medicine known to humans. It is both an art and a science. The fundamental principle of its practice is the giving of constant attention to diagnosis and treatment of the causes, rather than the symptoms of disease. In essence acupuncture is strengthening and revitalizing the whole body by finding and addressing the cause of any energetic patterns that are out of balance. Once balance is regained, the body will quickly begin to heal itself again and return to a normal level of energy and vitality.

Acupuncture is a safe treatment for all-many people seek acupuncture for help with specific symptoms and conditions, which might include: back pain, low energy levels, sleeping problems, migraines, rheumatism, sciatica, skin conditions, IBS, Crohn's disease, problems with concentration, depression, lethargy, indeterminate aches and pains, etc. Traditionally, acupuncture was used as a preventative medicine for disease and illness. Now that many people are prioritizing their health and well-being, acupuncture has taken on the role of maintaining optimal health and vitality.

Initial consultation – 45 minutes **\$129**

Follow up – 30 minutes **\$89**

- back pain
- low energy levels - lethargy
- sleeping problems
- insomnia
- migraines, rheumatism
- sciatica, skin conditions (eczema)
- IBS
- crohn's disease
- concentration
- depression - hopelessness
- indeterminate aches and pains
- pain management
- sports-related aches and pains
- injuries
- bloating - water retention





introducing KÉRASTASE

Experience the Art of Haircare Beauty

The WindSpa is pleased to introduce Kérastase Hair Care products and Rituals.

Kérastase has been an award-winning luxury French scalp and haircare program since 1964 and has revolutionized the world of professional hair beauty for more than 40 years. Just like your skin, your scalp and hair require consultation to enhance their natural beauty.

Exclusive to Kérastase, Rituals are the ultimate experience in scalp and hair care, combining the most advanced formulations with a relaxing massage to repair your hair and restore its natural beauty.



A skilled team of dynamic stylists are on hand to provide professional hair care and advice with the assistance of the award-winning Kérastase professional hair care range to complete the experience.

the k erastase hair spa

Your journey will start with a personalized consultation with your K erastase Ambassador, a highly educated scalp and hair professional.

the style spa program

shampoo / set - from \$35

shampoo / blow dry - from \$35

ladies cut and blow dry - from \$70

men's cut and finish - from \$25

contemporary / formal up-style - from \$50

speciality braid - from \$30

the color studio

one-color process - from \$65

two-color process - from \$85

highlights

individual foils - from \$10

For a complete dry and style after all color work, please consult your stylist.

k erastase hair care rituals

nutritive: scalp and hair beauty rituals for dry, sensitized hair reflection: hair beauty rituals for weak, fine or aging hair resistance: hair beauty rituals for colored hair: rituals for a balanced scalp and healthy hair.

rebalance

Your scalp and hair will be prepared by a K erastase Ambassador. A preparatory ritual may be applied at this stage if prescribed.

bathe

Your scalp and hair will then be bathed to dissolve any everyday impurities that affect your scalp and hair.

treat

You will be invited to experience either an Instant or Experience Ritual. They are designed to respect your time commitments while ensuring ultimate results through haircare expertise.

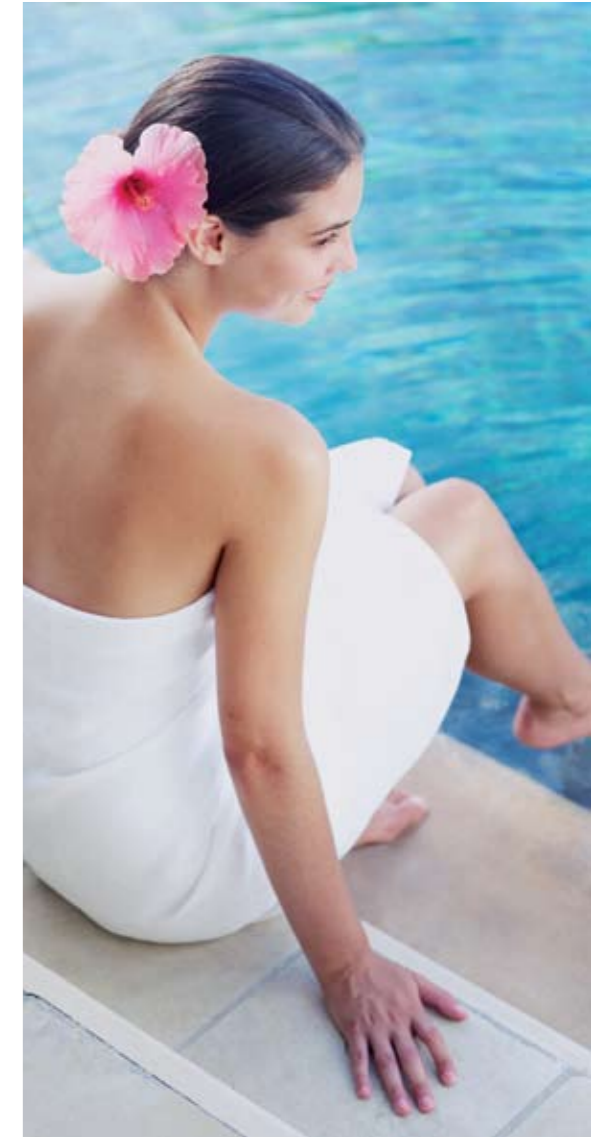
revitalise

Following a full scalp analysis, these products will maintain a healthy scalp, which is essential for beautiful hair.

texture

Your K erastase Ambassador will then perfect your hair beauty by texturizing your hair and enhancing your style by adding body, shine or smoothness.

Your K erastase Ambassador will prescribe your personal regime to maintain the stunning results.





the nailspa program

manicure – Includes a hand and forearm massage.	30 minutes \$35
french manicure – Includes a hand and forearm massage and French varnish to finish.	30 minutes \$45
pedicure – Includes a foot and ankle massage.	30 minutes \$45
french pedicure – Includes a foot and ankle massage and French varnish to finish.	30 minutes \$55
luxury pedicure – Includes a foot and ankle hot stones massage and French varnish to finish.	40 minutes \$65
gels	\$55
full set	\$55
fills	\$45
repair	\$10 per nail

Discover a world of peace and serenity reserved for the privileged few. Rejuvenate body and soul to excite your senses with aromatherapy from around the world, experience professional movement therapies and immerse in spa treatments inspired by ancient cultures in a modern world.

Our day spa concept will help you to rebalance the body's energy pathways while providing the ultimate in relaxation. Each day spa concept offers unique spa treatments and a well-being class designed to inspire you. We recommend that you make use of the spa's relaxation facilities and wet areas (where available) in order to get optimum benefit from your visit.

All day escape packages can be upgraded to become a couples day escape experience. Simply request this at the time of booking.

breathe \$349

An aromatic journey to open the mind and calm the senses, this day features elements to relax and reduce stress.
 re:hydrate facial 60 minutes
 fire and ice stone therapy 75 minutes
 manicure and pedicure rituals 75 minutes
 total time 3hrs 30 minutes

release \$349

A refining journey to balance the body and regain equilibrium, this day features elements to purify and detoxify.
 re:new facial 75 minutes
 re:storative mud therapy 45 minutes
 SPA Complete massage 60 minutes
 Manicure Ritual 30 minutes
 total time 3hrs 30 minutes

replenish \$299

An energizing journey to restore vitality, this day features elements to stimulate and revitalize
 Re:hydrate facial 60 minutes
 In:vigorating mud treatment 60 minutes

SPA classic back, neck and shoulder massage 30 minutes
 Pedicure Ritual 30 minutes
 total time 3hrs

embrace \$399

A grounding journey to empower your sense of well-being this day features elements to renew and protect.
 Re:vive facial 75 minutes
 KristalaKarma massage experience 75 minutes
 re:storative mud therapy 45 minutes
 manicure and pedicure rituals 75 minutes
 total time 4hrs 30 minutes

complete SPA shaper \$399

Ultimate weight loss & body cleansing experience
 3 x 45 minute G Form™ body contour treatments
 personal training session 45 minutes
 body composition analysis (BCA) 30 minutes
 specialty class program 60 minutes
 total time 4hrs 30 minutes





The fitness and well-being concept features a number of unique opportunities never before experienced in any lifestyle program at sea, complemented by a team of specially selected and dedicated fitness and well-being professionals.

the YO'FIT™ yoga program

Enjoy the benefits of the featured onboard yoga program with specifically trained teachers.

the class program

A complimentary program of aerobics, step, walk for well-being and conditioning classes, are also offered while at sea.

the Personal Training program \$90

Maximize the potential of your results from each workout session by employing the skills of our bodytransform specialists, who shall create a tailored program for you.

the meditation program

Experience guided meditation sessions in a tranquil environment and feel the stress of everyday living melt away.

Body Composition Analysis \$45

Discover your true potential once you learn the real composition of your body including lean body mass and excess water retention.

Nutrition Consultation \$45

Create your ideal "Burn fat fast zone" with your onboard fitness director who shall provide you with all of the tools to achieve your optimum nutritional requirements.

the **Pilates INSTITUTE** at sea program

pilates institute at sea personal training \$225

3 x 45 minute sessions including a complimentary postural analysis. Personal tuition ensures the best results. Strengthen and lengthen your core muscles while realigning your posture.

pilates matwork program

Specialized group instruction featuring the foam roller and pilates ring – 3 x 45 minute classes.

pilates lecture series

pilates - a design for life

Every day we put our bodies through movements or stress that eventually affects our posture and well-being. The Pilates Institute Method will help you to recognize changes in your movement habits and patterns, so that you can unravel the imbalances and tension that is created by everyday living.

pilates and golf

Improve your swing, reduce the risk of lower back pain, learn effective warm-up techniques and conditioning exercises that will improve the consistency of your game as well as the length and power of your drive. Pilates is the ultimate conditioning exercise program for Golf.

living gracefully with pilates

The Pilates Institute Method will enable you to perform life's daily activities with zest and ease. With regular practice, the Pilates technique will enable you to move with elegance and coordination. A strong core and toned muscles are the key to dynamic movement quality and a youthful appearance.



This is another innovative branded program designed by the Pilates Institute. A Pilates-based weighted ball program incorporating a fusion of dynamic movement, free flowing choreography and challenging exercises. All this is set to inspirational music that creates a sense of harmony and equilibrium.



WindSpa experience



general

The spa is designed with everything you need to help you unwind and relax, including treatment rooms, beauty studio, fitness center and steam/sauna facilities. It may take a few minutes to reach the spa from your stateroom.

WindSpa is a non-smoking area for the comfort of all and for safety reasons.

treatments

Briefs should be worn for your treatment, or we will be pleased to provide disposable underwear if preferred. Kindly inform our therapists of any pre-existing medical condition prior to booking your spa treatments. Please note all massage treatments include a personalized consultation.

reservations

In view of the popularity of WindSpa, please be sure to book your treatments as early as possible in order to avoid any disappointment. We suggest that you arrive 15 minutes prior to your scheduled treatment reservation to allow time to prepare and relax, unwind and enjoy the tranquility and serene surroundings of our spa.

cancellations

In the event that you wish to cancel or change your reservation, kindly allow 24 hours notice prior to your scheduled appointment time so that we may arrange the rescheduling of your treatment. 50% of the treatment costs will be charged to your stateroom account should you cancel less than 24 hours prior to your scheduled time or not arrive for the treatment. Pre-booked reservations will be released to other guests 15 minutes after the scheduled reservation time, should you be late. Late arrivals will unfortunately not be guaranteed a full treatment time, as this would disturb the following guest's treatment.

port day flexible pricing

Enjoy the benefits of our Port Day Flexible Pricing Policy, contact the Spa Reception for further details on 17

opening hours

The WindSpa and Salon is open from 8am to 8pm while at sea / the Windspa and salon operates flexible opening times while in port. Please check the daily program for opening times.

The WindSpa Fitness Center is open from 8am to 8pm and the fitness staff will be on duty throughout the day.

For your convenience, a 15% service charge will be added to all Salon, Spa and Fitness services.

For more information relating to appointments, treatments and reservations please contact the Spa reception on 17.