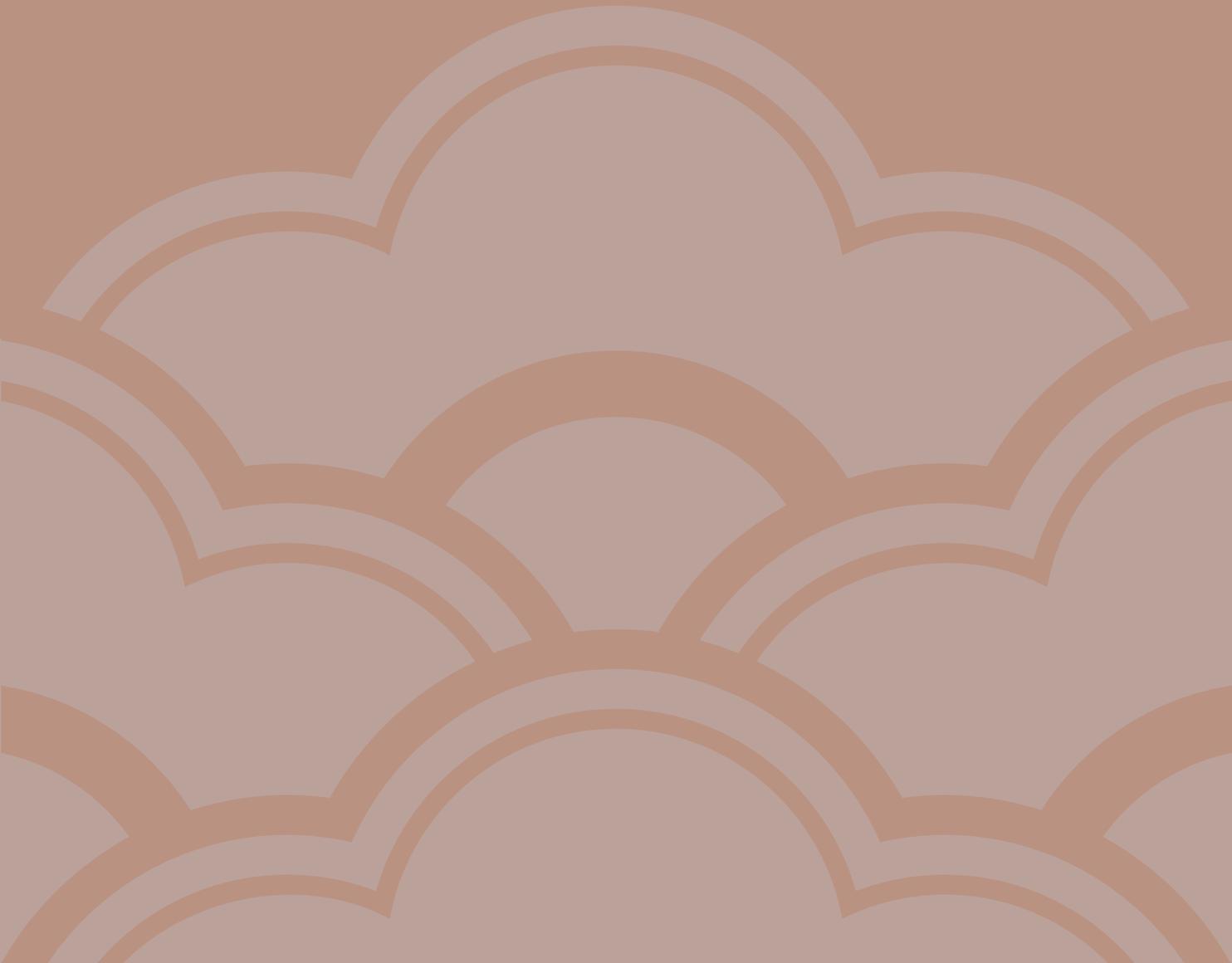




MANDARA SPA

NORWEGIAN CRUISE LINE



|

Namaste.

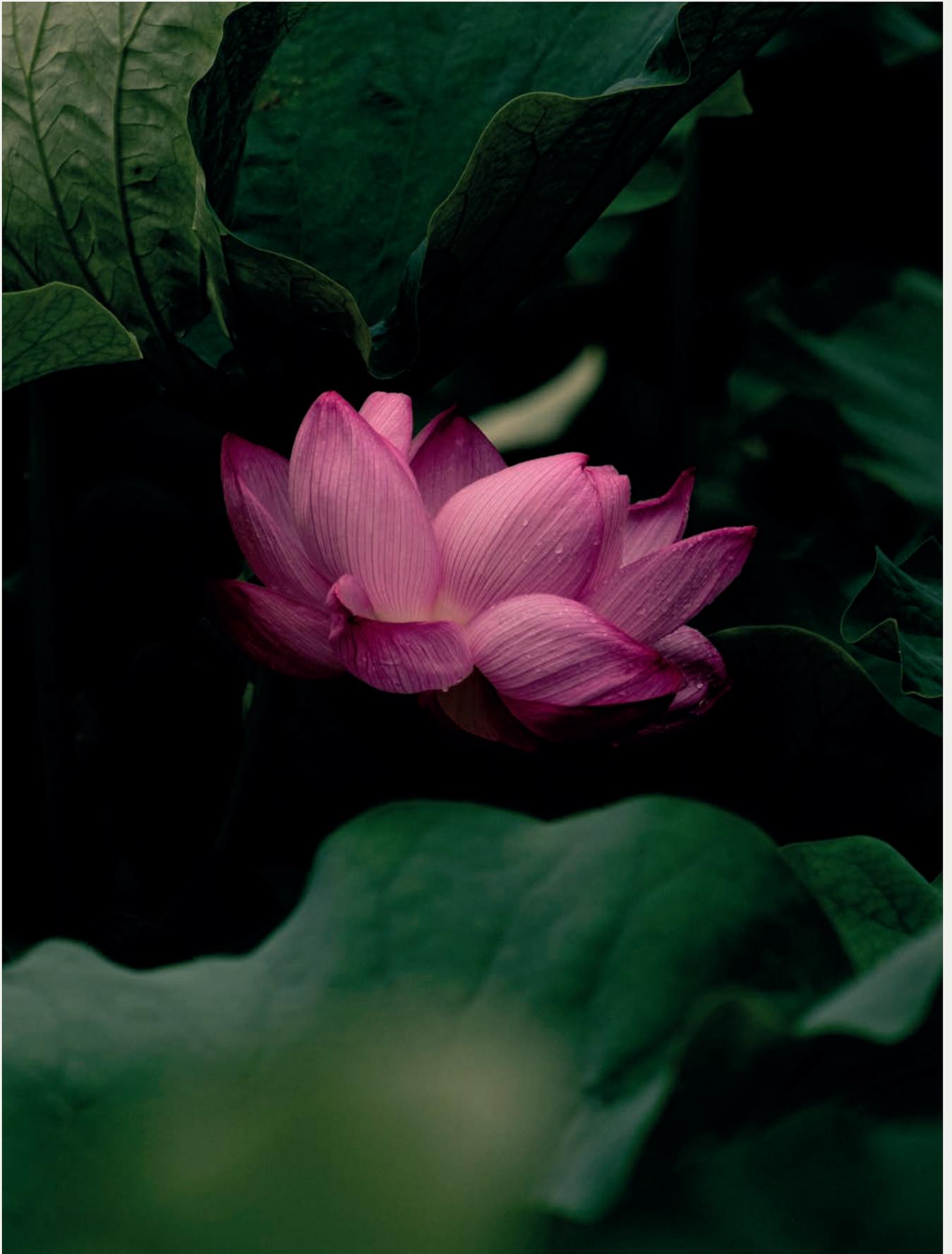
My soul honors your soul.
I honor the place in you where
the entire universe resides.

I honor the light, love, truth, beauty
and peace within you because
it is also within me.

In sharing these things, we are united;
we are the same; we are one.

|

MANDARA SPA



Your World of Wellness

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 a spa experience at Mandara Spa.

Here, science and nature; practicality and mystery; beauty and peace are entwined, offering an experience as luxurious as it is therapeutic and as magical as it is real.

Escape Your World. Indulge in Ours.

Leave time at the door and enter a sanctuary where wellness meets wonder. Discover the beauty of Mandara Spa and an ethos encompassing well-being from around the world.

Mandara Spa captures the essence of our Balinese heritage while charting a path to the New World – a journey that touches on regional influences infused into unparalleled Mandara experiences.



Our Story



The Mandara experience began on the spiritual island of Bali, inspired by the beautiful tradition of healing touches which is deeply immersed within the culture and passed on from mother to daughter from generation to generation.

These time-honored therapies, combined with European methods and natural elements indigenous to the spa's region, meld together to provide the most unique and indulgent spa treatments.

The name Mandara comes from a Sanskrit legend about the gods' quest to find the secret to eternal youth and beauty. We believe you will unlock the secret when you experience a timeless Mandara moment.

Here, time stands perfectly still.



Our signature services are indicated with the Mandara symbol.



Facials

Experience the ultimate in advanced skincare. Mandara Spa features ELEMIS, an award-winning, professional spa-therapy brand. Discover how TOUCH and TECHNOLOGY can transform the ever-changing nature of your skin.

BIOTEC Technology

BIOTEC facial treatments are where groundbreaking 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 result? Thriving, visibly healthy, and energized skin.

Book a complimentary consultation to select the best facial for your concerns.

BIOTEC 2.0 Facial

THE ULTIMATE FACIAL

This next generation experience harnesses the powerful benefits of all six ELEMIS BIOTEC 2.0 technologies.

Powerful resurfacing technology smooths visible dryness and fine lines.

Skin-fitness and firmness are improved with highly effective microcurrent technology, while sub-zero cold therapy and Pro-Sculpt Facial Method deliver a visibly lifted skin-defining appearance.

The recharging power of multi-dimensional light therapy, and a super-charged air massage breathe life into the skin.

An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

75 min

🌿 BIOTEC Anti-Aging Facials

LINE ERASER

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells towards dynamic functionality.

Circulation is improved, increasing the production of collagen and elastin while the dermis is flooded with super Hyaluronic hydrating activators and sealed with a re-energizing Amber balm.

Red and blue light therapy warms and de-stresses the skin as a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines.

A powerfully rejuvenating facial treatment.

50 min

FIRM-A-LIFT

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting technology.

Circulation-stimulating Arjuna, Gardenia stem cells, and Alaria Esculenta Seaweed are activated by microcurrent pulses to tighten slackening skin.

Galvanic currents infuse the skin with bio-active formulas that hydrate and tone.

The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

50 min

SKIN RESURFACER

This revolutionary resurfacing facial addresses skin tone, blemishes, and fine lines to transform the texture of the skin.

The ultrasonic peel reveals a noticeably smoother complexion, using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon oils.

Steam and extractions deeply cleanse and detoxify before massage and light therapy restore equilibrium.

Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

50 min

SUPER-CHARGER FOR MEN

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism.

A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency.

An oxygen infusion is the final blast of energy for real, best-face-forward results. A multitasking, time-efficient solution.

50 min





Touch Facials

ELEMIS and Grown Alchemist facials fuse touch, technology, and cellular repair to address the ever-changing nature of your skin.

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 min

DYNAMIC RESURFACING PRECISION PEEL

Clinically proven* to target the signs of aging and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

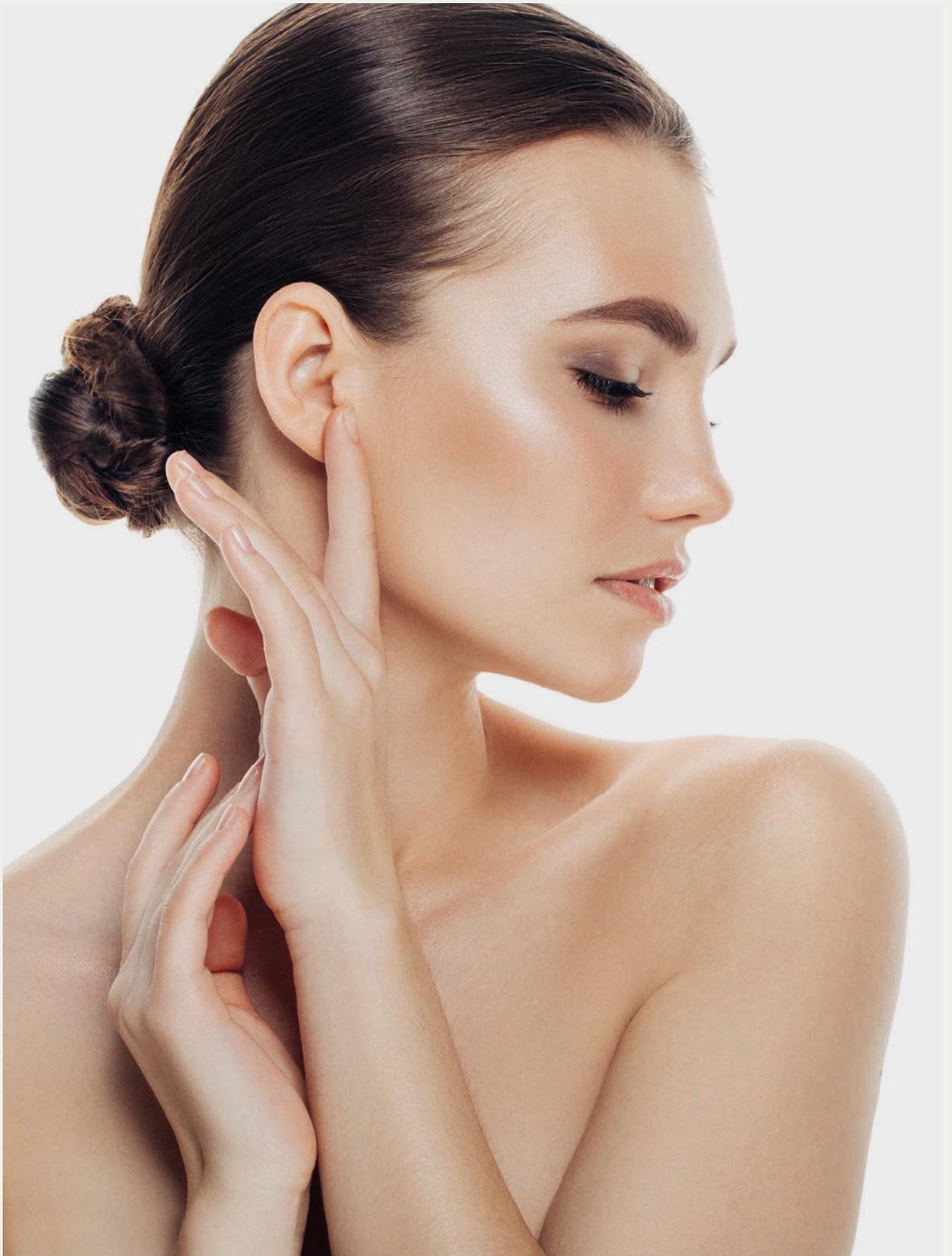
50 min

GROWN ALCHEMIST SKIN RENEW FACIAL*

Utilizing premium Grown Alchemist products, this innovative facial effectively improves skin function and cell health whilst combating the signs of aging and removing damaging pollutants. Skin is left restored, renewed, and luminous.

50 min

**Please check for the availability of these facilities and/or services on your cruise.*



Medi-Spa

Unlock the secret to a more youthful-looking skin and body with safe and effective aesthetic treatments available onboard. Revitalize your appearance in minutes with little, if any, downtime. The result - a rejuvenated you.

TRUSCULPT® BODY CONTOURING*

Reduce unwanted fat and sculpt problem areas with no surgery or downtime. This non-invasive treatment uses radio frequency to contour the body.

THERMAGE® SKIN TIGHTENING TREATMENTS*

Tighten and contour the skin in just one treatment. This non-invasive treatment uses radio frequency to improve the appearance of loose or sagging skin on the face and body.

RESTYLANE® DERMAL FILLER TREATMENTS

Restore or add youthful contours on the lower face and lips by replacing lost volume and fullness. Results are natural, instant and last up to six months.

DYSPORT® WRINKLE TREATMENTS

Soften fine lines and wrinkles on the upper face for a refreshed, youthful appearance. Smoother-looking skin is visible within days and lasts up to four months.

MICRONEEDLING

Microneedling treatments elevate the overall texture of the skin on the face and neck.

This treatment activates cellular regeneration producing collagen and elastin to help tighten and lift skin. Restoring a youthful glow and radiant skin to the face and neck.

** Please check for the availability of these facilities and/or services on your cruise.*

Book a complimentary consultation.

All medi-spa treatments are provided by OneSpaWorld and are safely administered by our licensed medi-spa physician.

Time is the Ultimate Luxury

There is nothing like time for self. Embrace a moment in solitude or share the relaxation. Arrive early to experience the wonders of Mandara Spa and discover serenity – a place to escape for an hour or a few.

IMMERSE YOURSELF IN WELLNESS

The Mandara Experience is a gateway to relaxation. Begin your spa journey by purchasing a Thermal Suite pass.

Bathing suit required; robe and towels are provided.

THERMAL SUITE*

Enhance your spa journey at our luxurious state-of-the-art Thermal Suite. An indulgent collection of experiences which include a steam room, sauna, heated loungers, and the serene relaxation pool. Linger in solitude or with friends.

Ask about our evening spa events in the Thermal Suite.

DIY BODY POLISH EXPERIENCE

Indulge in a Mandara moment. The DIY Body Polish Experience is an ancient social cleansing ritual adapted from the East.

Simply select a custom-blended body polish and dampen your skin in the shower, applying the polish in circular motions to slough away dead skin. Relax in your robe and let the oil penetrate into your skin.

WASH ALL CARES AWAY

Prepare to receive all the benefits from the selected treatment. Prime the skin and body with a cleanse prior to your service and wash away all impurities – salts, minerals and oils – that could possibly be massaged into the skin. After a shower, wait in the Relaxation Lounge to be whisked away for the ultimate indulgence.

A SOOTHING ELIXIR FOR THE SOUL

Rich in antioxidants, tea is a mood enhancer. Depending on the selection, tea can calm the mind and body prior to a treatment, boost endurance, and improve health while safeguarding the immune system.

In addition to tea, drink plenty of water to hydrate and replenish the body.

CONNECT WITH YOUR THERAPIST

Healing hands are intuitive, but a conversation with your therapist will help guide and address areas of concern.

During the treatment, let your therapist know if there is any discomfort or if the environment – temperature, lighting or sound – requires adjusting. A consultation prior to the service will provide your therapist with important details to make the experience more enjoyable.

INDULGE IN THE MOMENT

An anticipated period of silence. Close your eyes. Inhale a deep breath. Exhale the breath. Allow your mind to drift away. Enjoy the quiet. Every bit of tension will disappear.

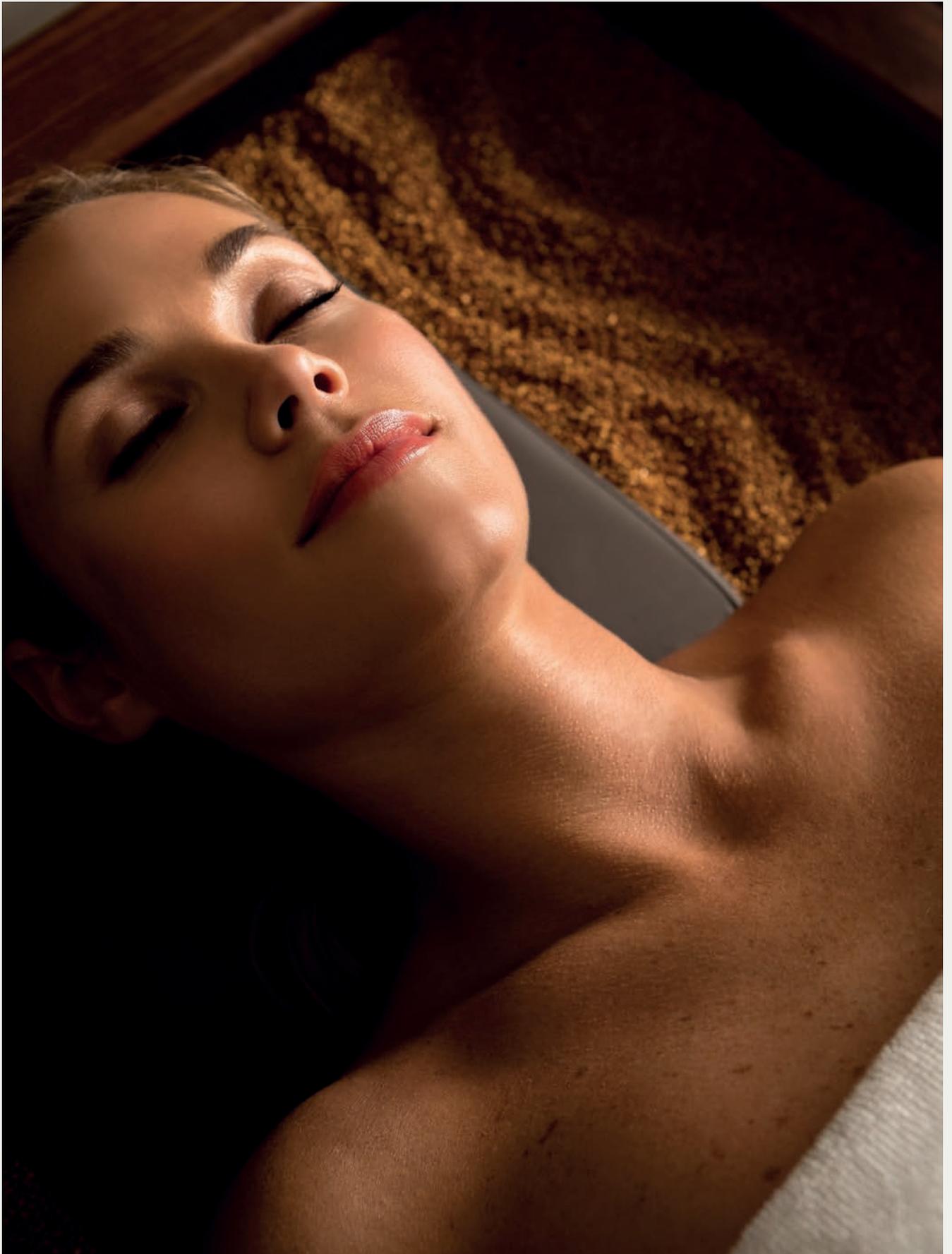
LINGER IN THE LOUNGE

Extend your spa stay by resting in the Relaxation Lounge after your treatment. The quietude will lull mind and body into a deeper state of relaxation.

CONTINUE THE JOURNEY

After your spa experience, explore our retail section and browse through the spa products – many of which are featured in the treatments. Your therapist will provide recommendations to purchase and continue your journey at home.

**Please check for the availability of these facilities and/or services on your cruise.*



Specialty Treatment Experiences

Experience a wave of relaxation from the Earth's elements. Combine unparalleled massage and conditioning techniques to relax, restore and re-balance the mind and body. Warm sand quartz mold and shape around your body, helping to release muscle tension, detoxify and promote a deeper state of being.

🌀 HOT MINERAL BODY BOOST*

This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energizing wellness.

A powerful treatment, this therapy stimulates every cell in the body, helping alleviate muscular pain and remove toxins.

75 min

🌀 POULTICE-POWERED MUSCLE RELEASE*

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique Amber and Quartz poultice to dissolve knots and ease tensions.

Completed with a restorative facial massage.

75 min

**Crystal therapies may not be available on certain vessels.*



Massage

Escape to a place where tranquility pervades. A massage does more than evoke a sense of comfort. It helps your body eliminate toxins through the lymphatic system, gives the circulatory system a boost of energy, and brings about a state of peace and harmony.

✦ ELEMIS COUTURE TOUCH FACE AND BODY TREATMENT

Condition the skin and body with this all-embracing hands-on experience.

Our ELEMIS Pro-Collagen Age Defy facial is combined with a 50-minute Swedish Massage.

100 min

✦ BIOTEC FACE TREATMENT AND BODY RITUAL

Technology fuses with touch for the ultimate spa therapy.

Combine the BIOTEC facial for instant results with a 50-minute Swedish Massage for pure relaxation.

100 min

✦ RESTORATIVE SALT STONE MASSAGE*

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique Amber and Quartz poultice to dissolve knots and ease tensions.

75 min

✦ AROMA STONE THERAPY

Nothing gets into the belly of the muscle like a hot stone. Bathed in moisturizing body oil, a curated range of Balinese stones are selected to address exactly what the body needs. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy.

The result is sparkling vitality with the added bonus of intensely hydrated skin.

90 min | 75 min | 50 min

✦ BAMBOO MASSAGE

Imagine warm bamboo shoots soaked in essential oils massaging the body while transporting you to a state of bliss.

This indulgent treatment will revive your senses in a new and innovative way.

90 min | 75 min | 50 min

✦ COCONUT POULTICE MASSAGE

Perfectly warmed pure coconut compresses massage the body, releasing natural emollients – rich in Vitamins E and K – to nourish and moisturize the skin, followed by a traditional hands-on massage to relax and de-stress the muscles.

90 min | 75 min | 50 min

🌿 THAI HERBAL POULTICE MASSAGE

This massage utilizes scented and heated herbal poultices applied to the body at pressure points to relax the muscles and release tension.

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

90 min / 75 min

DEEP TISSUE MUSCLE MASSAGE

A vigorous workout for the body tailored to your needs, be they muscle pain, stress relief, or pure relaxation.

Skin is prepped to release toxins and the massage works deep into the tension. As effective as an hour's stretching, but so much more nurturing.

90 min / 75 min / 50 min

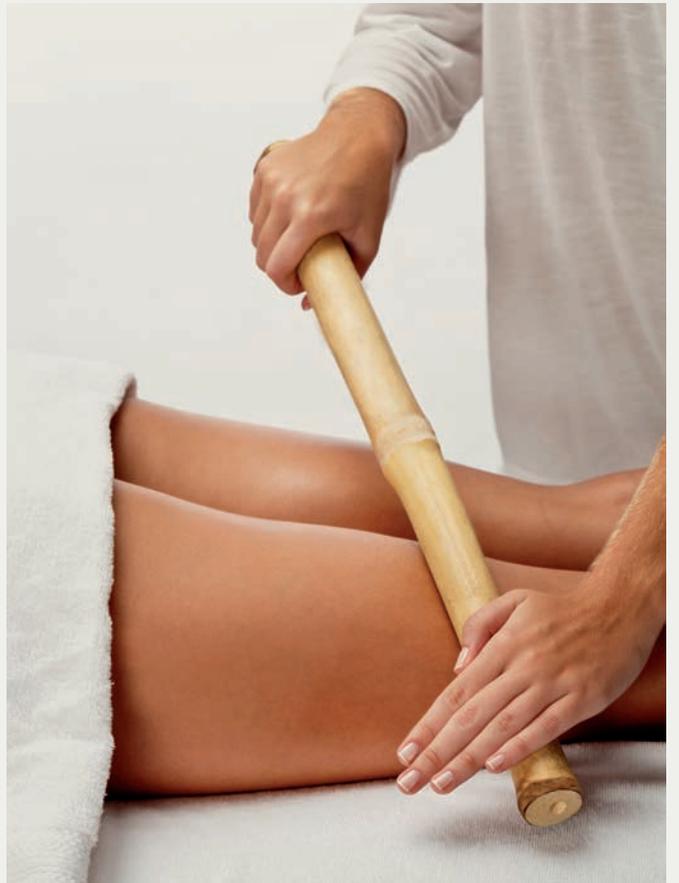
SWEDISH MASSAGE

This classical European technique of manipulating muscles with aromatic massage oils is both relaxing and invigorating.

While providing a tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems.

90 min / 75 min / 50 min

**Please check for the availability of these facilities and/or services on your cruise.*





Couples

Share relaxation with a loved one. Spa villas are exclusive respites where two souls can spend quality time together. Luxuriate in a bathing ritual, indulge in a soothing massage, and escape to a private oasis of bliss where time for two is a treasure.

COUPLES MASSAGE

In the privacy of an exclusive suite reserved for two, couples can enjoy any of our deeply relaxing massages side-by-side (priced according to massage choice).

Customized treatment options are also offered in the Couples Suite.

90 min / 75 min / 50 min

COUPLES MASSAGE & BATHING RITUAL

This most romantic of rituals will indulge you both from head-to-toe in our secluded suite for two. 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.

90 min / 75 min / 50 min

GO SMILE™ BLU PRO TREATMENT*

Whitens teeth with the next generation in teeth whitening technology.

This exclusive service whitens teeth up to 8 shades in 30 minutes with no sensitivity or discomfort. The treatment includes a portable GO SMILE™ Whitening device to take home to enhance results.

Book a complimentary consultation.

GO SMILE™ TEETH WHITENING TREATMENT

Try our advanced teeth whitening treatment, a safe, effective way to add a sparkle to a smile. Book a complimentary consultation. Couples treatments available.

30 min

**Please check for the availability of these facilities and/or services on your cruise.*

Body Therapies

The promise of a renewed body. These scrubs, seaweed purees, and detoxifying concoctions will slough away dead skin, remineralize the body, and help tone and firm. Healthful and sumptuously indulgent, most treatments include an invigorating massage.

✦ 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 blend of essential oils is applied to the body before being cocooned in a wrap.

The natural ingredients will detoxify, decongest and stimulate the body's systems. Treatment includes either a 25-minute back or 50-minute full-body massage.

100 min | 75 min

✦ INTENSELY CLEANSING SALT SCRUB

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment.

The fragranced salt of choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas ready to absorb the deeply nourishing body oil.

Delivers velvety soft, invigorated skin. Treatment includes either a 25-minute back or 50-minute full-body massage.

75 min | 50 min

✦ IONITHERMIE CELLULITE REDUCTION PROGRAM

This unique therapy detoxifies the body, reduces the appearance of cellulite, and offers substantial inch loss after just one session. 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 wellbeing and fitness program.

Course of 3 | 50 min

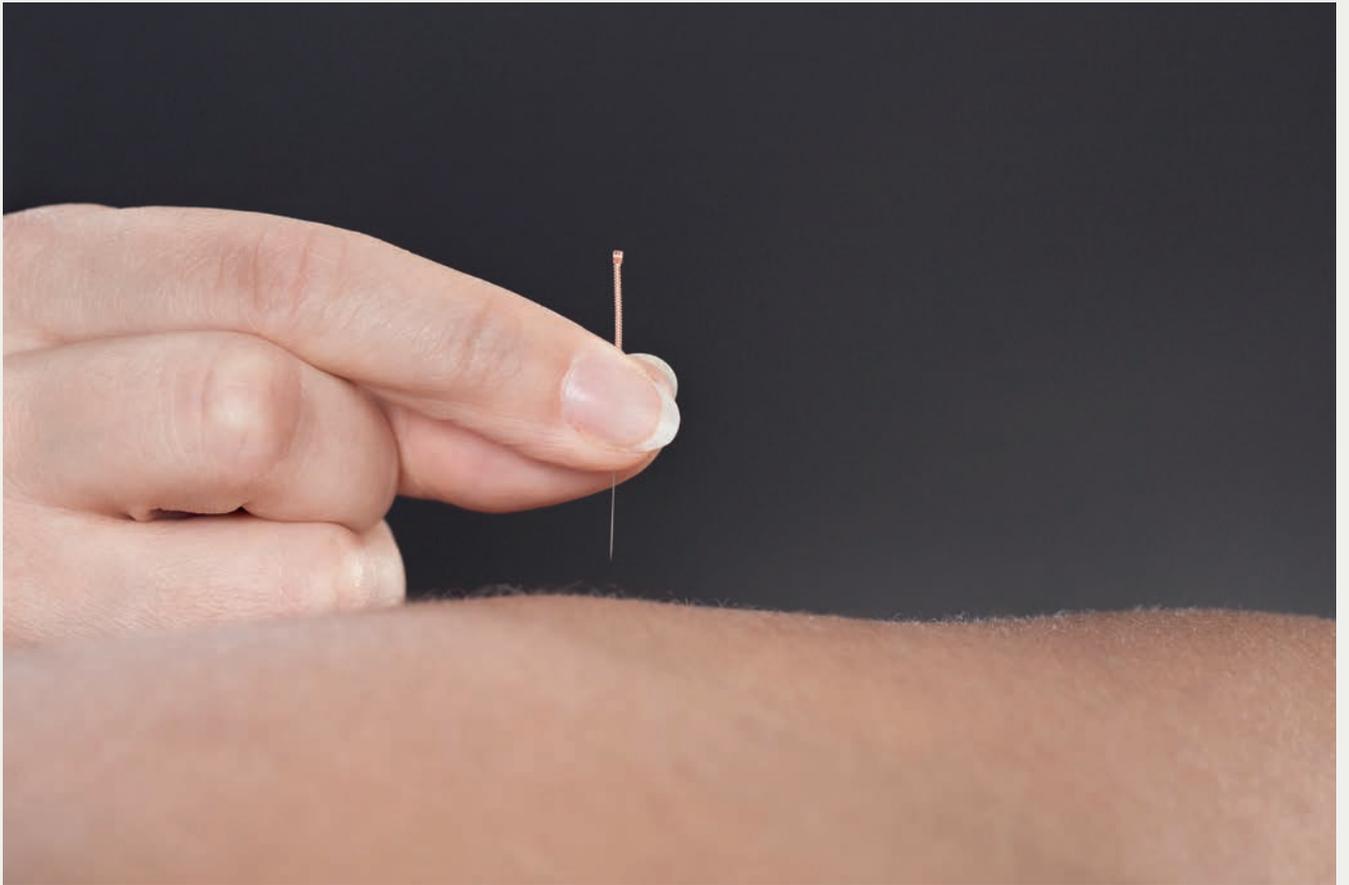
IONITHERMIE REVITALIZING LEG THERAPY

Ideal for tired or heavy legs, this revitalizing therapy will help treat poor circulation, 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 min

**Please check for the availability of these facilities and/or services on your cruise.*





Acupuncture

Wellness is a state of optimal wellbeing. Mandara Spa provides the best holistic care through acupuncture and traditional Chinese medicine. Travel to the far east where centuries of wisdom reveal natural healing remedies for a myriad of conditions.

🌿 ACUPUNCTURE

Quickly becoming one of the fastest growing alternative therapies, acupuncture is often recommended by family practitioners to complement and enhance the benefits of traditional medicine.

The onboard acupuncturist is certified to safely and effectively treat an extensive list of symptoms and conditions including, but not limited to, pain management (sciatica, joint, muscle and arthritic pain), sea sickness, smoking cessation, weight gain, insomnia and anxiety. Experiencing any of these symptoms is not a requirement to benefit from acupuncture.

Many enjoy a session for a simple tune-up, enhanced relaxation, and wellbeing maintenance.

50 min

Ask about our Health and Wellness Seminar series.

CHINESE HERBAL MEDICINE CONSULTATION

Herbs are integral to traditional Chinese medicine. The spa features JOU®, an exclusive organic Chinese herb brand.

JOU® herbs are cultivated in Northern China by using the leaves, roots, stems, bark and petals of plants, shrubs and trees. Once collected, these ingredients are dried, crushed and then placed in a vegan capsule for easy consumption.

Chinese herbs have been used as part of the traditional Chinese medicine system for thousands of years and have helped to alleviate many health issues.

Ask for a complimentary consultation.



Pulse Fitness Center

Our Personal Trainers can motivate 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.

PERSONAL TRAINING

This one-on-one training session focuses on individual needs. Learn which exercises work best. An in-depth consultation and body composition analysis are included.

60 min

INBODY570® 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 determine the best way forward to achieve your wellness goals.

60 min

BOOT CAMP

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

45 min

HIIT45*

Maximum results in minimal time. HIIT (high-intensity interval training) is a full-body, circuit-based, fat-burning workout through quick, intense bursts of exercise followed by short, sometimes active, recovery periods.

This type of training gets and keeps the heart rate up and burns more fat in less time.

45 min

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 min / 3 x 45-minute sessions

ROW CLUB*

Get a high-intensity sweat and total body results with this low-intensity workout. Hit every part of the body for head-to-toe toning in just one session.

45 min

RYDE*

This indoor cycling class integrates 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.

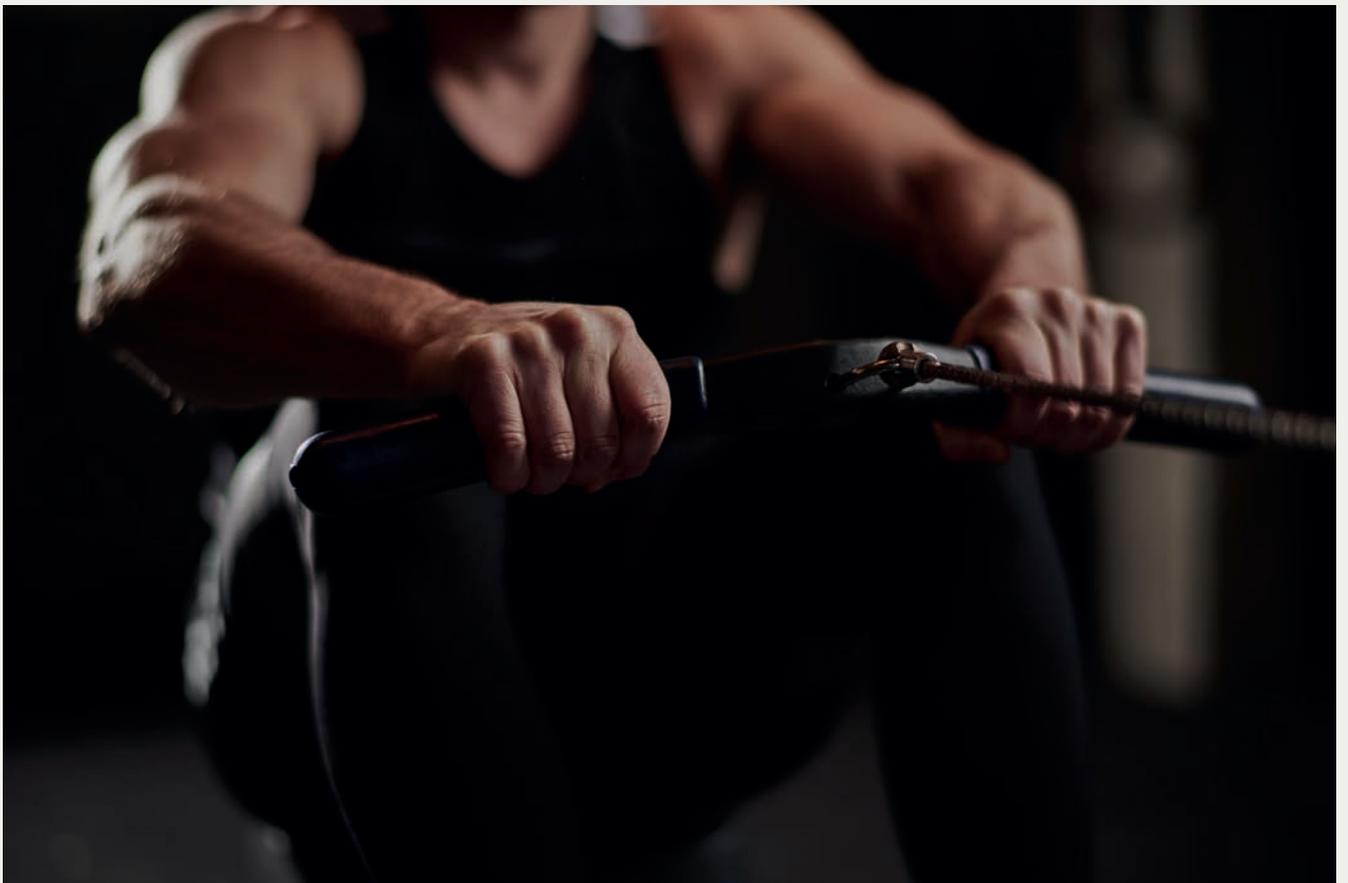
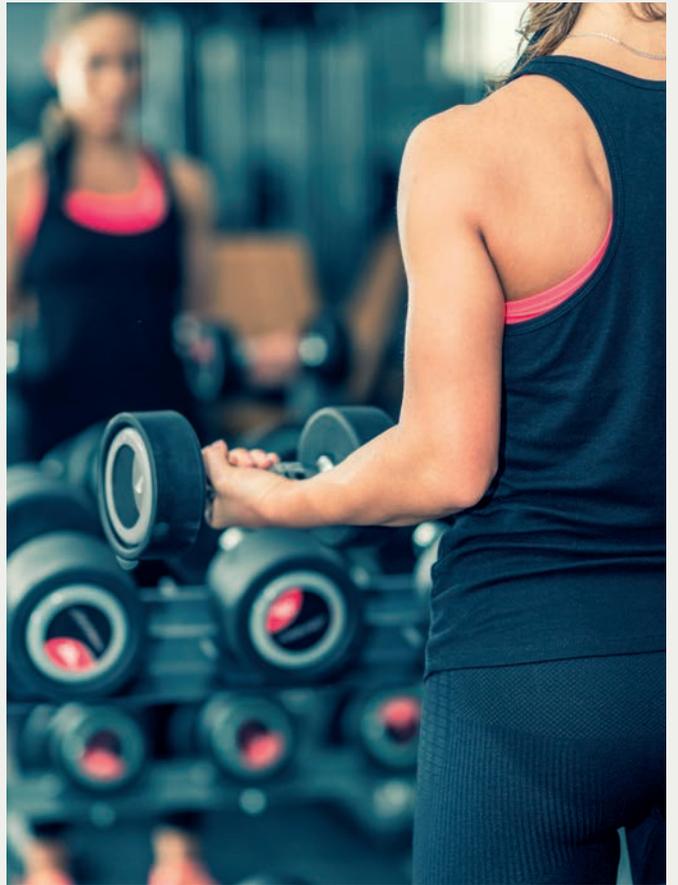
45 min

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.

**Please check for the availability of these facilities and/or services on your cruise.*





Salon

Beauty begins with be: be your best you. Vibrant hair and groomed hands and feet are a reflection of your inner health and beauty. Let that natural brilliance shine through. Because being you is being beautiful.

KERATIN COMPLEX® EXPRESS BLOWOUT

Say goodbye to frizz in just one hour. This specially formulated, revitalizing and rejuvenating treatment for the hair eliminates frizz and lasts up to six weeks, infusing natural Keratin in the shortest amount of time, so hair can be washed just eight hours after.

45 min

✦ KERATIN COMPLEX® EXPRESS BLOWOUT WITH CUT

60 min

KÉRASTASE® ELIXIR ULTIME 24-CARAT INDULGENT RITUAL

Nourish, protect, illuminate and instantly restore hair.

This most indulgent ritual combines precious oils with a highly concentrated treatment to provide a sublime transformation, leaving hair silky, weightless and beautifully fragrant.

Includes a scalp massage.

25 min

KÉRASTASE® FUSIO-DOSE™ INSTANT HAIR TREATMENT

An instant and personalized ritual for the hair fiber. Fusio-Dose combines highly concentrated formulas with powerful boosters for custom-designed results. Dry hair is intensely nourished; damaged hair is repaired and strengthened; the radiance of color treated hair is restored; and mature hair is re-densified.

KÉRASTASE® 123 HAIR RITUAL

Breathe, treat and texturize with a three step made-to-measure ritual to take tresses from flat to flawless.

15 min

✦ FIRE & ICE MANICURE AND PEDICURE

Using a combination of therapeutic cooling gels and the warmth of massage with heated stones, skin will be smoother and nails will be nourished and polished to perfection.

Manicure 45 min

Pedicure 60 min

MAKEUP APPLICATION

Whether it is a special occasion or simply a way to feel special, our make-up artists will accentuate your best features during this make-up application session.

Ask about strip lashes to enhance the look.

45 min

WAXING

With respect for privacy, Mandara's highly trained therapists will ensure a comfortable experience. Book a waxing service for brows, lip/chin, half arm, underarm, half or full leg, bikini, Brazilian or back/chest.

Services are for both men and women. Please ask a spa therapist for more details.

MORE NAIL SERVICES

- Exotic Hand Ritual with Manicure
- Sole Delight Ritual with Pedicure
- Traditional Manicure
- Traditional Pedicure
- Repolish
- Acrylic Nails
- Nail Fix
- Paraffin Wax

MORE HAIR SERVICES

- Shampoo and Blow Dry
- Shampoo and Roller Set
- Cut and Style with Blow Dry
- Fringe Trim
- Up Do and Style
- Semi-Permanent Color
- Permanent Color (whole head or roots)
- Highlights or Lowlights
- Partial Highlights
- Island Braid

GO SMILE™ BLU PRO TREATMENT*

GO SMILE™ Whitens teeth with the next generation in teeth whitening technology.

This exclusive service whitens teeth up to 8 shades in 30 minutes with no sensitivity or discomfort.

The treatment includes a portable GO SMILE™ Whitening device to take home to enhance results.

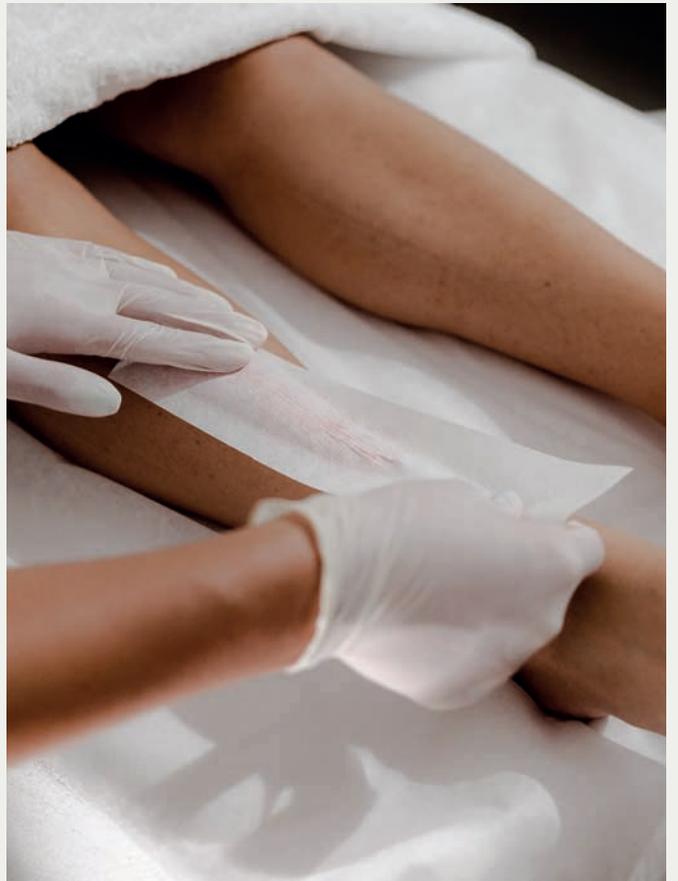
Book a complimentary consultation.

GO SMILE™ TEETH WHITENING TREATMENT

Try our advanced teeth whitening treatment, a safe, effective way to add a sparkle to a smile. Book a complimentary consultation. Couples treatments available.

30 min

**Please check for the availability of these facilities and/or services on your cruise.*



Barber Shop

There's nothing like achieving that brawny, brainy, brilliantly smooth, and yet enough rough-around-the edges to keep you human look. Have your beard and trim it too. Here, you can indulge copiously while maintaining your stud-like status.

GROOMING TREATMENT WITH SHAVE

Includes the Express Shave, Pro-Collagen mini facial, and a luxurious face, scalp, hand and arm massage.

55 min

EXPRESS SHAVE

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

30 min

TIDY UP

Let the barber tidy up your beard, hairline, side burns, eyebrows and stray hairs.

15 min

MEN'S CUT

Get a clean cut look with our full-service grooming, including hair and beard trims as well as styling.

25 min



Spa Information

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.

HOURS OF OPERATION

8am to 10pm daily.
8am to 8pm on last day of cruise.

RESERVATIONS*

For more information or to reserve treatments, please contact Mandara Spa. Walk-in appointments are subject to availability.

NURTURE YOUR EXPERIENCE

We recommend arriving 15 minutes prior to your appointment so you can focus your mind on relaxation.

To maintain the serenity of the spa, we ask you to silence your mobile phone and turn off electronic devices upon arrival.

10.20.30 SIGNATURE SERVICES PROMOTION

Reserve three services with this  symbol and receive 10% off the highest priced service, 20% off a service of equal or lesser value, and 30% off the least expensive service from your selection.

Treatments are nontransferable. All services must be booked and paid for in advance. This offer is subject to availability.

MINIMUM AGE REQUIREMENTS

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.

SPECIALTY SPA MENUS

Visit the spa desk to inquire about our Pain Management or Kids and Teen menus.

ENSURING A WONDERFUL SPA EXPERIENCE

We welcome you to discuss openly your likes, dislikes, concerns or questions with your therapist before, during or after the treatment.

GRATUITY*

For your convenience, a 20% service charge will be applied to your final bill at checkout.

Additional gratuity for exemplary service is discretionary.

VALUABLES

To ensure you do not forget any personal items of value, we recommend leaving them in the safety deposit box in your stateroom.

CANCELLATION POLICY

Please provide 24 hours' notice when canceling appointments or your onboard account may be charged 50% of your treatment cost.

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 receipt can be exchanged for either services or products.

SPECIAL OFFERS IN PORT

For our port offers or during special occasions as well as for seminars and group class information, please see the spa section of your daily program, stateroom television, or contact Mandara Spa.

SMOKING

For your safety, Mandara Spa is a non-smoking facility.

CUSTOMER SERVICE

c/o OneSpaWorld

1-855-848-3059

customerservice@onespaworld.com

timetospa.com

Mandara Spa can be found in exclusive resorts around the world. For information on locations or to learn more, please visit:

mandaraspacom

**Services may vary from vessel to vessel.
All prices and service charges are current at the time of printing and subject to change without prior notice.*