



price list

# YOUR OASIS JOURNEY. . .

It begins with the thought of relaxation and surrender to a still moment of perfection. It gains momentum as you tread softly toward the spa. And it culminates as you step over the threshold into a world where you are the centre. This is a moment of your sheer perfection. Indulge in it.

## FACILITIES, PASSES & UPGRADES

Thermal Suite	
Please ask the Spa Concierge for details and pricing options.	
Hydro-Pool*	
Please ask the Spa Concierge for details and pricing options.	
**Private Spa Balcony upgrade (includes foot ritual and tea)	+£10

## INDULGE

### FACIALS

 24 Karat Gold Facial	75 minutes	£219
 Elemis Oxydermy Facial	50 minutes	£99
 Elemis Tri-Enzyme Resurfacing Facial	50 minutes	£89
Elemis Pro-Collagen Quartz Lift Facial	50 minutes	£89
Elemis Skin Specific Facial	50 minutes	£79
 La Therapie Oxy-Polish Facial	50 minutes	£99
La Therapie Hydralift Facial	50 minutes	£79

### MASSAGE

 Elemis Aroma Stone Therapy	50/75 minutes	£79/99
 Thai Poultice Massage	75 minutes	£119
Thai Table Massage	75 minutes	£109
 Bamboo Massage	50/75 minutes	£89/109
Customised Deep Tissue Massage	50/75 minutes	£79/99
Swedish Massage	50/75 minutes	£69/89
Reflexology	50 minutes	£79
 Elemis Face & Body Sensation	50 minutes	£99
Elemis Absolute Spa Ritual	100 minutes	£169
 Back, Neck and Shoulder Massage	50 minutes	£69
The Retreat Massage	(priced in accordance with the a la carte menu)	


## ENLIGHTEN

### DETOXIFYING AND NOURISHING TREATMENTS

Elemis Exotic Lime & Ginger Salt Glow	50/75 minutes	£89/109
 Elemis Body Sculpting Cellulite & Colon Therapy	50 minutes	£79
 Elemis Aroma Spa Seaweed Massage	75/100 minutes	£109/149
Sensory Dry Float Upgrade		+£10
 Ionithermie Cellulite Reduction Programme	50 minutes	£89
	course of three	£229
Ionithermie Cheek Lift Treatment	50 minutes	£89
	course of three	£229
Ionithermie Revitalising Leg Therapy	40 minutes	£49



## KINDRED SPIRITS

### COUPLES TREATMENTS (PRICED FOR TWO)


 Couples Massage	50/75 minutes	£139/209
Exotic Steam Rasul†	50 minutes	£79
Exotic Steam Rasul & 50 minute Couples Massage†	100 minutes	£209
Harmony Ritual (£358 value)	approx 125 minutes	£283
(includes for two Thermal Suite, Private Yoga, Thai Poultice Massage)		

## WELLNESS THERAPIES

### ACUPUNCTURE†

 Acupuncture first session	50 minutes	£89
Acupuncture follow up session	50 minutes	£79
 Acupuncture Facial Rejuvenation	50 minutes	£99
Herbal Remedy Consultation		free
Tongue & Pulse Analysis		free

### AYURVEDA

 Shirodhara	25 minutes	£39
Shirobhyanga Massage	50 minutes	£79
Dosha Analysis		free

## GENTLEMEN'S SPA

### GROOMING

Elemis Express Shave	30 minutes	£29
Elemis Deep Cleanse Grooming Treatment with Shave	45 minutes	£49
 Elemis Pro-Collagen Grooming Treatment with Shave	55 minutes	£59
Tidy Up	15 minutes	£9
Men's Wet Cut or Cut & Blow Dry		from £19
 Elemis Skin IQ Facial	50 minutes	£69
Elemis Urban Cleanse Facial	50 minutes	£89
 Elemis Executive De-Stress Treatment	50 minutes	£69
Manicure	25 minutes	£19
Pedicure	45 minutes	£29

## BEAUTIFY

### HAIR SERVICES

#### Phyto Hair Conditioning Treatments

Thirst Quencher/Rescue Remedy/Botanical Bliss	30 minutes	£35
Colour Guard	15 minutes	£19
 Brazilian Blowout (includes after care products)	90 minutes	£289
Elemis Frangipani Conditioning Hair & Scalp Ritual	25 minutes	£19
Shampoo & Set/Blow Dry		from £29
Shampoo, Cut & Blow Dry		from £39
Fringe Trim		£9
Hair Up without Style Dry		from £29
Semi-Permanent Colour		£29
Permanent Colour (roots only)		£39
Permanent Colour (whole head)		£59
Highlights		from £49
Partial Highlights		from £5
Individual Corn Braids		each £5
Braid & Corn Braids		from £19

### bliss® WAXING SERVICES

Brows		£9
Lip and/or Chin		£9
Arm		£25

Underarm		£19
Half Leg		£29
Full Leg		£55
Bikini		£25
Deep Bikini		£39
Back		£49
Chest		£29

### NAIL SERVICES

Elemis Exotic Hand Ritual w/manicure	45 minutes	£29
Elemis Sole Delight Ritual w/pedicure	60 minutes	£39
 Fire and Ice Manicure	45 minutes	£29
 Fire and Ice Pedicure	60 minutes	£45
 14 Day No Chip Manicure	25 minutes	£29
 14 Day No Chip Pedicure	45 minutes	£39
 Cuerpo Restorative Mud Foot Therapy	30 minutes	£30

Traditional Manicure	25 minutes	£19
French Manicure	30 minutes	£29
Traditional Pedicure	45 minutes	£29
French Pedicure	50 minutes	£39
Repolish	15 minutes	£9
Acrylic Nails (full set)	75 minutes	£49
Acrylic Nails (refills)	45 minutes	£29
Nail Fix (per nail)	5-15 minutes	£5
Paraffin Wax add-on	15 minutes	£19

### BEAUTY

Makeup Application	45 minutes	£49
Lash Tinting	30 minutes	£19
Brow Tinting	30 minutes	£15
St. Tropez Sunless Tanning for Face and Body	50 minutes	£69

## FITNESS

### INDIVIDUAL CONSULTATIONS & TRAINING

 Personal Training	60 minutes	£45
	3 sessions	£125
 Body Composition Analysis	30 minutes	£29
Nutritional Consultation	60 minutes	£45

### SPECIALISED GROUP CLASSES

 Yoga	45 minutes	£7
Tai Chi	45 minutes	£7
Pilates	45 minutes	£7
 Tour De Cycle (3 sessions)	45 minutes	£21
 Kettle Bell Classes	45 minutes	£7

## ESCAPISM

Create Your Day (£371 value)	180 minutes	£314
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See the main brochure for Create your Day options.

## THE OASIS EXPERIENCE

For a full list of spa tips, please see our main brochure.

## CUSTOMISED PACKAGES

We are happy to custom-design packages so you may enjoy the spa and its facilities every day of your cruise. Please contact the spa concierge for more details.

## HOW TO SPA

We recommend you arrive in the spa 30 minutes prior to your scheduled treatment time so that you can use the facilities. Please meet your therapist in the Relaxation Lounge, showered and in your robe 5 minutes before your scheduled appointment time. If you are late, we may have to reduce your treatment time to accommodate our next guest.

## OASIS SPA PASSES

You may purchase passes for the Thermal Suite and Hydro-Pool\* through the Spa Concierge.

## ONLY BRING WHAT YOU NEED

Please leave all personal belongings in your guest room safe as the spa cannot accept responsibility for items left in the treatment room.

## CANCELLATIONS

If you do need to cancel, please give us 24 hours notice so that we may reschedule your appointment. Your on board account may be charged with 50% of your treatment cost for cancellations made with less than 24 hours' notice.

## MINIMUM AGE

You must be at least 18 years of age to book in for private treatments. For those of you under the age of 18, you must be accompanied by an adult for the duration of your service.

## SPA 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. You may continue to purchase your skin, body and hair care at [www.timetospa.co.uk](http://www.timetospa.co.uk) or call 44 (0)1278 727827.

## AVAILABILITY

All treatments, services and facilities are subject to availability.

## THANK YOU

We hope we have enhanced your on board experience and wish you days filled with well being, vitality and joy until we meet again...

 indicates Oasis Spa favourites

\* Hydro-Pool is only available on board Arcadia.

† Please ask about the facility pass which includes use of the Thermal Suite and Hydro-Pool.

\*\* Only available on board Azura.

Guests on board Azura may also purchase separate passes for The Retreat. Please ask the Spa Concierge for more details.

† This option may not be available on your cruise. Please check with the Spa Concierge for availability.