



Jade Wellness Centre “Exclusive Spa Experience”

Facial Treatments
Massage Therapies
Body Rejuvenation
Hairdressing
Manicure
Pedicure
Fitness Facilities
Sauna

Nature's secret of well being on board Marco Polo & Discovery. Indulge yourself with life's most perfect gifts: **Relaxation, Invigoration, Rejuvenation.**

Treat yourself to a Spa Package and design your own special day!

Package Name	Package Includes	Cost	Special Offer	Save
Full Day Beauty Package A Special treat for you!	Swedish Classic Massage (45 Min) Luxury Aromatherapy Facial Hair Mask Treatment Shampoo & Blow Dry/Set Luxury Spa Manicure with Hand Massage	£177	£158	£19
Purifying Package Therapist's Recommendation	Reviving Facial Cool Mineral Wrap Lymphatic Drainage Massage (30 Min) Luxury Spa Manicure with Hand Massage	£170	£151	£19
Tranquillity Package Completely De-Stress and Unwind	Shiatsu Massage (45 Min) Luxury Aromatherapy Facial Reflexology Massage (45 Min)	£166	£147	£19
Triple Action Package Purify & Stimulate	Luxury Aromatherapy Facial Swedish Classic Massage (45 Min) Hair Mask Treatment	£127	£113	£14
Body Package Ultimate Body Rejuvenation	Dead Sea Mineral Mud Wrap Exfoliating Body Polish Neuromuscular Therapy (45 Min)	£154	£137	£16
Serenity Package The total Well-Being Experience	Aromatherapy Massage (45 Min) Cleansing Facial Luxury Spa Pedicure with Foot Massage Shampoo & Blow Dry/Set	£149	£133	£16
Oriental Package Enjoy an Ancient Ritual	Indian Head Massage (30 Min) Reflexology (45 Min) Shiatsu Massage (45 Min)	£152	£135	£17
Jade Wellness Centre Package Your Own Personal Spa Experience	Select three or more treatments and receive a 15% discount on the total price.			10%

Massage Therapies

Treatment	Details	30 mins	45 mins	60 mins
Eastern Head Massage	The ancient Indian massage targets the shoulders, neck, scalp and head to relieve headaches, migraines, insomnia, sinus problems and stress related difficulties.	£38	£57	£64
Swedish Classic Massage	A traditional technique that increases circulation, improves skin and muscular tone and soothes tired, aching muscles resulting in the complete relaxation of body and mind.	£38	£57	£64
Aromatherapy Massage	A specialised treatment to relieve stress, tension, fatigue, headaches, pms, allergies, nausea and many other health concerns. Specific essential oils are chosen to suit your individual needs.	£38	£57	£64
Athletic 'Sports' Massage	Deep massage and stretching techniques are applied to major muscle groups used in physical activities and sport.	£38	£57	£64
Lymphatic Drainage Massage	A light-touch massage technique that stimulates the lymphatic system, the body's elimination/drainage system. Reduces water retention and swelling.	£38	£57	£64
Neuromuscular Therapy	A combination of deep oriental and European massage techniques are applied to relieve muscular discomfort.	£38	£57	£64
Reflexology	Involves manipulation of specific pressure points on the feet to deeply relax the whole body.	£38	£57	£64
Shiatsu	The Japanese Acupressure is a 2000 year old traditional therapy whereby finger and thumb pressure is applied to specific points to balance the body's energy levels.	£38	£57	£64
Balinese Massage	A Balinese massage using a combination of gentle stretches, acupressure and aromatherapy oils to stimulate the flow of blood, oxygen and energy throughout your body. Resulting in deep relaxation and well-being.	£38	£57	£64
Healing Stone Massage	The premier stone massage utilise both smooth, hot basalt and cool marble stones as an extension of the hands for a therapeutic massage to maximise relaxation. Your body will absorb the healing touch as the stones ease away tension, balancing all levels of emotional, mental, physical and spiritual energy.	£44	£66	£74

Body Rejuvenation

Treatment	Details	Cost
Exfoliating Body Polish	An essential treatment whereby dead skin cells are removed using dead sea crystal salt, a remarkable and natural cleaning agent rich in moisturising minerals, that leave the body smooth, invigorated, vibrant and cleansed of impurities. A shower is recommended after treatment.	£45
Dead Sea Mineral Mud Wrap	A luxurious top to toe treatment by which cool deep cleaning mineral mud is applied to draw out impurities and excess oils, while at the same time intensively re-mineralising the deepest layers of skin. Your therapist will perform a scalp and foot massage while the wrap gently envelopes and relaxes you.	£52
Cool Mineral Wrap	Reduces swelling, puffiness and relieves tired, swollen ankles and feet. Increased effectiveness is achieved when combined with lymphatic drainage massage.	£52
Lipo-Active Body Treatment	This total body therapy helps eliminate excess weight while improving microcirculation and refining the texture of your skin. You are left feeling relaxed, slim and revitalised.	£56

Waxing

Treatment	Cost
Half Leg	£14
Full Leg	£22
Bikini	£14
Underarm	£10
Lip	£10
Eyebrow Shape	£10

Facial Treatments

Treatment	Details	Cost
Cleansing Facial	This relaxing facial is suitable for all skin types and is strongly recommended for sluggish, tired or congested skin (45 mins)	£41
Reviving Facial	A revival facial is a luxurious treatment for dehydrated, dry or mature skin. Hydrating and therapeutic care, incorporating minerals and a most gentle nourishing mask. Benefit from the massage treatment for the face, neck and shoulders, moisturising to the deepest layers. This facial promotes a fresh and radiant glow to the skin.	£52
Luxury Aromatherapy Facial	Incorporates specific massage techniques to the face, neck and scalp using pure essential oils to suit your skin type. Detoxifies and oxygenates the skin giving a complete feeling of relaxation.	£52
Anti-Aging Facial	Skin aging is normal as we grow older and our skin dries. treat yourself to an anti-aging facial to rejuvenate your skin in order to achieve a healthier and younger looking skin that makes you feel and look fresh.	£52
Teen Facial	This teen facial helps promote a clear, healthy and glowing complexion. Significant hormonal changes can occur during the teen years, resulting in increased oil production. Customise this treatment to start your daily skin care routine.	£45
Back Cleansing Treatment	Utilise steam cleanse, dead sea mud to detoxify and a relaxing massage using essential oils to tone the back.	£45
Make-Up	Our make-up artist will create a unique make-up program for your daily use.	£24

Hairdressing

Treatment	Cost
Styling	
Shampoo & Blow Dry/Set	£22
Shampoo & Cut	£22
Shampoo Cut & Blow Dry/Set	£39
Shampoo & Trim	£15
Comb Out	£15
Long Hair	
Shampoo & Blow Dry/Set	£25
Shampoo / Set & Hair Up	£32
Hair Up (Evening Style)	£21
Braiding	£15
Colour	
Highlights Entire Head Short Hair	£52
Highlights Entire Head Long Hair	£57
Highlights Roots Only	£38
Permanent Colour Short	£38
Permanent Colour Long	£46
Treatments	
Hair Mask Treatment	£17
Deep Conditioning Treatment	£17
Hand Care	
Luxury Spa Manicure with Hand Massage	£32
French Manicure with Hand Massage	£34
Nail Polish	£11
Foot Care	
Luxury Spa Pedicure with Foot Massage	£37

Men's Styling

Treatment	Cost
Anti-Ageing Performance Facial	£49
Men's Performance Facial	£47
Luxury Caviar Facial	£49
Shampoo Cut & Styling	£21
Manicure with Hand Massage	£21
Pedicure with Foot Massage	£30

Fitness Facilities

Please check the cruise news for opening hours

Sauna

Sauna is complimentary. Open daily from 9.00am to 9.00pm