

Legend of the lotus flower

Since ancient times, it is believed that the lotus flower has magical healing powers because of its intrinsic ability to fully rejuvenate and blossom, even after long lapses in stressful conditions. You can enjoy a similar feeling of transformation of the mind, body and spirit, simply by experiencing the soothing sensations and treatments offered in the Lotus Spa®.



Technology facial

🌸 ELEMIS BIOTEC Facials

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. The clinically proven results? Thriving, visibly healthy, and energized skin. Book a complimentary consultation to select the best facial for your concerns.

50 minutes

Touch facial

🌸 ELEMIS 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 minutes

* Independent Clinical Trials

Medi-spa

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.

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 the face, neck or tummy.

Massage

🌸 Aroma Stone Therapy

Get deep into the muscle with Balinese stones selected to address exactly what you need. Skin is intensely moisturized with warmed oil.

100 minutes | 75 minutes | 50 minutes

🌸 Bamboo Massage

In this deep massage, your therapist will use bamboo shoots to roll and glide over the muscles helping release tension and lactic acid buildup caused by stress or muscle strain.

100 minutes | 75 minutes | 50 minutes

🌸 Coconut Poultice Massage

Perfectly warmed, pure compresses massage the body, releasing natural emollients that nourish and moisturize the skin. This is followed by traditional hands-on techniques to relax and destress the muscles even more!

100 minutes | 75 minutes | 50 minutes

🌸 Restorative Salt Stone Therapy

Warm Himalayan salt stones are bathed in personally selected aromatics to contour the body and diffuse negative energy, reduce stress, and alleviate muscle tension. This therapy is complete with a re-energizing face and scalp massage for a truly uplifting experience.

75 minutes

Couples Massage

Relaxation for the two. Enjoy a deeply relaxing massage as you lie side by side in a suite reserved for two. *(Priced according to massage selection)*

100 minutes | 75 minutes | 50 minutes

Body therapies

🌸 Aroma Spa Seaweed Massage

The power of aromatherapy is combined with the riches of the ocean. A heated seaweed mask is applied to the body before being cocooned in a wrap. The natural ingredients will detoxify, decongest and stimulate the body's systems. Includes a 25-minute back or 50-minute full-body massage.

100 minutes | 75 minutes

🌸 Ionithermie Cellulite Reduction Program

This unique therapy detoxifies the body, reduces the appearance of cellulite, and offers substantial inch loss after just one session. Drain fluid, smooth the skin, and give the body more definition.

50 minutes | 3 Sessions

Traditional Chinese acupuncture

🌸 Acupuncture

Safely administered by our licensed acupuncturist. This ancient practice is integral to traditional Chinese medicine and can be used exclusively to enhance wellbeing holistically or integrated with conventional health care techniques. Please see our main brochure for a list of symptoms that have been successfully addressed by acupuncture. Complimentary consultations available.

50 minutes

Fitness

InBody570® Composition Analysis

Know yourself inside and out with a body composition diagnosis, 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 minutes

Personal Training

Get on track with a one-hour personal training session. You'll be coached through an exercise routine that is customized for you by one of our highly trained staff.

60 minutes | 3 sessions

YogaSix

Enjoy an energizing, empowering and fun YogaSix sample class that will create space in the body, warm the muscles, and open the mind.

30 minutes

StretchLab

StretchLab's signature assisted stretch that focuses on the muscles of the core, back, shoulders, and hips.

30 minutes

Pure Barre

Experience a signature full body Pure Barre workout. You will be guided through a series of low-impact, high intensity isometric movements designed to improve your flexibility while strengthening and toning your body.

30 minutes

Salon

Keratin Complex® Express Blowout with Cut

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

60 minutes

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.

Fire & Ice Manicure and Pedicure

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

100 minutes

GO SMILE® Teeth Whitening Treatment

Try our advanced GO SMILE™ teeth whitening treatment. It is a safe, effective way to add a sparkle to a smile. Visit us for a complimentary consultation. Couples treatments available.

30 minutes

Men's services

Pro-Collagen Grooming Treatment with Shave

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

55 minutes

Spa tips

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 are important to us. If we have not fulfilled our promise to you, we will remedy your experience.

Hours of operation

8am to 10pm

Reservations

For more information or to reserve treatments, please contact Lotus Spa®. Walk-in appointments are 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 Pulse Fitness Center.

Specialty spa menus

Visit the spa to inquire about our pain management services or the teen and kid menu.

Nurture your experience

We recommend arriving 30 minutes prior to your appointment so you can focus your mind on relaxation. To maintain the serenity of the spa, we ask you to turn off your mobile phone and electronic devices upon arrival.

Ensuring a wonderful spa experience

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

Service Charge

For your convenience, an 18% 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 a receipt can be exchanged for either services or products.

TIMETOSPA at home

Relaxation is achieved through daily practice. Your therapist will be happy to recommend a home care regimen to continue your treatment. Replenish products purchased at www.timetospa.com.

Customer service

c/o OneSpaWorld
1-855-848-3059
customercare@onespaworld.com

*Certain treatments and experiences may not be available on certain vessels.

Occasionally, for reasons beyond our control, your treatment selection may not be available.