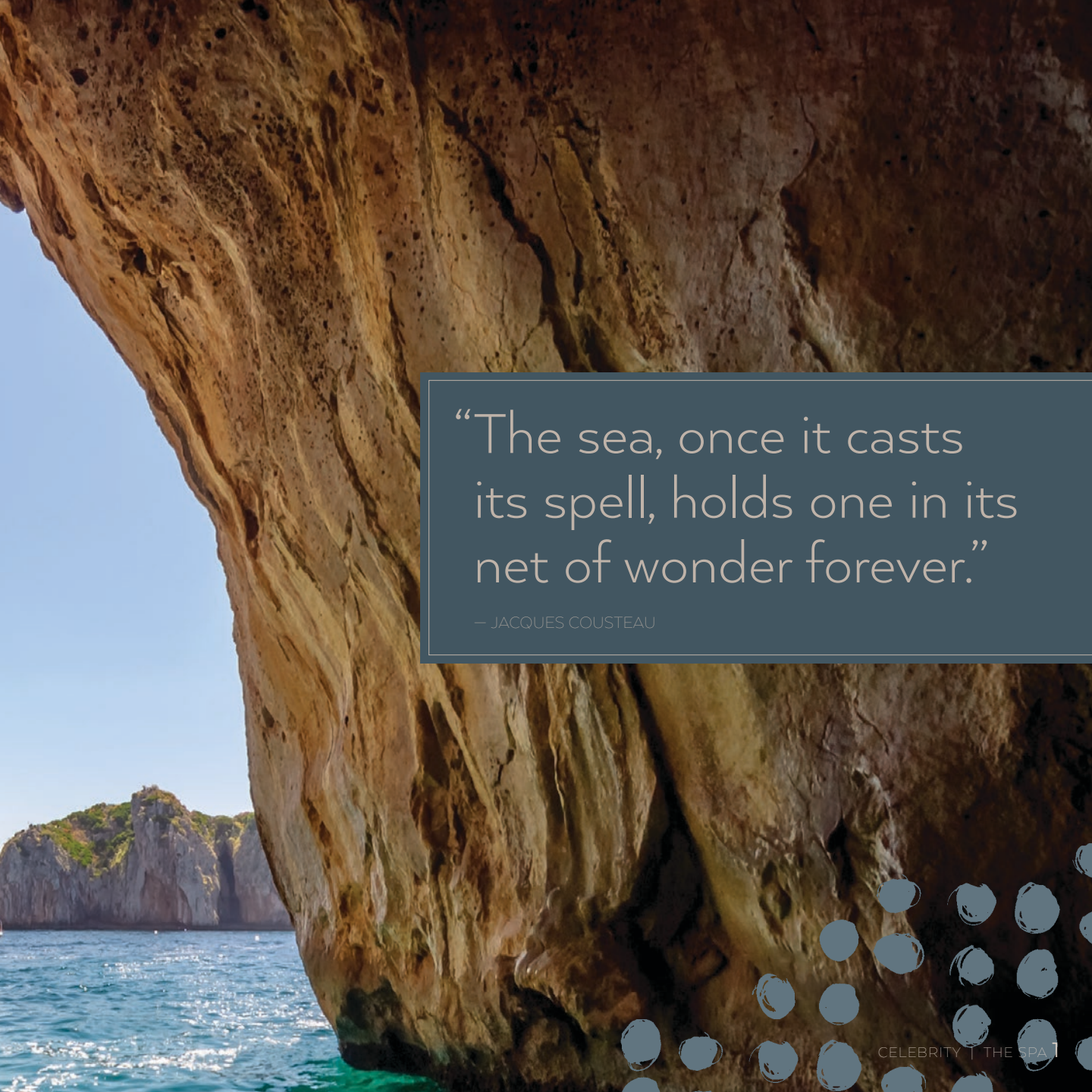
the spa



"The sea, once it casts its spell, holds one in its net of wonder forever."

— JACQUES COUSTEAU

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a sea of

INSPIRATION

The beauty of nature can have a profound effect upon the senses, and nature's elements can have a lasting effect on beauty and wellbeing. It is an infinite cycle that opens a gateway from the outer world into the inner world; a life force that shapes the foundation to every being.

The Spa on Celebrity Edge℠ explores the connection between the self, the sea, and the breathtaking world beyond. At this wellness sanctuary, beauty flourishes, the mind retreats, the body rests, and the spirit engages. Inspired by the sea, the earth, and the air, this beacon of good health feeds a desire to live whole and well.

Harnessing the power of these elements, The Spa is a transformational journey for the senses. Every moment of the experience is an uncompromising escape filled with innovation, groundbreaking firsts, the latest technology, and the simplest of all things – nature.

Discover a distinct journey that speaks to the soul and reveals an undeniable fact: water, earth and air are the cornerstone to our wellness.

SIGNATURE SERVICES

Throughout this menu, our most well-loved services are indicated with this seashell symbol.

SEA THERMAL SUITE

The beating heart of The Spa on Celebrity Edge℠, the Thermal Suite is a luxurious prelude to a spa experience, an interlude to retreat in quietude from day-long escapades, and a social enclave to connect in a shared environment. Curate a bespoke journey that evokes a feeling of nurturing and transcend the limits of time. Sea, earth and air are the catalysts behind the vibrational energies of this natural healing zone where the mindful self emerges completely renewed. SEA Thermal Suite is complimentary for AquaClass® guests. Access to SEA Thermal Suite is included with a Thermal Suite pass.

EIGHT DISTINCT WONDERS. ONE RELAXING JOURNEY.

Crystalarium Energy Healing

A beautiful refuge of natural stone walls, featuring a healing Amethyst crystal. The element of Earth emanates a luminous vibrancy while the crystal serves as the conduit for natural healing energy.

Desert Infrared Sauna

State-of-the-art technology heats the air to calm the body and relieve stress. The infrared lighting system offers many of the benefits of natural sunlight without the damaging effects.

Float Zen Zone

Cocooned in a nested basket chair, feel lighter than air while swinging into a meditative sleep or embrace the stunning views of the sea, keeping you connected to the water.

Hammam Turkish Bath

A modern take on the traditional Turkish bath. Smooth marble and exquisite tile mosaics frame quiet retreat. Elements of water and earth deeply relax muscles with light steam while a soap and polish made of nature's ingredients leave the skin aglow.

Heated Loungers

Unwind while lying on the heated tile loungers and take in the panoramic views of the ocean. A perfect zen zone, stretch out and allow the soothing warmth to radiate through the body and calm your senses.

Inhale Salt Therapy

Inhaling the riches of salt is considered a healing practice. The elements of water, earth and air are present in this halotherapy reserve where the power of natural salt breathes life into the body.

Mist Aroma Steam

The elements of earth and air mingle in this oasis of moist heat. The steam opens the airways while impurities are releasedfrom the body.

Rainfall Water Therapy

Feel drops and streams of water wash away tension in this simulated rain shower. Refreshing and invigorating, the element of water massages the body while bringing a sense of renewal.

Bathing suit required; robe and towels are provided.

natural beauty

FACIALS

Experience the ultimate in advanced skincare. Known for its aromatics and pure ingredients from the sea and earth, ELEMIS transforms the ever-changing nature of the skin. This award-winning skincare brand offers clinically trialed facial treatments without compromising on indulgence.

ELEMIS 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 facial for your concerns.

50 min

BIOTEC ANTI-AGING FACIALS

BIOTEC 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 as the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energizing Amber balm. Red and blue light therapy warms and de-stresses the skin while a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

BIOTEC Firm-A-Lift

Rediscover the architecture of your face with this groundbreaking 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.

BIOTEC Anti-Pigment Brightener

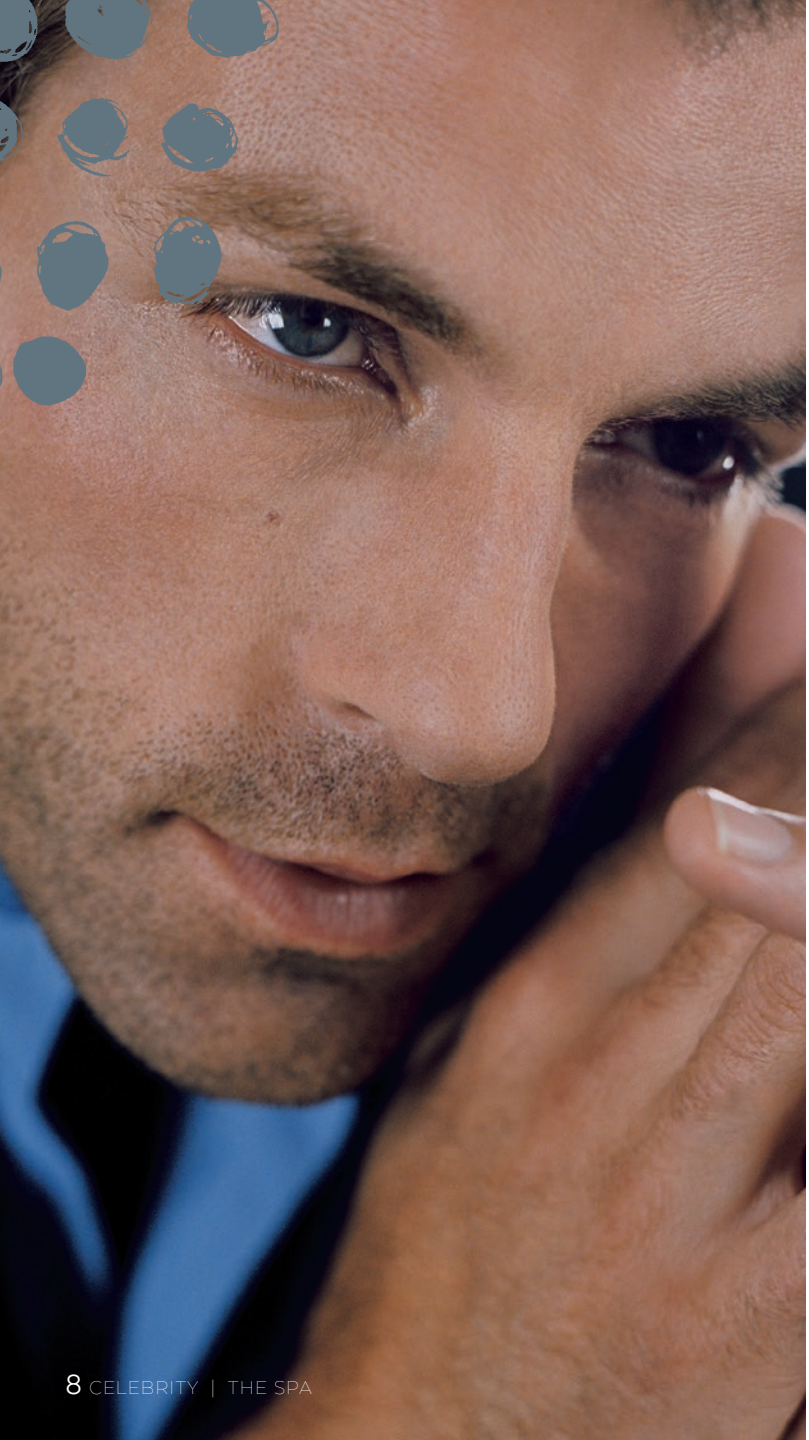
This powerful, targeted skin-brightening treatment visibly illuminates the complexion, dynamically treating the appearance of uneven skin tone, discoloration and age spots. A unique complex of brightening actives, ultrasonic peel, and light therapy is combined with precision massage to help wash out melanin and reduce dullness. A peel-off mask of Vitamin C and Daisy extracts reduces pigmentation while mineral-rich Sea Algae intensely moisturizes. The result is skin that is youthful, refined and naturally translucent.

BIOTEC 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 extraction 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.

BIOTEC 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 multi-tasking, time-efficient solution.



BIOTEC SKIN SOLUTION FACIALS

BIOTEC Sensitive Skin Soother

The anti-redness treatment that calms and soothes sensitive skin. Using an activator rich in Frankincense and natural anti-inflammatory Willow herb, the skin is infused with oxygen to encourage cellular restoration, perfect balance, and structural strength. Red light therapy operates in harmony with calming anti-oxidants to improve cell communication and the skin's natural ability to repair itself. The result is serene, smooth and sensational.

BIOTEC Radiance Renew

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells while the Galvanic rejuvenating current harnesses the power of Elderberry and Orange flower extracts to restore moisture and vitality. Skin is left profoundly reinvigorated, instantly clearer, visibly brighter, and radiant.

BIOTEC Blemish Control

A deep-cleansing facial that detoxifies the skin and repairs damaged tissue. This treatment uses ultrasonic vibration, massage, steam and galvanic currents to thoroughly decongest and exfoliate. A powerfully anti-oxidant, anti-bacterial activator, containing Salicylic acid and inflammation-reducing Iris, soothes and smoothes while light therapy helps balance and clear the complexion, speeding up recovery.

ELEMIS TOUCH FACIALS

ELEMIS' globally renowned hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. Product is applied using a combination of ancient and modern massage techniques from around the world.
50 min

ELEMIS Pro-Collagen Age Defy

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines while Indian Mulberry reduces skin-fatigue, helping relax wrinkles. Targeted lymphatic drainage massage re-energizes and rejuvenates as an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

ELEMIS Dynamic Resurfacing Precision Peel

This highly potent couture resurfacing treatment targets the signs of aging and dull, tired, uneven skin tone. Specifically designed to work in conjunction with your skin's unique structure, this pioneering precision layering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother, younger-looking skin while steam and extractions cleanse at a deeper level. A new start for new skin that has never looked better.

ELEMIS Superfood Pro-Radiance

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements; Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energizing nutrients. Skin is left smoother, plumper and luminously radiant — stress free and lit up with good health.

ELEMIS High Performance Skin Energizer

This is the hard-working facial for aging, stressed, dehydrated skin and tired eyes. An energizing treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. It maximizes cell regeneration while steam and extractions decongest. Multi-dynamic facial massage sequences boost circulation and a targeted scalp and foot massage deeply relax. Finally, the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalized skin for a vibrant and energized result.

FACIAL ENHANCEMENTS

BIOTEC Eye Treatment

BIOTEC technology gently stimulates and tightens the delicate eye area without disturbing fragile skin.
15 min

BIOTEC Neck Treatment

Microcurrent reminds the muscle to firm up while the jowl and chin mask lifts and tightens.
15 min

ideal image
ocean

IDEAL IMAGE OCEAN

The Advanced MedSpa

The first Ideal Image® at sea. At the forefront of technology, this recognized brand delivers real results and emotional transformations with little to no downtime.
Contact the spa for a complimentary consultation.

Restylane®
Dermal Filler Treatments

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

- **Smile Lines** – smooth lines from the corners of the nose to the corners of the mouth
- **Marionette Lines** – soften lines from the corners of the mouth to the chin
- **Lip Lines** – soften lines around edges of lips for a smoother lip line
- **Lip Enhancement** – add volume to uneven or small lips

DYSPORT®
Wrinkle Treatments

Soften fine lines and wrinkles on the upper face for a refreshed, youthful appearance. Results are visible within days and last up to four months.

- **Frown Lines** – soften the wrinkles between the eyebrows
- **Forehead Lines** – smooth horizontal forehead lines
- **Crow's Feet** – smooth the area from the outside corner of the eye

Thermage®
Skin Tightening Treatments

Tightens and contours the skin in just one treatment. Thermage® is the premier noninvasive, skin-tightening therapy that uses radio frequency to improve the appearance of sagging or loose skin on the face and body.

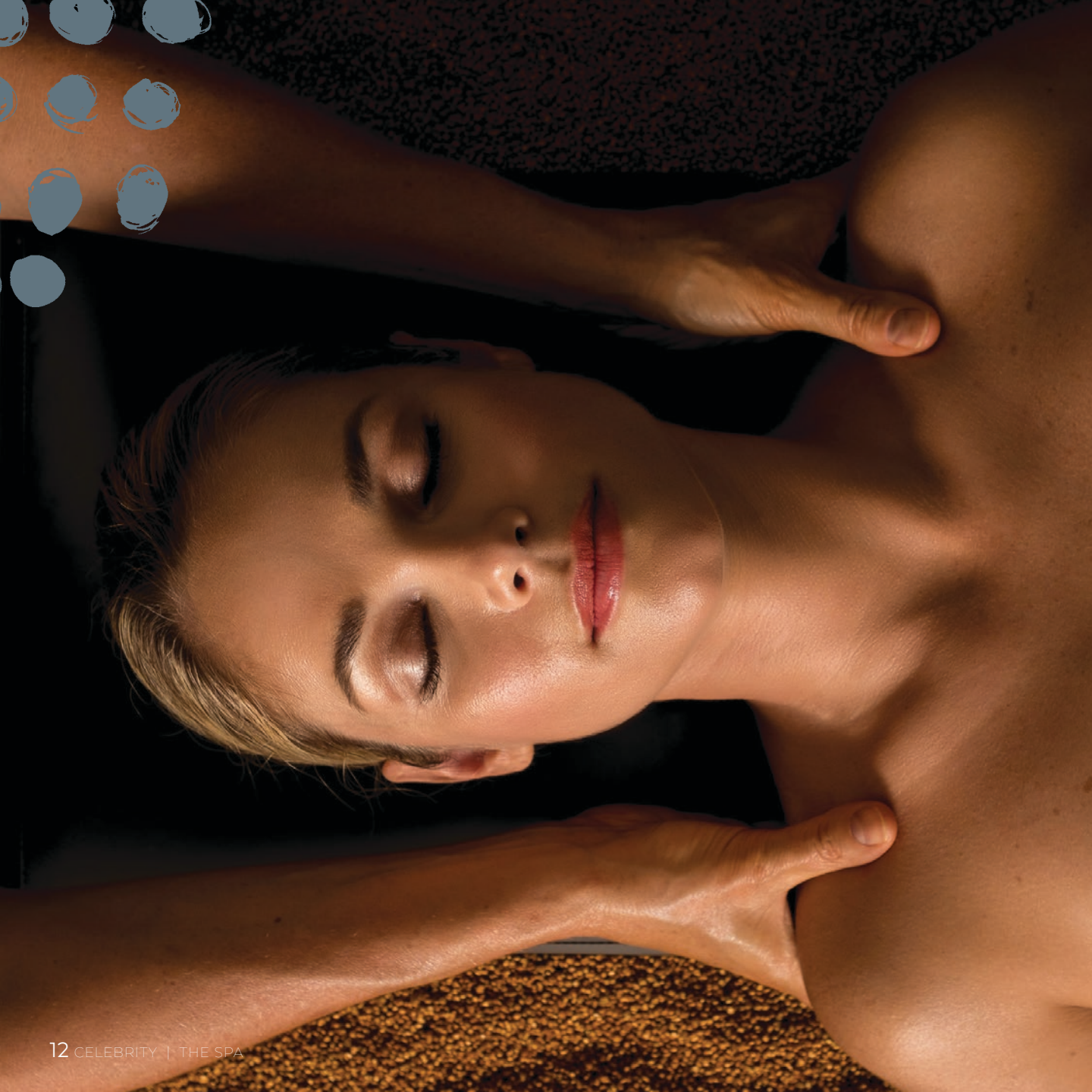
- **Face/Neck** – smooth and tighten skin for an overall naturally younger-looking appearance
- **Body (Tummy)** – smooth and tighten wrinkled, crepey and sagging skin on the tummy

CoolSculpting®
Fat Reduction Treatments

Reduce fat and sculpt your body with a single treatment. CoolSculpting® is the premier non-invasive, body-contouring treatment that uses controlled cooling technology.

- **Tummy** – eliminate stubborn fat in the upper and lower stomach
- **Love Handles** – reduce unwanted fat to sculpt the waistline
- **Thighs (Inner or Outer)** – lose unwanted fat on the thighs
- **Double Chin** – reduce or eliminate the double chin

All treatments are safely administered by a licensed aesthetic physician.



A MINDFUL JOURNEY

simple luxuries to enhance the spa experience

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 The Spa and discover serenity — a place to escape for an hour or a few.

A Soothing Elixir for the Soul

Rich in antioxidants, tea is a mood enhancer. Depending on the selection, tea can calm you 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.

Immerse Yourself in Wellness

SEA Thermal Suite is a gateway to relaxation. Begin your spa journey by purchasing a Thermal Suite pass. Access to SEA Thermal Suite is included with a Thermal Suite pass. (Bathing suit required; robe and towels are provided.)

Wash All Cares Away

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

Connect With the Therapist

Healing hands are intuitive, but a conversation with the therapist will help guide and address areas of concern. During the treatment, let the 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 the therapist with important details to make the experience more enjoyable.

Indulge in the Moment

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

Linger in the Lounge

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

Continue the Journey

After the spa experience, explore our ELEMIS Ingredient Wall and browse through spa products – many of which are featured in the treatments. The therapist will provide recommendations to purchase and continue the journey at home.

BODY OF WATER

The sea and the body have many similarities. Both are bodies of water. A vital source for replenishing the body, the element of water cleanses while earth nourishes and air enlivens. This trio of elements is combined with unparalleled expertise in massage and conditioning to relax, restore and rebalance the mind and body. A potent blend for deeply eased muscles and healthy, revitalized skin.

SEA

Ocean Spa Wave Massage

A profoundly calming therapy. This therapeutic warm wrap of nutrient-rich sea plants and marine algae envelops the body, releasing stress and tension while nestled on a water-filled cushion. The deep cleansing seaweed mask, combined with aromatherapy essential oils, decongests and stimulates the body's system as a scalp and foot massage soothes and relaxes. The experience is customized with a choice of color therapy that illuminates the water cushions for optimum results. Includes a half-body or full-body massage.
75 / 100 min

Select from:

Musclease Aroma Spa Ocean Wrap
A warming blend of pine and rosemary essential oils helps ease the pains of rheumatism, arthritis, muscular spasms, and fatigue.

Cellutox Aroma Spa Ocean Wrap
A detoxifying blend of Juniper and Lemon essential oils decongests and stimulates the body's systems. Excellent for improving the dimpled appearance of cellulite and an effective aid in reducing fluid retention.

EARTH

Hot Mineral Body Boost

Harnessing the groundbreaking restorative power of the pioneering Amber and Quartz Crystal bed, this powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, perfectly prepping for the nourishing Amber balm while the mind is whisked off to invigorating shores with the aromatic Ocean Spa. Completed by a restorative facial massage, this is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing, and energizing wellness.
75 min

Poultice-Powered Muscle Release

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Using a uniquely designed Amber and Quartz poultice, and combining the power of Eucalyptus and Juniper, each area of tension is specifically targeted with vibrational energy to re-mineralize. Painful knots are eased. Tension is dissolved. Completed by a restorative facial massage, the Amber and Quartz in the poultice talks to the Amber in the bed; a powerful mineral connectivity that invigorates the body and elasticizes the skin.
75 min

AIR

Zero Gravity Wellness Massage

High tech meets high touch in this next generation wellness treatment. Producing a zero gravity effect, the body is suspended on an advanced treatment table that allows for ergonomic work flows and a seamless series of sophisticated techniques used in this choreographed massage. Eight table positions enable effective and precise reach of every muscle group, including intensive work on your back and main muscles, targeted release of tension, and improved body mechanics. Technology bolsters touch to address daily stress zones and deliver ultimate relaxation.
75 min

Restorative Salt Stone Massage

Capturing the essence of sea, earth and air, this deeply restorative massage will leave you feeling energized, recharged and ready for the demands of modern life. Himalayan salt resonates with the Earth's frequency to improve mental alertness and overall wellbeing. Warm salt stones are bathed in personally selected aromatics to contour the body and diffuse negative energy, reduce stress, and alleviate muscle tension, completed by a re-energizing face and scalp massage for a truly uplifting experience.

75 min

Aroma Stone Therapy

Nothing gets into the belly of the muscle like a hot stone. Bathed in the intensely moisturizing body oil, a curated range of Balinese stones are selected to address exactly what the body needs. The stones are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release trapped energy. The result is a sparkling vitality with the added bonus of intensely hydrated skin.

50 / 75 / 90 min

Coconut Poultice Massage

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

50 / 75 / 90 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.

50 / 75 / 90 min

Bamboo Massage

Imagine warm bamboo shoots and essential oils massaging the muscles into pure bliss. This gorgeously indulgent massage will revive the senses in a new and innovative way, inspiring the most relaxed state. The therapist will use deep tissue techniques or gentle strokes to melt away the tension and soothe the muscles into sweet oblivion.

50 / 75 / 90 min

Deep Tissue Muscle Massage

This is a vigorous workout for the body, perfect for alleviating high stress levels. Tailored entirely to the body's needs, it leaves a grounding and focused feeling. An aromatic oil will be selected according to concerns, be they muscle pain, stress relief, pure relaxation, or emotional balance. Skin is prepped to release toxins, and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

50 / 75 / 90 min

MASSAGE THERAPIES

Swedish Massage

This classical European technique of manipulating muscles with aromatic massage oils is both relaxing and invigorating. While providing tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems.

50 / 75 / 90 min

Oncology Massage

A client-specific, customized massage session designed to meet the unique and changing needs of cancer patients or those with a history of cancer treatment. These treatments are carried out by our specially qualified therapists.

75 min

Couples Massage

In the privacy of an exclusive suite reserved for two, couples can enjoy any of our deeply relaxing 50, 75 or 90-minute side by side massages (priced according to massage choice). Customized treatment options are also offered in the Couples Suite, so please contact the Spa to personalize the treatments.

50 / 75 / 90 min

Reflexology*

Guided by an Asian philosophy that suggests the vital organs of the body are connected to reflex points in the feet via constantly flowing energy channels, this ancient healing therapy is as blissful as it is beneficial. Massaging these points can help restore your natural energy flow and improve health by sending waves of relaxation throughout the body.

50 / 75 / 90 min

BODY THERAPIES

polishes, wraps, detox and treatments

Couture Touch

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

50 /100 min

Combine any 25 or 50 minute ELEMIS hands-on TOUCH facial with your Deep Tissue Muscle Massage or Aroma Stone Therapy.

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 half-body or full-body massage.

75 min / 100 min

Body Nectar Nourishing Wrap

This lusciously fragrant, intensely moisturizing body wrap will transport you to the Far East. The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. The body is kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. Enjoy with a half-body or full-body massage. An emotionally-grounding experience for skin that has never felt silkier.

Intensely Cleansing Salt Scrub

Lime and Ginger or Frangipani

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.

50 / 75 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.

50 min

Thousand Flower Detox Wrap

Enriched by Somerset soil packed with tree, flower and grass-rich nutrients, this treatment provides super skin health and powerful detoxification, helping stimulate the elimination process and restore equilibrium. Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower, vitamin-packed, super nutritious earth wrap encouraging the body to surrender its toxins. A nourishing Green Tea balm, rich in minerals, proteins and Omegas – the superfoods of the skin – is the final touch, leaving you feeling completely reinvigorated and the body firing on all cylinders. Includes a half-body or full-body massage.

75 min / 90 min

CHINESE MEDICINE

Wellness is a state of optimal wellbeing. The Spa provides the best holistic care through Acupuncture and Traditional Chinese Medicine.

Acupuncture

Acupuncture is quickly becoming one of the fastest growing alternative therapies and 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), seasickness, 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.

First Acupuncture Session 50 min
Additional Sessions up to 45 min
Package pricing available.

Chinese Herbal Medicine Consultation

Chinese 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 and 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..

Be sure to ask about our Health and Wellness Seminar Series.

BODY IN MOTION

Perfectly fit to suit the needs of everybody, wellness trainers, classes and seminars give a boost of energy to fuel guests' onboard journey.

INBODY 570 Composition Analysis

See What You're Made Of.™ Understand your inner health with InBody570, a state-of-the-art body composition analyzer, which stands alone as the most comprehensive analysis available. Using bioimpendence, InBody570 offers precise measurements of segmental muscle mass, body fat mass, visceral fat, metabolism, inflammation and fluid retention levels.
60 min

Personal Training

Professional fitness trainers will help you achieve the body you have always wanted with a personalized fitness session. You will learn which exercises work best with your particular body composition.
60 min

Nutritional Consultation

Diet and exercise are dynamic, lifelong pursuits. The Spa wants to help you reach your wellness goals. A good starting point is eating right for your body, so consult with one of our fitness professionals and receive a healthy lifestyle plan based on your individual needs.
60 min

HIIT

High-intensity interval training (HIIT) is a training technique in which you give all-out, 100 percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

LIT

Low impact training (LIT) is a low-impact workout for the body, especially our joints, and can be a great way to get in a heart-pumping workout while reducing the risk of injury.

Contender Cardio Boxing

Condition the body with a complete cardio-boxing workout to heighten and strengthen cardiovascular and endurance performance..

Hot Yoga

A restorative form of yoga practiced in a hot environment to achieve physical, mental and emotional relaxation. This form of mind over matter allows your blood vessels to become more flexible, making your body burn calories while increasing circulation and blood flow.

Pulse Barre

A low impact, high intensity workout that incorporates movements from Pilates, Yoga, and ballet. This total body workout uses small movements with high repetition to sculpt long, lean muscles and burn fat.

Breathing Class

An intensive, dynamic process that will have you feeling immediate relief. This lung workout exercises the diaphragm and intercostal muscles to correct your breathing and strengthen your muscles. Learn a short "relax-fast" recovery breath to use daily.

Guided Meditation

Our unique Guided Meditation program is offered throughout the voyage to help reduce stress and encourage inner peace. Pick up a schedule from the spa and arrive early to reserve a space.

RYDE® Indoor Cycling

Powered by Myzone, this indoor cycling class integrates technology to track your intensity and enhance your future workout results. RYDE® is a 45-minute workout taking you through a series of climbs and sprints to target all energy systems. The combination of modern and old school music will fuel the atmosphere for an u beat, high energy workout where you will leave the class with that feeling of achievement.

Fitness On Demand™

An easy group fitness or individual workout solution that gives guests instant access to more than 1,200 classes that can be done when convenient for them.

Peloton®

Access high-energy indoor cycling workouts instantly with the only exercise bike streaming indoor cycling live and on-demand classes directly from a NYC studio. Classes are Choose from thousands of on-demand classes for any level.

KÉRASTASE INSTITUTE

Designated the first Kérastase® Institute at sea, this premium salon concept offers luxury haircare products, deluxe services, and a specialty color bar. Using advanced technology, the experts at the Kérastase® Institute can diagnose individual haircare needs and prescribe personalized treatment options along with everything expected from a full-service salon—manicures, pedicures, brows and beyond.

Kérastase Elixir Ultime 24-Carat Indulgent Ritual

Nourish, protect, illuminate and instantly restore your 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 redensified.

KÉRASTASE
PARIS
VERY PERSONAL CARE FOR EXCEPTIONAL HAIR

THE SALON

Keratin Complex® Express Blowout With Cut

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

75 min

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.

Manicure includes an ice-hot massage on the lower arms 45 min

Pedicure includes an ice-hot massage on the lower legs 60 min

ELEMIS Exotic Hand Ritual with Manicure and Sole Delight Foot Treatment with Pedicure

Warmed aromatherapy oils nourish and condition while the sublime sensation of milk lavishes its richness and healing action on your skin. Includes a complete traditional manicure and pedicure.

Manicure 45 min | Pedicure 55 min

CND® Shellac® 14-Day No-Chip Manicure | Pedicure

No drying time. No chipping. No smudging. This tough as nails treatment uses a Shellac® coating instead of regular polish, resulting in tremendous shine, depth of color, and perfect finish. It provides excellent wear and comfortable protection for up to 14 days.

Manicure 30 min | Pedicure 45 min

Make-Up Application

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

- Make-up Application
- Special Occasion Make-up

LVL Nouveau Lashes

Enhance your natural eyelashes with our revolutionary LVL Enhance treatment, add glamorous volume for a special occasion, or experience the ultimate in individual extensions.

LVL Enhance – add length, volume and lift to natural lashes. Lasts up to 6 weeks. 60 minutes
Express – Classic volume or evening glamour, create a look tailored to you. Lasts up to 14 days. 45 minutes

Bliss® Poetic Waxing

With respect for privacy, The Spa's highly trained therapists will ensure a comfortable experience. Book a waxing service for your brows, lip/chin, half arm, underarm, half or full leg, bikini, Brazilian, or back/chest. Services are for both men and women. Please ask your spa therapist for more details.

GO SMILE® Teeth Whitening Treatment

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

More Nail Services

Traditional Manicure
Traditional Pedicure
French Manicure or Pedicure
Re-polish
Acrylic Nails Full Set
Acrylic Nails Refills
Nail Fix
Paraffin Wax add-on

More Hair Services

Shampoo & Style Dry
Shampoo, Cut & Style Dry
Hair Up with Style Dry
Hair Up (without Style Dry)
Semi-Permanent Color
Fringe Trim
Permanent Color
Permanent Color (roots only)
Full Highlights
Partial Highlights

THE BARBER

There is nothing like a shave and cut to get the day going. Achieve a brawny, brainy, brilliantly smooth look by cutting ties with unwanted hair. Prolong the stay by adding spa therapies. Retreat in much deserved rest and relaxation.

ELEMIS Pro-Collagen Grooming Treatment with Shave

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

55 min

ELEMIS Deep Cleanse Grooming Treatment with Shave

Enjoy the Express Shave with the added benefit of a soothing face and scalp massage, plus a deep, pore-cleansing mask.

45 min

Express Shave

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

30 min

Men's Cut

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

Hands and Feet

Treat your hands and feet to a manicure and pedicure. Clip, trim and buff your nails.

SPA GUIDELINES

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, we will remedy your experience.

Hours of Operation

At sea: 8am to 10pm

Reservations

For more information or to reserve treatments, please contact The 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 the Fitness Center.

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 turn off your mobile phone and electronic devices upon arrival.

Ensuring a Wonderful Spa Experience

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

Sea Thermal Suite

Passes are valid per voyage only and are nonrefundable and nontransferable. Bathing suits required.

Gratuity

For your convenience, an 18% gratuity will be applied to your final bill at checkout. Gratuity for exemplary service is discretionary.

Valuables

To ensure you do not forget any personal items of value, we suggest 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 receipts can be exchanged for either services or products.

Special Offers in Port

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

Smoking

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

Customer Service

c/o One Spa World, LLC
1-855-848-3059
www.timetospa.com

Spa menu is subject to change without notice. Occasionally, for reasons beyond our control, your treatment selection may not be available.

the spa

Celebrity X Cruises®