

# THE GREENHOUSE

SPA & SALON



*Beauty Blossoms right here...*

A black and white photograph of a field of tulips. The tulips are in various stages of bloom, with some fully open and others as buds. The background is dark, making the white flowers stand out. The lighting is soft, highlighting the texture of the petals.

## *Beauty Blossoms in The Greenhouse Spa*

TheGreenhouse Spa & Salon enjoys a heritage that began with the opening of its prestigious destination spa in Arlington, Texas, in 1965. Since those early days, TheGreenhouse has blossomed into a preeminent retreat where a legacy of excellence continues to thrive. Like a seed that prospers with the sun's warmth, TheGreenhouse Spa nurtures every aspect of your well-being with renowned spa rituals and healing touches from around the world. True to its roots, TheGreenhouse Spa redefines the spa experience to harmonize your body, mind and spirit with a fusion of luxury and nature's most precious ingredients.

# TheGreenhouse Welcoming Touch

For our guests who wish to enhance their spa experience with a signature treatment, we will include one of the following Signature Sensory Experiences when you see this symbol: 

## Sensory Scalp Massage

Enjoy the power of touch, combined with the essence of aromatherapy during your deeply relaxing scalp massage.

## Bright Eyes Treatment

Revive your tired eyes with this hydrating treatment; reduce signs of fine lines, wrinkles and stress.

## Revitalizing Tired Foot and Ankle Massage

Re-energize your tired feet and ankles with an amazingly soothing foot massage. A cure for all swelling, soreness and a sluggish circulation.

# A Perfect Day at Sea

## TheGreenhouse Retreat

TheGreenhouse Retreat is a communal relaxation center that has an ambiance similar to a Turkish Bath. Different grottos and chambers release a variety of dry heat, steam and mists into the air with aromatherapy filled vapors. Relax on a heated ceramic lounge and allow the pressures of life to rinse away.

## TheGreenhouse Pool *Available on Noordam, Oosterdam, Westerdam and Zuiderdam*

The bubbling ocean water is rich with trace elements and vitamins, helping to remineralize the body. Gently heated to body temperature, the hydrotherapy pool alleviates arthritic pain, soothes sore muscles and offers relief for sports injuries.

Ask about TheGreenhouse Retreat and Pool Package for extra value, savings and relaxation!



# Face Therapies

## La Thérapie HydraLift Facial

This youth-enhancing facial has results that are fast and dramatic. The appearance of fine lines and wrinkles will be reduced as Galvanic frequency and our specialized ingredients treat the deeper layers of the skin where cell renewal takes place. The stimulating effects of high frequency will boost circulation and enhance oxygen absorption, resulting in a smoother complexion that leaves skin looking youthfully radiant after just one treatment. 50 minutes

## Elemis Oxydermy Facial

Give your skin what it has been craving. Now you can fight lines, wrinkles, spots and get the radiant glow that's been eluding you. Let us pamper your skin with our new cutting-edge technology that brings Microdermabrasion and Oxygen together in one luxurious treatment. We will cleanse, polish, and massage your skin into sweet oblivion using our new dual microdermabrasion/oxygen system and Elemis skincare. 50 minutes

## Elemis Pro-Collagen Marine Facial

The precious ingredients in this exceptional facial will help to lift the skin and restore your youthful glow. Specialized lifting techniques are combined with our anti-aging Japanese Silk Mask impregnated with Pro-Collagen Booster Serum to enhance skin vitality. 50 minutes

## Elemis Skin Specific Facial

A therapeutic facial that combines the power of absolutes with true premium grade essential oils, to treat the skin at the deepest level without aggression. Prescribed to your needs, the power of nature, combined with specialized Eastern massage techniques, oxygenates your skin and brings the body and mind into balance. 50 minutes

*Choose from: Fruit Active Glow to make dull skin perky. Herbal Lavender Repair to heal and soothe acne prone skin. Exotic Cream Moisture Dew to give a hydrating boost to the skin. Absolute Lift to revitalize and lift mature skin.*

## MEN'S FACIALS

### timeformen Skin IQ Facial

This facial will protect the skin against the harsh, aging effects of shaving and environmental damage. Our active ingredients will increase moisture levels after just one treatment. 50 minutes

### timeformen Urban Cleanse Facial

This deep cleansing facial decongests the skin to help eliminate blocked pores, accelerate skin repair and neutralize impurities for a clearer complexion. Our fast-acting, revolutionary ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants. 50 minutes



# Exotic Body Therapies

## **Elemis Aroma Spa Seaweed Massage**

The power of aromatherapy is combined with the riches of the ocean in this deeply warming and detoxifying therapy. A heated seaweed mask containing a therapeutic blend of essential oils is applied to your body before you are cocooned in a comforting wrap. Relax weightless while the active ingredients work to ease arthritis, fatigue and promote internal cleansing. Choose from Cellutox to detoxify or Musclease to soothe sore muscles. Your treatment is completed with either a half or full body massage. 75 minutes or 100 minutes

## **Ionithermie Cellulite Reduction Program**

The toning and firming effects of this treatment are ideal for both women and men looking for body corrective therapy. This detoxification treatment can reduce the appearance of cellulite, firm and tone the skin, cleanse the body, and promote inch loss (up to 8 inches) in just one session. Using two gentle stimuli, your therapist can focus on problem areas such as the stomach, thighs and buttocks. By propelling marine rich elements into affected areas, this treatment can drain fluid, smooth the skin and give the body more definition. For ultimate benefits and detoxification, we recommend you book in for a course of three treatments during your cruise. 50 minutes

## **Ionithermie Cheek Lift Treatment**

This acclaimed treatment will help to give your buttocks a lift while firming and toning the skin. Active ingredients are applied to the area before we apply a soothing clay, algae and pine mask. Gentle stimuli are then placed on the buttocks, thighs and tummy to stimulate muscle tissue and firm the skin. 50 minutes

## **Ionithermie Revitalizing Leg Therapy**

Ideal for tired or heavy legs, this revitalizing therapy will help treat poor circulation in the legs, 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 minutes

## **Dry Float Add-On**

Maximize the results of your body wrap as you lay weightless in our sensory dry float bed. Your body will be cocooned in warmth as this relaxing therapy enhances the benefits of your treatment.

### Elemis Exotic Lime & Ginger Salt Glow

This exotic exfoliation ritual will invigorate, cleanse and polish your skin and body. After a light body brushing, warm oil is dripped luxuriously over your body before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. We then apply our Elemis Exotic Island Flower Body Lotion to leave your skin replenished and vibrant. After rinsing away the salts and every last bit of your tension, you will receive a soothing Elemis Deep Tissue Muscle Massage. Both half and full body massage options are available with this treatment. 50 minutes or 75 minutes

### Elemis Absolute Spa Ritual

This wonderfully relaxing ritual will delight you from the soles of your feet to the tingling top of your scalp! An experience not to be missed, this absolutely decadent ritual includes an anti-aging Elemis Pro-Collagen Marine Facial for skin vitality and to restore your youthful glow while inspiring the most relaxed state. Your therapist will then soothe your tired, overworked muscles with a sumptuous full body Elemis Deep Tissue Muscle Massage. The combination of this exquisite facial and deeply indulgent massage will refresh your spirit, nurture your skin, and strengthen your vital energies. 100 minutes

### Exotic Slipper Bath Rituals *Available only on Zuiderdam*

Ancient Greek Physicians believed that a hot bath infused with aromatic oils was like medicine for the body. As you immerse yourself in one of our baths, you will feel stress and tension dissolve. Maybe the ancient Greeks were right. 25 minutes

#### **Choose from:**

*Exotic Enriching Milk Bath*

*Detox Ocean Bath*

*Exotic Jasmine Flower Bath*

*Warming Ocean Bath*

# Massage Therapies



## **Elemis Aroma Stone Therapy**

Harnessing the properties of volcanic basalt stones, we bathe them in warm water and anoint them with spicy, sensual aromas of the Orient. Deep penetrating heat from the stones massages the body using traditional techniques to release muscular tension and balance the spirit. 50 minutes or 75 minutes

## **Bamboo Massage**

A warm, soothing massage that will tantalize the senses. Imagine warm bamboo shoots of various sizes soaked in essential oil rolling, sliding and massaging your muscles. This gorgeously indulgent massage will revive your senses in a new and innovative way, inspiring the most relaxed state. Customized to your preference, our therapist will use deep tissue techniques or gentle strokes to melt away your tension and soothe your muscles into sweet oblivion. 50 minutes

## **Elemis Deep Tissue Muscle Massage**

Using muscle-melting warmed oils and deep pressure massage movements, we massage deep into the belly of the muscle, erasing stress, tension and lactic acid build up. 50 minutes

## **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 minutes

## **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 your body. 50 minutes

## **Elemis Hawaiian Wave Four Hands Massage**

Four expert hands working at the same time, complementing and following each other to caress and comfort your body's energy flow, result in the ultimate experience of the power of touch. 50 minutes

## **Couples Massage**

Enjoy a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a full body Elemis Deep Tissue Muscle Massage, as you lie side by side. 50 minutes

## **Beach Massage\***

As the ocean breeze caresses your skin, your mind and body will witness the ultimate pampering that paradise has to offer. If you are going ashore to Half Moon Cay, be sure to experience this exclusive Beach Massage that will soothe your muscles and invigorate the senses. 50 minutes

*\*Please check for availability of this service.*

# Acupuncture



Practiced for thousands of years, acupuncture is quickly becoming one of the fastest growing alternative therapies and is often used to complement and enhance the benefits of traditional medicine. Our onboard acupuncturist is certified to safely and effectively treat a variety of conditions, and can help alleviate your symptoms.

## What is Acupuncture?

Acupuncture is a traditional Chinese medicine practiced for thousands of years in China and other Eastern countries. Acupuncture subscribes to the ancient view that the basis of good health is the harmonious balance of qi (chi), the vital life force that empowers the body. When the qi can flow freely, health abounds. If this energy becomes stagnant or blocked, the effects will result in loss of energy and the deterioration of well-being. The acupuncturist's goal is to release blocked energy by applying sterilized needles to key points on the body to restore balance and improve health.

## What does it treat?

The National Institutes of Health (NIH) and the World Health Organization (WHO) have found acupuncture can successfully treat the following conditions:

Anxiety	Fatigue	Rhinitis
Arthritis	Fibromyalgia	Sciatica
Bone Pain	Gastritis	Sea Sickness
Crohn's Disease	GERDs	Sinusitis
Chronic Fatigue	Headaches	Smoking Cessation
Cold / Flu	IBS	TMJ
Constipation	Insomnia	Weight Issues
Diarrhea	Joint Pain	
Dizziness	Nerve Pain	

## Onboard Acupuncture Services

First Acupuncture Session ..... 50 minutes

Additional Sessions ..... up to 45 minutes

Contact the Spa today for a complimentary consultation. Be sure to ask about our Health and Wellness Seminar Series.



# Hair & Nails



## Elemis Frangipani Conditioning Hair and Scalp Ritual

Monoi Oil has been used for centuries in Tahiti to soften the skin and hair of brides. After cleansing your hair, enjoy a deep scalp massage using this precious ingredient that eases away stress and leaves hair shiny. 25 minutes

## Cellophane Hair Gloss Treatment

Your hair is your crowning glory, so let it shine like never before. Cellophane conditioning therapy is a protein-based treatment and clear-gloss color designed to add shine and nourish the hair so that it looks and feels soft, silky and healthy. Your hair will go from dull to dazzling in just minutes. 25 minutes

## Fire and Ice Manicure

Your nails are one of your most of important accessories, so keep them beautiful with this invigorating manicure that will warm your spirit and cool your stress. Using a combination of therapeutic cooling gels and the warmth of massage with a heated stone, your skin will be smoother and your nails will be nourished and polished to perfection. 50 minutes

## Fire and Ice Pedicure

This super rejuvenating pedicure will warm your senses and cool your tension. Savor the sublime as your feet and lower legs are soothed with our cooling gels and then warmed with a heated stone massage. This combination of hot and cold, plus aroma-therapeutic ingredients promote healthy-looking skin and nails. 60 minutes

# Smile Spa

## GO SMiLE Tooth Whitening Treatment

Your smile is the outward expression of your inner beauty. A beaming smile makes you look younger, more radiant and confident. Are you ready to smile? Then try our advanced tooth whitening treatment available at the spa onboard. It's a safe and effective way to take your smile from drab to fab in just minutes. 30 minutes.

## Hair Styling

Style Dry or Roller Setting  
Trim or Restyle and Style Dry  
Cleanse, Style Dry and Hair Up  
Hair Up (without cleanse and dry)

## Hair Color

Semi Permanent Color  
Full Head Color Change  
Regrowth Tinting  
Hi-Lights / Lo-Lights  
Partial Hi-Lights

## Nails

Fire and Ice Manicure  
Fire and Ice Pedicure  
Elemis Exotic Hand Ritual with manicure  
Elemis Sole Delight Foot Treatment with pedicure  
Traditional Manicure  
Traditional Pedicure  
Full Set Acrylic Nails  
Full Set Acrylic Nail Refills  
Brisa Gel Forever French Enhancements  
Brisa Gel Overlays  
Brisa Gel Refills  
Re-polish  
Nail Fix

## Waxing Services

Brow  
Lip / Chin  
Underarms  
Arms  
Half or Full Leg  
Bikini  
Deep Bikini  
Back

## timeformen Barbering Services

Elemis Express Shave / 30 minutes  
Elemis Deep Cleanse Grooming Treatment with Shave / 45 minutes  
Elemis Pro-Collagen Grooming Treatment with Shave / 55 minutes  
Beard Trim  
Men's Cleanse  
Cut and Style Dry  
Men's Wet Cut



# Lifestyle Fitness Center

## **Individualized Personal Training**

The physiology of the body is extremely complex and everyone needs to discover exercises that will enhance inner health and physical strength. Personal training is your unique prescription toward a healthy and strong mind and body. 60 minutes

## **Nutritional Consultation**

If you are ready to enhance your well-being with a sensible diet and exercise program, our fitness professionals can provide the in-depth, personalized information you need to get started. 60 minutes

## **Pilates One-on-One Body Reformer Instruction\***

The Pilates Method is not just exercise. It is a series of controlled movements engaging your body and mind, performed on a specifically designed exercise apparatus and supervised by trained teachers. 60 minutes

## **Metabolism Test**

One of the major causes of health problems is an imbalance within the body's composition. By using our Body Composition Analysis device, our fitness professionals will determine your body fat percentage, rate of metabolism and water retention level and then compare the results to the percentage recommended for you. 30 minutes

## **SPECIALIZED CLASSES**

In addition to our complimentary exercise classes available onboard, we also offer the following specialized classes:

### **Pathway to Yoga**

Excellent for increasing levels of concentration and focus. This class will benefit the beginner and the experienced yogi. 45 minutes

### **Pilates**

This exercise system combines posture and controlled moves. Our class is mat based and good for all levels of students. 45 minutes

### **Indoor Cycling**

If you love to cycle outdoors, then you are going to love the Indoor Cycling program indoors. Coast downhill or climb your personal mountain with this smart way to reshape your body. 45 minutes

### **Tai Chi**

This self-paced system of gentle physical exercise will reduce stress, improve balance, flexibility, muscle strength and agility. 45 minutes

*\*Please check for availability of this service.*

# Spa Policy



**Satisfaction Guarantee Policy** We pride ourselves on enriching the lives of all our guests with premium treatments that nurture wellness on every level. If our staff does not meet your service expectations during your treatment we will offer an alternative service or if preferred, we will issue a refund.

**Time for TheGreenhouse Spa** Time is but a drop in the ocean. Nurture your experience and arrive in the spa 15 minutes before your scheduled treatment time. Use our facilities in the gymnasium, sauna and steam and just relax in the spa ambiance. Unwind, de-stress, revel in exotic therapies and feel absolutely gorgeous. That is our wish for you.

**Spa Glossary** Occasionally, for reasons beyond our control, your treatment selection may not be available. If this should happen, your spa therapist will suggest a comparable alternative.

**Leave Valuables in your Cabin** We encourage you to store all valuables in your cabin. This includes your watch, which is very unnecessary as you float between therapies!

**Cancellation Policy** Because your services are reserved for you, we request that you provide us with 24 hours notice to change or cancel your appointments. Changes made within 24 hours will be subject to a charge of 50%.

**Minimum Age** Guests must be at least 18 years of age to receive treatments or utilize spa facilities unless participating in the kids and teen spa program. Salon services are available to guests of all ages. Fitness facilities are available to minor guests when accompanied by an adult. Please see restrictions posted outside the Fitness Center.

**Customer Service** We aim to delight. Please let us know if there is anything else we can do to make your time in the spa more relaxing. If, for any reason you are dissatisfied, please make sure you see the Spa Manager.

**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. We regret, we cannot exchange or refund products that have been used or opened.

**Special Offers in Port** We always have special offers when the ship is docked. Please ask the Spa Manager for our In-Port offers.

**Take TheGreenhouse Spa Home** Relaxation is achieved through daily practice. Your therapist will be happy to recommend a home care regimen to continue your treatment at home.

**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.



[www.timetospa.com](http://www.timetospa.com)

