


THE SPA
AT SEABOURN



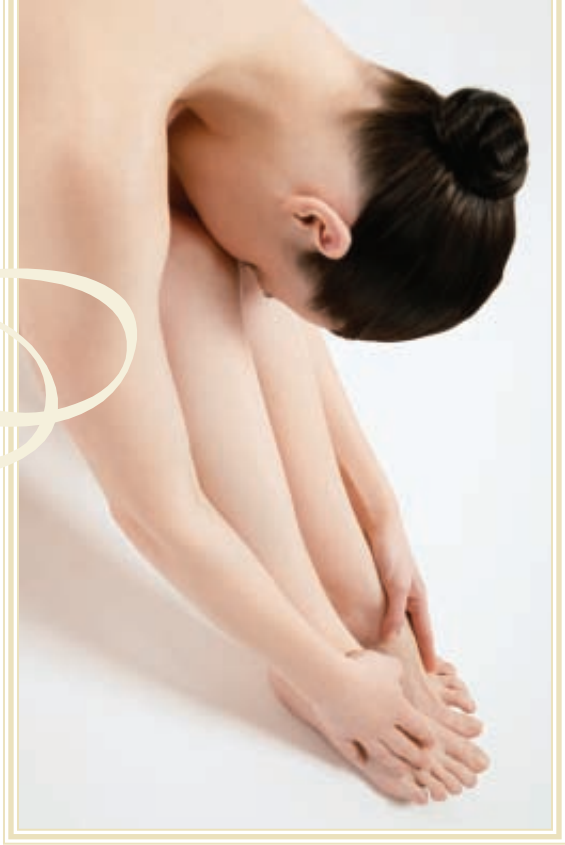


Experience the extraordinary with an open mind. Close your eyes to explore its beauty. Emerge refreshed.

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BEAUTY. WELLNESS. ABUNDANCE. Experience it all at *The Spa at Seabourn*,SM where our purpose is to always present you with the finest selection of services, exquisite surroundings and a deep appreciation of your instinctual need to surrender your senses to the sublime. As your personal journey unfolds, layer by layer, moment by moment, your eyes will marvel at the vision. Your senses will encounter new sensations. Your mind will imagine the unimaginable. What awaits you is an abundant collection of new experiences that will inspire an appreciation for exploring the depths of your body, mind and spirit. With the largest spa facility to ever grace the Seabourn fleet, the possibilities for transformation are as endless as the moments you will spend in pure bliss.





OUR FAVORITES

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THERMAL SUITE LOUNGE

Receive complimentary access to this facility on the day of your appointment for a face or body treatment.

Surrounded by beauty, you will instantly drift away as your body is gently heated and purified in our Thermal Suite Lounge, a relaxing and mild sauna experience. This area also features heated chambers, where you can cleanse and decongest your body systems. Then you can take to the waters as you get immersed in our hydropool filled with massaging jets to nurture and renew your body. The healing properties of water combined with massage relaxes the body, soothes sore areas, and provides a deep sensation of well-being.**Hydropool available on Odyssey only.*

Kneipp Walk

Regain energy and stimulate your circulatory system with the Kneipp Walk, a soothing water therapy system that leads you through a path of interaction of warm and cold water. Walk slowly through the basins and feel the revitalizing effects as your stress and tension evaporate. The alternating baths of cold and warm water and reflexology massage features are effective in stimulating circulation and metabolism, reducing stress, and soothing pain.**Available on Sojourn and Quest only.*

SPA VILLA *Indulge Like Never Before*

If you prefer private pampering in the most secluded area of the yacht, enhance your spa experience in our palatial alfresco villa discreetly nestled on the Spa Deck. Here, you can luxuriate, lounge and linger with personalized spa packages in the comfort and privacy of your personal hideaway. Spa Villa experiences are ideal for those looking to spend some quality time together enjoying spa treatments, wining and dining, and sunning on the terrace amid gorgeous surroundings. When you book a Spa Villa for four or more hours, you will be presented with our spa menu.

Spa Villa Packages can accommodate between 2 and 4 guests and offer the following services:

SEABOURN SANCTUARY FOR TWO

Elemis Aroma Stone Therapy ... Bathing Ritual ... One hour to relax 2 hours and 30 minutes

SWEET SURRENDER

Elemis Absolute Spa Ritual (facial and massage) ... Bathing Ritual ... One hour to relax 3 hours

BODY WORSHIP

Massage of your choice ... Bathing Ritual ... Two hours to relax 4 hours

PERSONAL RETREAT

We are happy to customize your very own spa getaway *contact the Spa Manager for more information*

In addition to the above packages, our Spa Villa experience can be added to any face or body spa treatment booking. If you wish to prolong your time in the Spa Villa beyond your treatment duration, there will be an additional hourly fee assessed. Please contact the spa for more information.



FACIAL THERAPIES

Seabourn 24 Karat Gold Facial

All that glitters is gold! If your skin could use the golden touch to restore its luminosity, this exquisite 24 Karat facial will leave your face silky smooth and radiant. Harnessing the beautifying powers of gold, our 24 Karat mask helps to tighten the skin and facilitate the removal of toxins. After just one treatment, this unique facial will instantly brighten the complexion, soften and smooth the appearance of fine lines and produce a lasting youthful glow 75 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 Tri-Enzyme Resurfacing Facial

This facial is clinically proven to reduce the appearance of fine lines, acne, superficial facial scarring, and uneven skin pigmentation, revealing a renewed level of clarity to the complexion. After just one session, this facial can resurface the skin up to 75% and leave your skin up to 32% smoother* 50 minutes

Elemis Skin Specific Facial

Prescribed to your needs, the power of nature and specialized Eastern massage techniques oxygenate your skin and balance the mind and body. 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 or *Absolute Lift* to revitalize and lift mature skin 50 minutes

SkinCeuticals Regenerating Facial

The regenerating facial is designed to give all skin types that special, pampered treatment they deserve. The combination of SkinCeuticals products help to leave the skin hydrated, refreshed and ready to take on the environmental ravages of the day. It is the perfect antidote for skin that needs a circulation boost from air travel, illness, medications or stress 50 minutes

SkinCeuticals Firming Facial

The SkinCeuticals firming facial is ideal for those who desire to have luminous, hydrated, firmer skin. The facial leaves the skin feeling and looking healthier with a radiant, firmer complexion – ideal for all occasions when you desire a glowing, visibly youthful appearance. 50 minutes

SkinCeuticals Gel Peel Treatment

The Gel Peel treatment is designed to minimize the appearance of fine lines, smooth out rough skin texture and help fade hyperpigmentation. The acids in these peels remove dead cells from the surface without irritating the skin. Safe and effective, this treatment will leave the skin refreshed and glowing 35 minutes

Elemis Skin IQ for Men Facial

Helping to calm irritation and minimize the signs of aging, this facial is the ultimate overhaul for male skin. Incorporating the new Elemis Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-aging treatment protects against the harsh effects of shaving and environmental damage 50 minutes

Elemis Urban Cleanse for Men Facial

A deep complexion cleanse and complete skin detox. This super-grooming, deep cleansing facial decongests the skin, working overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralize impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean ... 50 minutes

*Independent Clinical Trials 2006

MASSAGE THERAPIES

If you prefer to feel the soothing ocean breeze during your message, we recommend that you enhance your spa retreat in our alfresco treatment room, where you will have the option to enjoy your treatment inside or outside on the verandah.

☞ Thai Herbal Poultice Massage

This energizing, rhythmic massage utilizes scented herbal poultices that are heated and applied to the body at pressure points to relax the muscles and release tension. Your therapist then follows with an array of Eastern and Western massage techniques and acupressure movements combined with essential oils that will take your body on an exotic journey of total renewal 75 minutes

Thai Massage

Thai Massage is an ancient art of healing the body with gentle compression and a series of yoga-like stretches to unblock latent energy and rebalance the system. Thai Massage also helps to adjust the skeletal structure, increase flexibility, relieve muscular and joint tension and stimulate the functioning of internal organs. Please wear light, comfortable clothing for this treatment. Available at limited times 75 minutes

☞ Elemis Aroma Stone Therapy

Uses heated stones and the healing powers of massage to melt away tension. Therapeutic heat is slowly released into the core of the muscle for a completely new body experience. Small stones are placed on key energy points, while luxuriously warmed oils are massaged deeply into the body for maximum relaxation. The combination of deep penetrating heat and traditional massage techniques will balance the spirit and transport you to the ultimate state of bliss 50 minutes or 75 minutes

Elemis Body and Face Sensation

Your Elemis therapist will customize a unique “ice-cool thermal muscle massage” to your specific problem areas, alleviating stress and easing aching muscles. While your body is in a pure state of blissful relaxation, you will receive the Elemis Tri-Enzyme Resurfacing Facial to smooth your skin and restore your radiant glow..... 50 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



Couples Massage

In the privacy of our exclusive suite reserved for couples, you and your favorite person can enjoy a gorgeously relaxing full body Elemis Deep Tissue Muscle Massage or Swedish Massage as you lie side by side. We also offer package options in our Couples Suite, so please contact the Spa Concierge if you wish to customize your spa retreat 50 minutes

Couples Massage and Bathing Ritual

Escape to the serenity of our treatment room reserved for couples, where a romantic ceremony awaits when you and the one you love to be with both receive a full body massage and then luxuriate in one of our Exotic Bathing Rituals 75 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

Elemis Absolute Spa Ritual

This wonderfully relaxing ritual will delight you from the soles of your feet to the tingling top of your scalp! Combining the Elemis Skin Specific Facial for skin vitality with our sublime Elemis Deep Tissue Muscle Massage or Swedish Massage, this ritual will refresh your spirit and strengthen your vital energies..... 100 minutes

BODY THERAPIES

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 will 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 will 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 series of three treatments during your cruise 50 minutes

Elemis Seaweed Wrap and 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 soothing blend of essential oils is applied to your body before you are cocooned in a comforting wrap. Relax 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

Elemis Body Sculpting Cellulite & Detoxifying Therapy

Clinically proven to improve the appearance of cellulite and sagging skin with advanced formulations that achieve rapid results. A detoxifying body mask is combined with specialized drainage massage techniques to break down fatty deposits, cleanse the digestive system, eliminate toxins, and improve texture of the skin 50 minutes

Ionithermie Cheek Lift

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

Elemis Exotic Lime & Ginger Salt Glow with Massage

An exotic exfoliation ritual to invigorate and bring vitality to your face and body. Warm oil is dripped luxuriously over your body before our Lime and Ginger Salt Glow is applied. We then apply our Elemis Exotic Island Flower Body Lotion, leaving skin replenished and vibrant. After rinsing away the salts, your treatment is completed with either a half or full body massage 50 minutes or 75 minutes

FITNESS SERVICES

The Fitness Center features high performance Technogym equipment for cardio and strength training. We also offer a series of complimentary classes and the below select services for the ultimate workout. If personal attention is preferred, our personal trainers are available to provide training sessions and nutritional consultations.

Individualized Personal Training

After conducting a Body Composition Analysis, our personal trainers will design a nutrition and exercise plan that will help you achieve the results you've always wanted. Based on your body's particular needs, this personalized session will expose you to the wellness program that works best with your body, your lifestyle, and your terms 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 you with the in-depth information you need to get you started 60 minutes

Kinesis Personal Training

Using a tri-dimensional pulley system, our personal trainers will guide you through a series of exercises that will stretch your limits and give you the results you desire 60 minutes

Kinesis Group Training

This intimate class session focuses on improving balance, flexibility and strength with our innovative three-dimensional pulley system. Our personal trainers will guide you through a variety of exercises that are intuitive, enjoyable and effective 45 minutes

Metabolism Test

Our fitness professionals will determine your body fat percentage, metabolic rate and water retention level and then compare the results to the percentage recommended for you ... 30 minutes

Pathway to Yoga

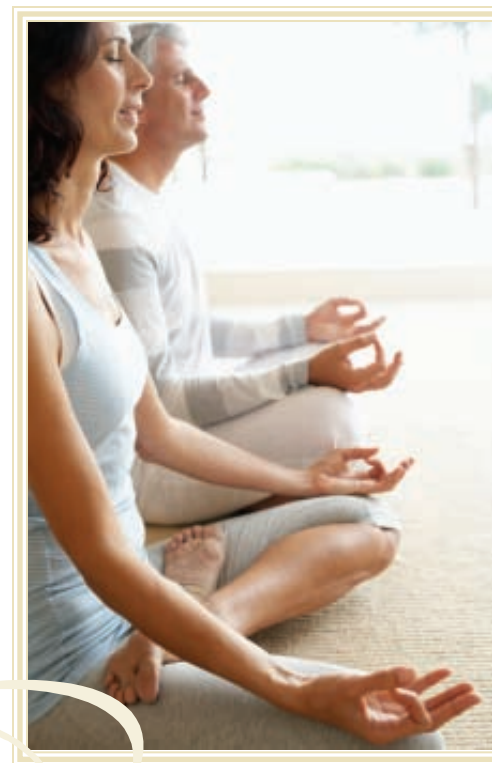
Excellent for increasing levels of concentration and focus. This class will benefit the beginner and the experienced yogi 45 minutes

Pilates

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

Tai Chi

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





SALON FAVORITES

Elemis Frangipani Conditioning Hair and Scalp Ritual

Monoi oil has been used for centuries in Tahiti to soften the skin and hair. After cleansing your hair, enjoy a deep scalp massage for fifteen minutes using this precious ingredient that eases away stress and leaves hair shiny. *Add a blow dry for an additional cost* 25 minutes

Fire and Ice Manicure and Pedicure

Your nails are one of your most important accessories, so keep them beautiful with this invigorating treatment 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. You choose. Manicure, pedicure, or both! 50-60 minutes

No Chip 14 Day Manicure and Pedicure

No drying time. No chipping. No smudging. Both Manicure and Pedicure available. This tough as nails treatment uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color and perfect finish. It also provides excellent 14 day wear and comfortable protection. Once the Shellac coating has been applied, you are free to go about your day to flaunt your gorgeous nails!50-60 minutes

Elemis Sole Delight Foot Treatment with Pedicure

This is the most rejuvenating foot therapy. Indulge your feet in warmed aromatherapy oils combined with the decadence of milk protein, followed by a full pedicure. You will feel like you are walking on air 55 minutes



Hair Styling

Style Dry or Roller Setting
Trim or Restyle and Style Dry
Cleanse, Style Dry & 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

Elemis Exotic Hand Ritual with Manicure
Traditional Manicure / Pedicure
Acrylic Nails Full Set / Refills
Paraffin Wax

SPA GUIDELINES

Arrive Early

We suggest you arrive at least 15 minutes early so you can focus your mind on relaxation.

Cancellation Policy

Please give us 24 hours notice before any cancellations to avoid a 50% service charge.

Minimum Age Requirements

We require children 12 years old and younger be accompanied by a parent or guardian at all times in the spa or fitness facility. 13 to 17 year olds may use the facilities on their own, unaccompanied by parent or legal guardian. You must be 18 years of age before you can experience private treatments.

Valuables

We suggest that you leave your valuables in the safe provided in your suite.

Ensuring a Wonderful Spa Experience

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

Guest Service

We aim to delight. Please let us know how we can enhance your spa experience. If, for any reason you are dissatisfied, please 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.

Special Offers in Port

For our special in-port offers, please see the Spa section on your IATV, Daily Program or contact the Spa.

Customer Service c/o timetospa
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Your senses are invigorated. Your body is boundless. Your beauty is effervescent.



