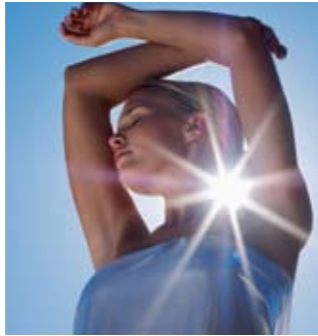


# WINDSPA

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face body hair beauty fitness

msy Wind Surf



facial treatments	p04
male grooming	p05
body treatments	p06
aromaveda rituals	p08
bamboo massage ritual	p09
royal polynesian ritual	p10
exotic lomi lomi massage	p11
hair salon rituals	p12
nail spa program	p13
acupuncture program	p14
fitness & well-being concept	p15





## Welcome to WindSpa

Indulge  
Relax  
Rejuvenate

Enjoy the ambience of tranquil surroundings as you escape to another world. Take an ancient cultural journey with Spa rituals designed to elevate your sense of well-being.

Rediscover the radiance of your hair in the Salon featuring hair rituals from around the world.

Excite the senses with an aromatherapy inspired body treatment featuring the most pure botanicals available, ancient stones, Himalayan scrubs and exotic muds.

Reenergize your body in the Fitness Center and be guided with professional instruction by our fully qualified and experienced onboard Fitness Director.

WindSpa  
- the most tranquil place on earth, at sea.

## Introducing O SPA London

### spa rituals

O SPA London is a naturally organic spa experience designed for both face and body. We have chosen time proven earth and sea botanicals, organic essential oils and extracts of aromatic plants herbs and formulated them to actively treat, sooth, nourish, revive and restore the skin and the body.

O SPA London features AromaCollagen Marine extracts, a collagen rich formulation made from organic fruit and seaweed extracts and combined with organic oil blends and shea butter to naturally enrich, protect and moisturise the skin.

Drawing on ancient practices from cultures across the world, the O SPA London experience takes you on an exotic multi-sensorial journey of rejuvenation and relaxation with ingredients sourced from organic, sustainable hand harvested crops.

O SPA LONDON  
- embracing the spirit of organic skincare.





Our unique approach to facial treatments allows your therapist to provide a treatment that is prescribed exclusively for you. The therapist starts with an analysis of your skin's unique requirements and then selects the most intelligent botanicals and the purest essential oils available to restore you to your radiant best. All treatments include an intensive eye masque experience.

**re::vive** – 75 minutes \$199

An intense lifting oxygenating facial featuring pure marine botanicals, intensive restructuring masques and invigorating facial massage. The active ingredients are pushed deep into the skin with the assistance of the oxypressure system which also pushes oxygen into the deeper layers of the skin, plumping up fine lines and softening the effects of time.

**re::new** – 75 minutes \$199

A deeply relaxing anti-aging facial utilizing the oxypressure system designed to stimulate cellular regeneration by removing dehydrated surface cells with active fruit acids. Firming and elasticizing collagen improves tone and texture with the additional use of a sea buckthorn concentrate to lock in moisture and protect the skin against further free radical damage.

**re::hydrate** – 60 minutes \$149

A deeply hydrating facial treatment to improve moisture levels in the skin. Lavender and rose geranium work to retain moisture in the skin while the unique Fructophores and the active ingredient essential glow masque work to increase the moisture levels and create a smooth as silk complexion.

**re::balance** – 60 minutes \$149

An active treatment for problem and impure skin. Balances and treats congested skin with a deeply cleansing aromatic steam therapy, followed by fruit acids to gently exfoliate surface cells leaving the skin fresh and clear. A facial massage to improve circulation and stimulate the complexion completes the experience.

**re::fresh** – 30 minutes \$89

This active facial addresses those areas of concern quickly and effectively. The skin is prepped, deep cleansed, and refreshed with a masque before being boosted, protected and rehydrated.

The male grooming concept has been developed to meet the specific needs of the modern man. Active ingredients are combined with the latest technologies to deliver the best results.

**hydra performance facial rehydration treatment for men** – 45 minutes \$89

Perfectly restores moisture levels to the skin by the use of active ingredients such as Swiss glacial water. Ideal for frequent flyers or skin that is exposed to extreme temperatures and environmental stress.

**anti-age performance facial active rejuvenating treatment** – 45 minutes \$89

Active treatment to contrast wrinkles and expression lines, stimulates cell renewal leaving the skin firm, compact and toned. Uses a lightweight ultra-effective serum to firm the skin's surface.

**men's barbering concept** – 30 minutes \$49

This specialty treatment includes a skin prep, cleanse, tone, hot towel shave, a gentle soothing booster and multivitamin power recovery masque. Individualize your treatment and request an express 15 minute sports manicure to tidy up your nails as well.

**men's sports manicure** – 30 minutes \$39

This specialty sports manicure will cut, file, tidy & buff your nails with no fuss.

**men's sports pedicure** – 30 minutes \$49

This specialty sports pedicure will cut, file, tidy & buff your toe nails with no fuss.





Our unique body concept allows us to draw on the teachings of the ancient masters and create individual, effective solutions to meet the needs and requirements of your body. Detox, deep cleanse, rehydrate or simply relax - the choice is yours.

**CUERPO** Therapeutic mud treatments

The active 72 minerals in the Blumin Miracle mud combined with ancient Canadian Moor mud is infused with a master blend of aromatherapy oils to provide a detoxifying treatment as well as healing and restorative benefits.

**re::storative** – 30 minutes \$49

The signature O SPA London therapeutic mud is gently dispersed in relaxing warm water in a ceramic foot spa, while active Himalayan salts are added to the blend. Through the process of osmosis, the 72 active minerals are absorbed into the body and distributed to those parts of the body needing them the most while the Fuller's Earth component draws the toxins from the body.

**de::toxifying** – 45 minutes \$99

The signature O SPA London therapeutic mud is gently warmed and then massaged into the entire body before being cocooned in a relaxing wrap. After the detoxification process, enjoy a warm shower and an application of nourishing O SPA detoxifying oil blend for the body.

**in::vigorating** – 60 minutes \$139

The treatment starts with an invigorating full body exfoliation with detoxifying Himalayan Salts. Then the signature O SPA London therapeutic mud is gently warmed and then massaged into the entire body before being cocooned in a relaxing wrap and dry float bed. After the detoxification process, enjoy a warm shower and an application of nourishing O SPA detoxifying oil blend for the body.

massage treatments

**O SPA Balinese** – 20 minutes \$49

An indulgent aromatic scalp massage to relieve fatigue and aid relaxation as a selection of warm oils are applied to the scalp, neck and shoulders to stimulate circulation and nourish the hair.

**O SPA classic** – 30 minutes \$69

**the neck, back & shoulder massage**

Targets the tension zones of the back and upper body.

**O SPA reflexology treatment** – 30/50 minutes \$69/ \$119

To personalize your treatment experience, request the add-on treatment or Reflexology (where available).

**O SPA swedish** – 60 minutes \$119

This classic European massage featuring long strokes and kneading techniques, improves circulation, eases muscle pain and lowers stress.

**O SPA sports** – 60 minutes \$129

This deep tissue massage utilizes the skills of the therapist's hands along with the benefits of aromatherapeutic oils to alleviate muscle pain and achy joints.

**O SPA fire and ice ancient stones** – 75 minutes \$149

Ancient stones carrying the energy of the earth, invigorate and stimulate the body as warm essential oils are drizzled over the body and the hot stones release the tension trapped deep within the muscles.

To personalize your massage, please consult your therapist. A full body exfoliation and body wrap can be added to any of the O SPA massages to complete your O SPA experience.





Inspired by the ancient rejuvenating arts of Ayurveda & Aromatherapy, this multi-sensory treatment created in conjunction with Absolute Aromas™ invites you to escape to a world of bliss while discovering complete tranquility.

**shirodosha™ experience** – 75 minutes \$169

An exceptional experience, the feet are bathed and polished with aromatic Himalayan salts in preparation for a powerful de-stressing Ayurvedic head massage. Then Shirodosha commences with a continuous flow of warm aromatic herbal oils drizzled onto the forehead for calming and soothing the mind & body. Finally, a harmonizing full-body massage restores vitality as Dosha specific warm aromatic oils are drizzled over the body.

**pindadosha™ experience** – 75 minutes \$169

Inspired by ancient tradition, the Pindadosha treatment uses Pindas — hot herbs encased in a cotton bag — to massage. Experience this deep cleansing thermal treatment to detoxify and rejuvenate the body. Warm aromatic oils are drizzled on the body which is then massaged using the Pindas, followed by a foot pampering ritual using aromatic Himalayan salts. The fusion of heated herbs and oils melts away tension, exfoliates and softens the skin and the inclusion of pure ginger invigorates the body's own natural cleansing system, resulting in a boost in energy and vitality.

**shiroabhyanga™ experience** – 30 minutes \$79

An indulgent experience, the Shiroabhyanga experience is an ancient ayurvedic Indian head massage. A tradition handed down from generation to generation in the sub-continent, your third eye will be relaxed before your energy pathways are cleared by the subtle mana pressure point massage technique, your doshas rebalanced and hair and scalp nourished with the specialty oils and your pranas restored. The result will be a feeling of deep relaxation and renewed energy.

**pada-abhyanga™** – 30 minutes \$79

A treatment of pure indulgence, the pada-abhyanga is an ancient ayurvedic Indian foot, ankle and lower leg massage ritual which can be traced back 5000 years. First, the skin is cleansed and polished with Himalayan salts, then the massage is completed with the specialty dosha oil to rebalance the chakras while working on the marma points with a light pressure to relieve the stress and tension of the lower leg, ankles and feet. This treatment offers many benefits as it nourishes the skin, improves blood and lymph circulation and soothes the agitated mind. It relaxes the muscles of the feet and the legs, and according to ayurvedic scripts, it may also help to alleviate stress, including anxiety, nervousness and depression.

Bamboo is one of the most multifaceted plants on our planet. It has earned its reputation from its noble and soft appearance, as well as its perseverance under harsh conditions. In the Orient, bamboo symbolises strength, fertility, youth, prosperity and peace.

The length of the bamboo also allows pressure and focus to be applied in a different way to traditional massage, or even with stones, with the ability to cover a wider area and to apply pressure as required. Emotionally, this therapy provides a total sense of relaxation. While the body is feeling the warmth and flexibility of the bamboo, your therapist uses rhythmical movement patterns resembling an ancient earth dance, whilst the movements of the cho sticks will leave you feeling relaxed and nourished.

**classic warm bamboo massage** – 90 minutes \$169

**sports warm bamboo massage** – 90 minutes \$169

**essential warm bamboo massage** – 45 minutes \$99





Our signature top-to-toe body ritual is inspired by the Polynesian culture of the tropical South Pacific region of Oceania. Entwined with the bounty of its surroundings and immersed in ancient traditions with a reverence for beauty and nature, the massage movements reflect the predominance of their surroundings - the ocean; whilst the organic ingredients used in the treatment are hand harvested from indigenous sustainable sources, such as the nourishing coconut palm and the exotic healing tamanu nut.

#### royal polynesian head and scalp ritual – 75 minutes \$159

- Step 1:** The body is polished with organic raw sugar and a master blend of nourishing and protective anti-oxidants.
- Step 2:** The forehead will be anointed with a warm organic blend of nourishing coconut oil, tamanu oil, kiwi seed oil, macadamia nut oil, apricot oil, hemp oil and sunflower oil with a delicate sea foam.
- Step 3:** The head, scalp, neck and shoulders will be gently massaged and nourished whilst a warm wrap will be applied to the head to allow the hair and scalp to be restored.
- Step 4:** The body will be massaged to a euphoric state of relaxation with indigenous techniques and warm and precious cowrie shells.
- Step 5:** The equilibrium of the body will be restored with a refreshing glass of coconut water

#### royal polynesian head and scalp ritual – 30 minutes \$79

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- Step 2:** The head, scalp, neck and shoulders will be gently massaged and nourished whilst a warm wrap will be applied to the head to allow the hair and scalp to be restored.

The word lomi lomi simply means massage and can be best described as a unique healing massage derived from the ancient Polynesian master healers of Hawaii.

To understand the depth of Lomi Lomi massage, it helps to have an understanding of the Hawaiian philosophy called Huna, and how the philosophies of Huna relate to bodywork and healing. A fundamental assumption of Huna is that everything seeks harmony and everything seeks love. This can best be understood by one of the alternate names for Lomi Lomi, the Loving Hands massage. The reason for this is that it works gently yet deeply into the muscles with continuous, flowing strokes, totally nurturing the body and, enabling the recipient to relax, give in and simply be. The massage can be delivered by one or by two therapists working together. Having two people massaging tends to send to recipient into an even deeper level of relaxation for a truly blissful experience.

The Hawaiians look at things in terms of energy flow, following the concept that an idea or belief can block energy flow as much as muscle tension can. Lomi lomi helps release the blockages, whilst at the same time giving the energy new direction. Thus lomi lomi is not just a physical experience; it also facilitates healing on the mental, emotional and spiritual levels as well. The Hawaiians view all aspects of the body as one and believe that the physical, mental, emotional and spiritual are all part of the “whole” self - when healing is effected on one level, all levels are affected.

To facilitate this authentic experience, Tamanu Oil is used for the treatment. The oil is harvested from the Polynesian Tamanu tree blossoms and has a sweet, lime-like fragrance. Tamanu oil is well documented for its healing qualities of scars and stretch marks and leaves the skin feeling silky smooth – something that Polynesian women have known for centuries. Tamanu fruits are collected from the ground after they have fallen from the tree so the practice has no negative impact on the ecology of the tree. Tamanu harvesting is a sustainable, positive contribution to small village economies.

#### classic lomi lomi massage – 60 minutes \$139





Just like your skin, your scalp and hair require special attention to enhance their natural beauty. Your journey will start with a personalised consultation with your Biolage ambassador, a highly educated scalp and hair professional, who will recommend the best treatment for you.

**Biolage Experience hair rejuvenation**

Biolage captures the nurturing essences of botanicals in unique blends that nourish, restore and empower the hair's natural beauty.

Biolage thérapies allows you to experience indulgent massages and multi-sensorial reparative treatments in the salon and at home, creating beautiful hair everyday.

**haircare thérapies**

- Hydrathérapie:** moisture and control for dry, dull, coarse hair
- colourthérapie:** colour radiance and protection for colour treated, highlighted or bleached hair
- Fortethérapie:** strength and revitalisation for overworked, weak, brittle hair
- volumethérapie:** body and fullness to fine, limp hair
- smooththérapie:** smooth and control frizzy, unruly hair without weight
- scalpthérapie:** cleanse, rebalance and purify the scalp and hair

Your Biolage Ambassador will prescribe your personal regime to maintain the stunning results.

**the style spa program**

- shampoo / set - from \$35
- shampoo / blow dry - from \$35
- ladies cut and blow dry - from \$70
- men's cut and finish - from \$25
- contemporary / formal up-style - from \$50
- speciality braid - from \$30

**the color studio**

- one-color process - from \$65
- two-color process - from \$85

**highlights**

- individual foils - from \$10

For a complete dry and style after all color work, please consult your stylist.

**the finishing touches**

**file and polish** - 20 mins \$30

Includes a hand and forearm massage.

**luxury spa manicure** - 40 mins \$60

Exotic Grapefruit and Juniper, Himalayan Salt hand rituals with manicure. Featuring a hand and forearm marma point massage and double whipped organic Lavender hand and forearm massage.

**french polish** add \$10

Treat yourself to an elegant french polish.

**traditional pedicure** - 40 mins \$45

Includes a foot and ankle massage.

**luxury spa pedicure** - 50 mins \$70

Exotic Lavender and Peppermint foot ritual with pedicure. Featuring a hot stones foot, ankle and lower leg massage.

**hair removal - waxing**

- complete (full leg/bikini/underarms/arms) \$95
- full legs (including bikini line) \$55
- partial legs \$35
- bikini Line \$20
- thong \$30
- underarms \$25
- arms \$40
- chin \$15
- lip \$15





Classical Acupuncture is a system of healing that has been practiced in China and other Eastern countries for thousands of years, with some canons of acupuncture dating back to 500BC. Although often described as a means of pain relief, it is in fact used to treat a wide range of illnesses. Its focus is on improving the overall well being of the patient, rather than the isolated treatment of specific symptoms.

Classical Acupuncture, when practiced correctly according to natural laws, is one of the most beautiful systems of medicine known to humans. It is both an art and a science. The fundamental principle of its practice is the giving of constant attention to diagnosis and treatment of the causes, rather than the symptoms of disease. In essence acupuncture is strengthening and revitalizing the whole body by finding and addressing the cause of any energetic patterns that are out of balance. Once balance is regained, the body will quickly begin to heal itself again and return to a normal level of energy and vitality.

Acupuncture is a safe treatment for all-many people seek acupuncture for help with specific symptoms and conditions, which might include: back pain, low energy levels, sleeping problems, migraines, rheumatism, sciatica, skin conditions, IBS, Crohn's disease, problems with concentration, depression, lethargy, indeterminate aches and pains, etc. Traditionally, acupuncture was used as a preventative medicine for disease and illness. Now that many people are prioritizing their health and well-being, acupuncture has taken on the role of maintaining optimal health and vitality.

- back pain
- low energy levels - lethargy
- sleeping problems
- insomnia
- migraines, rheumatism
- sciatica, skin conditions (eczema)
- IBS
- crohn's disease
- concentration
- depression - hopelessness
- indeterminate aches and pains
- pain management
- sports-related aches and pains
- injuries
- bloating - water retention

### Pain Management Acupuncture

If you want to relieve aches and pains, this acupuncture treatment is for you. This pain management acupuncture will reduce or eliminate chronic back, neck and joint pain.

First session | 60 min | \$129 Additional sessions | 45 min | \$89

### Weight Loss Acupuncture

Having trouble shedding those extra pounds?

First session | 60 min | \$129 Additional sessions | 45 min | \$89

### Facial Rejuvenation

Get a younger, more vibrant look without undergoing an invasive procedure.

This natural approach to anti-aging uses acupuncture needles to reduce lines and wrinkles.

First session | 60 min | \$129 Additional sessions | 45 min | \$89

### Detoxifying Acupuncture

Curious about acupuncture and how it can benefit you? Try this special introductory treatment.

First session | 60 min | \$129 Additional sessions | 45 min | \$89

### Stress-free Acupuncture

Melt away stress and worries with this deeply relaxing form of acupuncture. By focusing on specific acupoints, the healing touch of acupuncture will refresh the mind, body and soul.

First session | 60 min | \$129 Additional sessions | 45 min | \$89

### Quit Smoking

This acupuncture treatment will help you to quit, calm the cravings and help to clear your lungs.

First session | 60 min | \$129 Additional sessions | 45 min | \$89

### Ear Acupressure Acupuncture to Go

Small beads are placed at specific pressure points on your ear, which helps to sooth the nervous system.

Great for stress relief, allergies, sciatica, appetite-control, sleeping disorders and much more. 15 min | \$30

### Acupuncture Packages

3 treatments + 2 ear acupressure sessions \$299

5 treatments + 2 ear acupressure sessions \$299

8 treatments + 2 ear acupressure sessions \$299

+10 treatments receive 15% discount on all treatments

Free consultation available





The fitness and well-being concept features a number of unique opportunities at sea, complemented by a specially selected and dedicated fitness and well-being professional.

**the YO'FIT™ yoga program**

Enjoy the benefits of the featured onboard yoga program with specifically trained teachers.

**the class program**

A complimentary program of aerobics, step, walk for well-being and conditioning classes, are also offered while at sea.

**the personal training program \$90**

Maximize the potential of your results from each workout session by employing the skills of our bodytransform specialists, who shall create a tailored program for you.

**the meditation program**

Experience guided meditation sessions in a tranquil environment and feel the stress of everyday living melt away.

**body composition analysis \$45**

Discover your true potential once you learn the real composition of your body including lean body mass and excess water retention.

**nutrition consultation \$45**

Create your ideal "Burn fat fast zone" with your onboard fitness director who shall provide you with all of the tools to achieve your optimum nutritional requirements.

**the pilates at sea program**

**pilates institute at sea personal training \$225**

3 x 45 minute sessions including a complimentary postural analysis. Personal tuition ensures the best results. Strengthen and lengthen your core muscles while realigning your posture.

**pilates matwork program**

Specialized group instruction featuring the foam roller and pilates ring – 3 x 45 minute classes.



**general**

The spa is designed with everything you need to help you unwind and relax, including treatment rooms, beauty studio and sauna facilities. It may take a few minutes to reach the spa from your stateroom. Our Fitness Center can be found on Star deck, mid ship.

WindSpa is a non-smoking area for the comfort of all and for safety reasons.

**treatments**

Briefs should be worn for your treatment, or we will be pleased to provide disposable underwear if preferred. Kindly inform our therapists of any pre-existing medical condition prior to booking your spa treatments. Please note all massage treatments include a personalized consultation.

**reservations**

In view of the popularity of WindSpa, please be sure to book your treatments as early as possible in order to avoid any disappointment. We suggest that you arrive 15 minutes prior to your scheduled treatment reservation to allow time to prepare and relax, unwind and enjoy the tranquillity and serene surroundings of our spa.

**cancellations**

In the event that you wish to cancel or change your reservation, kindly allow 24 hours notice prior to your scheduled appointment time so that we may arrange the rescheduling of your treatment. 50% of the treatment costs will be charged to your stateroom account should you cancel less than 24 hours prior to your scheduled time or not arrive for the treatment. Pre-booked reservations will be released to other guests 15 minutes after the scheduled reservation time, should you be late. Late arrivals will unfortunately not be guaranteed a full treatment time, as this would disturb the following guest's treatment.

**port day flexible pricing**

Enjoy the benefits of our Port Day Flexible Pricing Policy, contact the Spa Reception for further details on 3253.

**opening hours**

The WindSpa and Salon is open from 8am to 8pm while at sea / the WindSpa and salon operates flexible opening times while in port. Please check the daily program for opening times.

The WindSpa Fitness Center is open from 8am to 8pm and the fitness staff will be on duty throughout the day.

For your convenience, a 15% service charge will be added to all Salon, Spa and Fitness services.



