



MANDARA — SPA —

NORWAY • NORWEGIAN DREAM • NORWEGIAN MAJESTY
NORWEGIAN SEA • NORWEGIAN SKY • NORWEGIAN STAR
NORWEGIAN SUN • NORWEGIAN WIND

Mandara Spa Menu

THE NAME "MANDARA" COMES FROM AN ANCIENT SANSKRIT LEGEND ABOUT THE GODS' QUEST TO FIND THE ELIXIR OF IMMORTALITY AND ETERNAL YOUTH.

MANDARA SPA, ORIGINATING IN BALI, HAS EMBRACED THE LEGEND. WITH OVER 50 LAND AND SEA-BASED SPAS WORLDWIDE AND ON NORWEGIAN CRUISE LINE, WE HAVE DEVELOPED UNIQUE AND EXOTIC SPA TREATMENTS TO REFLECT THE BEAUTY, SPIRIT AND TRADITIONS OF BALI. WE CANNOT PROMISE IMMORTALITY BUT WHEN YOU EXPERIENCE ONE OF OUR UNIQUE TREATMENTS, YOU TOO WILL FEEL AS IF YOU CAN LIVE FOREVER.....



Body Language

* Complimentary foot bath in our oversized Copper Bowls offered with every deluxe treatment.

HAWAIIAN MAJESTY

Originally reserved for Hawaiian kings and queens, this traditional lomi-lomi style of massage uses long soothing strokes designed to relax and rejuvenate. Deep yet gentle, it incorporates the use of forearms, stretches and energy balancing. Leave feeling like royalty...

50 MINUTES \$99 DELUXE: 80 MINUTES \$140

MANDARA'S HOT STONE HEAVEN

Warmed volcanic stones, specially brought from Hawaii, caress smoothly over your body and impart a deep soothing heat to sore and tired muscles. An experience not to be missed!

DELUXE: 80 MINUTES \$185

BALI-PRESS

Balinese remedy for stress relief. Fingers, elbows and palm pressure stimulate, relax and soothe acupressure points and energy meridians – done with a Mandara twist!

50 MINUTES \$99 DELUXE: 80 MINUTES \$140

EARTH, WIND & SKY

A soothing neck, scalp and face massage followed by hand and foot reflexology. Feel like you're floating in heaven...

50 MINUTES \$99

MANDARA DREAM-TIME

Swedish style massage with a Mandara difference...

50 MINUTES \$99 DELUXE: 80 MINUTES \$140

SEVEN SEAS MASSAGE

Can't decide which massage to do? Why not allow our therapist to incorporate a combination of massage techniques from around the world?

50 MINUTES \$99 DELUXE: 80 MINUTES \$140

MANDARA FOUR HANDS MASSAGE

This is Mandara Spa's signature treatment. Two therapists working on you simultaneously, in synchrony – and in serene silence... The ultimate indulgence!

50 MINUTES \$180 DELUXE: 80 MINUTES \$280

MANDARA TO YOU

We bring the spa to you. A massage in the privacy of your own stateroom. (Stateroom size permitting)

50 MINUTES \$140 DELUXE: 80 MINUTES \$185

MANDARA TO YOU FOR TWO

We bring the spa to both of you. A massage for two in the privacy of your own stateroom. (Stateroom size permitting)

50 MINUTES \$99 p.p. DELUXE: 80 MINUTES \$140 p.p.

The Face of Mandara

Exquisite facial treatments that will nurture you inside and out.
Natural ingredients * Caring touch * Perfect combinations

LA THERAPIE OXYGEN LIFTING FACIAL

An oxygenating facial that uses galvanic stimuli and hi-frequency to penetrate into the deepest layers gently and effectively. By prolonging the life of skin cells and withdrawing deeply embedded impurities, this facial will assist in lifting the appearance of the skin while helping blemished or impure skin-types to heal quickly.

55 MINUTES \$117

ELEMIS JAPANESE SILK BOOSTER FACIAL

Experience the ultimate in holistic skin therapy. This facial promises to take your skin on a journey of total renewal. Natural Asian silk protein or sulphur compresses combined with pure phytoamine biocomplexes have been formulated for advanced aromatherapy skincare to produce immediate results beyond question.

Absolute Pro-Collagen Lift for boosting collagen production, lifting mature skins and anti-aging.

Absolute Oxygen SkinCalm for restructuring tired, fragile and sensitive skin.

Absolute Vita-C Harmony with added Vitamin C for problem, congested and oil-rich skins.

1 HOUR 15 MINUTES \$99

ELEMIS JAPANESE SILK EYE ZONE THERAPY

Taking rejuvenating eye therapies to new levels, this treatment combines reflexology with a unique Asian silk protein compress and our Eternal Synergy range. With specialized lifting massage to refine, oxygenate and increase cellular renewal, your eyes will look smoother, firmer and back to their sparkling best!

Absolute Pro-Collagen Lift helps to plump out, smooth and define eye contour.

Absolute Bright Eyes helps to disperse congestion and reduce puffiness.

45 MINUTES - ADD THIS THERAPY TO YOUR ASIAN SILK BOOSTER FACIAL FOR AN EXTRA \$53

NORWAY AROMAPURE 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 irritation. 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.

Choose from:

- Fruit Active Glow a great pick-me-up and pre-occasion treat to lift dull skin.
- Herbal Lavender Repair to heal and repair congested oil-rich skin.
- Exotic Cream Moisture Dew to give dry, thirsty skin a hydrating surge.
- Absolute Lift improves skin tone, revitalize and feel lift to the skin.

55 MINUTES \$99

Mandara Wrapture

All wraps include a gentle face, scalp or foot massage.

ELEMIS EXOTIC FRANGIPANI BODY NOURISH WRAP

Creating a perfect combination from nature itself, coconut extract and Tahitian Frangipani, are soaked together to produce the most exotic aroma and texture imaginable. Traditionally used by Polynesian women to protect their beautiful bodies and lustrous hair, Monoi oil will soothe, condition and soften your skin. Drench yourself in its moisture and bathe in sensuality.

55 MINUTES \$115

ELEMIS EXOTIC COCONUT RUB AND MILK RITUAL WRAP

A ceremony of pure sensuality to tantalize and delight! A traditional Balinese coconut recipe polishes the skin while the exotic body oil indulges your senses. Cleopatra was renowned for bathing in milk before her secret liaisons with Mark Anthony, so now it is your turn to bask in the ritual as warm Milk Bath is smothered over your entire body. Healing, comforting opulence with pure unadulterated pleasure.

55 MINUTES \$115

ELEMIS AROMA-STAR OCEAN WRAP

The Power of aromatherapy is combined with the riches of the ocean in this deeply warming and detox therapy. A heated seaweed mask containing a warming blend of essential oils is applied to your body before you are cocooned in a warm wrap. Relax, weightless in a foil wrap, while the active ingredients work to ease arthritis, fatigue and promote internal cleansing.

Choose from:

- Musclease Aromaspa - soothes, warms and caresses the muscles and joints.
- Cellutox Aromaspa - focuses on detoxifying and cleansing the entire internal system.

1 HOUR 30 MINUTES \$171

RESPECT FOR THE SUN RITUAL

The sun is good for the soul, but not for the skin...so fake it with the Elemis Total Glow Self Tanning Therapy.

First we exfoliate your body with Lime and Ginger Salt Glow - an exotic exfoliation ritual to invigorate and bring vitality to your face and body. After light body brushing, warm oil is dripped luxuriously all over your body before our Lime and Ginger Salt Glow is applied. Your skin is deeply cleansed and polished to perfection before applying the Total Glow Self Tanning Cream. Within a few hours, your skin will be transformed with a golden hue, and no one will know your secret except you!

1 HOUR \$89

IONITHERMIE SEA-ALGAE DETOX WRAP

Ionithermie is the leading cellulite correction therapy in Europe. Created by a surgeon in France, Ionithermie is the only therapy available that helps to detoxify the body and offer substantial inch loss after just one session. Combining 21st century technology with specially selected sea-algae, you will experience both firming and toning of the body after just one session. For ultimate benefits and detoxification we recommend you book in for a course of three on your cruise.

1 HOUR 15 MINUTES \$120

COURSE OF THREE SESSIONS \$299

Bathing in Glory

Wonderfully relaxing, luxurious private hydrotherapy baths (if available):

- Enriching Milk Bath - Immerse yourself in a bath as rejuvenating as eternal youth...Cleopatra did!
- Exotic Jasmine Flower Bath - Infused with the exotic aromas of Jasmine, Vanilla, Ylang Ylang and China Tea.
- Warming Ocean Bath - Let your aching muscles be soothed by a bubbling warmth infused with Maritime Pine, Rosemary and Algae.
- Detox Ocean Bath - Infused with Juniper, Lemon, Sea Fennel and Sea Buckthorn essential oils to detoxify and cleanse the system.

25 MINUTES \$40

Salon Menu

Finishing touches for stepping out in perfection. Hair care and skin care products are available for purchase at our salon.

HAIR CARE

Shampoo/Set or Shampoo/Blow Dry

Short hair \$30 Medium hair \$35 Long hair \$45

Up-Do (Shampoo and Blow Dry not included)

Short hair \$30 Medium hair \$35 Long hair \$45

Comb Out	\$15
Ladies Cut & Blow Dry/Styling	\$60
Men's Cut with or without Blow Dry	\$30
Children's Hair Cut	\$25
Bang Trim	\$15
Braid Only without Shampoo	\$25
Deep Conditioning Hair Treatment incl. Scalp Massage	\$25

COLOR AND PERM SERVICES

One Color Process	\$65
Two Color Process	\$95
Weaves and Highlights	\$95
Half Head Perm	\$65
Full Head Perm	\$95

MANDARA MONOI OIL RITUAL FOR HAIR AND SCALP

We use rich Frangipani Monoi Oil, which is legendary for its ritual uses in Tahiti. Today, the beautiful Tahitian women use it over their hair and skin for its exotic fragrance and nourishing qualities. After cleansing your hair, we massage the scalp with this precious ingredient to ease away stress and give the hair a vibrant, healthful shine. To ensure the full benefits are received, we wrap the hair in a warmed towel.

ADD THIS TO ANY HAIR SERVICE \$26

Graceful Hands and Elegant Feet

Traditional Manicure	\$25
French Manicure	\$30
Nail Polish Change	\$15
Toe Polish Change	\$20
French Polish Change	\$23
Traditional Pedicure	\$40
Paraffin Hand Dip	\$20
Paraffin Feet Dip	\$23

EXOTIC HAND RITUAL

Simply beautiful. Pure pampering for your hands and nails to restore beauty and suppleness. Warmed aromatherapy oils nourish and condition, whilst the sublime sensation of Milk lavishes its richness and healing action on your skin. Our exotic hand ritual includes a complete traditional manicure.

1 HOUR \$40

SOLE DELIGHT

Warmed aromatherapy oils nourish and condition your feet and nails while the decadence of Milk and Exotic Frangipani Monoi Oil lavish their richness and healing action on your skin. Sole Delight Foot Treatment includes a complete traditional pedicure. A sensory experience for your feet which promises to leave you walking on cloud nine!

1 HOUR 15 MINUTES \$55

TOP 'N TOE

With any hair service, or while you are sitting under a dryer, why not treat yourself to a relaxing foot massage?

25 MINUTES \$50

Finishing Touches

Make-up Application \$40

MANDARA TREATMENTS OF NORWEGIAN SEAS

Mandara Spa seeks out local spa traditions and therapies particular to the history, culture and geographical regions we sail to. We go out and select fresh indigenous products from local markets and include them in specials prepared for you. Ask about these Mandara specialty treatments and immerse yourself even further into the exciting lands we visit.

Spa Etiquette

PRICES & SERVICE CHARGE

For your convenience a 15% service charge will automatically be added to your spa and salon services.

CANCELLATION POLICY

We hope you do not have to cancel. Cancellations made with less than 24 hours notice will be subject to full charge.

ARRIVE EARLY

We suggest you arrive at least 15 minutes prior to your treatment. Please understand your treatment will end on time so the next guest will not be inconvenienced.

VALUABLES

For the safety of your valuables, we suggest that you leave them in your stateroom.

LOCATIONS

Find Mandara Spa in over 50 locations worldwide, on land and at sea. For more information, visit our website at:

www.mandaraspaspa.com

CONTINUE YOUR MANDARA EXPERIENCE AT HOME

Elemis, La Therapie and Ionithermie skin care products are available for purchase through:

www.timetospa.com

You can also speak to a professional spa consultant by calling 1-800-423-5293.

MICRONESIA



BALI



MALAYSIA

