

THESANCTUM

THE WORLD IS YOURS TO EXPLORE



EMBRACE THE JOURNEY

There is a connection between the world and wellness. A place, a point where the outer world and the inner self converge and become one; where uncertainties evaporate, and a paradigm shift gently guides the awareness to journey inward toward a personal sanctuary.

THESANCTUM is a sacred space to explore further – mind and body, health and wellness, destination and world. This exploration of the self and how we identify with new adventures, new cultures, new horizons is a profound experience with limitless potential.

Like a compass that steers us in the right direction, allow the inner self to be your guide in exploring your own world. Here, transformation is a daily discovery.



EXPLORE YOUR INNER JOURNEY To guide in your selection, our most well-loved services are indicated with this symbol.

EXPLORE THE ULTIMATE LUXURY

There is nothing like time for self. Explore a moment of solitude or share the relaxation. Arrive early to experience *THESANCTUM* and discover serenity – a place to escape for an hour or a few.

Immerse Yourself in Wellness

Luxuriate in the Thalassotherapy Pool, a therapeutic indulgence that combines the nourishment of the sea with powerful jets that massage the body like a bubbling spring while allowing you to bask in the light of the sun.

Wash All Cares Away

Prepare to receive all the benefits from the treatment you select. Prime skin and body with a cleanse prior to your service and wash away all impurities – salts, minerals and oils – that could possibly be massaged into the skin. After a shower, wait in the Relaxation Lounge to be whisked away for the ultimate indulgence.

A Soothing Elixir for the Soul

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

Connect With the Therapist

Healing hands are intuitive, but a conversation with your therapist will help guide and address areas of concern. During the treatment, let your 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 your treatment. The quietude will lull mind and body into a deeper state of relaxation.

Continue the Journey

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



Beauty has many faces. It is not only a matter of esthetics, but the empowerment one feels when caring for the self. Often escaped by the naked eye, beauty is universal – found in every freckle, every dimple, every fine line, it builds our character and allows us to shine.



EXPLORE THE EVER-CHANGING NATURE OF YOUR SKIN

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. 50 minutes*

BIOTEC Anti-Aging Facials

BIOTEC Line Eraser

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells toward 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 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 multitasking, time-efficient solution.

Facial Enhancements

BIOTEC Eye Treatment

Gently stimulates and tightens the delicate eye area without disturbing fragile skin. **15 minutes**

BIOTEC Neck Treatment

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

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 current to thoroughly decongest and exfoliate. A powerful 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 minutes*

ELEMIS Pro-Collagen Age Defy

This is the treatment to tackle fine lines and wrinkles, helping 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 to 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

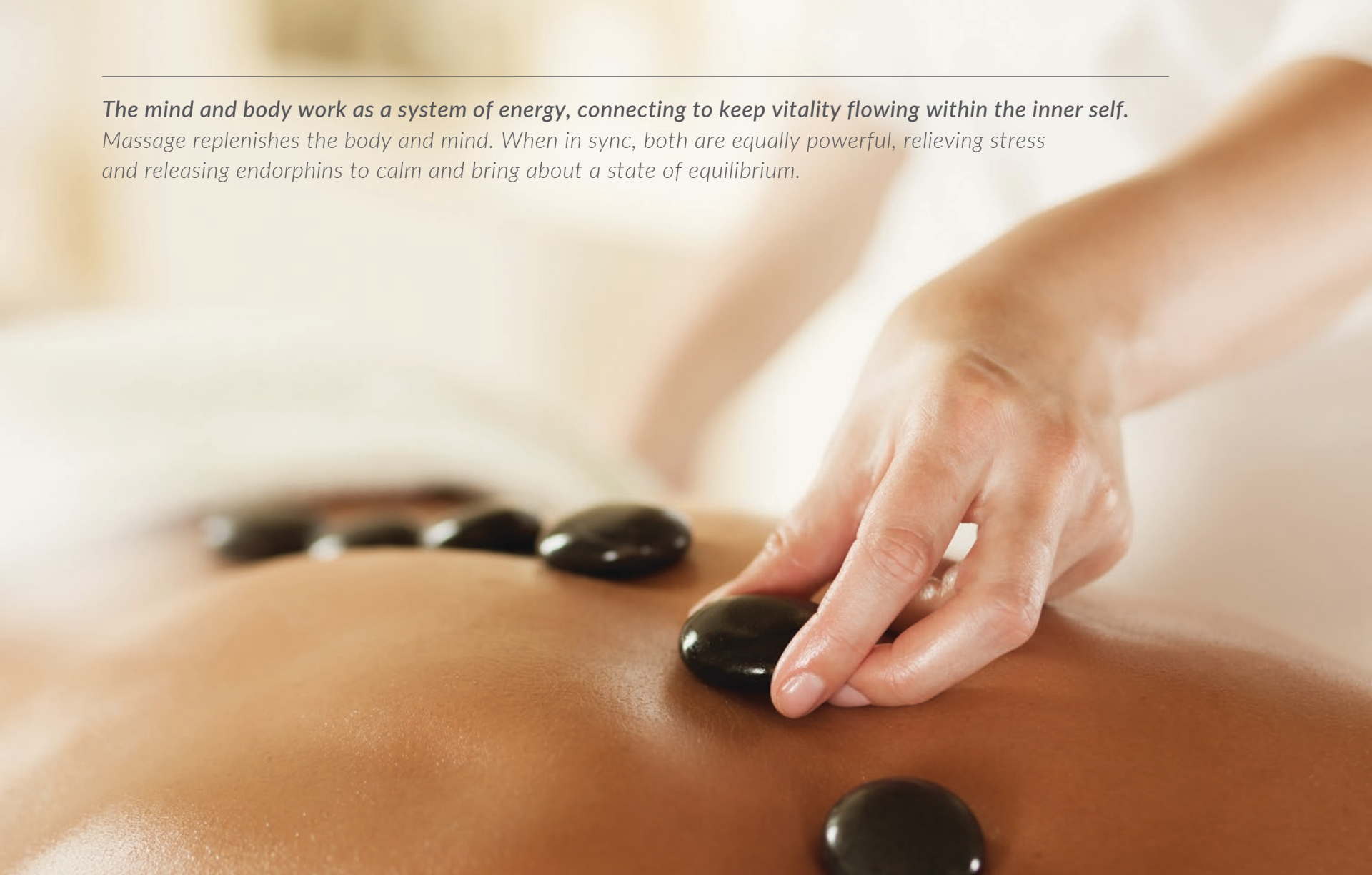
This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals, and trace elements; Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and 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 for Men

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.



The mind and body work as a system of energy, connecting to keep vitality flowing within the inner self. Massage replenishes the body and mind. When in sync, both are equally powerful, relieving stress and releasing endorphins to calm and bring about a state of equilibrium.



EXPLORE THE MIND-BODY CONNECTION

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. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin. *50 / 75 / 90 minutes*

Bamboo Massage

Imagine warm bamboo shoots soaked in essential oils massaging the body, transporting you to a state of bliss. This indulgent treatment will revive your senses in a new and innovative way. 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 / 75 / 90 minutes*

Coconut Poultice Massage

Perfectly warmed pure coconut compresses massage the body, releasing natural emollients that nourish and moisturize the skin. This technique is followed by traditional hands-on massage to relax and de-stress the muscles even more. *50 / 75 / 90 minutes*

Thai Herbal Poultice Massage

This rhythmic 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. *75 minutes*

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 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 / 75 / 90 minutes*

Jade Stone Massage

Dating back to Chinese traditional theories of Yin Yang and the five elements, this semi-precious stone provides a heating and cooling temperature contrast for the body allowing for detoxification. Jade is thought to heal stressed organs and assist the body's internal cleansing system. Deeply relaxing, this therapy also relieves stress and anxiety while also easing muscle aches and pain. *50 / 75 minutes*

ELEMIS Couture Touch Face and Body Treatment

Condition the skin and body with this all-embracing hands-on experience, combining our ELEMIS Pro-Collagen Age Defy facial with a 50-minute Swedish Massage. *100 minutes*

BIOTEC Face Treatment and Body Ritual

Technology fuses with touch for the ultimate spa therapy. Combine the BIOTEC facial for instant results with a 50-minute Swedish Massage for pure relaxation. *100 minutes*



An aerial photograph of a body of water with a vibrant turquoise and emerald green color palette. The water's surface is textured with ripples and small waves, creating a complex pattern of light and shadow. The overall tone is bright and refreshing. Centered over the water is two lines of white, uppercase text in a clean, sans-serif font.

EXPLORE THE UNSEEN.
EXPERIENCE THE UNKNOWN.



EXPLORE THERAPIES ESSENTIAL FOR THE BODY

The body is a temple. Take it to a sanctuary. Thirsting for detoxification, the body needs to release and replenish to remain whole. Nurture the body by eliminating toxins and exfoliating the skin. Feed it nutrients from the riches of earth and ocean and allow it to absorb nature's goodness.

✦ **ELEMIS 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 25-minute or 50-minute massage. *75 / 100 minutes*

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 minutes / select a series of 3

ELEMIS 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 minutes*





EXPLORE THE ART OF ACUPUNCTURE

Wellness is a state of optimal wellbeing. THESANCTUM provides the best holistic care through acupuncture and traditional Chinese medicine, an ancient art that offers innovative solutions for modern medicine. Travel to the Far East where centuries of wisdom reveal natural healing remedies.

Acupuncture

Quickly becoming one of the fastest growing alternative therapies, acupuncture is often recommended by family practitioners to complement and enhance the benefits of traditional medicine.

Our onboard acupuncturist is certified to safely and effectively treat an extensive list of symptoms and conditions, including: *Pain Management, Insomnia and Anxiety, Seasickness, Smoking Cessation, Weight Gain and more.*

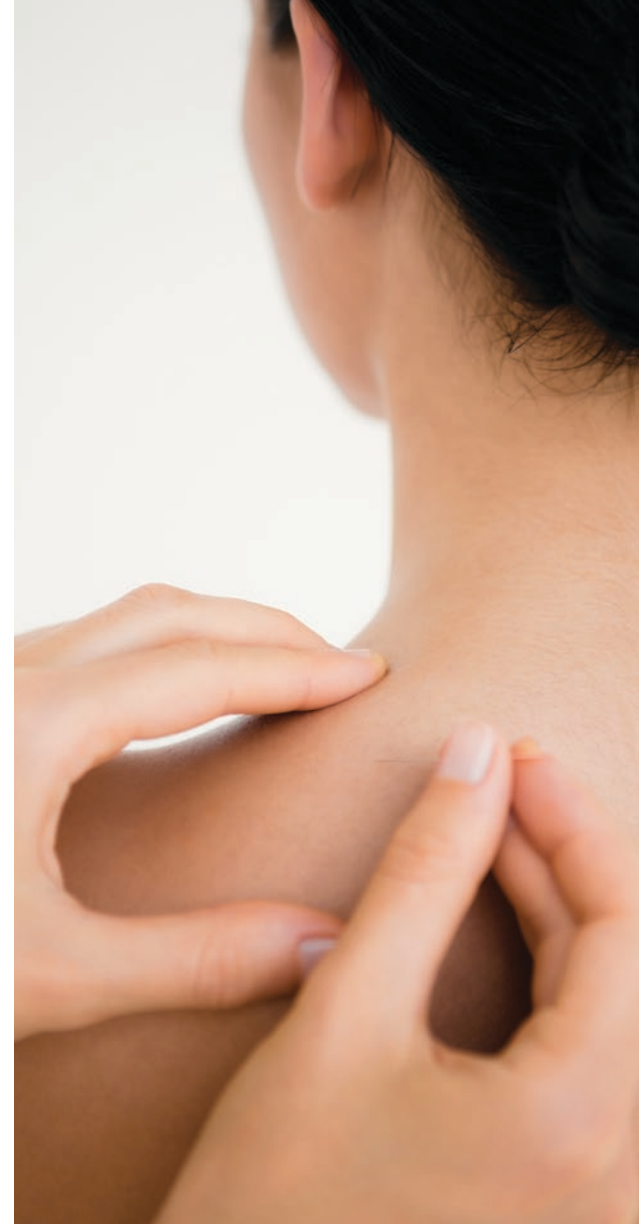
Anyone can benefit from acupuncture. Many enjoy a session for a simple tune up, enhanced relaxation, and wellbeing maintenance. *50 minutes*

Acupuncture treatments may not be available on certain vessels.

Chinese Herbal Medicine Consultation

Chinese herbs are integral to traditional Chinese medicine. We are delighted to feature 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, they 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 inquire about our Health and Wellness Seminar Series.



EXPLORE FITNESS AS A LIFESTYLE

Fitness is a way of life. *Committing to a lifetime of wellness is not a luxury – it is a necessity. To change your body, you must first change your mind. Respect your body. Fuel your body. Challenge your body. Move your body. But above all, love your body.*

Personal Training

This one-on-one training session focuses on individual needs. Learn which exercises work best. An in-depth consultation and body composition analysis are included. *60 minutes / select a series of 3*

Nutritional Consultation

Diet and exercise are dynamic, lifelong pursuits. Based on the Nobel, prize-winning research of Dr. Barry Sears, a personalized, ideal Zone nutrition plan is created for clean and healthy eating to help achieve wellness goals. *60 minutes*

Results Based Training (RBT™)

RBT is a scientifically backed functional fitness program designed to get maximum results in minimum time. Big compound movements with a continuous flow of exercises keeps the blood circulating for the entire workout, leading to amazing results. *30 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*

Body Composition Analysis

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*

Enhance your workout by trying one of our complimentary specialized classes:

Pure-Form Yoga

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

Pure-Form Pilates

This exercise uses a Pilates ring, foam-core roller, and weighted balls for various movements as established and recommended by Joseph Pilates. *45 minutes*

Indoor Cycling

Coast downhill or climb your personal mountain with this real road-cycling sensation takes riders through a series of climbs and sprints in an immersive, inspirational atmosphere. *45 minutes*





EXPLORE ALL THINGS BEAUTIFUL

Personal style holds an authenticity. *It is this transparency in our nature that reflects a beauty beyond expression. Our inner journey is a beacon of inspiration that helps define our outer self.*

Keratin Complex® Express Blowout

Say goodbye to frizz in just one hour with this specially formulated, revitalizing and rejuvenating treatment for the hair that lasts up to six weeks. With its unique formulation, this treatment infuses natural Keratin in the shortest amount of time, so hair can be washed just eight hours after. *45 minutes*

Keratin Complex® Express Blowout with Cut

60 minutes

Kérastase® Elixir Ultime 24-Carat Indulgent Ritual

Nourish, protect, illuminate and instantly restore 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 minutes*

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 re-densified.

Fire & Ice Manicure / Pedicure

Using a combination of therapeutic cooling gels and the warmth of massage with heated stones, skin will be smoother and nails will be nourished and polished to perfection.

Manicure 45 minutes / Pedicure 60 minutes

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 45 minutes / Pedicure 60 minutes

GO SMILE™ Teeth Whitening Treatment

Try our advanced teeth whitening treatment, a safe, effective way to add a sparkle to a smile. Book a complimentary consultation. Couples treatments available. *30 minutes*

Explore More Hair Services

Shampoo and Blow Dry
Shampoo and Roller Set
Cut and Style with Blow Dry
Up Do and Style (without shampoo and blow dry)
Semi-Permanent Color
Permanent Color
Highlights or Lowlights
Partial Highlights

Explore More Nail Services

Exotic Hand Ritual with Manicure
Sole Delight Foot Treatment with Pedicure
Traditional Manicure
Traditional Pedicure



EXPLORE GROOMING

*Time and tide wait for no man. Seize the day. Invest in yourself.
Know that a sense of style equates to a sense of self.*

Express Shave

This treatment includes a deep cleansing exfoliation and a double close shave to leave skin super smooth.
30 minutes

Deep Cleanse Grooming Treatment with Shave

Enjoy the Express Shave with the added benefit of a soothing face and scalp massage and deep pore cleansing mask. *45 minutes*

Pro-Collagen Grooming Treatment with Shave*

Known as the "shave of all shaves," this youth-enhancing treatment will leave skin looking and feeling revitalized. This signature grooming service includes the Express Shave, an anti-aging mini facial and luxurious face, scalp, hand and arm massage.
55 minutes

Men's Hair Cuts

Wet cut, dry cut, buzz cut, the Barber Shop features these favorite services for men.

Beard Trim / Tidy Up

Tidy up around the ears, nose, eyebrows and beard.

Nails and Feet

Manicures and pedicures include massage, nail trim and file, nail buff and removal of dry, flaky skin.



EXPLORE FURTHERSM

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 are important to us. If we have not fulfilled our promise to you, please visit the spa reception desk to ensure we remedy your experience.

Hours of Operation

Spa and Salon 8am to 10pm
Fitness Center 6am to 10pm

Reservations

For more information or to reserve treatments, please contact THESANCTUM. 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. 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.

Specialty Spa Menus

Visit the spa to inquire about our Pain Management menu.

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 to turn off your mobile phone and electronic devices upon arrival.

Ensuring a Wonderful Spa Experience

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

Service Charge

For your convenience, an 18% service charge 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 a receipt can be exchanged for either services or products.

10.20.30 Signature Services

Reserve three services with this  symbol and receive 10% off the highest priced service, 20% off a service of equal or lesser value, and 30% off the least expensive service from your selection. Treatments are non-transferable. All services must be booked and paid for in advance. This offer is subject to availability.

Special Offers in Port

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

TIMETOSPA at Home

Relaxation is achieved through daily practice. Your therapist will be happy to recommend a home care regimen to continue your treatment at home. www.timetospa.com

Customer Service

c/o OneSpaWorld, 1-855-848-3059
postcruisecustomerservice@onespaworld.com

Occasionally, for reasons beyond our control, your treatment selection may not be available.

