



SEADREAM
YACHT CLUB

SPA



Relax

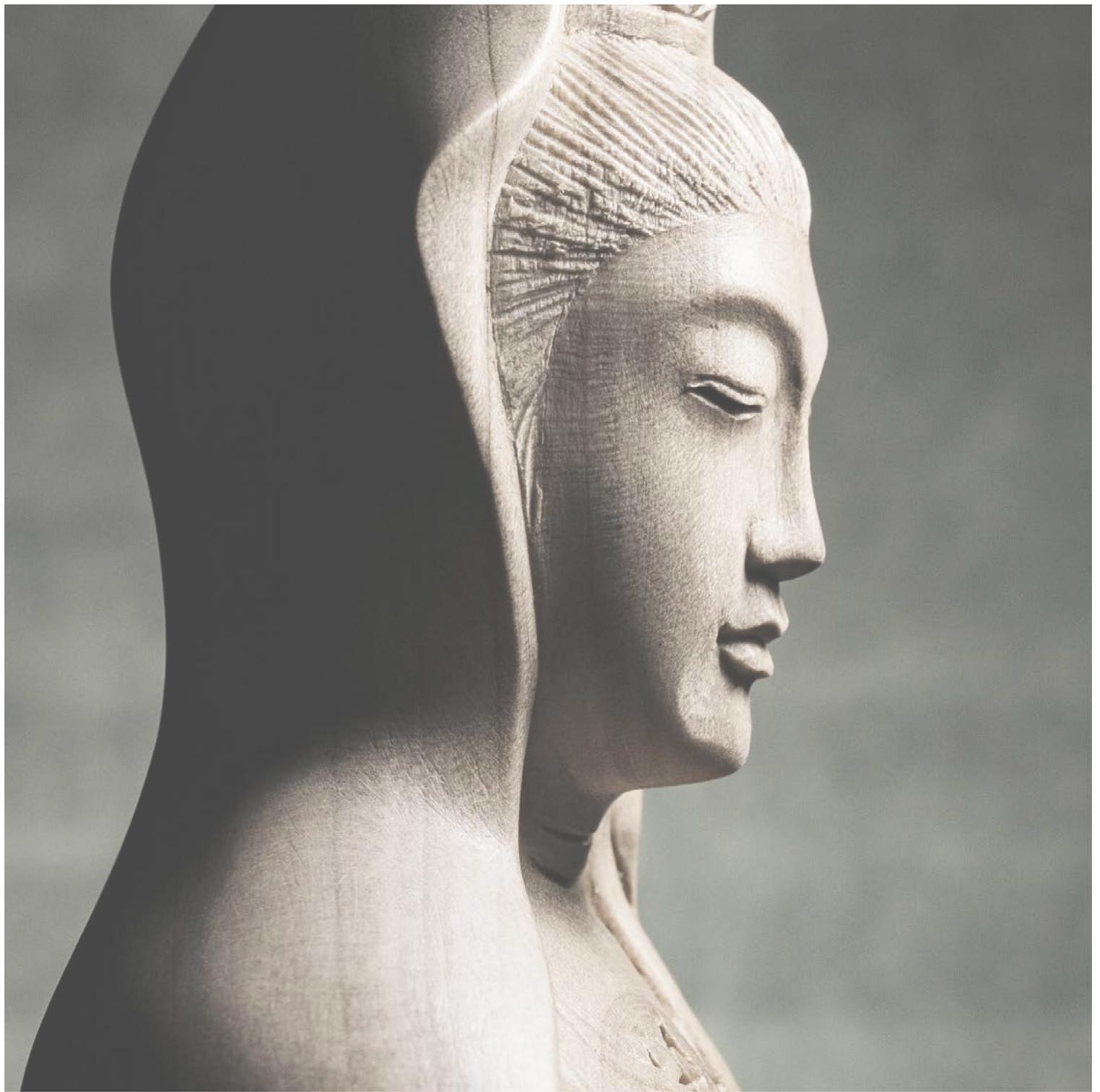
You are enough

You do enough

Breathe extra deep

Let go, and live right

now in the moment



A rejuvenating experience awaits you at the SEADREAM Spa.

The Spa is eco-friendly, Thai certified and the only one of its kind at sea.

Discover the ultimate in Thai therapies and behold the secrets and luxury of their time honored spa treatments.

Achieve pure bliss and tranquility in a sanctuary for you to relax, unwind, recharge and rejuvenate. Choose from an extensive range of spa favorites such as our Asian Blend Massage, Soothing Aroma Massage and Traditional Thai Massage.



Our Spa brands

SISLEY PARIS® Skincare, makeup, and perfume. By bringing together its expertise, its consultation know-how, and its creativity, Sisley has created a specific approach for each of its product lines.

THALGO® has been the expert in marine beauty since the early 1960's.

MOROCCANOIL® is the originator and leading manufacturer of professional Argan Oil hair products.

WELLA® hair color is the choice of top international stylists. Discover the wide selection of Wella® hair colors onboard.

L'ORÉAL PARIS® have created a range of products to help cleanse your hair whilst keeping it looking shiny, healthy, and feeling strong.

HERMÈS® French high fashion manufacturer established in 1837. It specializes in leather, lifestyle accessories, home furnishings, perfumery, jewellery, watches and ready to wear.

CND® is a global leader in professional nail, hand and foot beauty - including SHELLAC®

ELM™ Elm presents a new era of clean cosmetics, certified by the highest standards. Premium quality, organic, vegan, cruelty-free and with recycled packaging.

Our Spa features

Our Spa staff consists of five massage therapists, one hairdresser and one Spa Manager who will ensure that all of your spa needs are fulfilled.

You may enjoy some treatments on deck in our open air private massage area, cooled by gentle sea breezes. Yoga and Tai Chi sessions are offered daily on deck or ashore, weather permitting. The Spa is open daily from 8:00 am to 8:00 pm.

The SEADREAM Spa is an experience that will enhance your holiday and provide you complete rejuvenation.



Body therapy

Aloe Vera Body Mask

30 min \$90

For relief of sunburn and tired dry skin, this wrap of aloe vera will keep your skin hydrated and soothed.

Body Exfoliation

30 min \$119

This treatment improves circulation and removes dead skin cells as reviving the skin's natural glow. Free Elm brush when you book this treatment.

Massage therapy

Traditional Thai Massage

60 min \$159

75 min \$199

90 min \$249

The Traditional Thai Massage is performed to enhance joint movement and body flexibility with a combination of stretching therapies similar to yoga and dating back over 6,000 years. This treatment is available in our private open air massage area.

Asian Blend

60 min \$159

75 min \$199

90 min \$249

A combination massage utilizing the very best of Thai, Shiatsu and deep tissue massage techniques to stimulate the body's meridians, resulting in energy, balance and restored health.

Swedish Body Massage

60 min \$159

75 min \$199

90 min \$249

A full body massage that relaxes aching muscles, stimulates circulation and assists in the removal of toxins.

Aromatherapy Massage

60 min \$159

75 min \$199

90 min \$249

By combining the effects of the aromatic oil and relaxing body massage, one can feel the tension and fatigue melt away as the mind and body are brought back to the point of equilibrium.

Back Massage

45 min \$119

This deep tissue massage reduces stiffness and improve the circulation.

Traditional Thai Massage with herbs

75 min \$220 90 min \$249

For the ultimate in traditional therapy, heated Thai herbal compresses from the Royal Project in Thailand are used after the Thai Massage to enhance the experience.

Hot Stone Massage

75 min \$220 90 min \$249

A soothing massage performed with hot basalt stones which are applied in rhythmic patterns over the body to relieve tension and deepen relaxation.

Couples & focused massages

Heated Massage

75 min \$389

Relax together in our couple's room, enjoying a combination of massage techniques including Hot Stones and Herbal Compresses. The warmth of stones aid in relieving the stress of everyday life, and the massage leaves you both feeling relaxed and refreshed.

Journey Together

120 min \$495

Begin the journey together in our steam and sauna, where aromatic herbs calm, uplift & de-stress your mind, as your muscles warm up. A jasmine scented body scrub is applied to remove dry skin, before you both enjoy your Harnn® full body massages. This couple's treatment provides complete relaxation and leaves skin feeling silky and hydrated.

Scalp, Neck and Décolleté Massage

30 min \$85

Reflexology

45 min \$129

Enjoy a crystal release foot bath followed by a traditional Thai foot reflexology treatment. Available in our private open air Spa area.

Perfect legs

45 min \$129

When suffering from heavy or tired legs, this treatment is designed to soothe and effectively improve circulation. This is a skillful massage with essential oils and a concentrated, deep acting leg mask. Available in the spa or in our private open air Spa area.

SISLEY PARIS®



FACIALS

The Phyto-Aromatic "After-Sun" Restorative Facial

60 min \$165

A precious moment of relaxation for stressed or irritated skin, the Phyto-Aromatic "After-Sun" Restorative Facial is incredibly gentle. Skin is soothed and regains its vitality, comfort and bygone serenity.

The Phyto-Aromatic Purifying Facial

60 min \$165

Designed for combination, oily and problem skins, the Phyto-Aromatic Purifying Facial cleanses and purifies the skin while maintaining its water balance. The pores are tightened, the skin purified and the complexion evened out. The face restores its transparency, freshness and glow.

The Phyto-Aromatic Facial for Men

60 min \$165

Exclusively designed for men, the Phyto-Aromatic Facial for Men offers a moment of relaxation thanks to a very specific ritual. It combines efficiency and well-being for a hydrated, toned and fatigue-released skin.

The Phyto-Aromatic Intensive Hydrating Facial

90 min \$255

The Phyto-Aromatic Intensive Hydrating Facial draws upon Sisley's extensive anti-aging expertise for a unique experience. Concentrated in active ingredients which encourage water circulation within the epidermis, the treatment helps restore the ideal water balance in the skin. More supple and toned, the skin regains the bounce, glow and radiance of a young skin.

BODY

The Phyto-Aromatic Exfoliating Body Treatment

30 min \$105

This unique exfoliating treatment combines aromatherapy and the effectiveness of an all-over reinvigorating body scrub, for a soft and smooth skin to the touch. It is recommended before any body treatment



THALGO®

Beauty Marine Facials

Ocean Facial Treatment for Men 50 min \$165

Relax and recharge stressed skin. Experience the restoring and anti-aging properties of the sea during this professional treatment.

Exceptional Facial 60 min \$165

This facial is designed especially for the skin during menopause or hormonal changes. The exceptional range of THALGO products is based on natural hormones acting as genuine cell regenerators.

Cica Marine for sensitive skin 60 min \$165

The SOS series with marine prebiotics for sensitive or weakened skin. The skin is repaired, soothed immediately, becomes strengthened and more resistant to external stress factors.

Body

Aquatic Scrub 30 min \$90

Energizing ocean blue scrub with sea salt and aquatic fragrance note

Sweet & Savory Sugar Body Scrub 30 min \$90

This delicious body scrub leaves your skin feeling like silk, with an exotic scent of Lime and Ginger.

Pink Sand Scrub 30 min \$90

Subtly pink and scented, this precious scrub combines pink sand with delicate white quartz crystals to gently exfoliate and cleanse the skin. In one step, the skin is smoothed, toned and radiant.

Sun

Florida Pre-Sun Treatment

50 min \$119

A full body and face exfoliation followed with an application of Sun Shield. Both products contain hydrating and protecting properties to prepare your skin for the outdoors.

Florida Post-Sun Treatment

50 min \$119

Soothe the body with THALGO aftersun care products to produce a cooling sensation and to rehydrate the skin. For the face, a mask is applied specifically formulated to repair sun damage, followed with a daily moisturizer according to skin type.



CLEAN ORGANIC SKINCARE



 **elm.**TM
ORGANICS NORWAY



Linn Stokke
Founder



**ANTI-AGE • FIRM
• GLOW • HYDRATE**

 **elm.**TM
ORGANICS NORWAY

EXFOLIATE,
FIRM &
REVITALIZE
SKIN

Body Brush



Marvellous Oil
Blend

 **elm.**TM
ORGANICS NORWAY



 **elm.**TM
ORGANICS NORWAY

Salon Treatments

Beautiful Eyes

Eyelashes Tinted	\$39
Eyebrows Tinted and Shaped	\$35

Depilation

Half leg Wax	\$55
Full leg wax	\$69
Chin, Lip or Eyebrow wax	\$29

Hair Treatments

Shampoo and Blow Dry	
Short hair	from \$59
Long hair	from \$65
Shampoo Only	\$20
Cut - Short hair	\$69
Cut - Long hair	\$79
Men's Hair Cut	\$49

Color me beautiful

Roots Touch Up:

Short	\$65
Medium	\$75
Long	\$85

Whole Head:

Short	\$85
Medium	\$100
Long	\$115



Partial Highlights:

Short	\$85
Medium	\$115
Long	\$150

Full Head Highlight:

Short	\$100
Medium	\$150
Long	\$200

MOROCCANOIL®

Poolside Pampering

20 min \$35

This intense hydrating mask is designed to restore much needed moisture to dry and damaged hair. This treatment will leave you feeling refreshed while you bask in the sun.

Relax & Rejuvenat

20 min \$39

Detoxify your body in our tranquil steam room, while nourishing your hair and indulging your senses with the ultimate intense hydrating mask treatment. MOROCCANOIL's unique formula is enriched with Argan Oil and is designed to restore needed moisture to dry and damaged hair. This service will leave you feeling refreshed with your hair lustrous and rejuvenated.

Beard Shaving & Grooming Service

60 min \$159

We offer our guests a pleasant treatment that leaves your skin fresh, clean and rejuvenated. We polish and protect your skin with a deep cleansing facial and a double close shaving system. This treatment also includes a combined scalp and arm massage with hot and cold compresses.



Nails

Stay In Control'

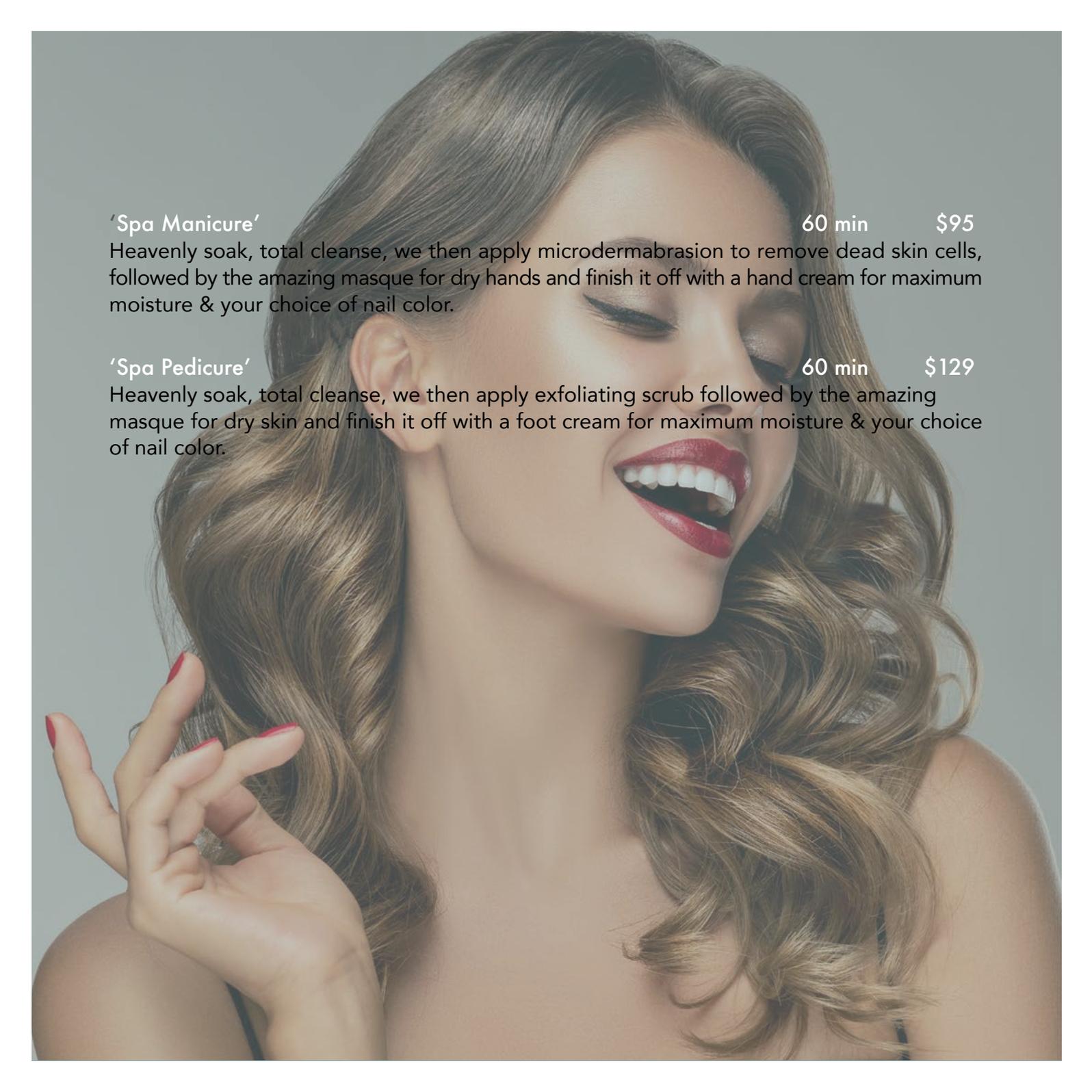
Tip Repair *per nail	20 min	\$15
Repolish	20 min	\$30

'Perfectly Polished'

Manicure Basic Color	50 min	\$59
Manicure French Color	60 min	\$65
Pedicure Basic Color	50 min	\$79
Pedicure French Color	60 min	\$85
Mani & Pedi Basic color	90 min	\$135
Mani & Pedi French color	90 min	\$145

'Shellac Me Over'

Shellac Basic Manicure	50 min	\$89
Shellac French Manicure	60 min	\$95
Shellac Basic Pedicure	50 min	\$110
Shellac French Pedicure	60 min	\$115
Shellac Mani & Pedi Basic	90 min	\$200
Shellac Mani & Pedi French	90 min	\$205
Shellac Polish	30 min	\$65
Shellac French Polish	35 min	\$69
Shellac Removal	20 min	\$25
Gel Removal	30 min	\$40



'Spa Manicure'

60 min

\$95

Heavenly soak, total cleanse, we then apply microdermabrasion to remove dead skin cells, followed by the amazing masque for dry hands and finish it off with a hand cream for maximum moisture & your choice of nail color.

'Spa Pedicure'

60 min

\$129

Heavenly soak, total cleanse, we then apply exfoliating scrub followed by the amazing masque for dry skin and finish it off with a foot cream for maximum moisture & your choice of nail color.

PHYTO-TEINT PERFECTION



PHYTO-LIP
BALM



SEADREAM Spa Policy

Arrival Time

Please arrive 10 minutes prior to your scheduled appointment time. If this is your first visit to our SEADREAM Spa, we require a SEADREAM Spa consultation form, which your therapist will complete with you. This will enable us to tailor your treatments to your specific needs.

Late Arrivals

Arriving late for your Spa appointment will decrease your treatment time and potentially change the actual treatment provided. You will still be charged for the full treatment. Should your late arrival be due to a shore excursion delay beyond your control, we will be happy to reschedule your treatment at no additional charge.

Cancellation Policy

If at any time before your appointment you would like to reschedule or cancel your booking, we request a minimum of two hours notice. If your cancellation is less than two hours prior to your appointment time a 50% charge will apply. For all "no shows" a 50% charge will apply.

Maximize Your Spa Time

We recommend that you spend some time in the steam or sauna before your treatment. If you have any questions or would like to reserve the steam room or sauna, any of our therapists will be happy to assist.

Jewelry

While trinket boxes are available in the Spa rooms, we recommend that you leave all jewelry and valuables in your stateroom.

What to Wear

Your privacy and modesty is respected at all times during your treatment. While most Spa treatments are best experienced without any clothing, your comfort factor is more important. If you are not comfortable wearing the disposable underwear provided, we recommend that you wear a bathing suit for your Spa experience.



Men

Men are requested to wear a bathing suit for all body treatments. We also highly recommend that you shave before having a facial treatment. Facial hair does not effect the facial treatment, but it is much more comfortable for you if you are cleanly shaven.

Sauna & Steam Room

The Sauna and Steam Room are complimentary and open from 8:00 am to 8:00 pm. One to two guests can use the facilities at one time. Please pre-book by calling the Spa one hour before you would like to use the facility.

Life can only be
understood
backwards; but it
must be lived
forwards

