



*Where Beauty  
Blossoms...*



THE GREENHOUSE  
SPA & SALON





# Let Your Inner Beauty Flourish...

*At The Greenhouse Spa & Salon*

**THE GREENHOUSE SPA & SALON** nurtures every aspect of your well-being with renowned spa rituals and healing touches from around the world. True to its roots, The Greenhouse Spa redefines the spa experience to harmonize your body, mind and spirit with a fusion of luxury and nature's most precious ingredients.

**THE WELCOMING TOUCH** For our guests who wish to enhance their spa experience with a signature treatment, we will include one of the following Signature Sensory Experiences when you see this symbol 🌸:

**Sensory Scalp Massage** *Enjoy the power of touch, combined with the essence of aromatherapy during your deeply relaxing scalp massage.*

**Bright Eyes Treatment** *Revive your tired eyes with this hydrating treatment; reduce signs of fine lines, wrinkles and stress.*

**Revitalizing Tired Foot & Ankle Massage**  
*A cure for all swelling, soreness and sluggish circulation.*



# The Greenhouse Retreat

*Relax with friends in our social spa*

☼ **THE GREENHOUSE RETREAT<sup>†</sup>** is a social relaxation center that offers therapeutic mild sauna and steam grottos to gently cleanse and purify the body. Feel free to move in and out of grottos and showers as you wish, and then relax on heated ceramic lounges and allow the pressures of life to rinse away. This is a his and hers social experience, and you can come alone or with friends. We encourage the use of The Greenhouse Retreat before and after all spa treatments. Daily and cruise passes available.

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**THE GREENHOUSE POOL<sup>†</sup>** The bubbling ocean water is rich with trace elements and vitamins, helping to remineralize the body. Gently heated to body temperature, the hydrotherapy pool alleviates arthritic pain, soothes sore muscles and offers relief for sports injuries.

**DIY SCRUB EXPERIENCE<sup>†</sup>** Show your skin some love and book a revitalizing body scrub to exfoliate and luxuriate your skin back to its sparkling best. Simply select which scrub you want from our flavorful selection and our mixologist will create your very own exfoliating blend. A body scrub is the perfect prelude to any spa treatment — or it can be enjoyed on its own. Includes one-day access to The Greenhouse Retreat.

**ASK ABOUT** The Greenhouse Retreat and Pool Package for added value, savings and relaxation!





# Facial Treatments

*The power of science and nature  
rejuvenating your skin...*

**NURTURE YOUR SKIN** with premium grade ingredients grown in nature's very own garden.

## **Elemis Oxydermy Facial**

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 using our new dual Microdermabrasion/Oxygen system and Elemis skincare. **50 min**

## **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 min**

\*Independent Clinical Trials 2006

## **Elemis Pro-Collagen Quartz Lift Facial**

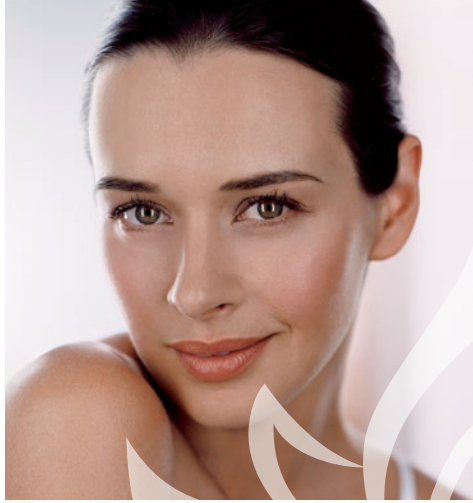
This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Empowered with Quartz micro-crystals and the anti-oxidant properties of other precious minerals, this treatment is proven to reduce the number of wrinkles by up to 94%\* and improve skin firmness by up to 57%\* after just one session. It will slow down the visible signs of aging, leaving skin firmer and uplifted.

**50 min**

\*Independent Clinical Trials 2007

## **Elemis Skin Specific Facial**

Prescribed for your specific 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 enliven dull skin, *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 min**



### 🌸 La Thérapie HydraLift Facial

This youth-enhancing facial has results that are fast and dramatic. The appearance of fine lines and wrinkles will be reduced as galvanic frequency and our specialized ingredients treat the deeper layers of the skin where cell renewal takes place. The stimulating effects of high frequency will boost circulation and enhance oxygen absorption, resulting in a smoother complexion that will leave your skin looking youthfully radiant after just one treatment. **50 min**



### 🌸 Timeless Jewel Facial ♦

Luxurious gem elixirs are renowned for heightening self-awareness and inspiring harmony while also strengthening the physiology of the skin, resulting in a smoother, more luminous sparkle. Integrated into the clinically-trialed Elemis Pro-Collagen Quartz Lift, this facial is both indulgent and effective. Choose *Sapphire* for calm, *Ruby* for rejuvenation, *Diamond* for clarity, or *Emerald* for alignment.

**75 min**





# Massage Treatments

*Soothing, relaxing, centering  
self care*

**NURTURE YOUR BODY** with choreographed, hands-on massage techniques that use touches inspired from all over the world. Deeply relaxing and incredibly rejuvenating, massage treatments enhance well-being and self-awareness.

## 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 min**

## Bamboo Massage

Imagine warm bamboo shoots of various sizes and essential oils rolling, sliding and massaging your muscles. This 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. **50 min or 75 min**

## Elemis Aroma Stone Therapy

Harnessing the properties of volcanic basalt stones, we bathe them in warm water and anoint them with spicy, sensual aromas of the Orient. Deep penetrating heat from the stones massages the body using traditional techniques to release muscular tension and balance the spirit.

**50 min or 75 min**

## Elemis Deep Tissue Muscle Massage

Using muscle-melting warmed oils and deep-pressure massage movements, we massage deep into the muscle, erasing stress, tension and lactic acid build up. **50 min**

## 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 min or 75 min**

## Couples Massage

Enjoy a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a full body Elemis Deep Tissue Muscle Massage or Swedish Massage, as you lie side by side. **50 min**

## Reflexology ♦

Guided by an Asian philosophy that suggests the vital organs of the body are connected to reflex points in the feet via constantly flowing energy channels, this ancient healing therapy is as blissful as it is beneficial. Massaging these points can help restore your natural energy flow and improve health. **50 min**

## 🌀 Precious Gem Massage ♦

The combination of traditional massage techniques and the healing essence of our gem elixirs will alleviate stress and soothe muscle tension while rebalancing the chakras. Choose *Sapphire* for calm, *Ruby* for rejuvenation, *Diamond* for clarity, or *Emerald* for alignment. The balancing effects of gems will help you emerge fresh and resplendent. **50 min**

## 🌀 Elemis Face & Body Sensation

Pure body indulgence with exceptional anti-aging facial results! 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 Facial to smooth your skin and restore your radiant glow. **50 min**

## 🌀 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 Pro-Collagen Quartz Lift Facial for skin vitality with our sublime Elemis Deep Tissue Muscle Massage, this ritual will refresh your spirit and strengthen your vital energies. **100 min**





# Body Treatments

*Detoxify, firm, and revitalize your body!*

**YOUR BODY** is a universe unto itself. If taken care of, it is a self-sustaining eco-system that constantly cleanses away toxins and absorbs vital minerals and nutrients to keep you functioning at your optimum best. Pollution and less-than-perfect lifestyles can put an extra burden on the body, slowing down your system, making it less efficient and less able to sustain good health. These treatments help to cleanse the body from the inside, assisting it to feel the joys of a healthy life!

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## **Ionithermie Cellulite Reduction Program**

This unique therapy detoxifies the body, eases water retention, reduces the appearance of cellulite, and offers substantial inch loss (up to 8 inches) in 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 well-being and fitness program. **50 min**

## **Ionithermie Cheek Lift Treatment**

This acclaimed treatment will help to give your buttocks a boost 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 min**

## **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 away as water retention is reduced and circulation restored. **40 min**

## **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 warming blend of essential oils is applied to your body before you are cocooned in a comforting wrap. As you relax, our natural ingredients will detoxify, decongest and stimulate your body systems. Choose from: Cellutox for cleansing and detoxification or Musclease to soothe tired muscles and

arthritis. Your treatment is completed with either a half or full body massage.

**75 min or 100 min**

### Elemis Body Sculpting Cellulite & Colon 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 min**

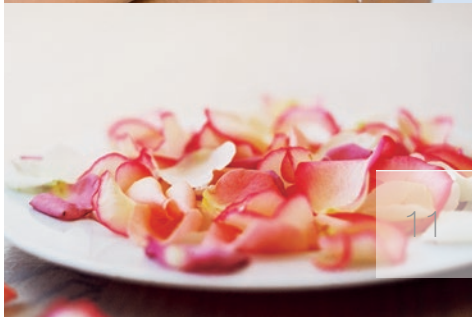
### Elemis Exotic Lime & Ginger Salt Glow

An exotic exfoliation ritual to invigorate and bring vitality to your face and body. Warm oil is dripped luxuriously all over your body before our Lime and Ginger Salt Glow is applied. We then apply the award-winning Elemis Japanese Camellia Oil, leaving skin replenished and vibrant. After rinsing away the salts, your treatment is completed with either a half or full body massage.

**50 min or 75 min**

### *Sensory Dry Float* UPGRADE

Our wraps can be further enhanced by the Sensory Dry Float experience which cocoons the body within a perfectly warm floatation bed. This delightfully relaxing upgrade enhances both the physical, emotional and relaxation benefits of your treatment.





# Acupuncture Treatments

*The point of well-being*

**PRACTICED FOR THOUSANDS OF YEARS**, acupuncture is quickly becoming one of the fastest growing integrative therapies, and is often used to complement and enhance the benefits of traditional medicine. Our onboard acupuncturist is certified to safely and effectively treat a variety of conditions, and can help alleviate your symptoms.

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## What Is Acupuncture?

Acupuncture is a traditional Chinese medicine practiced for thousands of years in China and other Eastern countries. Acupuncture subscribes to the ancient view that the basis of good health is the harmonious balance of qi (chi), the vital life force that empowers the body. When the qi can flow freely, health abounds. If this energy becomes stagnant or blocked, the effects will result in loss of energy and the deterioration of well-being.

The acupuncturist's goal is to release blocked energy by applying sterilized needles to key points on the body to restore balance and improve health.

## What Does It Treat?

Acupuncture can help to alleviate symptoms of the following conditions:

Anxiety • Arthritis • Bone Pain •  
Crohn's Disease • Chronic Fatigue •  
Cold / Flu • Constipation • Diarrhea •  
Dizziness • Fatigue • Fibromyalgia •  
Gastritis • GERDs • Headaches • IBS  
• Insomnia • Joint Pain • Nerve Pain  
• Rhinitis • Sciatica • Sea Sickness •  
Sinusitis • Smoking Cessation • TMJ •  
Weight Issues

## Onboard Acupuncture Services

First Acupuncture Session **50 min**  
Additional Sessions **up to 45 min**  
Herbal Consultation **25 min**



*Revolutionary ingredients  
provide long-lasting defense  
against daily pollutants.*



# Grooming Treatments

*Especially for men*

**SKINCARE IS FOR ALL** and while men's skin is approximately 15% thicker than women's, it still needs to be cared for properly to ward away damage from extrinsic factors like pollution and harsh weather.

## Elemis Express Shave

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

## Elemis 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 min**

## Elemis Pro-Collagen Grooming Treatment with Shave

Known as the "shave of all shaves," this youth enhancing treatment will leave his 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 min**

## Elemis Skin IQ Facial

This facial will protect the skin against the harsh, aging effects of shaving and environmental damage. Our active ingredients have been clinically trialed to increase moisture levels by 28%\* after just one treatment. **50 min**

\*Independent Clinical Trials 2007

## Elemis Urban Cleanse Facial

This deep cleansing facial decongests the skin to help eliminate blocked pores, accelerate skin repair and neutralize impurities for a clearer complexion. Our fast-acting, revolutionary ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants. **50 min**

## MANicure & Pedicure

Treat your hands and your feet. Push back your cuticles, slough away dead skin, file and buff your nails and voila, your hands and feet are neat!

**MANicure 25 min**

**Pedicure 45 min**

## Tidy Up

Let the barber tidy up your beard, hairline, side burns, eyebrows and stray hairs. **15 min**

## Men's Wet Cut & Dry

The salon isn't just for the ladies. Men, you too can turn heads by treating yourselves to a nice haircut and style with our experienced stylists. Wet cuts are also available. **25 min**



# The Beauty Salon

*For beautiful hair, hands,  
feet, and teeth!*

**WELL-BEING IS ABOUT ALL OF YOU.** Looking good, feeling good and being healthy is interconnected. So don't discount the health benefits of a trip to the beauty salon. It's the icing on the cake.

## ☼ Keratin Express Blow Out

Say goodbye to frizz in just one hour with the new Keratin Complex Smoothing Blow Out system which eliminates frizz and lasts up to 6 weeks. With its unique formulation you can wash your hair 8 hours after the treatment. *short hair 60 min / long hair 90 min*

## ☼ Phyto Hair Conditioning Treatments

Phyto is a botanical blend of powerful plants and herbs that helps repair the structure of the hair and nourish both scalp and follicle, roots and ends. During your cruise, while you have time, opt to have a luxurious and nourishing Phyto treatment. *Phyto Thirst Quencher, Rescue Remedy, Botanical Bliss. 30 min*  
*Phyto Color Guard. 15 min*

## ☼ Elemis Frangipani Conditioning Hair & Scalp Ritual

Monoï 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 shining like the star that you are! We recommend topping it off by adding a blow dry. **25 min**

## ☼ Fire & Ice Manicure

Your nails are one of your most important accessories, so keep them beautiful with this invigorating manicure 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. **50 min**

## ☼ Fire & Ice Pedicure

This super rejuvenating pedicure will warm your senses and cool your tension. Savor the sublime as your feet and lower legs are soothed with our cooling gels and then warmed with a heated stone massage. This combination of hot and cold, plus aroma-therapeutic ingredients promote healthy-looking skin and nails. **60 min**

## ☼ No Chip 14 Day Manicure

No drying time. No chipping. No smudging. This tough as nails manicure 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, flaunting your gorgeous nails! **30 min**

### ☼ No Chip 14 Day Pedicure

The perfect companion to the No Chip Manicure, this enduring pedicure is just as long-lasting and worry-free. Our Shellac coating is the vacation-friendly way to have your nails done because there's no chipping, drying time, or smudging. It's also better than regular polish because it lasts for 14 days! Once the Shellac is applied, you don't have to sit around. Go have fun!

**45 min**

### ☼ Gemstone Hand Ritual with Manicure ♦

Immerse your hands into gemstone infused water with your choice of precious Sapphire, Ruby, Emerald or Diamond elixirs. Each elixir contains healing powers that will soften and soothe overworked hands, while relaxing the mind. This exquisite hand treatment and traditional manicure promises a colorful yet relaxing experience that will invigorate the senses. **45 min**

### ☼ Jewel Foot Ritual with Pedicure ♦

This indulgent foot treatment promises to add sparkle to your step. Gem-infused elixirs are massaged into your feet to nourish and rejuvenate, while tough skin is polished and buffed away, leaving feet silky smooth. Choose *Sapphire* for calm, *Ruby* for rejuvenation, *Diamond* for clarity, or *Emerald* for alignment. Your treatment is then completed with a traditional pedicure. **60 min**





# The Beauty Salon

*Other beautiful services...*

## Other Hair Services

- Style Dry or Roller Setting
- Shampoo, Cut and Style Dry
- Fringe Trim
- Hair Up without Style Dry
- Semi-Permanent Color
- Permanent Color  
(whole head or roots)
- Highlights
- Partial Highlights
- Island Braid

## Phyto Treatment Add-Ons

- Color Service
- Botanical Blow-out
- Volumizing Blow-out

## Other Nail Services


- Elemis Exotic Hand Ritual  
with Manicure
- Elemis Sole Delight Ritual  
with Pedicure
- Traditional Manicure
- Traditional Pedicure
- French Manicure or Pedicure
- Repolish
- Acrylic Nails (Full Set and Refills)
- Brisa Gel Forever French
- Brisa Single Color Overlays
- Brisa Gel Refills
- Nail Fix
- Paraffin Wax add-on

## GO SMILE

### Teeth Whitening Treatment

Your smile is the outward expression of your inner beauty. A beaming smile makes you look younger, radiant, and confident. Are you ready to smile? Then try our advanced teeth whitening treatment available at the spa on board. It's a safe and effective way to take your smile from drab to fab in just minutes. **30 min**



A close-up photograph of a small, light blue ceramic cup filled with a brown liquid, likely tea. The cup is placed on a large, golden-colored lotus-shaped tray made of many overlapping petals. A small, light green flower is perched on the rim of the cup. The background is dark and textured.

*A beaming smile makes you  
look younger, more radiant  
and confident.*



# Functional Fitness

*Work out and stay fit on board.*

**YOUR BODY IS MADE TO MOVE.** It is made to stretch itself beyond its present potential. Practice makes perfect is true when it comes to your body.

## PRIVATE FITNESS SERVICES

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### Individualized Personal Training

The physiology of the body is extremely complex and everyone needs to discover exercises that will enhance inner health and physical strength. Personal training is your unique prescription toward a healthy and strong mind and body. **60 min**

### Nutritional Consultation

If you are ready to enhance your well-being with a sensible diet and exercise program, our fitness professionals can provide the in-depth, personalized information needed to get started.

**60 min**

### Results-Based Training (RBT)

RBT is a scientifically backed functional fitness program designed to get you 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. The workout is divided into short intervals and runs for exactly 30 minutes during which time all major muscle groups are worked. **30 min**

### Body Composition Analysis

With osteoporosis on the rise, resistance training has never been more important. Using a biodynamic electrostatic machine we can determine exactly how much lean mass one has and then design a personal training program to increase lean mass. Add a personal training session for the ultimate benefit. **45 min**

## SPECIALIZED FITNESS CLASSES\*

### Body Sculpt Boot Camp

Perspiration Guaranteed! Boot Camp is a blood pumping, throat clearing, endorphin releasing reason to get out of bed every day. The program consists of four specifically designed workouts to challenge the mind, body, and resolve of every individual who takes the challenge. You will also receive a complimentary Metabolism Test. Get enlisted today.

**4 sessions / 30 min each**

### Pathway to Yoga

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

### Pathway to Pilates

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

### Indoor Cycling

Burn serious calories, condition your body, and climb your personal mountain with our invigorating indoor cycling class. This low-impact exercise is a fun and exhilarating way to get in shape. **45 min**

### Education

During your cruise we invite you to participate in our wellness and beauty seminars. A schedule will be available in the Fitness Center.

\*Classes are offered daily. You can receive an extensive list of both free and specialized classes and the schedule at the spa front desk.





# Spa Tips

*Frequently asked questions  
are answered here!*

## The Greenhouse Spa Hours

The spa is open from 8:00 am until 10:00 pm. On the last day of the cruise, we are open from 8:00 am to 8:00 pm. We recommend that you arrive for your spa treatment 15 to 30 minutes early so you can enjoy the facilities.

## The Greenhouse Retreat<sup>†</sup>

The Greenhouse Retreat is not available on all Holland America Line ships.

## Spa Attire

You will be provided with a robe before your spa treatment. We recommend that you leave your underwear on during your spa service; however, treatments may be enjoyed without clothing if that is your preference. Our therapists will always use draping techniques to respect your privacy.

## Minimum Age

Guests must be at least 18 years of age to receive treatments or utilize spa facilities unless participating in the kid or teen program. 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.

## Gratuities

A 15% service charge is automatically applied to all services.

## Cancellation Policy

Please provide 24 hours' notice when cancelling appointments or a cancellation fee of 50% of your treatment price will be charged to your onboard account.

## Cell Phones

It is recommended that you leave your cell phone in your stateroom while in the spa. If you must have it with you, please turn it off when you enter the spa. This will help ensure that you, as well as other guests, receives the most beneficial treatment.

## Smoking

For your safety, The Greenhouse Spa is a nonsmoking facility.

## Product Return Policy

Refunds are offered for all unopened products when accompanied by a receipt and returned by the end of the voyage. Unopened products without receipts can be exchanged for either services or products.

## 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.

## Services ♦

Some of the services in this brochure may not be available during your voyage. We apologize in advance.

## Customer Service

C/O STEINER BEAUTY PRODUCTS, INC.  
5350 NW 35th Terrace, Suite 100  
Fort Lauderdale, FL 33309  
1-800-423-5293

**For future cruises you can  
now make your spa reservation  
online before you sail at  
[www.hollandamerica.com](http://www.hollandamerica.com)**



*Relaxation is achieved  
through daily practice.*





**Holland America Line**  
*A Signature of Excellence*

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