



GreenSeaSpa
wellness centre



AESTHETIC FACIAL TREATMENTS | CLASSIC MASSAGE THERAPIES
ULTIMATE BODY TREATMENTS | INDIAN AYURVEDA THERAPIES
EXCLUSIVE HEALING THERAPIES | ELIXIR SPA THERAPIES | HAIR STYLING
HAND & FOOT CARE | COSMETIC TEETH WHITENING
SAUNA | STEAM BATH | FITNESS

Discover the secret of well-being on board
Ambience



CLASSIC MASSAGE THERAPIES

EASTERN HEAD MASSAGE

This ancient Indian massage targets the shoulders, neck, scalp and head to relieve headaches, migraines, insomnia, sinus problems and stress related difficulties. 30 min. £59 45 min. £89

SWEDISH CLASSIC MASSAGE

A traditional technique that increases circulation, improves skin and muscle tone and soothes tired, aching muscles resulting in the complete relaxation of both body and mind. 30 min. £59 45 min. £89 60 min. £106

ATHLETIC 'SPORTS' MASSAGE

Deep massage and stretching techniques are applied to major muscle groups used in physical activities and sport. 30 min. £63 45 min. £94 60 min. £114

NEUROMUSCULAR THERAPY

A combination of deep Oriental and European massage techniques is applied to relieve muscular discomfort. 45 min. £94 60 min. £114 90 min. £134

REFLEXOLOGY

Involves manipulation of specific pressure points on the feet to deeply relax the whole body. 30 min. £59

AROMATHERAPIE MASSAGE

A specialised treatment to relieve stress, tension, fatigue, headaches, pms, allergies, nausea and many other health concerns. Specific essential oils are chosen to suit your individual needs. 90 min. £147

AYURVEDA THERAPIES

'THE SCIENCE OF LIFE'

Ayurveda is an ancient Indian lifestyle practice which aims to create harmony within the body. Ayurveda covers a variety of techniques, it detoxifies and cleanses, boosts the effectiveness of your immune system and keeps you in good health.

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| Ayurvedic head massage | 30 min. £63 |
| Ayurvedic face and marma-vital therapy | 45 min. £87 |
| Kizhi (herbal pouch treatment) | 30 min. £61 |
| Abhyanga (ayurvedic oil massage) | 60 min. £113 |
| Nasyam (face and head massage) | 45 min. £87 |
| Ayurvedic lightweight legs | 30 min. £63 |



ASIAN THERAPIES

HERBAL COMPRESS SENSATION

A Traditional Tibetan Therapy. The blend of traditional herbs used in hot herbal compresses has a relaxing and simultaneously invigorating effect on the body and mind while at the same time boosting the body's energy level. Herb bundles are heated and applied to the body creating a therapeutic massage sensation.

45 min. £93 60 min. £119 90 min. £139

SHIATSU

Japanese acupressure is a 2000 year old traditional therapy whereby finger and thumb pressure is applied to specific points to balance the body's energy levels.

45 min. £93 60 min. £119 90 min. £139

THAI MASSAGE

Thai massage combines gentle, yoga-like stretching with massage of the muscles, tendons, pressure points and energy lines. It has evolved into a system that is entirely unique and is widely regarded as one of the best forms of therapeutic massage.

45 min. £97 60 min. £127 90 min. £163

BALINESE MASSAGE

A Balinese Massage using a combination of gentle stretches, acupressure and aromatherapy oils to stimulate the flow of blood, oxygen and energy throughout your body, resulting in deep relaxation and well-being.

45 min. £93 75 min. £119 90 min. £139

EXCLUSIVE HEALING THERAPIES

LYMPHATIC DRAINAGE MASSAGE

A light-touch massage technique that stimulates the lymphatic system, the body's elimination/drainage system. Reduces water retention and swelling.

60 min. £119 90 min. £139

HEALING STONE MASSAGE

This premier stone massage utilises both smooth, hot Basalt (volcanic) stone and cool marble stones as an extension of the hands for a therapeutic massage to maximise relaxation. Your body will absorb the healing touch as the stones, ease away tension, balancing all levels of emotional, mental, physical and spiritual energy.

45 min. £93 60 min. £119 90 min. £139

SOUTH PACIFIC SEASHELL THERAPY

A combination of ocean minerals. This massage promotes increased extension of soft tissues, removal of toxins from cells, enhanced blood flow and relaxation of sore and stiff muscles.

60 min. £119 90 min. £139

PHYSIOTHERAPY

This hands-on form of physiotherapy will help decrease pain and improve the mobility of joints, soft tissues, and nerves. Our physiotherapists manipulate joints and apply pressure to muscle to relieve pain and promote recovery.

45 min. £98 75 min. £139 90 min. £159



ULTIMATE BODY TREATMENTS

EXFOLIATING BODY POLISH

An essential treatment whereby dead skin cells are removed using mineral crystal salt, a remarkable and natural cleansing agent rich in moisturising minerals, that leaves the body smooth, invigorated, vibrant. **45 min. £67**

LIPO-ACTIVE BODY TREATMENT

This total body therapy helps eliminate excess weight while improving microcirculation and refining the texture of your skin. **45 min. £77**

HONEY DETOX THERAPY

Honey massages count as natural medicine, which can be used in form of a healing massage, for therapeutic purposes and for detoxing. Honey massages are connective tissue and fasciae treatments. It promotes the blood circulation, dead skin cells come off. The whole organism gets detoxified and strengthened and it is also said that energy blockades dissolve. **45 min. £98**

MINERAL MUD WRAP

A luxurious top to toe treatment by which cool deep cleansing mineral mud is applied to draw out impurities and excess oils, while at the same time intensively rejuvenating the deepest layers of the skin. Your therapist will perform a scalp and foot massage while the wrap gently envelops and relaxes you. **45 min. £84**

COOL MINERAL WRAP

Reduces swelling, puffiness and relieves tired, swollen ankles and feet. Increased effectiveness is achieved when combined with a lymphatic drainage massage. **45 min. £72**

EYEBROW ENHANCING

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| Eyebrow tint | £29 |
| Eyebrow shape | £22 |

EYELASH ENHANCING

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| Eyelash extensions | £98 |
| Eyelash tint | £39 |
| Eye trio (eyebrow shape, eyebrow tint & eyelash tint) | £78 |

EPIILATION

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| Half leg wax | £28 |
| Full leg wax | £38 |
| Half arm wax | £25 |
| Full arm wax | £32 |
| Under arm wax | £28 |
| Bikini | £28 |
| Chin, lip or eyebrow wax | £23 |



FACIAL TREATMENTS

CLEANSING FACIAL

This relaxing facial is suitable for all skin types and is highly recommended for dehydrated, tired or congested skin. **45 min. £73**

REVIVING FACIAL

A reviving facial is a luxurious treatment for dehydrated, dry or mature skin. Hydrating and therapeutic care, incorporating minerals and a most gentle nourishing mask. Benefit from the massage treatment for the face, neck and shoulders, moisturising to the deepest layers. **45 min. £77**

LUXURY AROMATHERAPY FACIAL

Incorporates specific, massage techniques to the face, neck and scalp using pure essential oils to suit your skin type. Detoxifies and oxygenates the skin giving a complete feeling of relaxation. **45 min. £82**

ANTI-AGING FACIAL

As we grow older our skin dries. Treat yourself to an anti-aging facial to rejuvenate your skin in order to achieve healthier and younger looking skin that makes you feel and look fresh. **45 min. £75**

TEEN FACIAL

This teen facial helps promote a clear, healthy and glowing complexion. Significant hormonal changes can occur during the teen years, resulting in increased oil production. **45 min. £59**

ELIXIR SPA THERAPIES

THE UNIQUE AESTHETIC REVOLUTION

WISHPro uses non-invasive magnetic infusion technology to defeat the aging cycle by driving specialised cosmetic formulations into deeper levels of the skin to treat the cells and restore circulation and nutrition. These natural formulations evolve the skin's healing processes resulting in healthier, firmer and younger looking skin. **Duration for each session is 30 minutes**

1 session £77 2 sessions £129 3 sessions £177

ANTI CELLULITE TREATMENT

Anti-cellulite massage is an effective non-invasive procedure to treat the appearance of cellulite and you should see results immediately. As well as removing cellulite, the massage also reduces puffiness and helps improve the overall texture and contours of the skin. **60 min. £98**

LED LIGHT THERAPY

"LED therapy uses light in the visible spectrum to penetrate different depths of skin. As the light wavelength increases, so does the depth of penetration".

This light is absorbed by receptors in the skin, just like topical skincare and increases blood flow and collagen production.

LED is suitable for use on all skin types and tones. **45 min. £117**

HAIR CARE

STYLING

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| Shampoo & blow dry/set short hair | £38 |
| Shampoo & blow dry/set medium hair | £42 |
| Shampoo & blow dry/set long hair | £46 |
| Shampoo/set & hair up | £45 |
| Hair Up (evening style) | £45 |
| Braiding | £26 |
| Shampoo & cut | £38 |
| Shampoo, cut & blow dry/set | £67 |

COLOUR

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| Highlights | £89 |
| Highlights roots only | £77 |
| Highlights half head | £68 |
| Balayage | £150 |
| Permanent colour root only | £49 |
| Permanent colour | £59 |
| Semi-Permanent colour | £62 |

TREATMENTS

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| Hair mask treatment | £29 |
| Deep conditioning treatment | £29 |
| Scalp treatment for dry skin (Shampoo and blow dry included) | £58 |

HAIR HYDRATION

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| (Shampoo and blow dry included) | £56 |
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MAKE - UP

£56

HAND CARE

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| Luxury spa manicure with hand massage | £47 |
| French manicure with hand massage | £53 |
| Full set UV gel | £74 |
| Full set French UV gel | £80 |
| UV gel polish with manicure | £59 |
| Refill | £74 |
| Nail repair (each) | £9 |
| File and paint | £21 |
| File and paint french manicure | £25 |
| Nail art (each) | £9 |
| Acrylic removal | £36 |
| Soak off gel polish removal | £26 |

FOOT CARE

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| Luxury spa pedicure with foot massage | £57 |
| French pedicure with foot massage | £66 |
| UV gel polish | £54 |
| UV gel polish with pedicure | £68 |
| French UV gel polish | £72 |
| Luxury foot mask treatment | £29 |



COSMETIC TEETH WHITENING

Simple, Painless, Safe, Fast, Affordable & Effective

Duration for each session is 20 minutes.

1 session £99 • 2 sessions £149 • 3 sessions £198

MEN'S WORLD

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| Anti-age Performance Facial | £67 |
| Men's cleansing facial | £59 |
| Exfoliating facial | £64 |
| Shampoo, cut & styling | £34 |
| Luxury Manicure with hand massage | £35 |
| Luxury Pedicure with foot massage | £43 |
| Luxury foot mask treatment | £29 |

STEAM BATH SAUNA FITNESS FACILITIES

are complimentary



GREEN SEA SPA GUIDELINES

We request that you follow these guidelines.

Reservations policy:

Reservations are strongly encouraged to secure your preferred service and treatment time. When booking, please let us know if you have any health conditions, allergies or concerns.

Health considerations:

Please notify our spa consultants during the booking process if you have any medical/health issues or if you are pregnant. Specific services are not suitable for various medical conditions and we want to ensure your safety.

Age requirement:

Our facilities are open to guests 18 years and older.
Ask about teen services.

What to bring & leave behind:

Robe and slippers are provided.
Please leave cell phone, watch and jewellery behind.

When to arrive:

We suggest that you arrive 10 minutes prior to your appointment. Take a moment to refresh yourself from a variety choice of complimentary teas available in the Green Sea Spa.

Cancellation policy:

If you need to reschedule or cancel your appointment, please notify us at least 12 hours before your scheduled appointment to avoid a 50% service fee. If we are not notified, full payment for services booked will be charged.

Product return policy:

Products used during the treatments are available for sale at Green Sea Spa. We cannot exchange or accept the return of any products that have been opened or are without receipt.



Open daily: 8am - 9pm
Call 3065 or visit us at
Green Sea Spa, Deck 2.

Exclusive Spa Experience