



OASIS SPA

& HEALTH CLUB



WELCOME TO OASIS SPA.
A PLACE TO DISCOVER SERENITY.

*Our signature treatments are indicated
with the ♠ symbol.*

YOUR OASIS AWAITS

Oasis Spa is a retreat to call your own. As your journey unfolds and the tides ebb and flow, find a sanctuary of serenity to ground you in true wellness.

Harnessing the ancient healing power of water, our spa is rooted in calm and wellbeing; beauty and tranquillity. Whether you choose to discover radiance or release tension, our treatments are crafted to deliver whatever you need.

Move your body, heal your body or soothe your body. Rest or reinvigorate. Find a place of stillness with us and within yourself.

This is your time.

'Thousands have lived without love, not one without water.'

W.H. AUDEN

SPA FACILITIES

Oasis Spa facilities are designed to make wellness your point of focus and to inspire you to go the extra wellness mile.

THE RETREAT

Your sanctuary for relaxation, this outdoor refuge is nestled in an exclusive, adult-only deck area. Take in the fresh air and panoramic ocean views, refresh with a dip in the pool, lounge in the warm sun, or indulge in soothing al fresco spa treatments in a private cabana.

Share the experience with a companion or hideaway for alone time and discover the ultimate wellness retreat.

THERMAL SUITE AND THALASSOTHERAPY

Experience restorative, mineral-rich therapies designed to promote deep relaxation. An immersive journey of wellbeing, our signature Oasis Ritual Elements reinvigorate mind and body or can be a perfect complement to enhance the benefits of spa services.

Complete with grottos, heated lounge chairs, water immersion baths, and a natural bubbling salt-water spring, discover the many healing powers of these elements to de-stress, relieve aches and hydrate dry skin. Facilities vary by vessel.

Select vessels also feature a Hydrotherapy Suite or Relaxation Terrace with Thalassotherapy Pool. Please enquire at Spa Reception.

RELAXATION LOUNGE

Find a sense of comfort and release in this refuge whilst easing into a feeling of letting go in preparation for your spa treatment to maximise its effects.

SALON

Treatments, trims, blow dries and more are taken care of by our team of expert stylists in this social space, along with meticulous manicures and pedicures.

GYM & HEALTH CLUB

Work towards a greater level of fitness with daily classes, state-of-the-art gym equipment, or under the expert guidance of our professional personal trainers, who are on hand to curate individual fitness plans.

CRYSTAL QUARTZ THERAPIES

Experience ultimate relaxation whilst enveloped in the signature Amber and Quartz Crystal bed for which our treatments have been uniquely pioneered.

A revolutionary, minerally charged experience of skin conditioning, metabolic balancing, and energising wellness. Warm crystals mould and shape around your body helping to release muscle tension, detoxify, and promote a deeper state of relaxation.

◆ Hot Mineral Body Boost

Harnessing the groundbreaking restorative power of the pioneering Amber and Quartz Crystal bed, this powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, perfectly prepping for the nourishing Amber balm whilst the mind is whisked off to invigorating shores with the aromatic Ocean Spa. This experience is completed by a restorative facial massage.

75 minutes

◆ Poultrice-Powered Muscle Release

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Using a uniquely designed Amber and Quartz poultrice, and combining the power of Eucalyptus and Juniper, each area of tension is specifically targeted with vibrational energy to remineralise. Painful knots are eased. Tension is dissolved. The Amber and Quartz in the Poultrice talks to the Amber in the bed; a powerful mineral connectivity that invigorates the body and elasticises the skin.

75 minutes

Crystal Quartz treatments are available on select vessels.

MASSAGE

Find deep release from muscle tension with a specially curated range of massages. Using techniques gathered from around the world, each treatment is adapted to specific needs, working to soothe, relax and help the body regain equilibrium.

◆ Aroma Stone Therapy

Nothing gets into the belly of the muscle like a hot stone. Bathed in the intensely moisturising body oil, a curated range of Balinese stones are selected to address exactly what you need. 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

A blissfully meticulous massage treatment that gets right to the heart of tension. Bamboo canes are rolled on the body to profoundly address knots and pressure points. This deeper tissue massage targets specific areas, releasing the buildup of tightness using sliding and rolling techniques across the body, hands and feet, kneading away soreness to your specified level of pressure.

50/75/90 minutes

Earth Grounding Massage

Reconnect with Earth's energy and rediscover a sense of calm and wellbeing. Grounding properties embedded in the treatment table replicate the comforting effect of lying on the earth, stabilising the bioelectrical circuitry and biological rhythms of the body, whilst massaging away pain, inflammation and stress. Restful sleep is restored and the body's ability to self-heal is boosted, leaving you feeling powerfully rebalanced and serene.

50/75/90 minutes

◆ R3 Pain Management Therapy – Relax, Repair, Relief

This dynamic pain relief treatment addresses the discomfort associated with aching backs, joint stiffness, and tired muscles. Targeted massage using salt stones leaves a light, healing, mineral veil on the skin. A combination of hot and cold treatments, specifically based on the principles of cryotherapy, stimulates and increases blood circulation. A warming body balm is followed by a cooling seaweed mask, designed to reduce inflammation and swelling.

90 minutes

◆ Restorative Salt Stone Massage

An invigorating and restorative treatment that energises and recharges. Harnessing the ancient healing power of Himalayan salt, these warm stones, rich in minerals including Iron, Magnesium and Potassium, are first soaked in your chosen aromatic oils. Massaged over the body, they leave a light salt deposit, which helps re-mineralise the skin, diffusing negative ions and neutralising toxic frequencies. After a restorative scalp massage, stress levels are reduced, leaving you ready to face the demands of modern life.

75 minutes

◆ Thai Herbal Poultice Massage

This relaxing and rhythmic massage uses a heated poultice, fragrant with medicinal herbs including anti-inflammatory Tumeric, skin-soothing Lemongrass and toning Lime. Targeting Shiatsu pressure points and energy centres, tension is alleviated, whilst a combination of Eastern and Western massage techniques, acupressure and essential oils powerfully release the buildup of tight muscles.

50/75/90 minutes

◆ Deep Tissue Muscle Massage

A bespoke, targeted treatment that penetrates deep into the muscle to dissolve tension, stiffness, and pain. Therapeutic aromatics are selected based on your specific areas of concern, whilst the powerful, flowing massage technique works to vigorously alleviate sore areas by stimulating blood flow. Prolonged muscle tension is dissolved, helping to release stress and inducing a soothing sense of balance.

50/75/90 minutes

Swedish Massage

This classic massage technique uses a combination of sweeping movements and soothing essences to relax, restore and release muscular tension. Beginning with a foot cleansing ritual, blood flow in the muscles is stimulated and toxins are released through a sequence of long strokes, kneading, and circular motions, flushing out the buildup of lactic acid. Muscles are left feeling stretched, whilst the lymphatic system is re-energised and circulation is improved.

50/75/90 minutes

Couples Massage

Everything is better with two – which is why you can reserve any of our massage treatments for you and a guest to experience side-by-side. Please contact the Spa Concierge if you wish to customise your spa retreat or to enquire about our couples facilities.

50/75/90 minutes

Reflexology

This ancient Asian philosophy is based on the principle that trigger points in the feet correspond to different parts of the body, connected through energy channels. This gently healing therapy involves manipulating and massaging these points to improve the body's natural flow of energy and overall health, alleviating tension and encouraging a feeling of wellbeing.

50 minutes

BODY TREATMENTS

Blending potent ingredients derived from nature, these body treatments focus on detoxifying, cleansing, exfoliating and stimulating circulation to leave the skin deeply conditioned and a sense of calm restored.

◆ Aroma Spa Seaweed Massage

Bringing together the healing power of the sea with the ancient wisdom of aromatherapy, this warming treatment detoxifies and decongests. The body is cocooned in a mineral-packed mask, including iodine-rich Bladderwrack algae, restful Lavender, and cleansing Green clay, which gently and restoratively warms the skin, whilst purifying and stimulating the systems in the body. Emerge refreshed and re-energised with your skin feeling and looking visibly cleansed. Includes either a 25-minute back massage or 50-minute full-body massage.

75/100 minutes

◆ Intensely Cleansing Salt Scrub

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your 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. Includes either a 25-minute back massage or 50-minute full-body massage.

50 / 75 minutes

◆ Ionithermic Cellulite Reduction Treatment

Improve the appearance of cellulite with this deeply penetrating algae treatment. Heated clay is applied as a mask to targeted problem areas such as the hips, thighs and buttocks before Galvanic stimuli are applied to work these detoxifying properties down into the skin, encouraging lymphatic circulation. Skin appears smoother and more defined with inch loss visible after just one session.

50 minutes / 3 sessions of 50 minutes

Ionithermic Revitalising Leg Therapy

Ideal for tired or heavy legs, this revitalising therapy will help treat poor circulation, swelling, varicose veins, and aches associated with activities or from being on your feet all day as water retention is reduced and circulation restored.

40 minutes

Sensory Dry Float Upgrade*

Go deeper into relaxation by lying on a warm, soothing waterbed for the duration of your body wrap, increasing a sense of release.

**This treatment upgrade is available on select vessels.*

TRADITIONAL CHINESE MEDICINE

For thousands of years, acupuncture and Traditional Chinese Medicine have informed the healing philosophy of the East, taking a holistic approach to wellness. Working on ailments of all kinds, these ancient treatments gently encourage the body to help itself.

◆ Acupuncture

The ancient practise of acupuncture has been at the heart of alternative therapies for centuries.

Widely regarded as a complement to traditional medicine, it works on the principles of treating the body and mind holistically by encouraging the flow of energy channels.

Our certified acupuncturist can address numerous causes of pain, symptoms of seasickness, insomnia, anxiety and weight gain, or simply increase a general sense of harmony and wellbeing.

50 minutes

Chinese Herbal Medicine Consultation

The tradition of Chinese medicine has been built around the wisdom of nature since time immemorial, using the power of herbs to help cure ailments of all kinds.

JOU® is an organic Chinese herb brand, which uses dried and crushed medicinal natural ingredients, including leaves, roots, stems, bark and petals, to create easily consumed vegan capsules.

Complimentary consultations available.

Be sure to enquire about our Health and Wellness Enrichment Series.



TIME FOR STILLNESS

Time slows down with true serenity. Oasis Spa is an escape from the world, where peace brings restoration and relaxation. Let time take on a new dimension with treatments that transport the mind and body.

The background of the page is a photograph of a person in a pool. The person is positioned in the center, surrounded by powerful jets of water that create a misty, white spray. The water is a vibrant blue-green color, and the overall scene is bright and dynamic. The text is overlaid on this image.

THE WISDOM OF THE SEA

Invigorating in every sense, the Thalassotherapy Pool's powerful jets of healing seawater massage targeted areas, easing the body into deep release.



IN PREPARATION

Start anew. Cleanse, shower and relax before your treatment commences, priming the skin and settling the mind to optimise the effects of what is to come.



HEALTH AND HYDRATION

Staying hydrated enhances the body's response to treatments.
Water replenishes, whilst tea - rich in antioxidants -
uniquely refreshes, settles and stimulates.



UNIQUE TO YOU

No two treatments are the same. That's because our therapists are here to listen and adapt to whatever you need - from softening the lighting to targeting areas of tension or concern. Share your thoughts and ensure your experience is perfectly bespoke.



IT BEGINS WITH BREATH

Everything starts with a breath. A deep inhale. Muscles soften. Circulation flows. A sense of relaxation begins to stir as the breath is exhaled. Your body knows this is your time.



REST AND RESTORE

After your treatment has concluded, allow the benefits to settle into the body with a period of quiet. A moment to consolidate your experience, allowing the body and mind to find equilibrium.



SPA AT HOME

Take your Spa experience home. Our therapists can give expert advice on a homecare regimen to ensure your treatment is the gift that keeps on giving.

FACE

Using a combination of groundbreaking technology and the power of touch, these ELEMIS facials address the ever-changing nature of the skin to de-stress, revive and replenish for a younger looking, visibly healthier complexion.

◆ TECHNOLOGY - ANTI-AGEING 30 minutes

BIOTEC Line Eraser

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells towards 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-energising Amber balm. Red and blue light therapy warms and de-stresses the skin whilst 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 sculetina 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 clarity and tenacity for a contoured complexion that is remarkably lifted.

BIOTEC Skin Resurfacer

This revolutionary resurfacing facial addresses skin tone, blotches 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 extractions deeply cleanse and detoxify before massage and light therapy restore equilibrium for skin that has never been softer.

◆ TECHNOLOGY - SKIN SOLUTIONS 30 minutes

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 whilst 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 antioxidant, anti-bacterial activator, containing Salicylic acid and inflammation reducing tea, soothes and smoothes whilst light therapy helps balance and clear the complexion, speeding up recovery.

BIOTEC Sensitive Skin Soother

The anti-redness treatment that calms and soothes sensitive skin. Using an actinone 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 antioxidants to improve cell communication and the skin's natural ability to repair itself. The result is serene, smooth and sensational.

FACIAL ENHANCEMENTS

15 minutes

BIOTEC Eye Treatment

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

BIOTEC Neck Treatment

Microcurrent reminds the muscle to firm up while the glow and chin mask lifts and tightens.

TOUCH - ANTI-AGEING

30 minutes

◆ **ELEMIS Pro-Collagen Age Defy**

The proven benefits of marine charged Padina Patinoia and Red Coral help plump out fine lines while Indian Mulberry reduces skin fatigue to relax wrinkles. A targeted lymphatic drainage massage re-energises and rejuvenates as an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautiful, nourished, younger looking skin.

◆ **ELEMIS Dynamic Resurfacing Precision Peel**

A highly potent anti-age treatment to target the signs of aging and dull, tired, uneven skin tone. Specially designed to work in conjunction with your skin's unique structure, this pioneering precision layering technique uses three layers of enzymes to resurface dry skin, revealing extraordinary results and a smoother texture. A new state for new skin that has never looked better.

TOUCH - SKIN SOLUTIONS

30 minutes

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, energising nutrients. Skin is left smoother, plumper and luminously radiant - stress free and lit up with good health.

FACE AND BODY COMBINATIONS

100 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 30-minute Swedish Massage.

BIOTEC Face Treatment and Body Ritual

Technology fused with touch for the ultimate spa therapy. Combine any 30-minute BIOTEC facial for instant results with a Swedish Massage for pure relaxation.

REJUVENATION

A selection of safe and effective aesthetic treatments is designed to target fine lines and wrinkles, as well as replace volume and tautness around the face, neck and body. See longer lasting results with minimal to no downtime.

Dysport® Wrinkle Treatments

Soften fine lines and wrinkles on the upper face for a refreshed, youthful appearance. Smoother looking skin is visible within days and lasts up to four months.

- Frown Lines - soften the wrinkles between the eyebrows
- Forehead Lines - smooth horizontal forehead lines
- Crow's Feet - smooth the area from the outside corner of the eye

Restylane® Dermal Filler Treatments

Restore youthful contours on the lower face and lips by replacing lost volume and fullness. Results are instant and last up to six months.

- Smile Lines - smooth lines from the corners of the nose to the corners of the mouth
- Marionette Lines - soften lines from the corners of the mouth to the chin
- Lip Lines - soften lines around borders of lips for a smoother lip line
- Lip Enhancement - add volume to uneven or small lips

Microneedling Treatments

Elevate the overall texture of your skin on the face and neck. This treatment activates cellular regeneration producing collagen and elastin to help tighten and lift skin.

- Face - restore a youthful glow
- Neck - regenerate radiant skin

Thermage® Skin Tightening Treatments

Tighten and contour the skin in just one treatment. This non-invasive, skin tightening therapy uses radio frequency to improve the appearance of loose or sagging skin on the face and body.

- Face/Neck - smooth and tighten skin for an overall naturally younger looking appearance
- Body (Tummy) - smooth and tighten wrinkled, crepey and sagging skin on the tummy

Complimentary consultations available.

All treatments are administered by a licensed aesthetic physician.

Medi-Spa aesthetic treatments may not be available on select visits.

SALON

Deluxe services, a speciality colour bar, advanced technology, and luxury haircare products anchor a menu of premium salon treatments. From blow dries to manicures, pedicures, and waxing, the Salon is the place for all beauty essentials.

Kerastase® Elixir Ultime 14 Carat Indulgent Ritual
Nourish, protect, illuminate and instantly restore your hair. This 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.
15 minutes

Kerastase® Fusio-Dose™ Instant Hair Treatment
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 colour treated hair is restored, and mature hair is refreshed.

Kerastase® 141 Hair Ritual
Bath, treat and restore with a three step made-to-measure ritual to take your tresses from flat to flawless.
15 minutes

◆ **Keratin Complex® Express Blow Dry with Cut**
This specially formulated, smoothing treatment eliminates frizz up to six weeks. Hair can be washed just eight hours after.
60 minutes

◆ **Fire & Ice Manicure and Pedicure**
The ultimate hand and foot treatments, a combination of cooling gels and warm stone massage soothe, whilst nails are nourished and polished to perfection. Includes an ice hot massage on the lower arms and legs.
Manicure 45 minutes | Pedicure 60 minutes

CND™ Shellac™ 14 Day No-Chip Manicure and Pedicure
This tough as nails treatment uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of colour, and perfect bonds. It provides excellent wear and comfortable protection for up to 14 days.
Manicure 30 minutes | Pedicure 45 minutes

Discover More Hair Services

- Shampoo, cut and blow dry
- Shampoo, roller set and blow dry
- Cut and style
- Fringe / bang trim
- Up do
- Full highlights
- Partial highlights
- Tint, toner or semi permanent colour
- Tint (toes only)

Discover More Nail Services

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

Waxing

With respect for privacy, the spa's highly trained therapists will ensure a comfortable experience. Reserve a waxing service for brows, lip/chin, half arm, underarm, half or full leg, bikini, Brazilian or back/chest.

*Services are for both men and women.
Please ask a spa therapist for more details.*

Please see Price List for a full selection of styling, colour, nail and beauty services.

BARBERING AND GROOMING

Created specifically for men, meticulous shaves and high performance facials lie at the heart of these experiences. From longer treatments to get up and go services, skin is always left soft, nourished and revitalised.

◆ **Pro-Collagen Grooming Treatment with Shave**
A double close shave using hot and cold towels, two facials, and a hand, scalp, face and arm massage are all included in this signature service. The Amino Active Mask plumps, cleanses and moisturises, promoting cell regeneration with minerals and anti-oxidants. The Lavender Repair Mask follows, restoring the pH balance to soothe and calm the skin, leaving it visibly smoother and more dynamic.
55 minutes

Express Shave

For those who do not want to compromise on a professional shave, but have less time on their hands for additional treatments, the Express Shave strikes exactly the right chord. Composed of a deep cleansing exfoliation and double close shave using hot and cold towels, skin is left feeling soft and nourished.
30 minutes

Men's Haircuts

Wet cut, dry cut, buzz cut, the Barber provides these favourite services for men.

Beard Trim / Tidy Up

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

◆ 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 Kalparane'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 no-tasking, time-efficient solution.
30 minutes

ELEMIS High Performance Skin Energiser

This hand working facial addresses ageing, stressed, dehydrated skin, and tired eyes – speaking to every skin concern. It maximises cell regeneration whilst 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, revitalised skin for a vibrant and energised result.
30 minutes

Please see Price List for a full selection of styling, colour and nail services.

THE HEALTH CLUB

From yoga, Pilates and HIIT classes to targeted training using state-of-the-art equipment, fitness finds all forms to suit all needs. Build and tone muscle, improve mobility and balance, whilst increasing energy under the expert guidance of our personal training team.

Tour De Cycle

Taking inspiration from the challenges of the Tour de France, this cycling programme consists of three classes of increasing intensity that take you through a series of climbs, sprints, down hills, seated and standing climbs. Build metabolic and muscle stamina, whilst also improving cardio strength and physical capability, as a curated playlist motivates each stage of the class, shadowing the pace your legs move at for increased focus.
45 minutes

TRX® Suspension Training*

The TRX® Suspension Trainer builds core strength, balance and mobility using gravity and the body's own weight against a strap suspended from the ceiling. This highly effective workout incorporates lunges, push ups and squats, allowing the participants to control the level to which they want to push themselves. Suitable for all fitness levels.
45 minutes / 1 x 45 minute session

Body Sculpt Boot Camp

Comprised of four 30-minute workouts, each designed to focus on different muscle groups and build cardiovascular strength, this HIIT (high intensity interval training) programme alternates between short bursts of high intensity exercises for the lower and upper body, interspersed with low intensity allows each area to recover preventing muscle groups from becoming fatigued whilst keeping up a healthy heart rate and maintaining mental resolve.
4 x 30 minute sessions

Pure Form Yoga

Hatha yoga is a free-flow class that focuses on the breathing, whilst moving between and holding postures. Suitable for all levels of fitness, this ancient tradition is built around the concept of a moving meditation. Known to improve mental and physical stamina, flexibility and balance, hatha encourages a sense of non-competitiveness, allowing participants to go at their own pace effectively and safely.
45 minutes

Pure Form Pilates

With particular focus on form and posture, this fitness system uses a sequence of small, intricate movements in conjunction with a foam-core roller, weighted balls, and a Pilates ring to build strength. Based on the principles of breathing, control and precision, this class is particularly good for those looking to lengthen and tone up without the need for a cardiovascular workout.
60 minutes

Functional Stretch

This completely personalised stretch session uses percussion therapy to increase circulation and range of movement, whilst reducing inflammation. Starting with a series of stretches, a percussion therapy device works on myofascial release, which is particularly effective for areas of targeted pain. Designed to open up all major muscle groups and support joints, it concludes with a further stretch session.
45 minutes

Personal Training

Our international group of certified fitness professionals offer a unique opportunity to curate a training programme specifically around your requirements, ability and goals. Work together to develop a plan that is exactly right for you. A few sessions with your instructor will see you up for when you return home, kick starting your new focused workout.
60 minutes

InBody770® Body Composition Analysis*

A detailed analysis of what's really going on with your health allows you to make informed choices. The InBody test precisely measures segmental muscle mass, body fat mass, visceral fat, and metabolism, enabling the body's health to be reviewed in data form. Lack of sleep, inflammation and poor digestion will all show up in this analysis, along with edema and fluid retention levels within the body.
60 minutes

Body Composition Analysis*

Body fat percentage, metabolic rate, and water retention levels are all measured using our Body Composition Analysis device, eliminating the need to guess what might be going on with your health. Our fitness professionals can then compare your results with those recommended for you to then develop a targeted exercise, nutrition and detoxification plan to address concerns and improve your general health.
30 minutes

Nutritional Consultation

Based on the Zone Diet, the anti-inflammatory weight loss programme created by Dr Barry Sears, this personalised consultation with one of our fitness professionals will help you understand the role nutrition plays in achieving your health goals. The data from your Body Composition Analysis will help determine your metabolic rate based on your lean muscle mass, enabling your fitness professional to recommend a practical diet plan.
60 minutes

Oasis Signature Classes

Our commitment to health means that we have a wide variety of complimentary classes on offer every day. From stretching, toning and cardiovascular workouts, to wellness workshops and seminars, designed to guide you through the key principles of improving your health and determining which areas you would like to focus on. A schedule of our classes and seminars is available at the Oasis Spa reception.

Unlimited Class Pass

Begin your holiday invigorated by signing up for our unlimited class pass. Work your core, burn serious calories, and condition your body. Our class list and schedule allows you to build in workouts at your leisure.

* These services are available on select resorts.

SPA INFORMATION

OUR PROMISE TO YOU

We are committed to inspiring your wellness journey whilst 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
Gym & Health Club – 6am to 10pm

RESERVATIONS

For more information or to reserve treatments, please contact Oasis Spa. Walk-in appointments are subject to availability.

MINIMUM AGE REQUIREMENTS

Guests must be at least 18 years of age to receive treatments or utilise spa facilities unless participating in the kids or teen programme. Salon services are available to guests of all ages. Fitness facilities are not available to minor guests. Please see restrictions posted outside the Fitness Centre.

NURTURE YOUR EXPERIENCE

We recommend arriving 15 minutes prior to your reservations 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 GREAT SPA EXPERIENCE

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

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 cancelling reservations, otherwise 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.

PORT DAY SPECIALS

For offers on port days or during special occasions, please see the spa section of your daily programme, stateroom television, or contact Oasis Spa.

TIMETOSPA AT HOME

Relaxation is achieved through daily practise. Your therapist will recommend a homecare regimen to continue your wellness journey at home. Replenish your purchased products at timetospa.com

CUSTOMER SERVICE

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

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

All treatments are subject to change without notice.