

TIME TO INDULGE: TOP 7 SPA TREATMENTS AT OCEANIA'S AQUAMAR SPA + VITALITY CENTER

There is no better time than an Oceania Cruise to embrace a moment for yourself and indulge in self-care. Enhance your voyage at the Aquamar Spa + Vitality Center; the perfect place to unwind, relax and reconnect with your inner balance. Whether it's a warm sea algae wrap to eliminate toxins and ease muscle pain or an oxygen infusion treatment to boost skin hydration, there are many refreshing options ideal for the summer. Below we're highlighting Oceania's top seven spa treatments at Aquamar Spa + Vitality Center that will leave you feeling restored and revitalized. Time is the ultimate luxury – come and escape for an hour or a few.

1. VITAL BAMBOO MASSAGE | 50, 75 or 90 Minutes

This therapeutic massage technique uses warm bamboo stalks to work deeper than hands alone. The bamboo rolls and glides along the body while your therapist uses a balancing combination of deep tissue pressure and gentle strokes to melt away tension.



Vital Bamboo Massage

2. NOURISHING COCONUT POULTICE MASSAGE | 50, 75 or 90 Minutes

Perfectly warmed pure coconut compresses release natural emollients that moisturize the skin. This technique is followed by a traditional hands-on massage to inspire relaxation and relieve stress.

3. MUSCLEASE OCEAN WRAP | 75 or 100 Minutes

The finest seaweeds are blended with an infusion of pine and rosemary oils to relieve tension and relax the mind. The body is cocooned in a warm sea algae wrap to eliminate toxins and ease muscle pain. A de-stress scalp and foot massage transports the mind and body to a deeper state of relaxation.

4. SKIN RESURFACER POWERED BY BIOTEC | 50 Minutes

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. Extractions deeply cleanse and detoxify before massage and light therapy restores equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

5. INTENSELY CLEANSING SALT SCRUB | 50 or 75 Minutes

Fragranced salt will gently slough away dead skin cells, revealing a smooth and responsive canvas ready to absorb the deeply nourishing body oil. Select from frangipani or lime and ginger. This treatment includes either a 25-minute back massage or 50-minute full-body massage.



Intensely Cleansing Salt Scrub

6. OXYGEN INFUSION TREATMENT

Infuse the skin with a collagen-boosting trio of padina pavonica, moringa, and argan oil paired with a gentle pressured oxygen vital to boost skin hydration, cell regeneration, and volume restoration.

7. KÉRASTASE® CAVIAR REVITALIZING RITUAL | 25 Minutes

Invigorate hair and scalp with an exceptional ritual that sublimates all hair types from roots to ends. Mimetic caviar in the form of pearls are immersed in enriched Pacific seawater and crushed to release active ingredients and marine nutrients to nourish and strengthen.

Which spa treatment will you try?

To book your Oceania cruise, please contact:

DIMENSIONS IN TRAVEL

415-883-3245

info@dimensionsintravel.com

CST#1001493-40



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