

Vitality at Sea Spa Services:

Most all ships offer a nice variety of treatments and are often integrated into a fitness center which ranges from basic equipment to a full array of the latest machinery and highly trained staff members who know all about it.

On Royal Caribbean's new Oasis of the Seas, manicures, facials and a ride on your favorite piece of exercise equipment are just the beginning of what they have to offer.

With a staff of 47 crew members manning the 22,000 square foot facility, guests can have everything from teeth whitening to holistic and other medical treatments performed under the guidance of an onboard doctor. Acupuncture and Medi-Spa cosmetic services are available and attack issues ranging from Smoking Cessation to Weight Management. Restylane and Perlane Dermal Filler Treatments as well as BOTOX Cosmetic and DYSPORT Wrinkle Treatments both safe and FDC approved are performed with visible results within days.



Other facilities include:

- * Thermal Suite- Based on an ancient healing practice, the Thermal Suite offers a therapeutic lanconium chamber (dry heat) with heated benches plus a caldarium steam chamber (smells wonderful), assisting the body in eliminating toxins and impurities. A social-optional spa experience, you can come along or with friends. Daily and weekly passes are available

- * Enrichment lounge- If you want to learn about ways to maximize wellness through lifestyle choices then check out the Enrichment Lounge seminar schedule when onboard. They promise the programs will be entertaining and educational

- * Vitality at Sea Fitness Center- In the fitness center, you can participate in any number of complementary and specialized classes and seminars or simply opt to use the equipment from dawn to dusk daily. Many machines are positioned to be looking out at the ocean while you exercise

- * Vitality at Sea Salon- A den for divas equipped with nail, lash, brow and makeup services and lots of talent to enjoy a traditional shave at the barbers station

- * Teen and Kid spa- something new, this is were kids can be kids and teens can be teens offering a full menu of services especially designed for them

- * Elemis Spa Bar- a fun, interactive tester zone gives guests the freedom to feel, smell and touch the Elemis range of products

