

aROSA 
Cruising differently



SPA-ROSA

RELAX. UNWIND. RECHARGE.

CLASSIC TREATMENTS



CLASSIC MASSAGE

Experience a soothing massage that increases relaxation and blood circulation to your muscle tissue.

Time	25 min	50 min
PREMIUM & BASIC	€ 49	€ 79



A WONDERFUL TIME WITH RELAXED FEET

Footbath – foot peeling – massage. You can relax while enjoying a footbath with aromatic essences. Afterwards, a foot peeling prepares your feet optimally for the following wrap. At the same time, you receive a relaxing facial treatment and at the end you can expect an energising foot and lower leg massage.

Time	60 min
PREMIUM & BASIC	€ 89



A WONDERFUL TIME WITH A HOT-STONE MASSAGE

The hot-stone treatment is a combination of massage and the soothing power of hot stones. This massage boosts your energy and brings balance, harmony and a sense of well-being to your mind, body and soul.

Time	60 min
PREMIUM & BASIC	€ 89

WELLNESS MANICURE WITH NAIL POLISH

The all-around care package for your nails. Hand bath, exfoliation, nail correction and massage.

Time	60 min
PREMIUM & BASIC	€ 55

SPA-ROSA SPECIALS

PRIVATE SPA

For three hours, relax alone or with your partner and let the stress of everyday life melt away. Includes the following: Sauna, one glass of Crémant per person, fruit platter, footbath and one 25-minute massage per person.

Time	180 min
PREMIUM	€ 169
BASIC	€ 209

LADIES NIGHT

Enjoy a spa night in an exclusive women-only atmosphere. Includes the following: Sauna, one glass of A-ROSA sparkling wine per person, 15-minute hand, foot or head massage and one facial mask per person (price per person).

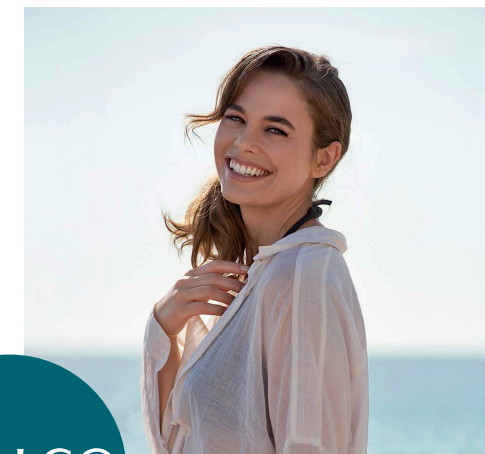
Time	120 min
PREMIUM & BASIC	€ 69



HIGHLY EFFECTIVE CARE FROM THE DEPTHS OF THE SEA

For 60 years, THALGO has stood for the research and development of active marine cosmetics. Inspired by the infinite power of the sea, THALGO combines science and nature to create innovative skincare products. The products, developed in close cooperation with dermatologists, are characterised by particularly regenerating, moisturising and revitalising properties, can be absorbed very well by the skin and are especially well tolerated.

The unique range of THALGO products and treatments are based on powerful active ingredients from the depths of the sea with revolutionary, regenerating and revitalising properties. Whether it's moisture deficiency, dryness or sensitivity – we restore your skin's balance.



THALGO
LA BEAUTÉ MARINE



THALGO BODY TREATMENTS

ÎLES PACIFIQUE – SAND STAMP MASSAGE

Inspired by the Lomi Lomi massage, the Mahana massage combines powerful grips with the soothing warmth of the sand stamps and transports the senses to a sunny paradise. Enjoy the wonderful feeling of relaxation and sink into a seductively sweet scent combination of monoï and vanilla.

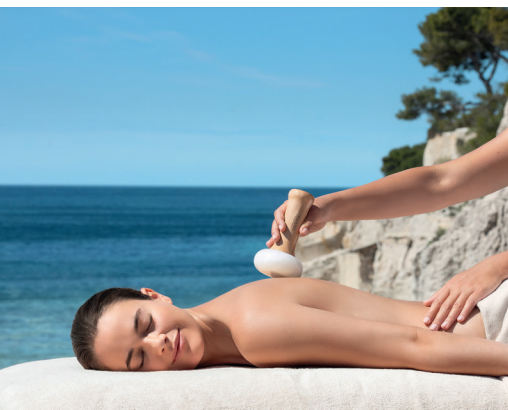
Time	60 min
PREMIUM	€ 99
BASIC	€ 109



FRENCH RIVIERA – MARINE SPA MASSAGE

Immerse yourself in the freshness of the French Riviera and give your five senses a soothing break. Enjoy a pampering body massage with nourishing marine massage oil, while the gentle warmth of a jade stone ensures deep relaxation. Experience the harmonious interplay of maritime freshness and soothing warmth - for lightness, renewal and pure relaxation.

Time	60 min
PREMIUM	€ 89
BASIC	€ 99



THALGO BODY TREATMENTS

MER DES INDES – FULL-BODY MASSAGE

A balancing ritual modelled on the healing art of Ayurveda. The 5 senses are stimulated throughout the entire ritual. Immerse yourself in a sumptuous wellness experience and enjoy the perfect moment of relaxation and pampering. Enjoy an extraordinary massage that combines effectiveness and well-being, leaving you feeling deeply relaxed. Energy points are expertly stimulated using movements from yoga and marma therapy. Fragrant Ayurvedic oil with nourishing sesame inspires the senses. The result: pure energy & balance.

Time	60 min
PREMIUM	€ 109
BASIC	€ 119



FRIGI COMPRESSES – COLD TREATMENT- FOR LIGHTER LEGS

Cool compresses soaked in an algae-camphor-menthol solution for lighter feeling legs. They firm the connective tissue, make your silhouette look more defined and revitalise tired and heavy legs. Our tip: Complement the wraps with a 20-minute leg massage to maximise their effect.

Time	45 min
PREMIUM	€ 84
BASIC	€ 94



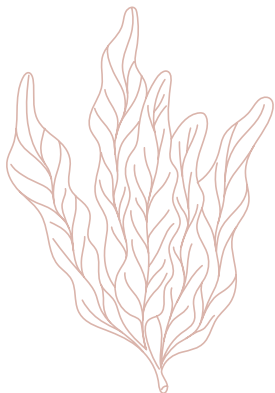
THALGO FACIAL TREATMENTS



SILICIUM LIFT

The Face Fitness inspired anti-aging treatment combines an exclusive face roller massage technique with a mask duo. It consists of the professional cryo-lifting mask and the firming & tightening marine mask.

Highly effective active ingredients from a specially developed marine silicon complex, micropulverised algae and vitamin C give your face a maritime facelift. The effect is enhanced by a new type of facial fitness massage, which is performed simultaneously with two lifting face rollers. The kneading action of the massage balls additionally stimulates the skin, which acts like a fitness workout for your face. The effect: immediate tightening of the facial features and visibly filled wrinkles, moisturises and freshens the skin, stimulates the formation of collagen fibres, firmer skin with more elasticity.



Time	60 min
PREMIUM	€ 109
BASIC	€ 119

THALGO FACIAL TREATMENTS

FRESHNESS BOOSTER

Experience wonderful treatment rituals, individually adapted to the basic needs of your skin. The unique marine treatment products are incorporated into three different facial treatments along with a relaxing massage: Gentle cleansing, relaxing facial massage, intensive mask

SOURCE MARINE DEEP SEA FACIAL TREATMENT: This treatment restores the skin's moisture balance, moisturises deep down and leaves skin feeling velvety soft with a renewed glow.

COLD CREAM MARINE DEEP SEA FACIAL TREATMENT: Pure well-being for dry and sensitive skin. Thanks to THALGO's exclusive Cold Cream Marine formula, this treatment intensively nourishes the skin and increases its tolerance.

Time	75 min
PREMIUM	€ 102
BASIC	€ 112



HYALU-PROCOLLAGÈNE

The innovative anti-ageing line Hyalu-Procollagène with its triple wrinkle correction helps with all types of wrinkles. Thanks to the first "maritime" filler, consisting of three hyaluronic acids and a maritime pro-collagen, wrinkles are visibly filled immediately. The exclusive ROLLER-BOOSTER technique is the heart of the regenerating wrinkle treatment. Experience how three professional massage rollers effectively work the active ingredients into the skin, effectively correcting wrinkle by wrinkle, visibly smoothing and gradually filling them in.



Time	60 min
PREMIUM	€ 109
BASIC	€ 119

SPA-ROSA ETIQUETTE

RESERVATIONS

To make the most of your time on board, we recommend that you book your treatments in advance. Please arrive five minutes prior to your treatment in your bathrobe. A late arrival may mean that your treatment time is reduced.



CANCELLATION

If you are unable to keep a pre-booked appointment, we kindly ask you to cancel at least 24 hours before your treatment. We regret that any appointments cancelled with less than 24 hours' notice will incur a 50% cancellation charge.

CLOTHING

Bathrobes for the treatments are available at the reception or from your cabin attendant. Towels for use in both the sauna and the gym are provided in the SPA area. Outdoor shoes are not allowed inside the SPA area and the use of mobile phones is also prohibited. Please wear sports clothing and sports shoes when using the gym equipment.



CHILDREN AT SPA-ROSA

Your children are more than welcome here. However, please understand that treatments in the SPA-ROSA, as well as the use of the whirlpool and sauna, are only permitted for children under the age of 16 when accompanied by an adult. The use of gym equipment is not allowed for children under 16.

We would be happy to advise you and are looking forward to your visit!
Your SPA-ROSA Team