Welcome to the Cunard Royal Spa & Fitness Centre

Immerse yourself in a distinctive spa programme that redefines the modern spa experience. Discover a sophisticated range of specialty treatments set amidst a backdrop of legendary service and tradition, unique medi-spa therapies and our complete Fitness Centre programme.

The Cunard Royal Spa and Fitness Centre comprises breathtaking ocean views, relaxation areas, beautifully appointed treatment rooms, indulgent therapies and a panoramic glass encased Fitness Centre.

The signature treatments have been developed in conjunction with comfort zone, winner of the Best Spa Product at the European Spa Award. From results driven facials to purely decadent body treatments, sophisticated spa rituals await you, whatever your mood, whatever your need. To complete the experience, select a Fitness Centre programme and be amazed as our highly educated and intuitive personal trainers rebalance your energy levels.

Rediscover the beauty of your hair with unique award winning hair spa Rituals developed by Kerastase and provided by our expertly trained team of onboard stylists and technicians.

Meticulously trained and internationally acclaimed spa specialists & doctors will lead you on your legendary journey at the Cunard Royal Spa, with a manner of professionalism that is second only to the warmth of their smile.

It is our sincerest pleasure to welcome you to the Cunard Royal Spa and Fitness Centre.

The Cunard Royal Spa and Fitness Centre, Innovative treatments, legendary service.
Culture / wrap / opulence / facial / pampering / cleanse / grandeur / grooming / legendary / rediscover / spiritual destination
If you are new to the Spa concept, relax. It is our pleasure to introduce you to this onboard experience. Please take a moment to read through the following Spa treatments.
facial treatments
Not just for the ladies, facials generally are very relaxing and are enjoyed by both men and women in today’s spa. By using pure ingredients from nature and the best practices from science, the skin can be deep cleaned, hydrated and the facial lines that accompany life’s experiences may be softened. You will remain fully wrapped in a robe and the therapist will only touch the face, neck, shoulders and head.

Recommended Treatment: 30 minute Spa Mini-Facial.

body treatments
Body treatments generally provide detoxifying and relaxation benefits using a combination of therapeutic ingredients and excess fluid relieving techniques. The results may be re-nourished skin, excess fluid loss and increased circulation. Some treatments are quicker and more localised than others, simply ask a therapist which would be best for you.

Recommended Treatment: Vital feet and leg treatment for those with tired legs after trips ashore or long flights!

massage treatments
A neck, back and shoulder massage is often the most requested massage, during which the therapist will have you lay face down with your lower body completely covered. This is a great way to alleviate stress in the upper body.

Recommended Treatment: 30 minute Classic Massage.

manicure and pedicure
A manicure or pedicure is very relaxing. You remain completely clothed whilst the trained Nail Technician cleans, clips, buffs and neatens your nails. To complete the experience, the therapist finishes off with a hand and forearm massage with manicure or a foot and ankle massage with the pedicure.

Recommended Treatment: 30 minute Manicure. For ladies and a sports manicure for men.

aromasoul signature massage and ritual scrubs
These are our exotic signature treatments that last for a full 90 minutes. The highly trained therapist takes you on a journey using oils and movements from a particular part of the world. If you are a first timer, consider this diving in with both feet. A great adventure.

Recommended Treatment: Consult with your therapist to discover which exotic cultural journey you will follow. We use exotic oils in this treatment and complete a full body massage.

the thermal spa experience and hydropool
Essentially this involves numerous co-ed steam and sauna facilities, whirlpools and a luxurious relaxation lounge complete with robes, towels and slippers. (bathing suits required)

Recommended Treatment: Ask at the Cunard Royal Spa reception for a day pass to the thermal and hydropool experience. Then just lay back and relax.
introducing

[ comfort zone ] spa rituals

[ comfort zone ] spa rituals and products create an exclusive care and pleasure system for face, body and soul

Winner of the Best Spa Product at the Eurpeon Spa Exhibition in Monte Carlo September 2006, [ comfort zone ] is an innovative and unique Italian skin care line with a true professional spa soul based on strong values. Designed for contemporary people, [ comfort zone ] rituals deliver immediate and long-term results due to the synergy of nature and science offering a complete professional and home care treatment and product menu for face, body, hands and feet. [ comfort zone ] creates an extraordinary multi-layered sensorial experience for the senses and has an unsurpassed passion for beauty.

KÉRASTASE – Experience the Art of Haircare Beauty

The Cunard RoyalSpa is pleased to introduce Kerastase Hair Care products and Rituals.

Kerastase has been an award wining luxury French scalp and haircare programme since 1964 and has revolutionised the world of professional hair beauty for more than 40 years. Just like your skin, your scalp and hair require consultation to enhance their natural beauty.

Exclusive to Kerastase, Rituals are the ultimate experience in scalp and hair care, combining the most advanced formulations with a relaxing massage to repair your hair and restore its natural beauty.
The Smooth as Silk Facial Programme: Created by bringing science and nature together, the Smooth as Silk Facial Programme recreates a complete sense of inner and outer beauty for both woman and men alike. Professional, highly trained estheticians diagnose the needs of the skin in order to leave the skin refreshed, relieved of stress and rehydrated. Using numerous active ingredients, exotic formulations and scientifically proven delivery methods the skin is left feeling as smooth as silk.

rebalancing treatment

**hydramemory – 24hr deep hydrating treatment**  
– 60 minutes

Hibiscus and honey work to retain moisture in the skin whilst the special ingredient trehalose® taken from a desert plant works to increase the moisture and leave the skin feeling like silk.

**skin resonance – rebalancing treatment for sensitive skin**  
– 60 minutes

A treatment developed to rebalance and strengthen sensitive skin. This treatment not only cools and calms but reduces any irritation within the skin.

**recover touch - anti oxidant vitamin treatment**  
– 60 minutes

Anti-oxidant vitamin treatment works to neutralise free radicals which can destroy the natural collagen and elastin of the skin. Nourishing cloudberry and canola oil revive a dull, tired complexion.
lightening and whitening treatment
absolute pearl - treatment for dull skin or pigmentation prone skin – 60 minutes
This facial treatment is excellent for treating hyper pigmented areas while improving skin luminosity. The anti-oxidant effect creates an immediate brightness and used in conjunction with a specific homecare routine may reduce pigmentation spots. The treatment uses brightening extracts of lemon and white willow bark.

purifying treatment
active pureness rebalancing – deep purifying treatment – 60 minutes
Deep cleansing treatment recommended for oily or combination skin, extracts of sage, balm mint and orange fruit water deeply cleanse and leave the skin feeling fresh and restored.

active pureness regenerating - active treatment for problem and impure skin – 60 minutes
Balances and treats problem skin, using fruit acids to gently exfoliate surface cells leaving the skin fresh and clear.

nourishing treatment
glorious skin – intensive lifting and smoothing treatment – 60 minutes
This treatment gives an immediate lifting, plumping and tensing effect by working on the muscle contractions that naturally cause the skin to sag and facial muscles to drop. This treatment incorporates the ingredient hexapeptide which works as a muscle inhibitor and is excellent for a special occasion or will give on going lifting and firming effects especially when used in conjunction with a special homecare programme.

alphatherapy collagen – exfoliating and firming treatment – 75 minutes
Stimulates cellular regeneration by removing surface cells with fruit acids. Firming and elasticising collagen improves tone and texture with the additional use of a special concentrate to lock in moisture.

action sublime - deep anti-ageing treatment – 75 minutes
Exceptional anti-ageing action thanks to the synergy of elasticising retinol, hydrating and firming hyaluronic acid and lacto filling proteins. These ingredients work together and may visibly reduce wrinkles and expression lines. Promotes deep relaxation through our specialised three phase massage technique which is unique to [comfort zone]

add-on specialities

eye contour treatment
eye Supreme anti aging – 30 minutes
A specific treatment to rejuvenate the area around the eyes, attenuating unsightly swelling, dark circles and expression lines. It provides deep nourishment and protection against free radicals.

eye Supreme firming – 45 minutes
A eye and neck rejuvenating treatment to provide a profound nourishing and firming effect to these delicate areas, reduced appearance of lines and wrinkles, the skin appears more elastic with renewed softness.

lip treatment
lip blooming – 30 minutes
A complete lip care system to rejuvenate, smooth, nourish, hydrate and re-plump the lip area. Can be incorporated into the facial treatments or as a 30 minute treatment.
The O2 Star facial programme: The Nora Bode O2 Star facial system by OXYjet is a non-invasive but effective alternative to cosmetic surgery procedures. This revolutionary oxygen treatment brings science and nature together at its best to painlessly reverse the ageing process with proven results.
the O2 Star facial: – 90 minutes
This luxurious 90 minutes – service starts with the revolutionary OXYclear deep cleansing and blue light exfoliation. As effective as conventional crystal or chemical peels, but leaves the skin merely fresh and clear and ready to enjoy the sun. Next, you will lie back and enjoy the O2 facial that deeply penetrates natural cosmetics to plump up fine lines and control muscle movements to diminish facial wrinkles. Finally, the unique OXYtone is used. A revolutionary new form of non-surgical face lift may smooth away your eyebags and promote youthful facial contours.

the O2 Star luxury energiser facial: – 60 minutes
Rejuvenate your natural youthful looks with this energising facial. Natural active serums are applied in a stream of pure oxygen, waging the war against age, stress and lifestyle. This treatment includes complementary intensive attention to your eyes and lips and OXYclear deep cleansing, blue light exfoliation.

O2 Star™ maxilip treatment: – 30 minutes
Maxi-Lip is a patented ingredient that is a natural peptide that will volumise the lips. It will increase the collagen production by up to 351% and increase the moisture content of the lips making them look and feel softer and plumper. This is the perfect treatment for those who want the ‘perfect pout’.

OXYaroma treatment programme
Oxygen, the elixir of life provides incredible benefits when delivered in a pure medicinal form whilst experiencing any of our relaxing body treatments. Choose oxygen on its own or experience the benefit of adding an essential oil such as bergamot, to uplift the spirit and balance the mind; lavender to soothe and relax; lemon to refresh and stimulate; grapefruit to stimulate lymphatic drainage; peppermint to cleanse and clear for hormonal rebalance and emotional wellness.

OXYrelax: – 30 minutes
Combine a 30 minute massage to relieve aches and pains with your choice of oil.

OXYdestress: – 30 minutes
Combine a 30 minute Balinese scalp massage to rebalance the body whilst stimulating the health of the scalp.

OXYdetox: – 45 minutes
This treatment combines the benefits of the Ionic Detox™ system to stimulate the elimination of excess toxins and fluids whilst providing the body’s cells with optimal levels of oxygen.
The men’s grooming station: This programme features unique treatments and products designed especially for the distinguished man – express grooming services, tailored Skin programmes and revitalising massages for men.
hydra performance facial - rehydration treatment for men – 45 minutes.
Perfectly restores moisture levels to the skin by the use of active ingredients such as Swiss glacial water. Ideal for frequent flyers or skin that is exposed to extreme temperatures and environmental stress.

pure performance facial - active purification treatment – 45 minutes.
Removes impurities whilst rebalancing oily areas. This deep cleansing treatment leaves the skin with a perfectly matte finish.

anti-age performance facial - active rejuvenating treatment – 45 minutes.
Active treatment to contrast wrinkles and expression lines, stimulates cell renewal leaving the skin firm compact and toned. Uses a lightweight ultra-effective serum to firm the skin’s surface.

traditional men’s barbering concept – 45 minutes.
Start with a deep skin prep technique to loosen the beard and then experience a hot towel double shave before grooming the eyebrows, ears and nose. The Grooming process is completed with a clip, clean and buff for the nails and rehydration of the hands.

men’s sports manicure - 30 minutes.
This 30 minute specialty sports manicure will cut, file, tidy & buff your nails with no fuss.

men’s sports pedicure - 30 minutes.
This 30 minute specialty sports pedicure will cut, file, tidy & buff your toe nails with no fuss.
The Exotic Aromasoul Signature Body Rituals have been developed to offer the most complete in-spa massage experience. Inspired by the indulgent techniques of the ancient cultures reaching back before the days of Alexander the Great and extending from the shores of the Mediterranean, across mystical Arabia, romantic India and as far east as did his Empire to the mystical Orient, you can enjoy a multi sensorial journey stimulating mind, body and soul. Master blends of exotic oils, soothing music, scented candles and traditional strokes redefine luxurious relaxation delivered by only the most highly trained advanced therapists.
arabian – 90 minutes
A truly mesmerising experience, the Arabian massage is an ancient ritual used by Bedouin travellers. The massage procedure consists of one soft and beautiful movement from head to toe soothing the mind. Inspiration for the massage is taken from the wind on the sand in the desert the treatment also incorporates pressure point work throughout the body and is finished with a soothing cup of Arabian tea.

oriental ritual – 90 minutes
This massage is based on a 3000-year-old ancient tui-na massage technique. During this stimulating massage the therapist will be working on the posture, using a beautiful blend of oriental oil based on mimosa, jasmine and ylang ylang. Your treatment will end with a balancing cup of Oriental blend herbal tea.

mediterranean ritual – 90 minutes
Inspired by the waves of the Mediterranean ocean, this massage is designed to stimulate circulation and lymphatic flow. Oregano, basil and lemon are blended for the massage oil to soothe and calm the senses. Your treatment concludes with a detoxifying blend of Mediterranean tea.

indian ritual – 90 minutes
This treatment uses rich and spicy oil with cardamom and patchouli to warm the soul. Indian aromasoul energises the system and revitalises the mind. Focusing on energy centres around the body this treatment is perfect for tired travellers. Your treatment will end with a warming cup of spicy herbal tea.
Aromasoul Scrubs for each AromaSoul journey-Oriental, Mediterranean, Indian and Arabian, your therapist will personally tailor your room to perfectly compliment your mood. Bespoke essential oil blends and exfoliation scrub rituals native to each of the corners of the world, incorporated with contemporary movements to represent the energy of the continent from which they are derived will exfoliate and renew all skins. After revealing a refreshed, revived and rejuvenated skin, a tea ceremony will conclude your journey of pleasure and well-being.
**oriental** – Welcome
Vigorous and stimulating.
Once welcomed into a room fragrant with the essence of jasmine to uplift your mood and vanilla to soothe away the minds worries. Perfectly crushed pearls will exfoliate the most resilient and impure of skins.

**mediterranean** – Cleanse
Rhythmic and soothing.
Lapping, wave like movement complimented by ground olives will scrub away tired skin. This ritual accented by the aroma of oregano witch will relax fatigued muscles and orange to refresh the senses, fresh from the Mediterranean will reveal a clear and revived complexion for resistant skins.

**indian** – Evoke
Spicy and warming.
Beginning with a tailored essential blend to fill your treatment room with the scent of Patchouli to awaken the mind and body and Black pepper to stimulate the senses, native rice grains will exfoliate even the most delicate and sensitive of skins.

**arabian** – Soar
Grounding and healing.
Accented by fine coconut, this ritual derivative from travelling Arabic tribes. The room delicately aromatic with nutmeg and lavender will take relax tired minds and exfoliate the entire body leaving very resistant and even keratinous skins smooth and radiant.

the aromasoul ritual scrubs
Our intuitive therapists take pride in delivering unique body rituals, drawing on the teachings of the ancient masters: detox, deep cleanse, destress — the choice is yours, naturally.
mud treatments

**monticelli mud - conditioning mud treatment** – 60 minutes
The detoxifying and draining action in the active ingredients of the thermal mud, provide healing and restorative benefits.

**revitalising mud - revitalising firming mud treatment** – 60 minutes.
Firming mud treatment using essential oils and marine algae.

**detoxifying mud therapy - reducing and detoxifying mud treatment** – 60 minutes
Using intense marine sediment and essential oils to produce intense purification, stimulates the lymphatic system and remineralises the skin.

**the rasul cleansing chamber for couples** – 60 minutes
Cleanse and purify your body in our exotic couples steam chamber designed entirely for your comfort and pleasure. Lather your partner’s skin with rare, purifying muds and recline in a gently warmed, tiled chair as intermittent herbal steam surrounds you.

**vital feet and leg treatment** – 45 minutes
Vital Leg Detoxifying treatment is a synergy of active ingredients including compressed mint.

body treatments

**body strategist cellulite remodelling treatment** – 60 minutes
Intense cellulite reducing treatment, carnitine and caffeine have an exceptional effect on eliminating fatty deposits.

**body strategist nutritional treatment** – 60 minutes
Anti-oxidant treatment that improves tone and elasticity, using a unique gel body mask blended for each treatment.

**d-age - firming and anti-ageing body treatment** – 60 minutes
Using a synergy of active ingredients to firm and repair damaged skin. Kamani oil stimulates collagen synthesis and walnut works against the adverse effects of atmospheric pollution. D-age also works to reduce the appearance of stretch marks and aids in the prevention of new ones.
Enjoy the benefits of our port day flexible pricing policy. Contact the Spa reception on 36001 for further details.
To truly spoil yourself...add-on the lushly experience - Polynesian rituals with tiaré flower blossom extract for hands and feet (35 mins feet / 30 mins hands). An exotic treatment inspired by an ancient Polynesian rite for bestowing well-being to hands and feet. This exfoliating, hydrating and refreshing action restores suppleness and hydration to tired hands and feet, leaving the skin soft and beautifully fragranced with tiaré flower extract.
massage treatments

classic massage – 30 minutes
This massage focuses on the neck, back and shoulder region, releasing stress and tension.

swedish – 55 minutes
This classical European massage featuring long strokes and kneading techniques.

deep tissue sport – 55 minutes
Perfect for those with an active lifestyle who are looking for a technical treatment. This intuitive massage focuses on deep tissue muscular aches and pain relief.

comfort touch – 55 minutes
This exotic massage treatment relaxes the body and the mind with an exotic full body massage.

thai-yoga – 75 minutes
From the exotic cultures of the Far East, thai massage uses stretching, kneading and mobility techniques.

balinese – 20 minutes
An indulgent aromatic scalp massage to relieve fatigue and aid relaxation as a selection of warm oils are applied to the scalp, neck and shoulders.

ancient hot stones – 75 minutes
Ancient stones carrying the energy of the earth, invigorate and stimulate the body for a deeply warming and penetrating massage experience.

an exotic treat
dry flotation ritual – 60 minutes
This ritual commences with a lushly Polynesian foot ritual, prior to experiencing the welcoming warmth of the dry flotation bed, which may alleviate all postural aches and pains.

reflexology – 30 minutes
This ancient and effective practice of focusing upon the pressure points of the feet has to be experienced to be appreciated. Your skilled therapist will provide a bespoke treatment based upon a full consultation.
Ayurveda “the science of a happy and healthy life” Practiced for over 2000 years, Ayurvedic therapies offer the ultimate in rejuvenation. These ancient Indian health philosophies offer the individual the opportunity to discover their own unique state of positive health and renewed vitality through food, exercise, meditation and body treatments. Vata, Pitta, Kapha are the names given to the individual body types for each person, called Doshas. They come with a simple set of natural health and lifestyle guidelines to embrace optimum health for mind, body & spirit.
Inspired by the ancient rejuvenating arts of Ayurveda & Aromatherapy, this multi-sensory treatment created in conjunction with Absolute Aromas™ invites you to escape to a world of bliss whilst discovering complete tranquility.

shirodosa™ experience
An exceptional experience, the feet are bathed and polished with aromatic Himalayan salts in preparation for a powerful de-stressing Ayurvedic head massage. Then Shirodhara commences, a continuous flow of warm aromatic herbal oils drizzled onto the forehead, calming and soothing mind & body. Finally, a harmonising full body massage restores vitality as Dosha specific warm aromatic oils are drizzled over the body and vital.

pindakarma™ experience
Inspired by ancient tradition, the Pindakarma treatment uses Pindas, hot herbs encased in a cotton bag, to massage. Experience this deep cleansing thermal treatment to detoxify and rejuvenate the body. Warm aromatic oils are drizzled on the body which is then massaged using the Pindas, followed by a foot pampering ritual using aromatic Himalayan salts. The fusion of heated herbs and oils melts away tension, exfoliates and softens the skin and the inclusion of pure ginger invigorates the body’s own natural cleansing system, resulting in a boost in energy and vitality.
A skilled team of dynamic stylists are on hand to provide professional hair care and advice with the assistance of the award winning Kerastase professional hair care range to complete the experience.
the kérastase hair spa
Your journey will start with a personalised consultation with your Kérastase Ambassador, a highly educated scalp and hair professional.

kérastase hair care rituals
nutritive: scalp and hair beauty rituals for dry, sensitised hair
reflection: hair beauty rituals for weak, fine or ageing hair
resistance: hair beauty rituals for coloured hair
specifique: rituals for a balanced scalp and healthy hair.

rebalance
Your scalp and hair will be prepared by a Kérastase Ambassador. A preparatory ritual may be applied at this stage if prescribed.

bathe
Your scalp and hair will then be bathed to dissolve any everyday impurities that affect your scalp and hair.

treat
You will be invited to experience either an Instant or Experience Ritual. They are designed to respect your time commitments whilst ensuring ultimate results through haircare expertise.

revitalise
Following a full scalp analysis, these products will maintain a healthy scalp, which is essential for beautiful hair.

texture
Your Kérastase Ambassador will then perfect your hair beauty by texturising your hair and enhancing your style by adding body, shine or smoothness.

Your Kérastase Ambassador will prescribe your personal regime to maintain the stunning results.

the style spa programme
shampoo / set
shampoo / blow dry
ladies blow dry
ladies cut and blow dry
men’s cut and finish
contemporary / formal up-style
speciality braid

the colour studio
one-colour process
two-colour process

highlights
individual foils

For a complete dry and style after all colour work, please consult your stylist.
Complete your Cunard Royal Spa experience with a relaxing and professional nail spa treatment.
**manicure** – 30 minutes  
Includes a hand and forearm massage.

**pedicure** – 30 minutes  
Includes a foot and ankle massage.

**gels**  
- full set  
- fills  
- repair

**nail**  
- polish change

**toe nail**  
- polish change

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The Cunard Fitness Centre programme features a number of unique lifestyle programmes complimented by a team of specially selected and dedicated fitness and well-being professionals.
the GRAVITY programme*
This unique group personal training programme, produces amazing results in a short period of time. Utilising a glideboard and your own body weight against gravity, this system will accommodate both experienced and newcomers to exercise. GRAVITY Group :: GRAVITY Strength :: GRAVITY Pilates – 3 x 30 minute sessions with a trainer.

the YO'FIT yoga programme*
Enjoy the benefits of the featured onboard yoga programme with specifically trained teachers.

the MULTITRAX INDOOR CYCLING programme*
Let the rhythm move you, as our expert instructors take you on an amazing cycling journey.

the ZUMBA programme*
Introducing the worlds hottest and most popular Latino inspired aerobic workout. Salsa, merenge, flamenco, tango and reggaeton all feature in this wild workout.

the Push and Lift programme
The dedicated resistance workout that will have your body pumping to the coolest chart mixes around.

the meditation programme
Experience guided meditation sessions in a tranquil environment and feel the stress of everyday living melt away.

the personal training programme
Maximise the potential of your results from each workout session by employing the skills of our highly acclaimed personal training specialists, who shall create a bespoke programme for you.

the group fitness programme
A complementary programme of aerobics, step, walk for well-being and conditioning classes are also offered.

the ionic detox programme
Recalibrate the sodium: potassium pump throughout your body and eliminate excess toxins and fluid.

* These fitness classes require a small fee.
the Pilates Institute at sea programme
Exceptionally qualified staff from the world wide Pilates Institute feature onboard with this dynamic programme. The lecture series runs each voyage and is complimentary to all guests. Check the daily programme for times and dates.

pilates institute at sea personal training
3 x 45 minute sessions including a complementary postural analysis. Personal tuition ensures the best results. Strengthen, lengthen your core muscles whilst realigning your posture.

pilates matwork programme
Specialised group instruction featuring the foam roller and pilates ring – 3 x 45 minute classes.

pilates lecture series
pilates – a design for life
Every day we put our bodies through movements or stress that eventually affects our posture and wellbeing. The Pilates Institute Method will help you to recognise changes in your movement habits and patterns, so that you can unravel the imbalances and tension that is created by everyday living.

pilates and golf
Improve your swing, reduce the risk of low back pain, learn effective warm-up techniques and conditioning exercises that will improve the consistency of your game as well as the length and power of your drive. Pilates is the ultimate conditioning exercise programme for Golf.

living gracefully with pilates
The Pilates Institute Method will enable you to perform life’s daily activities with zest and ease. With regular practice, the Pilates technique will enable you to move with elegance and co-ordination. A strong core and toned muscles are the key to dynamic movement quality and a youthful appearance.
Relax, Renew, Rejuvenate, in the Hydropool and Thermal Suite experience. There’s a choice of saunas, steam options, a meditation room, shower and relaxation area.

After your thermal experience, indulge your senses in our private Hydropool. A naturally quiet space reserved for adults only, luxurious robes and relaxation beds.
Included with any spa service. (Bathing suit required)

**laconium**
A laconium is a tiled room where the floors, walls and benches are usually all heated to a mild temperature of around 60-65 degrees Fahrenheit. A favourite with the Romans who gave it its name, the laconium is a warm, not hot, room and a good place to start your thermal adventure. You can spend about 15 or 20 minutes here and relax in the dry, warm air as your body heats up gently and slowly. After a mild shower, you’re ready for the next phase of the journey. The laconium is also a good choice for people who like to relax in warmth, but find the higher temperatures of a steam room or sauna too challenging.

**aroma spa**
Take a deep breathe deep and soak in the soothing benefits of steam infused with pure plant essences. Stimulating or relaxing herbal essences according to your needs and then sit back and bask in the luxurious warmth.

**caldarium**
The classic hot and dry cabin, is lined with the finest aromatic Nordic cedar and heated by a generous hidden stove. Perfect for promoting increased circulation, relaxing muscles and soothing aches.

**hydrotherapy pool**
Rejuvinate your mind and body in the luxurious surrounds of the Hydrotherapy Pool. Enjoy an invigorating aqua experience as the power of moving warm water gently massages the body as you lay back in the relaxing chaise lounge, melting away your stress, your aches and pains.

- 1- Day Pass available
- 3 - Day Pass available
- 5 - Day Pass available

- On a Sea Day, the thermal experience is open 8:15am – 7:45pm
- On a Port Day, the thermal experience is open 8:15am – 10.45pm

A fee is required – please contact Spa reception on 36001 for further details.
Discover a world of peace and serenity with our exclusive day spa packages reserved for the privileged few. Rejuvenate body and soul in healing spa waters, excite your senses with aromatherapy from around the world, experience professional movement therapies and immerse in spa treatments inspired by ancient cultures.

Our day spa concept will help you to rebalance the body’s energy pathways whilst providing the ultimate in relaxation. Each day spa concept offers unique spa treatments and the time to enjoy our extensive thermal facilities as well as the Hydropool and relaxation lounge.
re:lax
An aromatic journey to open the mind and calm the senses this programme features elements to relax and reduce stress
  • skin resonance facial
  • hot stone therapy
  • lushly hand and foot rituals
total time 3hrs 30 minutes

re:lease
A refining journey to balance the body and regain equilibrium this programme features elements to
  • purify and detoxify
  • active pureness rebalancing facial
  • monticelli mud
  • comfort touch body massage
  • lushly hand ritual
total time 3hrs 30 minutes

re:plenish
An energising journey to restore vitality this programme features elements to stimulate and revitalise
  • hydramemory facial
  • d-age body treatment
  • comfort touch back massage
  • lushly hand ritual
total time 3hrs 30 minutes

re:balance
A grounding journey to empower your sense of well being this programme features elements to renew and protect
  • recover touch anti-oxidant facial
  • redefine nutritional body treatment
  • hot stone therapy for the back
  • lushly hand and foot rituals
total time 3hrs 30 minutes

re:shape
Ultimate weight loss & body cleansing experience
  • 3 x 45min BeautyTek body shape & body cleanse
  • personal training session
  • body composition analysis (BCA)
  • specialty class programme
total time 4hrs 30 minutes

re:new
The complete detox programme
  • poultice lymphatic drainage massage
  • 1 x 60min BeautyTek abdominal
  • reshaping treatment
  • body composition analysis
  • deep drainage wrap
  • OXYdetox
total time 3 hrs 30 minutes

Couples dayspa concept
re:connect
For her
  • rebalancing facial
  • couples comfort touch well-being massage
  • lushly hand ritual
  • manicure
  • Balinese scalp massage & blow-dry

For him
  • rebalancing facial
  • couples comfort touch well-being massage
  • lushly foot ritual
  • pedicure
  • Balinese scalp massage & blow-dry
plus an all day thermal experience pass

total time 3hrs 30 minutes per couple

Custom packages available
location
Situated on deck 9, it may take you a few minutes to reach our facilities so please ask one of the spa staff for assistance if required. Our Rasul therapy room and couple suites are located on deck 10 and are accessed from the deck 9 spa reception area.

general information
The spa is designed with everything you wish to help you unwind and relax with numerous treatment rooms, a hair salon, fitness centre, steam and sauna rooms and spa boutique. The Cunard Royal Spa & Fitness Centre will provide robes, towels and slippers for your use during your spa treatment; undergarments are optional, we do ensure your complete privacy & modesty during your time with us. Disposable underwear is provided for your comfort if you wish. Kindly inform our therapists of any pre-existing medical condition prior to booking your spa treatments, as some treatments may be contra-indicated to certain conditions.

reservations
In view of the popularity of the Cunard Royal spa & fitness centre, please be sure to book your treatments as early as possible in order to avoid any disappointment. We suggest that you arrive 15 minutes prior to your scheduled treatment reservation to allow for you to prepare and relax, unwind and enjoy the tranquillity and serene surroundings of our spa.

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cancellations
In the event that you wish to cancel or change your reservation, kindly allow 24 hours notice prior to your scheduled appointment time so that we may arrange the rescheduling of your treatment. 50% of the treatment cost will be charged to your stateroom should you cancel less than 24 hours prior to your scheduled time or not show for the treatment. Pre-booked reservations will be released to other guests 15 minutes after the scheduled reservation time, should you be late. Late arrivals will unfortunately not be guaranteed a full treatment time, as this would disturb the following guest’s treatment.

operating hours
The spa & hair salon are open from 8am to 8pm whilst at sea and in port. On speciality evenings, the spa and hair salon will remain open until 11pm.

The Fitness Centre is open from 6am to 6pm whilst at sea and in port.

Guests must be 18 years or older to enjoy standard services in the spa and salon or to use the Hydrotherapy Pool, Thermal Suite or sauna.

For information on spa and salon services designed for guests under the age of 18, please visit or call the Cunard Royal Spa & Fitness Centre at extension 36001.

Disclaimer: You must be in good physical health for any class you choose to take and appropriate clothing and sports footwear must be worn. Please inform the fitness instructors of any pre-existing medical conditions as some activities maybe contra-indicated to certain conditions.

For your convenience a 12.5% gratuity will be added to each treatment in the Cunard Royal Spa & Fitness Centre.

Children under 16 years of age require adult supervision in the Fitness Centre. Children under 16 may not use weights or resistance machines.

The Cunard Spa and Fitness Centre are a non-smoking, mobile phone free area for the comfort and safety of all.

Please call the spa reception on 36001 to reserve your Cunard Royal Spa & Fitness Centre experience.

All services in the Cunard Royal Spa and Fitness Centre are provided by The Onboard Spa Company, a subsidiary of Harding Brothers, UK.
the Cunard Royal Spa & Fitness Centre,
Innovative treatments, legendary service.