



Bringing luxury to the seas, Norwegian's Mandara Spa houses a unique, adults-only Thermal Suite experience. Utilizing both hot and cold spaces, the suite has been designed for ultimate relaxation and overall wellness.

Known as the *Roman Sequence*, the *Nordic Cycle*, or *Contrast Therapy*; hot and cold rotation is a mind-body experience that has been around for centuries. Transitioning from one temperature to another offers many health benefits—both physical and psychological.

- **INCREASES CIRCULATION** • **REDUCES INFLAMMATION**
- **BOOSTS IMMUNE SYSTEM** • **ENHANCES SLEEP QUALITY**

Additional advantages include lymphatic drainage, pain relief, mood improvement, increased concentration and an overall sense of peace.

Follow this sequence for maximum benefits: Hot, Cold, Relax, Repeat. This can easily be achieved using the map provided. Heat up in our Aromatic Steam Rooms, Saunas, or Hot Tubs; cool off in the invigorating Plunge Pools, then relax in our Thalassotherapy Pool or Thermal Suite Lounge.

Alternate between hot and cold as you move throughout the Thermal Suite. The heated treatment rooms provide a thermotherapeutic action that helps to eliminate toxins and create relaxation, while the colder experiences reinvigorate the body.

Continue with this sequence throughout your cruise and you'll leave refreshed, recharged and rejuvenated!



We recommend wearing a bathing suit and sandals.
Robes are provided.



ASK FOR THE 10-20-30 SPA PROMOTION

Relax and treat yourself to healthy indulgences. Book three signature services indicated with this symbol  and receive:

10% OFF	20% OFF	30% OFF
YOUR FIRST SERVICE	YOUR SECOND SERVICE	YOUR THIRD SERVICE

Please visit the reception desk for details.

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MANDARA
— SPA —

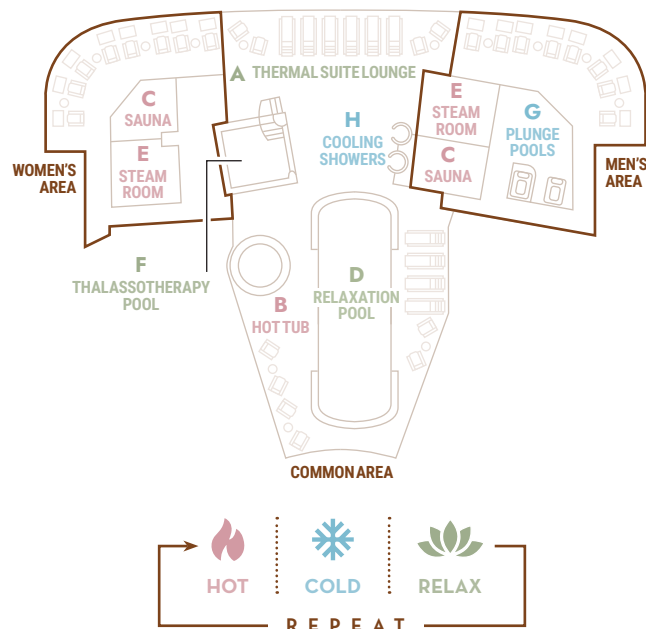
T H E R M A L S U I T E





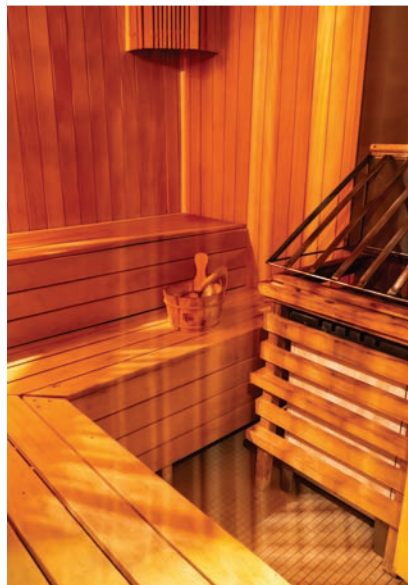
A THERMAL SUITE LOUNGE

Our expansive relaxation area soars above the ocean offering breathtaking views of the horizon and beyond. Recline in relaxing warmth as you lay back in one of our guest-favorite hot stone loungers.



B HOT TUB

Slip into the warm water and let the massaging jets relieve any built-up stress and tension. Guaranteed to leave you feeling fully rested and revived. Hot tub benefits include improved circulation and cardiovascular health. Take in the beautiful ocean views as you feel your worries melt away.



C SAUNA

(MEN'S AND WOMEN'S)

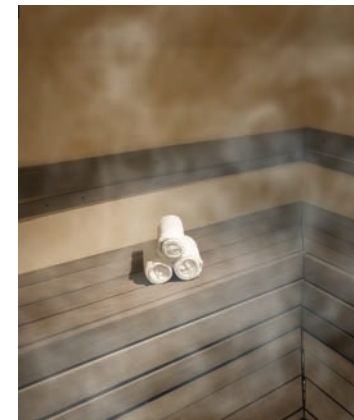
The Sauna will warm you up, and the low humidity is a stark contrast to our steam room. The benefits of dry heat include reduced blood pressure, anti-inflammatory effects, improved immune function and more.

Use the bucket to pour water on the rocks to humidify your session.



D RELAXATION POOL

Hydrotherapy has long been used to reduce anxiety, lower blood pressure, increase range of motion and more! The soothing saltwater will soften your skin while the heat relieves pain, relaxes muscles and improves sleep.



E AROMATIC STEAM ROOM

(MEN'S AND WOMEN'S)

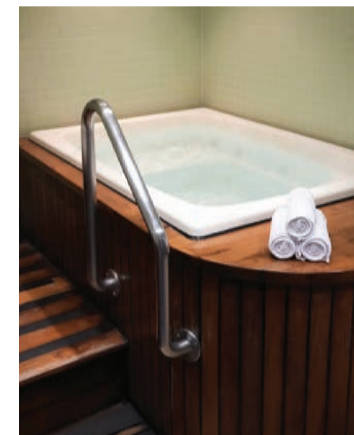
Our temperature-controlled steam room provides the relaxing warmth of plant-essence infused steam. It can help combat stress, clear congestion, improve skin health and even lower blood pressure.



F THALASSOTHERAPY POOL

(MEN'S AND WOMEN'S)

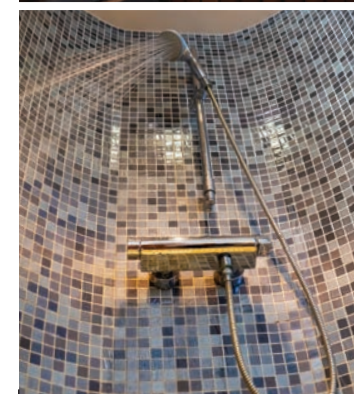
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G PLUNGE POOLS

(MEN'S ONLY)

Improve your health as you plunge into history—cold water immersion dates to 3500 BC! Our cold plunge tub uses powerful chilling and filtration technology to deliver a perfectly chilled and sanitized experience every time. Cold therapy is known to have lasting effects on mood, pain reduction, inflammation and sleep!



H COOLING SHOWERS

Experience the full Nordic Cycle when you cool off after a heated spa, steam room, or jacuzzi session. The invigorating sensation of cold water on the skin helps reduce body temperature and promote a sense of alertness and well-being.