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D E C K 5

MS EUROPA 2

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FACE

Choose the perfect facial treatment for your skin's needs from our varied range of options and enjoy the beneficial effects of our exclusive skincare products.

THE TREASURES OF THE SEA

THALGO has specialised in researching active marine cosmetics for more than 50 years. The skincare products developed in close partnership with dermatologists have exceptionally regenerating, moisturising and revitalising qualities and are absorbed and tolerated well by the skin.

THALGO
LA BEAUTE MARINE

EXCEPTION MARINE – FOR TIMELESSLY BEAUTIFUL SKIN

An extra-intensive, regenerating treatment with patented marine active ingredients. The face massage, bio-cellulose mask and wonderfully rich care leave skin feeling lifted and firmer.

Relaxation time: 75 min. € 168.00

ANTI-AGEING CONCEPT CARE WITH MARINE HYALURONIC ACID

The active complex of marine hyaluronic acid in this anti-ageing skincare treatment visibly smooths signs of wrinkles and gives you a more toned and youthful complexion.

Relaxation time: 60 min. € 128.00

SOURCE MARINE – DEEP OCEAN TREATMENT

This moisturising facial treatment based on powerful marine active ingredients leaves you with a fresh and radiantly beautiful complexion.

Relaxation time: 60 min. € 98.00

COLD CREAM MARINE – DEEP OCEAN TREATMENT

The rich microalgae oil and marine wax in this particularly beneficial treatment soothe, nourish and regenerate dry and sensitive skin.

Relaxation time: 60 min. € 93.00

OCEAN CARE MAN – DEEP OCEAN TREATMENT

It's a man thing: this treatment revitalises and refreshes the skin with extracts of blue and green algae to improve firmness, smoothness and elasticity.

Relaxation time: 50 min. € 88.00

OUR TIP

ADDITIONAL CLEANSING

For truly radiant skin, we recommend combining your treatment with additional cleansing.

Relaxation time: 20 min. € 25.00

OUR TIP

ULTRASOUND TREATMENT

Extend your relaxation time with a soothing ultrasound treatment.

Relaxation time: 20 min. € 29.00



BODY

Whether you choose an effective THALGO treatment or a traditional Hawaiian lomi lomi massage, you'll find everything your body needs to feel wonderful in our varied range of options.

MARINE CARE: THALGO ALGAE WRAPS

THALGO skincare products are popular worldwide thanks to their powerful active marine ingredients. The premium THALGO products bring protection and strength, making every treatment into an experience that is as effective as it is soothing for your body.

ALGAE WRAP

The freshly mixed micro-processed algae in this soft massage wrap have a detoxifying, neutralising effect and also stimulate the metabolism. The vitamins and minerals contained in the algae nourish the skin and tissue.

Relaxation time: 45 min. € 74.00

FRIGI WRAP

A cooling wrap with soothing extracts of algae, camphor and menthol to improve circulation, tone the body and help reduce fat. Targeted relief and revitalisation for tired, heavy legs.

Relaxation time: 45 min. € 60.00

SEA SALT SCRUB

The tingling mix of sea salt and pure algae has a remineralising and refreshing effect.

Relaxation time: 30 min. € 45.00

MASSAGES FROM AROUND THE WORLD

Whether you opt for a traditional Hawaiian lomi lomi massage, traditional Chinese medicine or Indian Ayurveda treatments: discover exotic methods of relaxation and well-being with our range of massages from all over the world.

POLYNESIA

This sensory compress massage combines traditional massage techniques with treasured products from the sea and exotic fragrances. The nourishing tiare flower oil will leave your skin with a soft and pearly shimmer.

Relaxation time: 75 min. € 146.00

LOMI LOMI MASSAGE

This traditional Hawaiian wellness treatment not only enhances your physical well-being but also strengthens the spirit with its flowing movements.

Relaxation time: 75 min. € 142.00

ABHYANGA – AYURVEDIC SOFT MASSAGE

The Abhyanga Ayurvedic soft massage with warm oil is one of the key therapies of the traditional Indian medicine known as Ayurveda and is used to regenerate and harmonise the body's energies.

Relaxation time: 75 min. € 142.00

SHIATSU/THAI MASSAGE

This classic of traditional Chinese medicine combines acupuncture pressure points, stretching and massage for a balancing effect and stimulation of muscles and joints.

Relaxation time: 75 min. € 138.00

HOT STONE

Hot basalt stones are applied to targeted energy points on the body to relax the muscles and bring peace and clarity to the mind.

Relaxation time: 75 min. € 115.00

FOOT REFLEXOLOGY MASSAGE

A foot massage can lead to lasting improvements in just about all parts of the body. This technique applies pressure to points on the foot, which are connected to certain organs and parts of the body through reflexology paths.

Relaxation time: 25 min. € 50.00

Relaxation time: 50 min. € 85.00

OUR TIP

LEMONGRASS FOOT MASSAGE

Treat yourself to a revitalising lemongrass foot massage and enjoy the soothing and refreshing sensation.

Relaxation time: 50 min. € 78.00

Our massages include 15 minutes of rest time at the end.

CLASSIC MESSAGES

Would you like to improve your overall well-being, concentrate on individual areas or keep up with your physiotherapy while on board? Our classic massages are sure to bring you the relaxation you need. And our younger guests are welcome to visit the children's and teens' spa.

SOFT MASSAGE

Relaxation from head to toe: decide which areas to focus on with your masseur and enjoy a world of deep relaxation.

Relaxation time: 50 min.	€ 86.00
Relaxation time: 80 min.	€ 129.00

AROMATHERAPY OIL MASSAGE

Enjoy and relax: With your chosen aromatherapy oil, your soft massage becomes an experience for the senses.

Relaxation time: 50 min.	€ 82.00
Relaxation time: 80 min.	€ 123.00

PART-BODY MASSAGE

Individual massage of shoulder, neck or back area, legs or arms – choose revitalising or activating to suit your needs.

Relaxation time: 25 min.	€ 49.00
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PHYSIOTHERAPY

During your time on board the EUROPA 2, you can of course carry out any physiotherapy courses you need with our trained staff on board.

Relaxation time: 25 min.	€ 52.00
Relaxation time: 50 min.	€ 98.00

LYMPHATIC DRAINAGE

Slow movements on the skin stimulate lymphatic circulation, remove retained water from the tissue and relieve obstructions.

Relaxation time: 25 min.	€ 50.00
Relaxation time: 50 min.	€ 94.00

CHILDREN'S AND TEENS' SPA

Would you like to enable your child to experience a soothing massage? Just get in touch – we welcome our younger guests aged eight and above for a tour of the OCEAN SPA, including a relaxing introductory wellness session.

YOUR EXCLUSIVE WORLD OF WELL-BEING

Relax and enjoy a private and exclusive area in the Personal SPA. Our Personal SPA area has its own sauna and whirlpool. The relaxed atmosphere invites you to day-dream with an ocean view. Spend your booked well-being session as you wish with a massage, body treatments or exotic spa rituals. We would be very happy to put together a special feel-good programme to suit your own individual requirements.

PERSONAL SPA – TIME OUT FOR TWO

Whether you bring your best friend or your partner, enjoy a couple of hours of wonderful calm together. A shared milk bath will prepare you for a relaxing soft massage. Follow this with a nourishing and intensely moisturising body wrap – a treat for all the senses. Whilst you relax, we will apply a moisturising mask to your face and neck area. The perfect finishing touch to your relaxation time comes in the form of champagne or an exotic fruit cocktail, an exclusive selection of chocolates and a variety of fruit.

Relaxation time: 4 hrs

p.p.€ 270.00

OUR TIP

PAMPERING SESSION FOR YOUR FEET

Unwind with a foot bath and exfoliation, followed by a soothing and stimulating foot massage to prepare for the next exciting walk on board or ashore.

Relaxation time: 50 min.

p.p.€ 80.00

FROM HEAD TO TOE

Whether you want a dazzling look for the evening or a classic French manicure, our experienced team is ready and waiting to thoroughly pamper you as you devote some time to your beauty.

EYEBROW AND EYELASH TREATMENTS

Eyelash tint	€ 21.00
Eyebrow tint	€ 20.00
Eyelash and eyebrow tint	€ 35.00
Eyebrow shaping	€ 16.00

MAKE-UP

Daytime make-up	€ 36.00
Evening make-up	€ 50.00

MANICURES

Classic manicure with hand exfoliation and massage.

Happy hands	€ 50.00
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PEDICURES

Classic cosmetic pedicure with exfoliation and foot massage.

Happy feet	€ 55.00
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VEGAN UV POLISH

The 100 % scratch-resistant and high-gloss nail polish lasts up to 14 days.

UV polish and manicure	€ 75.00
UV polish and pedicure	€ 70.00
UV polish removal: Gel colour	€ 19.00
UV polish application: Hands	€ 45.00
UV polish application: Feet	€ 49.00

OUR TIP

POLISH

Whether it's the latest on-trend colour or a classic look – your nails are sure to turn heads with a polish or French manicure.

Nails painted in colour of your choice	€ 16.00
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HAIR- DRESSING

Why not give your hair a treat too? Let our experienced hair stylists take care of everything as you enjoy some perfect pampering with exclusive premium products tailored to exactly what your hair needs.

A TRADITION OF EXCLUSIVE HAIRCARE

La Biosthetique Paris has been known for its premium products and services for decades: effective ingredients from nature come together with individual advice from the beauty specialists to create an exclusive hair experience that revolves around your beauty and well-being.

LA BIOSTHETIQUE®
PARIS

HAIRDRESSING FOR HER

Shampoo, set and blow-dry

Short	€ 41.00
Medium	€ 43.00
Long	€ 49.00

Shampoo, cut and blow-dry

Short	€ 66.00
Medium	€ 73.00
Long	€ 80.00

Conditioner	€ 8.00
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Intensive conditioning	€ 20.00
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Regrowth colour	€ 51.00
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Full-head colour

Short	€ 61.00
Long	€ 69.00

Full-head semi-permanent colour

Short	€ 56.00
Long	€ 62.00

Streaks/highlights

Half head	€ 65.00
Full head	€ 90.00
Streak per foil	€ 2.50 – 3.00

Updo

Short	€ 33.00
Long	€ 40.00
Fringe trim	€ 12.00

Hair straightening

Short	€ 17.00
Long	€ 24.00
Head massage	€ 15.00
Additional services, e.g. for extensions, surcharge	€ 10.00

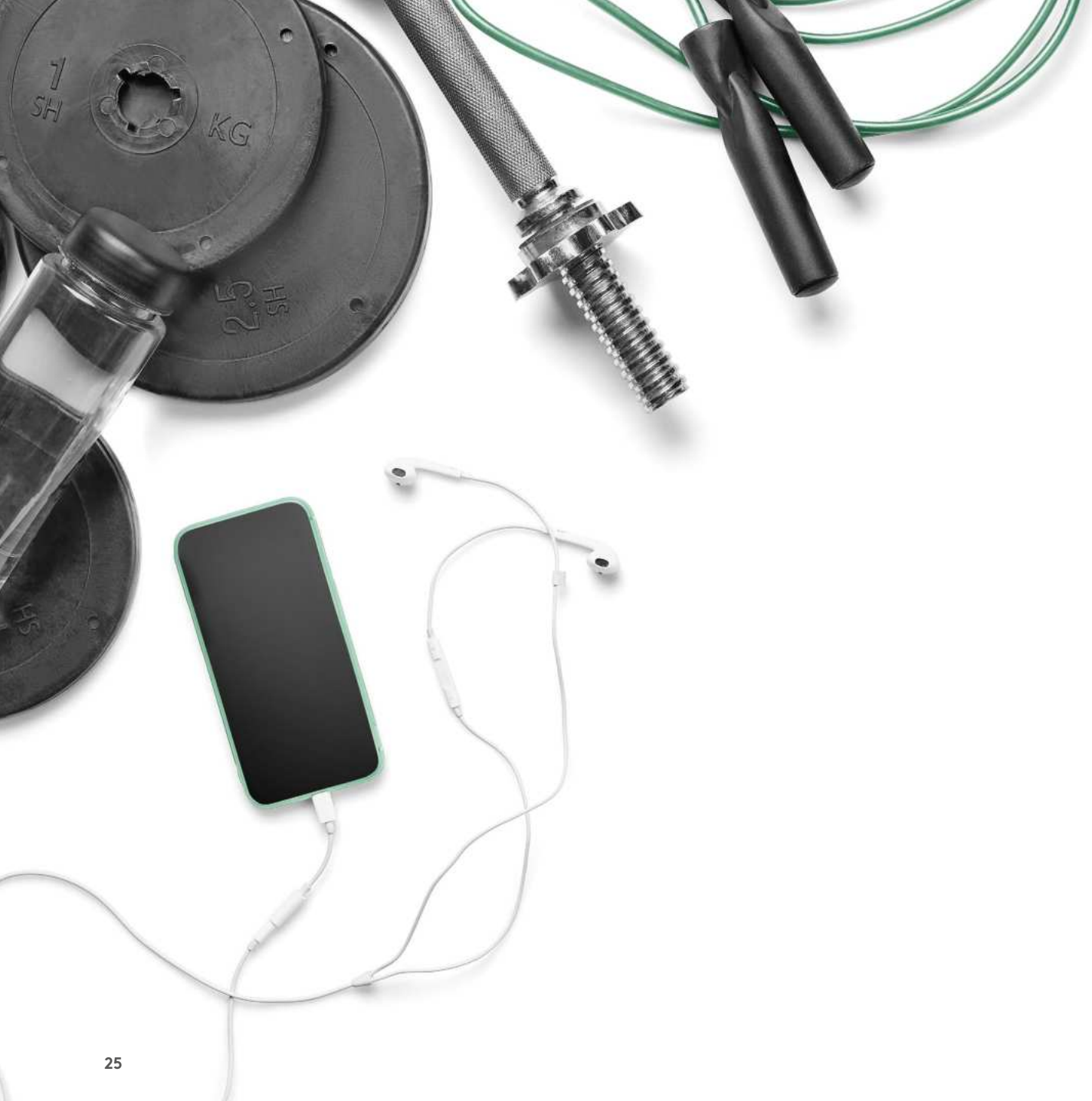
HAIRDRESSING FOR HIM

Shampoo and blow-dry	€ 31.00
Shampoo, cut and blow-dry	€ 49.00
Clipper cut	€ 28.00
Beard trim	€ 15.00
Colour	€ 40.00 – 50.00
Colour/beard	€ 20.00 – 25.00
Streaks/highlights	€ 45.00
Contour haircut	€ 20.00

OLAPLEX TREATMENTS

Olaplex Rebuild Treatment

Short	€ 27.00
Medium	€ 37.00
Long	€ 47.00
Colour enhancement treatment, basic price	€ 25.00
Surcharge per unit	€ 10.00



FITNESS

Relaxed or dynamic, traditional or innovative? Whatever style of fitness is for you, there are many different ways to be active on the EUROPA 2, thanks to the broad range of classes, high-end equipment and tailor-made fitness concepts.

OCEAN VIEW INCLUDED – YOUR WORKOUT ZONE

Your fitness session is always a pleasure on the EUROPA 2 – whether you're doing individual training on the state-of-the-art strength and cardio equipment or joining a group in one of our varied classes that allow you to wind down or work out as you please. On top of this, the amazing ocean view provides the best backdrop for your training.

FITNESS AREAS

Complete your workout in one of our classes in the group fitness area (Deck 5) and, if available, in the Studio (Deck 9) or individually on the modern cardio and strength-training equipment from Technogym – one of the world's leading manufacturers of top-class fitness equipment. Kinesis by Technogym is one of the most innovative pieces of equipment, giving you more than 200 different training options to choose from.

STRENGTH AND CARDIO EQUIPMENT

The following cardio and strength equipment is available: treadmills, cross trainers, stationary bikes, step machines, rowing machines, various Kinesis stations, chest press, leg press and adductor/abductor machines.

FITNESS CLASSES

You can look forward to an extensive range of indoor and outdoor sports classes.

OTHER FITNESS OPTIONS ON BOARD

Whether you choose a tailor-made fitness programme with your personal trainer, effective muscle building with miha bodytec or some relaxing time out in the sauna or whirlpool – there are even more ways to make your body feel its best on the EUROPA 2.

PERSONAL TRAINER

Use your time on board to achieve your own personal training goals under the guidance of your personal trainer. They will listen to your individual requirements, offering support and motivation during your workout sessions. Personal training may make use of the following equipment:

Kinesis walls and machines, TRX/Thera-bands, kettlebells, Flexi-Bar, balance pads, Blackroll/yoga equipment, medicine/exercise balls, dumbbell/barbell sets, Togu Jumper, Togu Aero-Steps

Personal training sessions can only be booked on board at a surcharge.

1x 30 min.	€ 45.00
1x 45 min.	€ 65.00
1x 60 min.	€ 85.00
1x 90 min.	€ 115.00
5x 30 min.	€ 195.00
5x 45 min.	€ 295.00
5x 60 min.	€ 395.00
5x 90 min.	€ 500.00

Our personal trainers are also happy to explain the equipment and how to use it, give you new ideas to help you with your training and lead workout classes. This service is of course available free of charge.

MIHA BODYTEC

miha bodytec is the innovative new development in the area of electrical muscle stimulation. Electrical impulses support muscle growth or fat reduction. A training session lasts around 30 minutes (putting on the EMS bodywear > getting used to the current > electrical impulses effectively 20 minutes) and can be booked for a fee. Please register with a personal trainer or at Reception.

1x 30-minute unit
(i.e. max. 20 minutes electrical impulses) € 50.00

SAUNA, STEAM BATH AND WHIRLPOOL

For your relaxation and well-being, there are four different saunas available on board the EUROPA 2: the Finnish sauna, heated to 90 °C; the revitalising Deep Ocean sauna, heated to 55 °C; the herbal sauna, heated to 65 °C; and the mineral steam bath, heated to 45 °C and with up to 100 % humidity.

COOL-DOWN AND RELAXATION AREAS

Here, you will find the tepidarium, which is kept at a temperature of 30 to 40 °C. There is also a whirlpool, an ice fountain and an outside lounge area measuring 170 m² (1,830 ft²).

TRAINING EQUIPMENT

Polar heart rate monitor watches and chest straps can be hired for a fee.

THE OCEAN SPA ABC

ADVICE OVER THE PHONE

We would be happy to advise you on our treatments by phone on 0500.

CANCELLING APPOINTMENTS

If you are not able to keep an appointment, please let us know three hours in advance if possible. Otherwise, we reserve the right to charge for the appointment.

CLOTHING

You are welcome to wear a bathrobe in the OCEAN SPA.

HEALTH CONDITIONS

If you suffer from high blood pressure or heart problems or have another physical condition, please inform the spa staff before the treatments or consult the on-board doctor in advance.

MOBILE PHONES

To guarantee a relaxing environment, we ask you to leave mobile phones and portable phones from your suite switched off when in the OCEAN SPA.

OPENING TIMES

The OCEAN SPA is open daily from 8.00 to 20.00 hrs. The sauna is open from 6.00 to 0.00 hrs. Please refer to the programme of the day for the opening times for the fitness studio.

PAYMENT METHODS

In the OCEAN SPA, you can use your on-board account card to pay for treatments.

SHOES

For your safety, you must wear suitable sports shoes when using the fitness studio or participating in classes.

SMOKING

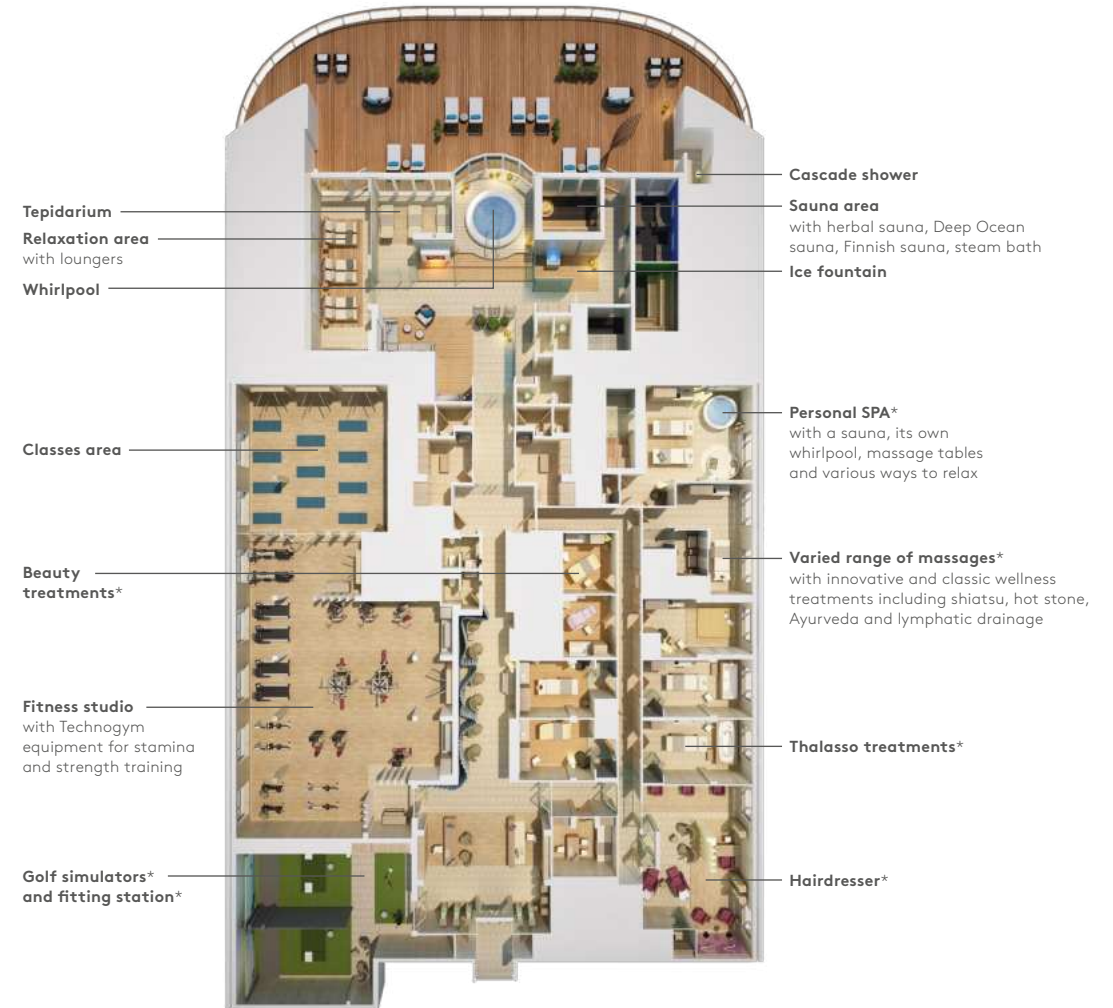
Smoking is prohibited throughout the entire OCEAN SPA and fitness area.

START OF THE APPOINTMENT

We recommend that you arrive at the Spa Reception ten minutes before your treatment. If you arrive late for your agreed appointment, your treatment time will unfortunately be reduced.

STEAM BATH, SAUNA AND WHIRLPOOL

Please always shower before using the steam bath, sauna and whirlpool.



* These services can be booked on board for an additional charge.

ARRIVE. RELAX. BE.

Pause for a moment, close your eyes and feel everyday life drift away effortlessly on board the EUROPA 2. Step into a world of well-being in the spa and fitness area on Deck 5, with more than 1,000 m² (10,764 ft²) entirely focused on your individual needs. Choose from the varied treatment options for your body, mind and soul, let yourself be thoroughly pampered and enjoy the luxury of devoting some time entirely to yourself.