

## Relax and Refresh at the Greenhouse Spa and Salon

Submitted by: HAL Activities Team



Take your relaxation to a new level at The Greenhouse Spa and Salon.

With the array of culinary options, exciting activities, spectacular shows and entertainment at your fingertips, it can be relatively easy to forget to relax on your cruise.

The best way to rejuvenate your mind, body and soul is to pay a visit to the shipboard Greenhouse Spa & Salon, arguably among the finest spas at sea.



Heated loungers in the Thermal Suite and the hydromassage pool make up the Greenhouse Retreat.

On most Holland America ships the spa experience begins inside the Greenhouse Retreat, a social relaxation center. Lie on a heated tiled lounge or immerse yourself in the hydromassage pool filled with calming ocean water heated to body temperature. The warm — not hot — temperature of the hydromassage pool allows you to stay immersed and enjoy the benefits of the jets longer than a traditional hot tub.

Step into one of the mild saunas or steam grottos to warm yourself to the core and enjoy a DIY exfoliating scrub to get your skin super-soft for the next port. Day and full-cruise passes to the Greenhouse Retreat are available.

The retreat is only the prelude of what's sure to be a memorable spa day at sea.

Expert massage therapists are on hand to soothe tired and sore muscles. Techniques from around the world offer guests once-in-a-lifetime experiences with treatments including the Precious Gem Massage designed especially to alleviate stress. Select from Sapphire, Ruby, Diamond or Emerald elixirs and emerge replenished. Are you enjoying a romantic getaway? Consider surprising your significant other with a couple's massage!

All ships have an acupuncturist onboard, stimulating acupoints with needles to alleviate pain, anxiety, arthritis and many other conditions.



Take in the view of the open ocean while you get a blowout!

Want to look your best for formal night? The Greenhouse Salon has a full menu of services. Head to the salon for a blowout or the Beautiful Hands and Toes 45-minute spa manicure and 55-minute spa pedicure! Rejuvenate your skin with one of the spa's signature facial treatments, using only premium-grade ingredients found in nature. The signature Elemis Oxydermy Facial fights lines and wrinkles in a relaxing treatment that will revive your skin and bring out a youthful glow. You can even have your hair colored and your teeth whitened (yes, really!) onboard.

Don't forget that the spa is for men and women alike. Those who let their beard get a little grizzly in the Alaskan wilderness might enjoy a the Elemis Pro-Collagen Grooming treatment with Shave or a MANicure to send them home refreshed.

The Greenhouse Spa and Salon is open from 8 a.m. until 10 pm throughout each cruise and closes at 8 p.m. the final sailing day. For a full list of treatments available [click here](#).

Are you ready to relax in the spa? What's your favorite spa treatment? Let us know in the comments below!

By: HAL ACCURATES TEAM



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June 11, 2015 at 10:13 am

Nuwan from Sri Lanka he is the best hairdresser Green House Spa

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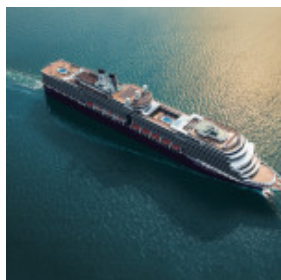
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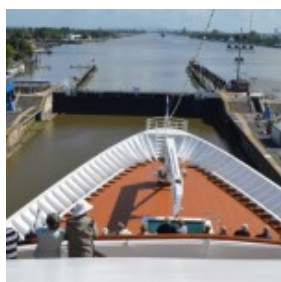
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