



*hera*  
WELLNESS ONBOARD

***BEAUTY TREATMENT***

***M/S SILJA SYMPHONY***

***M/S SILJA SERENADE***

***2014***



## FACE TREATMENTS

### CLEANSING FACIAL TREATMENT WITH MASSAGE

Facial cleaning, tonifying, peeling, mechanical cleaning, massage for face, neck and décolletage. Mask for eye area, face and neck. Eye contour cream and face cream.

55 MIN 65 €

### SPECIAL TREATMENT FOR COUPEROSE SKIN

Facial cleaning, gentle peeling, massage for face, neck and décolletage. Special calming couperosa skin serum and mask for face. Day cream. Eye contour cream.

55 MIN 65 €

### SEASONAL TREATMENT

Paraben-free seasonal oxygen treatment provides well-being and relaxation and meets the skin's requirements according to the season. Twice a year, Sothys develops a seasonal treatment package according to the season, in addition to regular skin care: in autumn, skin is tired and pallid, so the treatment includes truly cocoon-like substances, which nourish and smooth the skin, enrich the skin with oxygen and minerals. In spring, the harsh cold has left the skin needing more moisturisation, enrichment with oxygen and vitamins, so the treatment takes this into account. Quick seasonal treatment is a good change for regular care - it leaves the skin relaxed and fresh. Products also available for skin care at home!

55 MIN 65 €

### SPECIAL REFRESHING TREATMENT FOR MEN

Facial cleaning, peeling, massage for face and neck. Mask for face and neck. Day cream, eye-cream.

55 MIN 65 €

### FACE MASSAGE AND MASK

Facial cleaning, tonifying, peeling. Massage for face, neck and décolletage. Mask for eye area, face and neck. Eye contour cream and face cream.

25 MIN 40 €

### COLLAGENE HYALURONIQUE FACE AND NECK TREATMENT + BROWS

First patented anti-ageing Intensive Treatment, adapted to the real age of your skin according to your beauty therapist's expert diagnosis that determines the ageing grade. Immediate smoothness effect, nutrition and replenishment, visible firmness and elasticity improvement of the skin. Restores skin's immunity to actively protect it from the negative environment. Treatment with MASSAGE DIGIESTHETIQUE is more efficient and active substances are absorbed better. Brow dyeing and modelling.

90 MIN 95 €

### HYDRADVANCE – MOISTURISING FACE AND NECK TREATMENT + BROWS

The efficiency of the treatment is intensified by the Digi-Esthetique massage techniques and massage cream, which contains the new Boletus extract, patented by Sothys, which strengthens the defensive barrier of the skin, decreases signs of ageing and protects from free radicals. Already after the first treatment, the skin is revived and its "thirst" quenched! Brow dyeing and modeling.

90 MIN 95 €

## ESTHETICAL TREATMENTS

### DEPILATIONS for

- Shins

25 MIN 32 €

- Shins and thighs

45-60 MIN 57 €

- Bikini area

25 MIN 32 €

- Underarms

25 MIN 10 €

- Arms

25 MIN 32 €

- Back

25 MIN 45 €

- Facial area

20 MIN 10 €

## EYE TREATMENTS

### SPECIAL TREATMENT FOR EYE AREA

Prevents and reduces wrinkles, dark circles and swellings under eyes. Facial cleaning, peeling, massage and special mask for eye area, eye contour cream and day cream.

45 MIN 45 €

- Eyelash dyeing

25 MIN 15 €

- Eyebrow dyeing + modeling

25 MIN 15 €

- Eyebrow modeling

25 MIN 10 €

- Eyelash and eyebrow dyeing + modeling

45 MIN 27 €

### FEELIGOLD

Feeligold, the new effective and innovative skin care for men and women from Hera Salons.

If you need a pick you up or a fresh look, then pamper yourself with Hera Salons Feeligold patches.

Innovative patches consisting of gold-zinc oxide particles create a gentle micro-current on the skin – smooths facial skin and increases skin tone immediately. Feeligold is powerful, yet very gentle on sensitive skins. Designed for use with men and women in salons and at home.

40 MIN 40 €

### MAKE UP

30-45 MIN 30 €

## HAND TREATMENTS

### SPA MANICURE + VARNISHING

Peeling, mask massage, treatment, paraffin, hand cream, nail varnishing.

60-75 MIN 55 €

**MANICURE** - Peeling, treatment, hand cream.

30-45 MIN 30 €

**NAIL VARNISHING** with pedicure

10 MIN 7 €

**NAIL FILING + VARNISHING**

15 MIN 13 €

**MANICURE WITH LONG-LASTING GEL POLISH**

90 MIN 40 €

**GEL LAQUER REMOVAL**

15 MIN 10 €

**PARAFFIN TREATMENT FOR HANDS**

25 MIN 30 €

Peeling, mask, massage, paraffin on the hands, hand cream.

## FOOT TREATMENTS

### TREATMENT FOR TIRED FEET

Peeling, relaxing massage. Mask for tired and swollen feet, which improves blood circulation and lowers swellings.

45 MIN 45 €

### SPA PEDICURE

Softening treatment begins with feet peeling and is followed by mask, massage, paraffin and foot cream. On request footnails are vanished.

75-90 MIN 58 €

**PEDICURE** - Peeling, treatment, foot cream.

30-45 MIN 40 €

**NAIL VARNISHING** with manicure

10 MIN 7 €

**PARAFFIN FOOT TREATMENT** - Peeling, mask, relaxing massage, paraffin.

25 MIN 35 €





## BODY TREATMENTS

<b>CLASSICAL FULL BODY MASSAGE</b>	<b>55 MIN</b>	<b>55 €</b>
<b>BODY MASSAGE PEACE OF MIND (AROMA MASSAGE)</b>	<b>55 MIN</b>	<b>55 €</b>
<b>PERSONALISED 25-MINUTE MASSAGE</b>	<b>25 MIN</b>	<b>30 €</b>

Relaxing massage to your liking:

- Neck and shoulder massage
- Head and neck massage
- Foot massage

<b>BACK EXFOLIATION AND MASSAGE</b>	<b>45 MIN</b>	<b>50 €</b>
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Treatment begins with back cleaning and peeling, after that relaxing massage.

<b>FULL BODY EXFOLIATION (GINGER OR SALT)</b>	<b>45 MIN</b>	<b>50 €</b>
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Cherishing and gentle peeling with ginger balm. Ginger, sandalwood and cinnamon give you exciting feeling of pleasure. As a result of mechanical peeling skin stays soft and silky. Relaxing massage ritual. Ethereal oils of sweet orange, majonam and big lavender give wonderful feeling of pleasure.

<b>HANAKASUMI</b>	<b>90 MIN</b>	<b>75 €</b>
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A restoring and nurturing body ritual inspired by Japanese traditions. At the beginning of the treatment the entire body will be covered with a Cherry Blossom and Rice Powder Exfoliator, which will then be removed using soft exfoliating towels. The feet and the body will be massaged using Shea or Asian essences.

<b>ORGANIC BODY TREATMENT BEAUTY GARDEN</b>	<b>55 MIN</b>	<b>75 €</b>
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The new organic body treatment Beauty Garden by Sothys is suitable for everyone who wants to feel the great benefits of nature on their skin: by "waking it up" and offering the best that nature can give. At the exfoliation of the body, apricot seed powder is used, which removes dead skin cells, and organic sunflower oil that instantly makes the skin soft and silky. The treatment is followed by a 30-minute all-body massage with rich oils.

<b>PERSONAL SLIMMING BODY CARE TREATMENT + FREE FACE TREATMENT</b>	<b>90 MIN</b>	<b>75 €</b>
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Complete slimming body care treatment that cures all types of cellulite.

Exclusive body treatment program is effective and relaxing at the same time.

<b>SEASONAL BODY TREATMENT</b>	<b>55 MIN</b>	<b>75 €</b>
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Once a year, Sothys develops a body treatment with a new texture, aroma and colour, aimed at the real gourmet. Exfoliating syrup makes the skin smooth and glowing in an instant and the velvety moisturising massage syrup gives the skin a pleasant fragrance. The inspiring wellness body treatment entails body exfoliation and a relaxing all-body massage.

<b>MASSAGE WITH LAVA STONES</b>	<b>55 MIN</b>	<b>75 €</b>
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This ritual has come from Asia and is also ment for tshakras. During the massage the energy of hands is conveyed with the warm lava stones and the pressure is applied to the wholebody. Massage with lava stones harmonizes streams of energy and relaxes. This ritual really offloads the stress. Treatment is recommended after body peeling procedures!

<b>MASSAGE WITH LAVA STONES AND EXFOLIATION</b>	<b>90 MIN</b>	<b>120 €</b>
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Exclusive body treatment begins with body peeling which is followed by balancing massage with hot lava stones. This ritual comes from Asia and is also ment for tshakras. Hot lava stones are used to massage the whole body. You experience an incomparable enjoyment and relaxation, induced by a massage with hot volcanostones. This ritual really offloads the stress.

## BATH TREATMENTS

<b>MASSAGE AND BATH</b>	<b>55 MIN</b>	<b>50 €</b>
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It begins with luxurious bath treatment and goes on with relaxing body massage.

<b>BATH AND BODY SCRUB</b>	<b>55 MIN</b>	<b>50 €</b>
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Treatment begins with body peeling and goes on with luxurious massagebath.

## HAIR TREATMENTS

### HAIRCUT

- Wash - cut - hairstyle	<b>55 MIN</b>	<b>30-40 €</b>
- Hair granding	<b>30 MIN</b>	<b>25 €</b>
- Cut of bangs	<b>10 MIN</b>	<b>7 €</b>
- Children's haircut (up to 6 yrs)	<b>25 MIN</b>	<b>18 €</b>
- Girls (up to 16 yrs) wash - cut	<b>55 MIN</b>	<b>25 €</b>
- Boys (up to 16 yrs) wash - cut	<b>25 MIN</b>	<b>25 €</b>

<b>HAIR TREATMENT AND ORGANIC TREATMENT</b>	<b>45-55 MIN</b>	<b>30-40 €</b>
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<b>HEAD MASSAGE – wash, massage, blow-drying</b>	<b>30 MIN</b>	<b>25 €</b>
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<b>BLOW - DRY STYLING</b>	<b>25 MIN</b>	<b>20-28 €</b>
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<b>PARTY STYLING</b>	<b>45-55 MIN</b>	<b>42-52 €</b>
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<b>PERM+ HAIRCUT</b>	<b>100-120 MIN</b>	<b>95-122 €</b>
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<b>PERM + SOFT COLOURING + HAIRCUT</b>	<b>120-150 MIN</b>	<b>135-152 €</b>
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<b>HAIR DYEING + BLOW - DRY STYLING</b>	<b>55-120 MIN</b>	<b>65-95 €</b>
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<b>HIGHLIGHTS + BLOW - DRY STYLING</b>	<b>90-120 MIN</b>	<b>70-115 €</b>
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<b>HAIR DYEING (MULTIPLE COLOURS), HAIRCUT, STYLING</b>	<b>120-150 MIN</b>	<b>85-110 €</b>
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### FOR MEN

- Wash, head massage	<b>20-30 MIN</b>	<b>25 €</b>
- Wash - cut	<b>40 MIN</b>	<b>30 €</b>
- Wash – machine cut	<b>35 MIN</b>	<b>15 €</b>
- Scalp cure and treatment	<b>20-30 MIN</b>	<b>25 €</b>
- Style change	<b>55 MIN</b>	<b>33 €</b>
- Beard styling	<b>20 MIN</b>	<b>10 €</b>
- Hair colouring	<b>90 MIN</b>	<b>70 €</b>
- Hair stripes	<b>90 MIN</b>	<b>70 €</b>

DURATIONS OF TREATMENTS ARE TENTATIVE! FOR MORE INFORMATION OF TREATMENTS

PLEASE CONTACT HAIRDRESSER DECK 12 OR BELLAMARE ON DECK 5. PLEASE ARRIVE 5 MIN BEFORE TREATMENT STARTS!

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Bellamare hårvård på 12:e deck • Tel: 6234

Bellamare Beauty Center on deck 5 • Ph: 6976  
Bellamare Hair Treatments on deck 12 • Ph: 6234

Bellamare iluhooldused 5. tekil • Tel: 6976  
Bellamare juuste hooldused 12. tekil • Tel: 6234

Bellamare услуги красоты на палубе 5 • Тел: 6976  
Bellamare уход за волосами на палубе 12 • Тел: 6234

Bellamare Schönheitsangebote in 5. deck • Tel: 6976  
Bellamare Haarpflege in 12. deck • Tel: 6234



### HERA ONBOARD

m/s Silja S erenade • m/s Silja S ymphony  
m/s Baltic Queen • m/s Victoria I  
m/s Romantika • m/s Isabelle  
m/s Silja Europa

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