



MSC

EXCURSIONS

Discoveries designed for you



Destination **NOR**

Itinerary **USCT**

Ship **MSC PREZIOSA**

Departure port **Hamburg, Germany**

Departure date **29 August 2024**

Arrival date **8 September 2024**

Duration **10**



BALIN50 - BALINESE MASSAGE - 50 MIN

SPA PACKAGES

OUR SIGNATURE BALINESE MASSAGE, IS A TRADITIONAL INDONESIAN TECHNIQUE COMBINING ACUPRESSURE, DEEP TISSUE MASSAGE, AND AROMATHERAPY. IT PROMOTES RELAXATION, RELIEVES MUSCLE TENSION, AND RESTORES ENERGY BALANCE USING GENTLE STRETCHES AND FIRM PRESSURE. IT INCORPORATES ESSENTIAL OILS FOR A SOOTHING EXPERIENCE. BENEFITS INCLUDE STRESS REDUCTION AND IMPROVED FLEXIBILITY. *THIS OFFER IS NOT AVAILBLE ON OCEAN CAY.

Adult: € 95.00

Child: € 0.00



LAVA80 - LAVA STONE MASSAGE - 80 MIN

SPA PACKAGES

LAVA STONE MASSAGE USES HEATED VOLCANIC STONES TO PROVIDE A RELAXING AND SOOTHING EXPERIENCE. IT RELIEVES MUSCLE TENSION, PROMOTES RELAXATION, AND OFFERS A GROUNDING AND REJUVENATING EFFECT. OFFER IS NOT AVAILBLE ON OCEAN CAY

Adult: € 130.00

Child: € 0.00



REFLE50 - REFLEXOLOGY - 50 MIN

SPA PACKAGES

REFLEXOLOGY IS A HOLISTIC THERAPY THAT APPLIES PRESSURE TO SPECIFIC POINTS ON THE FEET, HANDS, OR EARS TO PROMOTE RELAXATION AND BALANCE WITHIN THE BODY. IT AIMS TO RELIEVE STRESS, IMPROVE CIRCULATION, AND SUPPORT NATURAL HEALING. *THIS OFFER IS NOT AVAILBLE ON OCEAN CAY

Adult: € 82.00

Child: € 0.00



MSC

EXCURSIONS

Discoveries designed for you



PTLG1017 - PERSONAL TRAINER PROGRAM

SPA PACKAGES

Book now and save 43% vs onboard price! Including: Duration: over 4 hours of sessions Thermal Area access for the duration of the cruise 1 Body Composition Analyser session 4 Personal trainer sessions - 1 hour each Personalised consultation with fitness trainers for best results Benefits: Aided by the latest tools, our trainers will provide highly accurate whole-body and specific measurements. After defining the best program for you, we'll teach you how to achieve your fitness goals so you can keep training and stay in shape while you're on holiday. This offer is not available on Ocean Cay MSC Marine Reserve

Adult: € 189.00

Child: € 189.00



BALI80 - BALINESE MASSAGE - 80 MIN

SPA PACKAGES

OUR SIGNATURE BALINESE MASSAGE, IS A TRADITIONAL INDONESIAN TECHNIQUE COMBINING ACUPRESSURE, DEEP TISSUE MASSAGE, AND AROMATHERAPY. IT PROMOTES RELAXATION, RELIEVES MUSCLE TENSION, AND RESTORES ENERGY BALANCE USING GENTLE STRETCHES AND FIRM PRESSURE. IT INCORPORATES ESSENTIAL OILS FOR A SOOTHING EXPERIENCE. BENEFITS INCLUDE STRESS REDUCTION AND IMPROVED FLEXIBILITY.*THIS OFFER IS NOT AVAILABLE ON OCEAN CAY.

Adult: € 123.00

Child: € 0.00



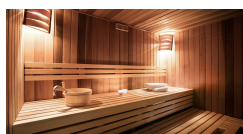
BAMB50 - BAMBOO MASSAGE - 50 MIN

SPA PACKAGES

BAMBOO MASSAGE USES HEATED BAMBOO STICKS TO PROVIDE A RELAXING AND INVIGORATING MASSAGE. IT HELPS RELIEVE MUSCLE TENSION, PROMOTE RELAXATION, AND IMPROVE CIRCULATION. *THIS OFFER IS NOT AVAILBLE ON OCEAN CAY

Adult: € 109.00

Child: € 0.00



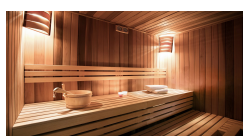
TA10LGCP - THERMAL AREA COUPLE CRUISE PASS

SPA PACKAGES

Discover a world of relaxation throughout your cruise within our Thermal Area containing heat and relaxation experiences.

Adult: € 258.00

Child: € 0.00



TA10LGSL - THERMAL AREA SINGLE CRUISE PASS

SPA PACKAGES

Discover a world of relaxation throughout your cruise within our Thermal Area containing heat and relaxation experiences.

Adult: € 172.00

Child: € 0.00



SWED80 - SWEDISH MASSAGE - 80 MIN

SPA PACKAGES

OUR SWEDISH MASSAGE OFFERS A GENTLE, SOOTHING APPROACH FEATURING LONG, FLOWING STROKES, KNEADING, TAPPING, AND STRETCHING. AIMS TO RELAX, ALLEVIATE TENSION, ENHANCE CIRCULATION, AND IMPROVE OVERALL HEALTH. THIS OFFER IS NOT AVAILIABLE ON OCEAN CAY.

Adult: € 109.00
Child: € 0.00



BAMB80 - BAMBOO MASSAGE - 80 MIN

SPA PACKAGES

BAMBOO MASSAGE USES HEATED BAMBOO STICKS TO PROVIDE A RELAXING AND INVIGORATING MASSAGE. IT HELPS RELIEVE MUSCLE TENSION, PROMOTE RELAXATION, AND IMPROVE CIRCULATION. *THIS OFFER IS NOT AVAILIABLE ON OCEAN CAY

Adult: € 137.00
Child: € 0.00

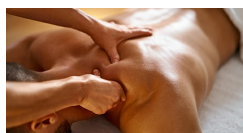


COUP50 - COUPLES MASSAGE - 50 MIN

SPA PACKAGES

THIS SHARED EXPERIENCE CAN ENHANCE RELAXATION, DEEPEN THE BOND BETWEEN THE PARTICIPANTS, AND PROVIDE A MEMORABLE WAY TO SPEND QUALITY TIME TOGETHER WHILE INDULGING IN THE THERAPEUTIC BENEFITS OF MASSAGE. THIS OFFER IS NOT AVAILIABLE ON OCEAN CAY.

Adult: € 171.00
Child: € 0.00

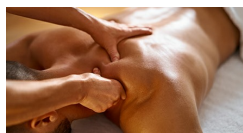


DEEP50 - DEEP TISSUE MASSAGE - 50 MIN

SPA PACKAGES

THIS MASSAGE OFFERS A THERAPEUTIC TECHNIQUE FOR DEEP MUSCLE RELIEF, USING FIRM PRESSURE TO ALLEVIATE TENSION, PAIN, AND IMPROVE RELAXATION. TARGETS CHRONIC ISSUES, EMPLOYS SLOW STROKES, DEEP PRESSURE, AND KNOT BREAKDOWN. *THIS OFFER IS NOT AVAILIABLE ON OCEAN CAY.

Adult: € 89.00
Child: € 0.00



DEEP80 - DEEP TISSUE MASSAGE - 80 MIN

SPA PACKAGES

THIS MASSAGE OFFERS A THERAPEUTIC TECHNIQUE FOR DEEP MUSCLE RELIEF, USING FIRM PRESSURE TO ALLEVIATE TENSION, PAIN, AND IMPROVE RELAXATION. TARGETS CHRONIC ISSUES, EMPLOYS SLOW STROKES, DEEP PRESSURE, AND KNOT BREAKDOWN. *THIS OFFER IS NOT AVAILIABLE ON OCEAN CAY.

Adult: € 116.00
Child: € 0.00



LAVA50 - LAVA STONE MASSAGE - 50 MIN

SPA PACKAGES

LAVA STONE MASSAGE USES HEATED VOLCANIC STONES TO PROVIDE A RELAXING AND SOOTHING EXPERIENCE. IT RELIEVES MUSCLE TENSION, PROMOTES RELAXATION, AND OFFERS A GROUNDING AND REJUVENATING EFFECT. OFFER IS NOT AVAILABLE ON OCEAN CAY

Adult: € 102.00

Child: € 0.00



COUP80 - COUPLES MASSAGE - 80 MIN

SPA PACKAGES

THIS SHARED EXPERIENCE CAN ENHANCE RELAXATION, DEEPEN THE BOND BETWEEN THE PARTICIPANTS, AND PROVIDE A MEMORABLE WAY TO SPEND QUALITY TIME TOGETHER WHILE INDULGING IN THE THERAPEUTIC BENEFITS OF MASSAGE. OFFER IS NOT AVAILABLE ON OCEAN CAY.

Adult: € 230.00

Child: € 0.00



SWED50 - SWEDISH MASSAGE - 50 MIN

SPA PACKAGES

OUR SWEDISH MASSAGE OFFERS A GENTLE, SOOTHING APPROACH FEATURING LONG, FLOWING STROKES, KNEADING, TAPPING, AND STRETCHING. AIMS TO RELAX, ALLEVIATE TENSION, ENHANCE CIRCULATION, AND IMPROVE OVERALL HEALTH. OFFER IS NOT AVAILABLE ON OCEAN CAY.

Adult: € 82.00

Child: € 0.00