Lotus Spa: Fit for a PRINCESS

After long periods in stressful environments, legend has it the lotus flower’s magical regenerative powers fully rejuvenate with its daily blossoming.

By Deborah Mangum Copelli

THE PLANT SYMBOLISES strength and rebirth, and you too can enjoy renewal and transformation of mind, body and spirit by setting sail on a cruise fit for a princess, with Princess Cruises and ‘come back new’.

It’s welcome aboard, and out of Sydney for 15 days return, of deep relaxation, exploration, adventure, education, fun and the opportunity to indulge all your senses. You can schedule everything from which to choose in the exciting ports of call. Your beauty, fitness and wellness regime can begin here, or you can delve deeper into your already healthy habits from home.

On this voyage we sailed north-east to the unique islands of PNG. We’re visiting Luganville and Vanuatu, or Vanua, New Caledonia, you can experience the soothing sensations, treatments and life-altering wellness programs at The Lotus Spa. Designed and developed by spa cruise specialists worldwide whose primary purpose is to read and review guest feedback and comments globally, Lotus Spa is ever-evolving, delivering innovative techniques and technology.

Today, Lotus Spas are the number-one cruise ship brand, where Steiner Leisure trains all staff to a consistent standard. Incorporating fitness, yoga, medi-spa, skin care, salon services, wellness, and traditional Chinese medicine with herbs and acupuncture, solutions are offered for every body and every need on board. From the time you wake for a stretch class at 7 am, abs at 7.30, and then a full workout in the newly fit-out gym, you are supercharged for your day. Popping into a “Detox for Health Energy and Weight Loss” seminar at 11 am, sets you on a wellness course initiating a routine unsurpassed by anything, on this floating destination health farm.

Scheduling treatments in between all the lectures and seminars can be challenging at best, but I managed to find the time. The “Anoma Spa Seward Massage” was my first pick as it uses a detoxifying and exfoliating seaweed and essential oil full body wrap to decongest, ease muscle pain, fatigue and spasms. Focusing on stress points in your body and incorporating a relaxing head and foot massage, my South African therapist, Lauren, sent me into a total rescape.

Still feeling the spa afterglow, I found myself gliding into the “Walk in Comfort and Improve Posture with Good Feet” seminar where my foot imprint indicated that I wasn’t as grounded as I’d previously thought. This is mostly due to the introduction of shoes. Ironic as it might seem, I noticed that the shoe-free, indigenous people of PNG had significant toe spread, allowing their bare feet to grasp the earth securely. Perhaps a new treatment will emerge—“Earth Walking”—where we can retrain our fragile feet to enjoy terra firma once again.

Over the course of this 15-day getaway there were more than 15 45-minute seminars you could attend. Presented by the spa staff of experts in each field, the acupuncturist spoke on “Acute & Chronic Pain Management” where she “needled” in on specifics like migraine, arthritis, knees, back and shoulders, to name a few. She also prescribed Jou, organic Chinese herbal medicine, to compliment her treatments. Jou is a mantra meaning “to heal the body through repetitive use.”

Dr. Nancy Rondon, the South American medi-spa expert, lectured on her treatment portfolio of Thermage, Restylane and Dysport, where the Princess tagline, “come back new” had an even fresher meaning. What a perfect place to have these facial enhancements performed, where your recovery time is neatly compacted into your rejuvenating holiday— confidentiality at its best!

Complimentary consultations were available throughout the course with all the different therapists’ modalities, like leonthermie for the body, and Bioact, for the face. And each time you wandered up to the forward deck 15 Spa, where the views were superb, you could reward yourself with a five-minute shoulder and neck massage, freely administered by the many bodywork professionals. At one point there was an eager queue to avail themselves of this generous offering; spa director, Laura, said it really inspired guests to book in for full treatments. Sampling really does sell,
in the quiet, peaceful surrounds of "The Sanctuary" adult-only relaxation area. Here, your every need can be catered to while you lounge on extra plush chairs and Serenity Steward attendants serve healthy spa cuisine and beverages to soothing spa music. You can even have a massage in a private cabana if you so desire.

Better than being on land, your gentle five-star ocean spa experience is made complete with hair and nail salon specialties like the Fire & Ice Manicure/Pedicure. This little nail-time pleasure included an aromatic sea salt arm and hand exfoliation, therapeutic cooling gels and the heated warmth of an essential oil massage that was beyond wonderful. With the added heat from the smooth basalt stones used in the massage, this manicure really topped the charts for luxury.

The choice is yours at Lotus Spa on board Princess Cruises. You can fill your day and evenings with relaxation, beauty and wellness while traveling global horizons. With the natural environment of the salty sea air, and the comforting motion of the waves beneath, together with exciting ports of call, you can be transported into a world of your own royal reality. With all sailings out of Australia and the South Pacific, you can enjoy being fit and fabulous aboard a cruise ship designed for a Princess.

Deborah Mangum-Copelli, BA, MA, DipPsychClinHyp, PractNLP, is Managing Director of Mind Wellness Pty. Ltd., a psychotherapy, NLP, guided meditation, coaching and hypnotherapy company. Email deborah@mindwellness.com or visit http://www.mindwellness.com

especially when you have a captive audience.

After my Biotec consultation, I wanted to know more about this multi-tech innovation just launched on Australian cruise ships. Biotec is a fusion of active cosmeceutical ingredients, therapist's touch and a trolley-top machine that delivers ultrasonic and galvanic micro-current, light therapy, oxygen infusion and steam. These Biotec facials include: Radiance and Renew, Lumi Eraser, Skin Resurfacer, Firm-a-Lift, Blemish Control, Super-Charger for Men, Anti-Pigment Brightener, and my choice, the Sensitive Skin Soother. In keeping with the flowing and glowing hot, humid tropical theme, this facial was an anti-redness treatment designed for smooth sailing. Using oxygen infusion and calming anti-oxidants, it encouraged cellular restoration and improved skin damage repair. Red light therapy was used to calm areas of inflammation and the overall result was clean, calm and relaxed.

With total wellness top of mind about Princess, I was delighted to learn that Steiner Leisure-trained spa staff work as a cohesive and coordinated team, supporting each other's expertise and crossing over to refer clients with particular problems and concerns. Case in point, I was attending a "How To Increase Your Metabolism" seminar led by Sam, where he very scientifically explained how to increase the alkalinity in your body, build muscle, and eliminate bad fats in your diet. With many regular cruise-goers overweight and suffering from type 2 diabetes and all the complications that go along with this disease, they were desperate to try alternative solutions to the standard western medical protocols. Sam went on to explain how cancer and disease can't survive in an alkaline environment; hence, move your internal pH from acid to alkaline with very easy dietary changes. Basically, you want to attain about 7.365 pH daily, so increase your leafy greens and veg, eat more citrus, algae and probiotics and cut way back or eliminate animal fats altogether. Here's a great little article with a basic healthy plan. https://draxe.com/balancing-act-why-ph-is-crucial-to-health/

From that lecture, one of the Ionithermie therapists, Briony, took over to address the many attendees suffering from lower leg and ankle edema, as well as bloating and excess water retention. An unsolicited guest raised her arm exclaiming she had lost over eight inches around her waist in one treatment and she was back for more. Focusing on internal detoxification through diet, exercise and alkaline-based supplements is recommended by Lotus Spa. The Ionithermie treatment addresses external tissue detox by dry body brushing, an application of seaweed and red algea body masks and clays, using essential oils of juniper and lemon along with its electro muscle stimulus, to get your metabolism moving and kick-starting your lymphatic system into action.

For my mental detox, there was a mindful yoga, pilates or stretch class I could take in daily as well. The only time I really needed to leave the spa was for the occasional meal or two. And Lotus had me covered for this as well,