

Celebrity **X** Cruises®

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The Relief You Deserve
PAIN MANAGEMENT AND COMFORT

the spa

Discover a pathway to a
BETTER YOU.

What is pain? Pain involves a complex interaction between specialized nerves, your spinal cord, and your brain. There are two major categories — acute and chronic. Pain varies from person to person and can be both physical and emotional. It occurs when nerve endings are stimulated as a result of damage to your body tissues or disruption of the nerve itself. Pain is your body's way of alerting you to danger and letting you know what is happening to your body. It can affect any part.



“Movement is
the universal
language
of personal
freedom.”

—LOUIS CHEVROLET

PAIN — HOW CAN WE HELP YOU TREAT IT?

Our pain experts are available to address your discomfort and concerns while offering a selection of drug-free, noninvasive onboard therapies that span from acupuncture treatments to massage and wellness classes.

ACUTE VS. CHRONIC PAIN: IDENTIFYING THE ROOT OF THE PROBLEM.

According to the Cleveland Clinic, acute pain is a temporary condition that comes on suddenly and is caused by something specific (oftentimes sharp in quality), whereas chronic pain is ongoing, remaining active in the nervous system usually for longer than six months.

Causes for acute pain include:

- Surgery
- Broken bones
- Dental work
- Burns or cuts
- Sports injuries

Chronic pain is linked to conditions that include, but are not limited to:

- Headache
- Arthritis
- Nerve pain
- Back pain
- Fibromyalgia pain
- Sciatica

Source: The Cleveland Clinic Foundation. This information is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition

PAIN MANAGEMENT THERAPIES

Acupuncture

A safe, natural way to treat an extensive list of symptoms and conditions, including acute and chronic discomfort such as sciatica, joint, muscle and arthritic pain. Acupuncture is a form of traditional medicine in which thin needles are inserted into the body to stimulate endorphins – the body’s natural production of anti-pain chemicals, increase circulation, and interrupt the neurotransmission of pain.

First Acupuncture Session | 50 min

Additional Sessions | up to 45 min

Electroacupuncture

Combines acupuncture with a TENS Unit (transcutaneous electrical nerve stimulation), which uses electrodes to stimulate the nerves in an affected area. The electric pulses send a message to the brain that blocks pain signals. Electroacupuncture should not be used on guests who have a history of seizures, epilepsy, heart disease, strokes or on patients with pacemakers.

Cupping

A traditional form of alternative medicine, using a fire-free cupping technique in which special cups are placed on the skin to create suction used to move long-standing congestion, eliminate chronic inflammation, and assist in the restriction of movement.

ELEMIS Aroma Spa Seaweed Wrap with Massage

The power of aromatherapy is combined with the riches of the ocean in this deeply warming treatment. A heated seaweed mask containing a blend of essential oils is applied to the body before being cocooned in a wrap. As the mind relaxes, the natural ingredients will detoxify, decongest and stimulate the body. Treatment includes half or full-body massage.

75 min or 100 min

R3 Pain Management Therapy — Relax, Repair, Relief

Inspired by the benefits of cryotherapy, the power of “cold therapy” is reimagined, reducing inflammation and swelling that causes pain. Comforting heat therapy uses targeted salt stone massage to relax and soothe muscle tension for a dynamic pain relief treatment. Highly recommended for back pain, joint stiffness, tired or aching muscles that can provide effective and immediate relief.

90 min

MindSet Guided Meditation

Find your Zen by joining a guided meditation designed to help balance the emotional, physical and psychological challenges endured on a daily basis for a calm, peaceful state.

30 min

HERBAL PAIN RELIEVERS

Herbs are integral to traditional Chinese medicine and have been used for thousands of years to help with pain conditions. These three herbal remedies can assist with pain:

JOU® Back and Knee Formula; JOU® Joint Remedy; JOU® Ache Ease, a general herbal painkiller.

In addition to these capsules, menthol and camphor products are available for external application and can provide instant relief. Instant Refreshing Gel is among the most sought-after products to address pain onboard. Consult a certified pain professional for pain relief recommendations.

Good Feet® Footprint Analysis

These custom arch support insoles are designed to help reduce foot, leg, back and hip pain. A range of styles and sizes allows guests to be fit with the individualized supports that meet their needs, foot type, shoes, lifestyle and overall comfort. Please see your onboard personal trainer for a complimentary consultation and fitting.

NormaTec® Recovery

Using NormaTec leg pulse technology, this unique recovery system helps increase circulation and decrease inflammation to enhance recovery time.

30 min

Functional Stretch

With the advanced benefits of Hypervolt vibration therapy, this personalized stretch session is designed to open up all major muscle groups and works to help relieve the muscles while supporting the joints. Includes postural analysis.

45 min

