CLOUD SPA. As you head for the clouds, let us introduce you to a world of mystery intertwined with an element of fantasy. Beautifully simplistic yet magically delightful, Cloud 9 is an experience that encourages you to frolic in frivolity and witness the wonder of this extraordinary occasion. You will instantly become immersed in the magic of Cloud 9 and discover how naturally your imagination comes to life when creativity and self-exploration are freed from practicality. There is no whim or desire that we cannot entertain. The sky is always the limit on Cloud 9!

Triple Your Indulgence

We recommend you enrich your day spa experience by choosing three of your favorite signature treatments, indicated with a for symbol.

10% OFF your 1st signature treatment

20% OFF your 2nd signature treatment

30% OFF your 3rd signature treatment

SAVE UP TO \$155!

Treatments may not be divided among multiple persons. All treatments must be booked and paid for in advance. Offer subject to availability and may not be combined with other discounts, including value pricing.



Thermal Suite

A passage toward ultimate relaxation, spend the day in the different herbal steam and sauna grottos that cleanse the body with gentle heat.

For extra sensory
perfection try the DIY Scrub Experience,
a custom-designed body
polish to slough away dead skin
before relaxing on
the heated chaise lounges.

Purchase passes for the day or cruise.



Get 10% OFF most treatments at select times with our value pricing!

Value prices listed, visit spa for details.

Spa Favorites

Below is a sampling of our most blissful services which come highly recommended. For a complete listing of services please refer to our full brochure which can be found in your stateroom or at the spa reception.

FACIALS

ELEMIS OXYDERMY FACIAL

ELEMIS TRI-ENZYME RESURFACING FACIAL

Aromatic plant enzymes gently remove surface layers. Can resurface the skin up to 75% and leave the skin up to 32% smoother. 50 minutes standard \$125 ... value \$112

ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL

MASSAGE

ELEMIS AROMA STONE THERAPY

Warming and healing. This deeply warming and nourishing treatment includes a seaweed wrap containing a warming blend of essential oils, a scalp and foot massage, along with a full or half body massage.

50 minutes	standard	\$149	value \$135
75 minutes	standard	\$195	value \$176

THAI HERBAL POULTICE MASSAGE

BAMBOO MASSAGE

Revive your senses in a new and innovative way. Warm bamboo shoots and fragrant oils slide, roll, and massage your muscles into pure bliss.

50 minutes	. standard	\$159	value \$143
75 minutes	standard	\$199	value \$178

BODY THERAPY

ELEMIS AROMA SPA SEAWEED MASSAGE

Detoxifying, warming and nutritious. This deeply warming and nourishing treatment includes a seaweed wrap containing a warming blend of essential oils and a full or half body massage. 75 minutes ________ standard \$195 ... value \$176 100 minutes _______ standard \$259 ... value \$233

ELEMIS ABSOLUTE SPA RITUAL

Top-to-toe indulgence. This wonderfully relaxing ritual will delight you from the soles of your feet to the tingling top of your scalp. Combining the Elemis Pro-Collagen Quartz Lift Facial for skin vitality with our sublime Elemis Deep Tissue Muscle Massage, this ritual will refresh your spirit and strengthen your vital energies. 100 minutes standard \$265 ... value \$238

IONITHERMIE CELLULITE REDUCTION PROGRAM

MEDI-SPA

Now you can return home from vacation completely refreshed with our safe and effective Medi-Spa Cosmetic Treatments available onboard. In just minutes you can expect amazing results without any downtime. Contact the spa for a free consultation.

RESTYLANE® AND PERLANE® DERMAL FILLER TREATMENTS

Restore your youthful radiance in just minutes. Made of hyaluronic acid, a naturally occurring substance in the skin, Restylane® and Perlane® restore youthful contours to the skin and reduce the signs of aging. Results are instantaneous and typically last up to six months or longer.

BOTOX® COSMETIC AND DYSPORT™ WRINKLE TREATMENTS

Give your skin the gift of youth. Made of a purified protein, both BOTOX® Cosmetic and DYSPORT™ are safe, FDA approved, nonsurgical treatments that focus on the upper face. Treatments reduce the appearance of wrinkles, resulting in a refreshed and youthful appearance. Results are visible within days and typically last up to four months.

MEN'S SERVICES

ELEMIS PRO-COLLAGEN GROOMING TREATMENT WITH SHAVE

ELEMIS SKIN IQ FACIAL

SUITE-NESS!

VILLA MASSAGE AND BATHING RITUAL

COUPLES MASSAGE

Romantic relaxation. Enjoy a massage together in an intimate and romantic setting. All couples massages are available in 50, 75 or 90 minute options from \$269

SALON SERVICES

KERATIN COMPLEX SMOOTHING THERAPY EXPRESS BLOW OUT

PHYTO CONDITIONING TREATMENTS

A spa treatment for the hair. Nurture hair and scalp with powerful botanical blends which nourish and protect the hair. Thirst Quencher, Botanical Bliss, or Rescue Remedy.

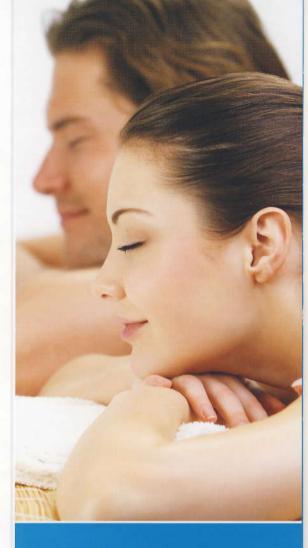
30 minutes / \$49 Color Guard 15 minutes / \$29

FIRE AND ICE MANICURE / PEDICURE

14 DAY NO CHIP MANICURE / PEDICURE

Long wearing color with a perfect finish. No drying time! No chipping! No smudging! Have gorgeous nails your entire cruise manicure 25 minutes / \$45 pedicure 45 minutes / \$59

GO SMILE TOOTH WHITENING



Couples Spa Villas

Steal away to one of our spa villas with a loved one and enjoy your service side by side, from \$269.

TRY OUR FAVORITE COUPLES SERVICES:

Couples Elemis Aroma Stone Therapy
50 minutes or 75 minutes

Couples Elemis Exotic Lime & Ginger Salt Glow 50 minutes or 75 minutes

Couples Bamboo Massage 50 minutes or 75 minutes

Couples Thai Poultice Massage 75 minutes

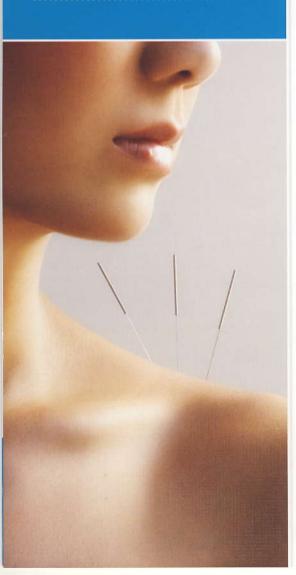
Couples Villa Massage & Bathing Ritual 75 minutes



Acupuncture

Try this traditional Chinese medicine to relieve a variety of symptoms. Onboard acupuncturists are certified to safely treat a wide variety of conditions such as:

> Allergies, Anxiety, Arthritis, Bone Pain, Crohn's Disease, Chronic Fatigue, Cold / Flu, Constipation, Diarrhea, Dizziness, Fatigue, Fibromyalgia, Gastritis, GERDs, Headaches, IBS, Insomnia, Joint Pain, Nerve Pain, Rhinitis, Sciatica, Sea Sickness, Sinusitis, Smoking Cessation, TMJ, Weight Issues, and more.



FITNESS

BODY SCULPT BOOT CAMP

Perspiration quaranteed! Boot camp is a blood pumping, throat clearing, endorphin releasing reason to get out of bed everyday. You will also receive a complimentary Metabolism Test. 4 sessions / 30 minutes each / \$120

INDIVIDUALIZED PERSONAL TRAINING

It's all about you. Find out what exercises work best for your body when our fitness profes-

RESULTS-BASED TRAINING (RBT)

Science fact. Not science fiction. RBT is a scientifically backed functional fitness program designed to get you maximum results in minimum time. Big compound movements with a continuous flow of exercises keeps the blood circulating for the entire workout.

...... one session / 30 minutes / \$45 3 sessions / \$99

NUTRITIONAL CONSULTATION

A custom plan for your new lifestyle. If you are ready to enhance your well-being with a sensible diet and exercise program, our fitness professionals can provide the in-depth, personalized

METABOLISM TEST

Every journey has a starting point - find yours. By using our Body Composition Analysis device, our fitness professionals will determine your body fat percentage, rate of metabolism and water retention level and then compare the results to the percentage recommended for you.

In addition to our complimentary exercise classes available onboard, we also offer 45 minute specialized Tour de Cycle, Pathway to Yoga and Pathway to Pilates classes. Visit the gym for the class schedule.

Cloud 9 information

Satisfaction Guarantee Policy

We pride ourselves on enriching the lives of all our guests with premium treatments that nurture wellness on every level. If our staff does not meet your service expectations during your treatment we will offer an alternative service or if preferred, we will issue a refund.

Value Price

During your cruise the spa will offer value prices for certain services at specified times, allowing you to experience luxury therapies at a valued price. Check your daily program for details.

Nurture Your Experience

We recommend that you arrive 15 minutes prior to your treatment so you can focus your mind on relaxation. To ensure you don't forget any personal items of value, we suggest leaving them in the safety deposit box in your stateroom.

Cancellation Policy

Please give us 24 hours notice before canceling your appointments or your onboard account may be charged with 50% of your treatment cost.

Guests must be at least 18 years of age to receive treatments or utilize spa facilities unless participating in the YSpa program. Salon services are available to guests of all ages. Fitness facilities are available to minor guests when accompanied by an adult. Please see restrictions posted outside the Fitness Center.

Product Return Policy

Refunds are offered for all unopened products when accompanied by a receipt and returned by the end of the cruise. Unopened products without receipts can be exchanged for either services or products.

timetospa at home

Relaxation is achieved through daily practice. Your therapist will be happy to recommend a home care regimen to continue your treatment at home. For more information on our services or products visit www.timetospa.com or call 1-800-423-5293 to order.

*Occasionally, for reasons beyond our control, your treatment selection may not be available. For your convenience, a 15% gratuity charge will automatically be added to your spa and salon services.