




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  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

**Collagen boosting, oxygen infusing and dead skin removing.** Like a total skin over-haul, Elemis Oxydermy lessens the appearance of fine lines, scars, sun damage, age-spots and blemishes. 50 minutes ..... standard \$169 ... value \$152

### 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

**Slows visible signs of aging.** Proven to reduce wrinkles by up to 94% and improve skin firmness by up to 57% with quartz micro-crystals and the antioxidant properties of precious minerals. 50 minutes ..... standard \$145 ... value \$132

## 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

**Aromatherapy, soothing, and de-stressing.** This energizing, rhythmic massage utilizes scented herbal poultices that are heated and applied to the body at pressure points to release tension. 75 minutes ..... standard \$195 ... value \$176

### 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

**Slimming and detoxifying.** This treatment is ideal for both women and men looking for body corrective therapy. Ionithermie can effectively reduce the appearance of cellulite, firm and tone the skin, cleanse the body, and promote inch loss in just one session. 50 minutes ..... standard \$159 ... value \$143



## 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

**Smooth, sensuous and practical at the same time.** This shave of all shaves nourishes and nurtures men's skin, ingrown hairs and shaving induced skin irritations - includes a facial, shave and hand & arm massage. 55 minutes ..... standard \$95 ... value \$86

### ELEMIS SKIN IQ FACIAL

**Protects against the harsh effects of shaving and the environment.** Active ingredients have been clinically trialed to increase moisture levels by 28%\* after just one treatment. 50 minutes ..... standard \$119 ... value \$107

## SUITE-NESS!

### VILLA MASSAGE AND BATHING RITUAL

**Intoxicating and indulgent.** Enjoy a deeply relaxing Couples Massage as you lie side by side in the privacy of our exclusive Villa Suites, and then immerse yourself in a warm, relaxing Bathing Ritual that will enhance this special occasion ..... 75 minutes / \$329

### 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

**Say goodbye to frizz in just one hour.** This specially formulated revitalizing and rejuvenating treatment for the hair eliminates frizz and lasts up to 6 weeks. And you can wash your hair just 8 hours after treatment ..... 60 minutes from \$149

### 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

**Ice-hot luxury for hands and feet!** Imagine a gorgeous massage with hot stones and cooling potions, combined with skin-smoothing exfoliation and the most perfect manicure and pedicure ever ..... manicure 45 minutes / \$50 ..... pedicure 60 minutes / \$70

### 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

Upgrade any nail service with the 14 Day No Chip Add-On..... \$25

### GO SMILE TOOTH WHITENING

**A younger, radiant, confident smile.** Safe and effective tooth whitening that will quickly take your smile from dull to dazzling – brightens up to 6 shades ..... 30 minutes / \$149



## 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 Poulitice 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 guaranteed!** 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 professionals design a workout suited to your specific needs ..... 60 minutes / \$85

### 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 information you need to get started ..... 60 minutes / \$85

### 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.  
..... 30 minutes / \$35

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.

### Minimum Age

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](http://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.