



What's Inside? Our Favorites.

facials

Results-Focused Indulgence!

body

Massages & Body Tune Ups

wellness

Integrative Health
& Age-less Enhancements

beauty

Coif Your Hair. Shape Your Brows.
Treat Your Hands. And Smile More.



Vitality at Sea Spa & Fitness

VitalitySM

These are a few of our favorite things!

With so many gorgeous spa treatments to try while you are onboard, we understand that the decision-making process isn't always that simple. Then again, you really can't go wrong with any of our treatments — they are all amazing — but if you want the inside scoop on our absolute “must tries,” we are dishing all with this quick guide to the most popular pampering in Vitality at Sea Spa. Here, you will find the spa services that have become favorites among guests, along with some other treatments you probably didn't know were available — until now. **Enjoy!**

Love Your Face Therapies

24 Karat Gold Facial

All that glitters is gold! If your skin could use the golden touch to restore its youthful luminosity, this most opulent of facials uses an alchemy of expert touch, medicinal plants, Rose Quartz and a pure 24 Karat Gold Leaf mask to bring about miraculous results. The time-tested properties of gold are electrifying, speeding up cell renewal through its powerful magnetic forces while evoking a brighter and more clarified skin texture and complexion. Worth its weight in gold? Absolutely.
75 minutes

Elemis Oxydermy Facial

Softens blemishes and lifts aging skin. Give your skin what it has been craving. Now you can fight lines, wrinkles, spots and get the radiant glow that's been eluding you. Let us pamper your skin with our new cutting-edge technology that brings Microdermabrasion and Oxygen together in one luxurious treatment. We will cleanse, polish, and massage your skin into sweet oblivion using our new dual Microdermabrasion/Oxygen system and Elemis skincare.
50 minutes

Massage Therapies

Elemis Aroma Stone Therapy

Uses heated stones to melt away tension. Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, while luxuriously warmed oils are massaged deeply into the body for maximum relaxation. The combination of deep penetrating heat and traditional massage techniques will balance the spirit and transport you to the ultimate state of bliss.
50/75 minutes

Thai Herbal Poultice Massage

This energizing, rhythmic massage utilizes scented herbal poultices that are heated and applied to the body at pressure points to relax the muscles and release tension. Your therapist then follows with an array of Eastern and Western massage techniques and acupressure movements combined with essential oils that will take your body on an exotic journey of total renewal.
75 minutes

Bamboo Massage

A warm, soothing massage that will tantalize the senses. Imagine warm bamboo shoots and essential oils massaging your muscles into pure bliss. This gorgeously indulgent massage will revive your senses in a new and innovative way, inspiring the most relaxed state. Customized to your preference, our therapist will use deep tissue techniques or gentle strokes to melt away your tension and soothe your muscles into sweet oblivion.
50 minutes

Body Tune Up Therapies

Ionithermie Cellulite Reduction Program

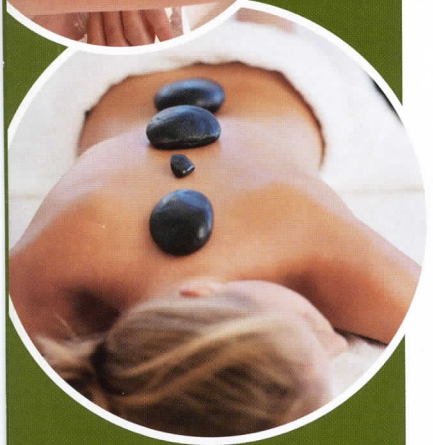
This unique therapy detoxifies the body, reduces the appearance of cellulite and offers substantial inch loss after just one session! Galvanic stimuli propel rich marine elements into affected areas to drain fluid, smooth the skin and give the body more definition. Ionithermie Cellulite Reduction Program is recommended as part of an ongoing well-being and fitness program.
50 minutes

Ionithermie Cheek Lift Treatment

This acclaimed treatment will help to give your buttocks a lift while firming and toning the skin. Active ingredients are applied to the area before we apply a soothing clay, algae and pine mask. Gentle stimuli are then placed on the buttocks, thighs and tummy to stimulate muscle tissue and firm the skin.
50 minutes

Elemis Aroma Spa Seaweed Massage

The power of aromatherapy is combined with the riches of the ocean in this deeply warming treatment. A heated seaweed mask containing a warming blend of essential oils is applied to your body before you are cocooned in a warm wrap or sensory dry float. As you relax, our natural ingredients will detoxify, decongest and stimulate your body systems. Treatment includes either a half or full body massage.
75 / 100 minutes



Men's SPACe

Elemis Pro-Collagen Grooming Treatment with Shave

Known as the "shave of all shaves," this youth enhancing treatment will leave his skin looking and feeling revitalized. This signature grooming service includes the Express Shave, an anti-aging mini facial and luxurious face, scalp, hand and arm massage. **55 minutes**

Elemis Skin IQ Facial

This facial will protect the skin against the harsh, aging effects of shaving and environmental damage. Our active ingredients will increase moisture levels after just one treatment. **50 minutes**

Medi-Spa Services

Onboard Acupuncture Services

First Acupuncture Session **50 minutes**

Additional Sessions **up to 45 minutes**

Be sure to ask about our Health and Wellness Seminar Series.

Restylane® and Perlane® Treatments / 30 minute sessions

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.

- **Smile Lines** - smoothes lines from the corners of the nose to the corners of the mouth
- **Marionette Lines** - softens lines from the corners of the mouth to the chin
- **Lip Lines** - softens lines around edges of lips for a smoother lip line
- **Lip Enhancement** - for a fuller pout, adds volume to uneven or small lips

BOTOX® Cosmetic and DYSPORT™ Treatments / 30 minute sessions

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

- **Frown Lines** - softens the wrinkles between the eyebrows
- **Forehead Lines** - smoothes horizontal forehead lines
- **Crow's Feet** - smoothes the area from the outside corner of the eyes

All BOTOX® Cosmetic, DYSPORT™, Restylane® and Perlane® treatments are administered by our onboard Medi-Spa Physician, a licensed medical doctor.

Beauty

Elemis Frangipani Conditioning Hair and Scalp Ritual

Monoi Oil has been used for centuries in Tahiti to soften the skin and hair. After cleansing your hair, enjoy a deep scalp massage for fifteen minutes using this precious ingredient that eases away stress and leaves hair shiny. **25 minutes**

Cellophane Hair Gloss Treatment

Make your crowning glory shine like never before. This cellophane treatment is a protein-based conditioning treatment and clear-gloss color designed to add shine and smooth the hair so that it looks and feels soft, silky and healthy. Your hair will go from dull to dazzling in just minutes. **30 minutes**

Fire and Ice Manicure

Your nails are one of your most important accessories, so keep them beautiful with this invigorating manicure that will warm your spirit and cool your stress. Using a combination of therapeutic cooling gels and the warmth of massage with a heated stone, your skin will be smoother and your nails will be nourished and polished to perfection. **50 minutes**

Fire and Ice Pedicure

This super rejuvenating pedicure will warm your senses and cool your tension. Savor the sublime as your feet and lower legs are soothed with our cooling gels and then warmed with a heated stone massage. This combination of hot and cold, plus aroma-therapeutic ingredients promote healthy-looking skin and nails. **60 minutes**

GO SMILE Tooth Whitening Treatment

Your smile is the outward expression of your inner beauty. A beaming smile makes you look younger, more radiant and confident. Are you ready to smile? Then try our advanced tooth whitening treatment available at the spa onboard. It's a safe and effective way to take your smile from drab to fab in just minutes. **30 minutes**

Couples GO SMILE Tooth Whitening Treatment

Smile twice as big when you share this experience with the one you love to be with. Are you ready to smile together? Then try our advanced tooth whitening treatment available at the spa onboard. It's a safe and effective way to take your smile from drab to fab in just minutes. **30 minutes**

vi-tal-i-ty

Pronunciation [vahy-tal-i-tee]

Exuberant physical strength or mental vigor.

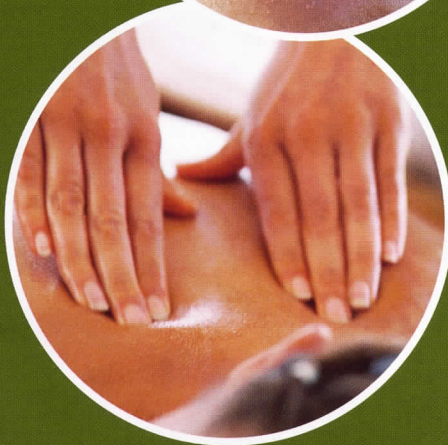
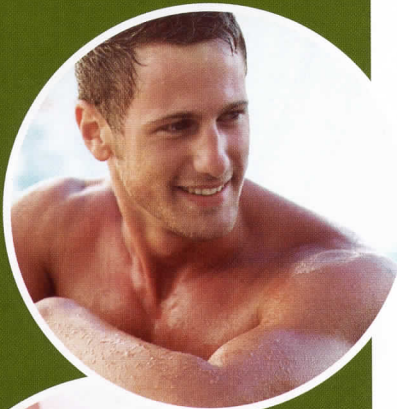
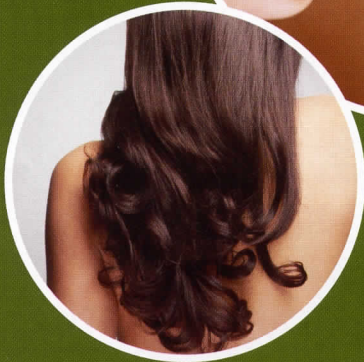
Vital force or principal.



Vitality at Sea Spa & Fitness
Vitality SM

VITALITY AT SEA SPA AND FITNESS 3

SPA TIPS



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.

Opening Hours

Vitality at Sea Spa is open from 8am to 8pm while at sea and from 8am to 10pm while in port and on special occasions. Walk-in appointments are subject to availability.

Contact Us

If you wish to schedule an appointment or have any questions about our services, please contact us at extension 4600.

Nurture Your Experience

We recommend that you arrive 30 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.

Spa Attire

You will be provided with a robe before your spa treatment. We recommend that you leave your underwear on during your spa service; however, treatments may be enjoyed without clothing if that is your preference. Our therapists will always use draping techniques to respect your privacy.

Minimum Age

Guests must be at least 18 years of age to receive treatments or utilize spa facilities unless participating in the kids or teen program. Salon services are available to guests of all ages. Fitness facilities are not available to minor guests. Please see restrictions posted outside the Fitness Center.

In-Suite Massage

Select massage services are offered in the privacy of your Loft or Suite for an additional cost and are subject to availability. Contact the spa for more information.

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.

Gratuity

Gratuity is not included in the price of your treatment. In appreciation of outstanding service, gratuity may be given at your discretion.

Cell Phones

It is recommended that you leave your cell phone in your stateroom. If you must have it with you, please turn it off when you enter the spa. This will help ensure that you, as well as everyone else, receives the most beneficial treatment.

Smoking

For your safety, Vitality at Sea Spa is a non-smoking facility.

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.