



Welcome to the Spa

The Spa is a place of transcendence; a philosophy; a state of mind. It is a quiet moment that whispers to who you are right here and now. It is where you listen to the eloquence of your inner voice. Where everything you need is revealed to you in an epiphany of pure silence and in the act of letting go.

Here, in the Spa, our goal is to inspire you to achieve balance between the mind, body and spirit by understanding your individual needs and creating wellness programs that fit into your lifestyle. That's why we created an environment that encourages you to revel in the beauty of this moment and the ones to follow.



Signature Therapies

GoSMILE TOOTH WHITENING TREATMENT

Smile! It's good for you. 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 GoSMILE Tooth Whitening Treatment available at the spa onboard. It's a safe and effective way to take your smile from drab to fab! Book your teeth whitening treatment today at the spa!

LA THÉRAPIE HYDRALIFT FACIAL

This youth-enhancing facial has results that are fast and dramatic. The appearance of fine lines and wrinkles are reduced, skin tone and texture are restored and the complexion becomes smoother and more radiantly youthful after just one treatment. If you want to concentrate on those areas vulnerable to the first signs of aging such as your eyes, neck and lips then this highly effective skin treatment is for you.

ELEMIS PRO-COLLAGEN MARINE FACIAL

This exceptional face treatment helps to slow down the signs of premature aging by reducing the appearance of fine lines and wrinkles. After just one treatment, the Elemis Pro-Collagen Marine Facial is proven to give your skin a more youthful appearance.

IONITHERMIE CELLULITE REDUCTION PROGRAM

This firming and toning treatment is the only therapy available that helps to detoxify the body, reduce the appearance of cellulite and offer a substantial inch loss in a single session. If you are serious about achieving dramatic, instant results and focusing on a plan to maintain a firm and toned body, then this non-invasive therapy is just what you're looking for.

ELEMIS AROMA SPA SEAWEED MASSAGE

Combining the power of the ocean with the healing effects of aromatherapy, this treatment is excellent for soothing aches and pains, fibromyalgia, arthritis and sore muscles. A heated seaweed mask containing a warming blend of essential oils is applied to your body before you are cocooned in a comforting foil wrap. As you relax, you will receive a scalp and foot massage, followed by your choice of a half or full body massage.

ELEMIS AROMA STONE THERAPY

This indulging massage will send your mind, body and soul into a heavenly state. Traditional massage is already the ultimate form of relaxation, but when combined with the penetrating heat of volcanic basalt stones placed on key energy points of your body, you will simply drift into a world of pure bliss... an ancient Polynesian tradition that must be experienced.

Complete Listing of Services

FACIAL THERAPIES

Elemis Pro-Collagen Marine Facial	50 mins
Elemis Pro-Collagen Eye Zone Therapy	30 mins
La Thérapie Hydralift Facial	50 mins
La Thérapie Intensif Age Zone Treatment *	
<i>Select two solutions from Hydra Lip Intensif, Intensif Eye Treatment, Hydra Neck Intensif and Hydra Peel Hand Treatment</i>	
La Thérapie Intensif Vitamin Anti-Oxidant Treatment *	
Elemis Aromapure Facial	50 mins

MASSAGE THERAPIES

Aroma Stone Therapy	50 / 75 mins
Balinese Massage	50 mins
Elemis Deep Tissue Muscle Massage	50 mins
Swedish Massage*	25 mins / 50 mins
Reflexology*	50 mins
Total Glow Self Tanning Treatment	50 mins

CLEANSING, FIRING AND NOURISHING WRAPS

Ionithermie Cellulite Reduction Program	50 mins
Course of three	
Exotic Frangipani Body Nourish Wrap	
with half body massage	75 mins
with full body massage	100 mins
Elemis Cellutox Aroma Spa Ocean Wrap	
with half body massage	75 mins
with full body massage	100 mins
Elemis Musclease Aroma Spa Ocean Wrap	
with half body massage	75 mins
with full body massage	100 mins
Elemis Exotic Lime & Ginger Salt Glow	
with half body massage	50 mins
with full body massage	75 mins
Elemis Absolute Face and Body Treatment	100 mins

FITNESS SERVICES

Pathway to Yoga *	45 mins
Pathway to Pilates *	45 mins
Pathway to Meditation *	45 mins
Unlimited Class Pass / 3 or 4 day cruise	
Unlimited Class Pass / 5 or 7 day cruise	
Personal Training	60 mins
Course of three	
Body Composition Analysis (BCA)	30 mins

HAIR SERVICES

Style Dry / Roller Setting
Trim or Restyle and Style Dry
Hair Up
Color & Style

BARBER SERVICES FOR MEN

Men's Wet Cut and Style Dry	30 mins +
Elemis Express Shave	30 mins
Elemis Deep Cleanse Grooming Treatment with Shave	45 mins
Elemis Pro-Collagen Grooming Treatment with Shave	55 mins
Elemis Skin IQ Facial	50 mins
Elemis Urban Cleanse Facial	50 mins
Beard Trim	

MANICURE AND PEDICURE SERVICES

Traditional Manicure	25 mins
Traditional Pedicure	45 mins
Elemis Exotic Hand Ritual with Manicure	45 mins
Elemis Sole Delight Foot Treatment with Pedicure	55 mins
Paraffin Wax Treatments for the Hands and Feet	
Gentle Touch Go SMILE Tooth Whitening	30 mins



timetospa Tips

Nurture your Experience

Be sure to arrive in the spa 30 minutes prior to your scheduled treatment time. You may be on cloud nine when you leave the treatment room. You could forget about the ring that you put in your robe pocket... so keep it safe and sound in the safety deposit box in your guest room.

Cancellation Policy

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

Minimum Age

To book in for a private treatment you must be a minimum of 18 years old. Anyone under 18 can have any spa treatments as long as he or she is accompanied by a guardian for the duration of the service.

Customer Service

We aim to delight. Please let us know if there is anything else we can do to make your time in the spa more relaxing.

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. We cannot accept opened or unopened products for refund after the cruise. All exchanges and refunds must take place on board.

time to spa at home

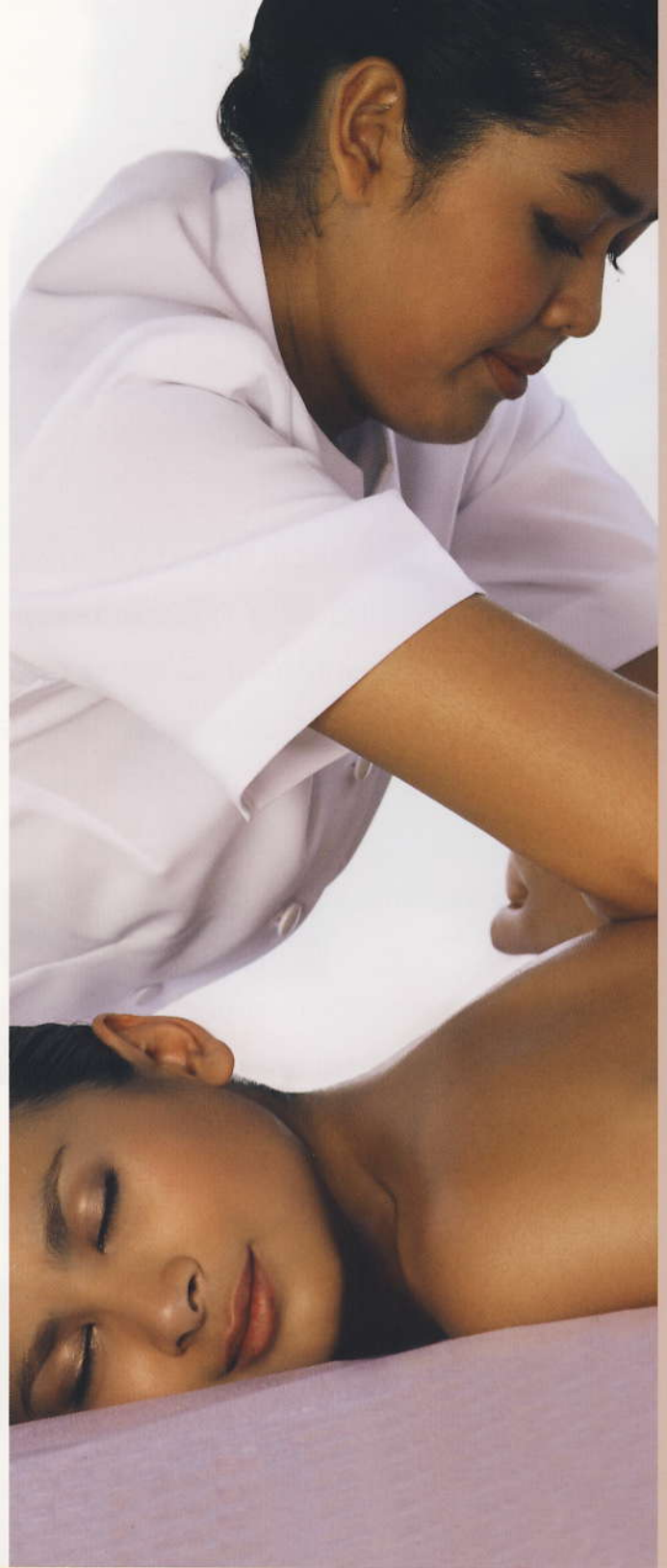
Relaxation is achieved through daily practice. Your therapist will be happy to recommend a home care regimen to continue your treatment at home.

Thank You

We hope we have enhanced your on board experience and wish you days filled with well being, vitality and joy until we meet again...

* Occasionally, for reasons beyond our control, your treatment selection may not be available. For more information on our services or products visit www.timetospa.com or call 800-423-5293 to order.

OPERATED BY STEINER, A GLOBAL SPA PROVIDER



ITALIANO

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