

Head for the clouds... Oblivion is bliss as you drift away to Cloud 9. 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!



Experience splendor in these relaxation facilities...

Thermal Suite

Like a passage toward ultimate relaxation, the Thermal Suite is based on the traditional Turkish Baths, where friends and family would spend the day relaxing together. Here, we have different herbal steam and sauna grottos that cleanse the body with gentle heat. Heated chaise lounges and tropical shower features make this both a cleansing and relaxing experience. *Daily and weekly passes available.*

Thalassotherapy Pool

Taking the waters is seen as a healing and relaxing experience in all cultures. The Thalassotherapy Pool is a therapeutic oasis that has been based on the concept of a natural bubbling spring. As you are immersed in its effervescence, all your worries and stiff and sore joints will simply wash away. *Daily and weekly passes available.*

Mud Lounge

This fun and interactive treatment area is ideal for couples or those who wish to go solo. It's an experience not to be missed! In our private, herbal steam temple, you can apply different chakra muds to the body as you inhale the steam infused by pure herbs. To complete the ritual, a warm tropical rain pours down from the dome of temple and as the muds are washed away, so is every last drop of tension in your soul. For the most indulgent experience, complete this ritual with a full-body massage.



Facial

Elemis Oxydermy Facial

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

Elemis Tri-Enzyme Resurfacing Facial

Clinically proven enzyme therapy for skin resurfacing. This revolutionary facial is proven to reduce the appearance of fine lines, acne, superficial facial scarring, and uneven skin pigmentation, revealing a renewed level of clarity to the complexion. After just one session, this facial can resurface the skin up to 75% and leave your skin up to 32% smoother. 50 minutes

Elemis Pro-Collagen Quartz Lift Facial

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Empowered with Quartz microcrystals and the anti-oxidant properties of other precious minerals, this treatment is proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just one session. It will slow down the visible signs of aging, leaving skin firmer and uplifted. 50 minutes

Elemis Skin Specific Facial

Prescribed to your needs, the power of nature and specialized Eastern massage techniques oxygenate your skin and balance the mind and body. Choose from: Fruit Active Glow to make dull skin perky, Herbal Lavender Repair to heal and soothe acne prone skin, Exotic Cream Moisture Dew to give a hydrating boost to the skin or Absolute Lift to revitalize and lift mature skin. 50 minutes

La Therapie Microdermabrasion Facial*

Banish your blemishes. This advanced facial uses supreme pharmaceutical grade and medical strength formulas, combined with our oxygen infused microdermabrasion system, to bring fast, dramatic results in the fight against time. Relaxing and results-driven, this facial targets fine lines and wrinkles, sun damage, age spots, facial scarring, and other skin blemishes with dermatological formulations and patented Anti-Oxidant preparations. 50 minutes

La Therapie HydraLift Facial*

This youth-enhancing facial has results that are fast and dramatic. The appearance of fine lines and wrinkles will be reduced as galvanic frequency and our specialized ingredients treat the deeper layers of the skin where cell renewal takes place. The stimulating effects of high frequency will boost circulation and enhance oxygen absorption, resulting in a smoother complexion that will leave your skin looking youthfully radiant after just one treatment. 50 minutes

*Please check for availability of this service.



Massage

Elemis Aroma Stone Therapy

Harnessing the properties of volcanic basalt stones, we bathe them in warm water and anoint them with spicy, sensual aromas of the Orient. Deep penetrating heat from the stones massages the body using traditional techniques to release muscular tension and balance the spirit 50 or 75 minutes

Bamboo Massage

A warm, soothing massage that will tantalize the senses. Imagine warm bamboo shoots of various sizes soaked in essential oil rolling, sliding and massaging your muscles. 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

Elemis Face and Body Sensation

Pure body indulgence with exceptional anti-aging facial results! Your Elemis therapist will customize a unique "ice-cool thermal muscle massage" to your specific problem areas, alleviating stress and easing aching muscles. While your body is in a pure state of blissful relaxation, you will receive the Elemis Tri-Enzyme Facial to smooth your skin and restore your radiant glow 50 minutes

Elemis Deep Tissue Muscle Massage

Using muscle-melting warmed oils and deep pressure massage movements, we massage deep into the belly of the muscle, erasing stress, tension and lactic acid build up 50 minutes

Swedish Massage

This classical European technique of manipulating muscles with aromatic massage oils is both relaxing and invigorating. While providing tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems 50 minutes

Reflexology Massage*

Reflexology works on the principle that all body organs are connected to reflex points in the feet. Massaging these points can help restore your natural energy flow and improve health by sending waves of relaxation throughout your body.... 50 minutes

Couples Massage

Enjoy a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a full body Elemis Deep Tissue Muscle Massage as you lie side by side..... 50 minutes

Elemis Absolute Spa Ritual

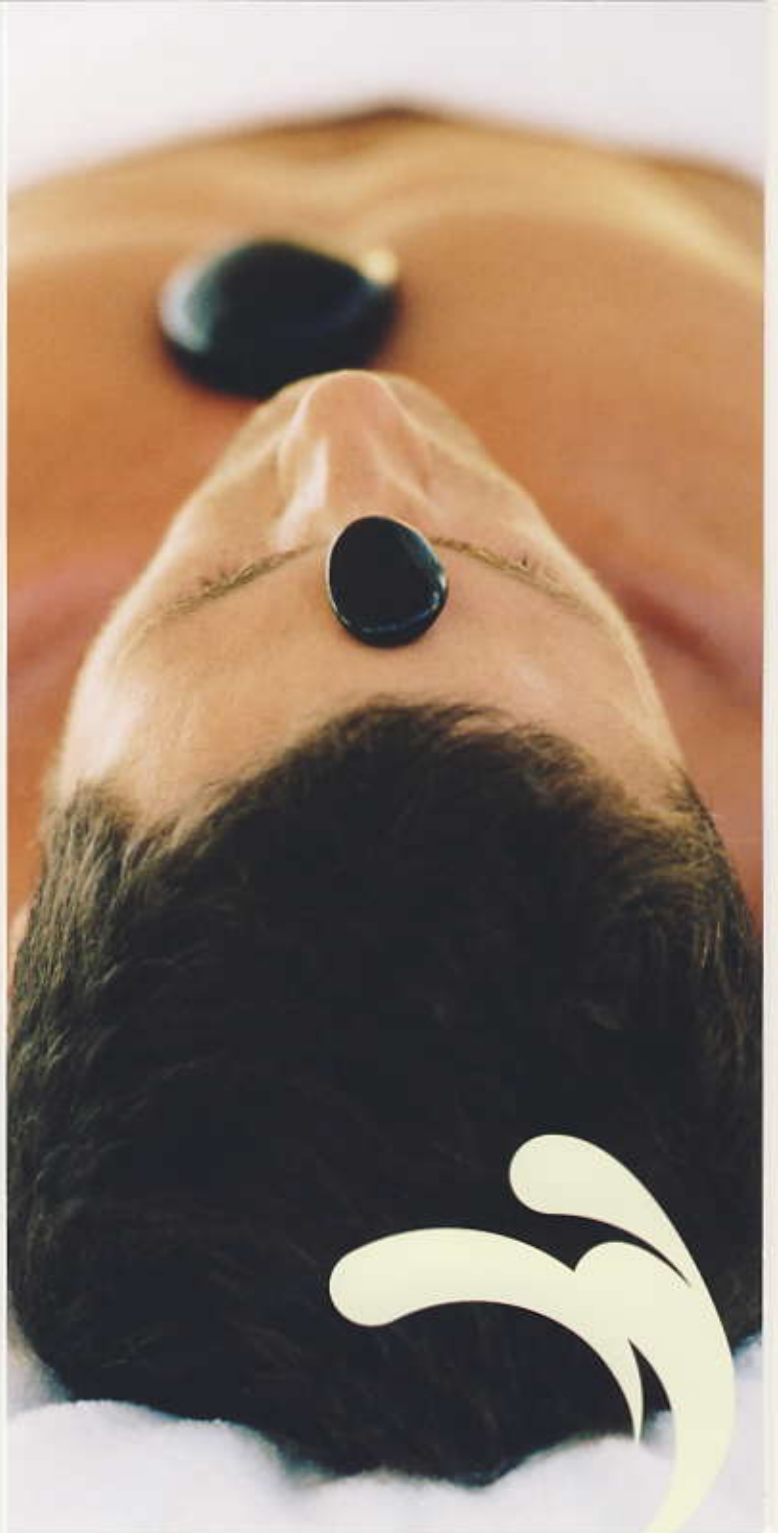
This wonderfully relaxing ritual will delight you from the soles of your feet to the tingling top of your scalp! Combining the Elemis Pro-Collagen Quartz Lift Facial for skin vitality with our sublime Elemis Deep Tissue Muscle Massage, this ritual will refresh your spirit and strengthen your vital energies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

Villa Massage and Bathing Ritual

Spend some quality time with the one you love or the one you love to be with in the privacy and seclusion of our exclusive Villa Suites. Enjoy a deeply relaxing Couples Massage as you lie side by side and then immerse yourself in a warm, relaxing Bathing Ritual that will renew your spirit and enhance this special occasion..... 75 minutes

For a more personalized Villa experience, we can customize your spa retreat based on the treatments you prefer.

*Please check for availability of this service.





Body

Ionithermie Cellulite Reduction Program

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 (up to 8 inches) in just one session. Using two gentle stimuli, your therapist can focus on problem areas such as the stomach, thighs and buttocks. By propelling marine rich elements into affected areas, this treatment can drain fluid, smooth the skin and give the body more definition. For ultimate benefits and detoxification, we recommend you book in for a course of three treatments during your cruise..... 50 minutes

Ionithermie Cheek Lift Treatment

This acclaimed treatment will help to give your buttocks a boost 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 Body Sculpting Cellulite & Colon Therapy

Clinically proven to improve the appearance of cellulite and sagging skin with advanced formulations that achieve rapid results. A detoxifying body mask is combined with specialized drainage massage techniques to break down fatty deposits, cleanse the digestive system, eliminate toxins, and improve texture of the skin 50 minutes

Elemis Exotic Lime & Ginger Salt Glow

Warm oil is dripped luxuriously over your body before our Lime and Ginger Salt Glow is applied. We then apply our Exotic Island Flower Body Lotion, leaving skin replenished and vibrant. After rinsing away the salts, you will receive a deeply relaxing massage w/half body massage / 50 minutes ...w/full body massage / 75 minutes

Elemis Aroma Spa Seaweed Massage

A heated seaweed mask containing a blend of essential oils is applied to your body before you are cocooned in a warm wrap. As you relax, our natural ingredients will detoxify, decongest and stimulate your body systems. Choose from: Cellutox for cleansing and detoxification or Musclease to soothe tired muscles and arthritis. w/half body massage / 75 minutes ... w/full body massage / 100 minutes

Dry Float Bed

Maximize the results of your body therapy as you lay weightless in our sensory dry float bed. Your body will be cocooned in warmth as this relaxing therapy enhances the benefits of your treatment.

Acupuncture

Practiced for thousands of years, acupuncture is quickly becoming one of the fastest growing alternative therapies and is often used to complement and enhance the benefits of traditional medicine. Our onboard acupuncturist is certified to safely and effectively treat a variety of conditions, and can help alleviate your symptoms.

The National Institutes of Health (NIH) and the World Health Organization (WHO) have found acupuncture can successfully treat the following conditions:

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.

Acupuncture, the Point of Well-Being

First Acupuncture Session 50 minutes
Additional Sessions up to 45 minutes

First Facial Rejuvenation Session 75 minutes
Additional Sessions up to 60 minutes

Package pricing available.

See the onboard acupuncturist for more information.





Individualized Personal Training

Find out what exercises work best for your body when our fitness professionals design a workout suited to your specific needs 60 minutes

Nutritional Consultation

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

Metabolism Test

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

In addition to our complimentary exercise classes available onboard, we also offer these 45 minute specialized classes:

Tour de Cycle (Ride for the Cure)

This new indoor cycling format not only gives you a great workout, it enables you to give back. Your participation in this three class course, themed after the Tour de France, will support Lance Armstrong's LIVESTRONG Foundation in the fight against cancer. Complete all classes and receive a LIVESTRONG wrist band! 3 sessions / 45 minutes each

Tai Chi

This self-paced system of gentle physical exercise will reduce stress, improve balance, flexibility, muscle strength and agility ...
..... 45 minutes

Pathway to Yoga

Excellent for increasing levels of concentration and focus. This class will benefit the beginner and the experienced yogi
..... 45 minutes

Pilates

This exercise system combines posture and controlled moves. Our class is mat-based and good for all levels of students
..... 45 minutes



Smile Spa

GO SMiLE Tooth Whitening

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. It's a safe and effective way to take your smile from drab to fab in just minutes. Couples treatments are available. Consultations are free 30 minutes



Time For Men

Elemis Express Shave

Treatment includes a deep cleansing exfoliation and double close shave to leave your skin super smooth 30 minutes

Elemis Deep Cleanse Grooming Treatment with Shave

Enjoy the Express Shave with the added benefit of a soothing face and scalp massage and deep pore cleansing mask. 45 minutes

Elemis Pro-Collagen Grooming Treatment with Shave

This premium treatment includes the Express Shave, an anti-aging mini facial and luxurious face, scalp, hand and arm massage. 55 minutes

Elemis Skin IQ for Men Facial

Helping to calm irritation and minimize the signs of aging, this facial is the ultimate overhaul for male skin. Incorporating the NEW Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-aging treatment protects against the harsh effects of shaving and environmental damage 50 minutes

Elemis Urban Cleanse for Men Facial

A deep complexion cleanse and complete skin detox. This super-grooming, deep cleansing facial decongests the skin, working overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralize impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean 50 minutes



Salon Favorites

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

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 using 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 aromatherapeutic ingredients promote healthy-looking skin and nails 60 minutes

Hair Styling

Cellophane Hair Gloss Treatment
Style Dry or Roller Setting
Trim or Restyle and Style Dry
Cleanse, Style Dry and Hair Up
Hair Up (without cleanse and dry)
Beard Trim
Men's Cleanse
Cut and Style Dry
Men's Wet Cut

Hair Color

Semi Permanent Color
Full Head Color Change
Regrowth Tinting
Hi-Lights / Lo-Lights
Partial Hi-Lights

Nails

Elemis Exotic Hand Ritual with manicure
Traditional Manicure
French Manicure
Elemis Sole Delight Foot Treatment with pedicure
Traditional Pedicure
French Pedicure
Brisa Gel Forever French Enhancements
Brisa Gel Overlays
Brisa Gel Refills
Full Set Acrylic Nails
Full Set Acrylic Nail Refills
Re-polish
Nail Fix
Paraffin Wax

Waxing Services

Brow
Lip / Chin
Underarms
Arms
Half or Full Leg
Bikini
Deep Bikini
Back



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 kids or teen spa 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.