



What's your **vibe**?

Welcome to the most individualized spa experience at sea. Your vibe is different every day. And so is your spa experience. Set your vibration station, and we'll do the rest.

What's your vibe? Is it calm and chilled out, like a still pool? Balanced like a perfect flowing river? Or is it rushing in, like a powerful, energetic waterfall? AquaSpa has a vibe so smooth it fluidly transforms its ambiance to suit your mood. Sensuously, we can lift you up or calm you down through the power of color, aroma, touch, taste and sound.

MAKE THE MOST OF YOUR VIBE . . . STEP 1: decide if you need to calm, balance or energize mind and body. STEP 2: choose your treatment. STEP 3: immerse yourself in the vibe!



calming

Feeling a little stressed from travel?
Accessorize your indulgence
with the following calming touches.

Your color: Lavender/Indigo Your music: The Spirit of Water Your aroma: Lavender Your tea: Chamomile

A close-up photograph of vibrant green grass blades, slightly out of focus, creating a soft, natural background. The blades are long and narrow, with visible veins, and are bathed in bright, natural light.

balancing

If you find that your moods swing
from cool and calm to fiery and hyper-active,
maybe you need to rebalance your vibe!

Your color: Green Your music: The Spirit of Earth Your aroma: Harmony Your tea: Green Tea



energizing

Sometimes we need to be revitalized, uplifted and inspired. If you are feeling fatigued and need a boost of energy, then select the following touches.

Your color: Fiery Orange Your music: The Spirit of Sky Your aroma: Peppermint Your tea: Mint

Customizing Your Experience

Enhance your spa treatment and pick a vibe. All private spa treatments performed within the spa area can be customized to calm, balance or energize mind and body.†

Enjoy AquaSpa's social spa facilities before your spa service.

Persian Garden**

To make the most of your spa experience, we recommend that you visit the Persian Garden before or after your treatment. Surrounded by beauty, you will instantly drift away as different grottos and chambers release a variety of dry heat, steam and mists into the air with aromatherapy-filled vapors. Relax on a heated ceramic lounge while your body is purified and the pressures of life are rinsed away.

DIY Scrub Experience

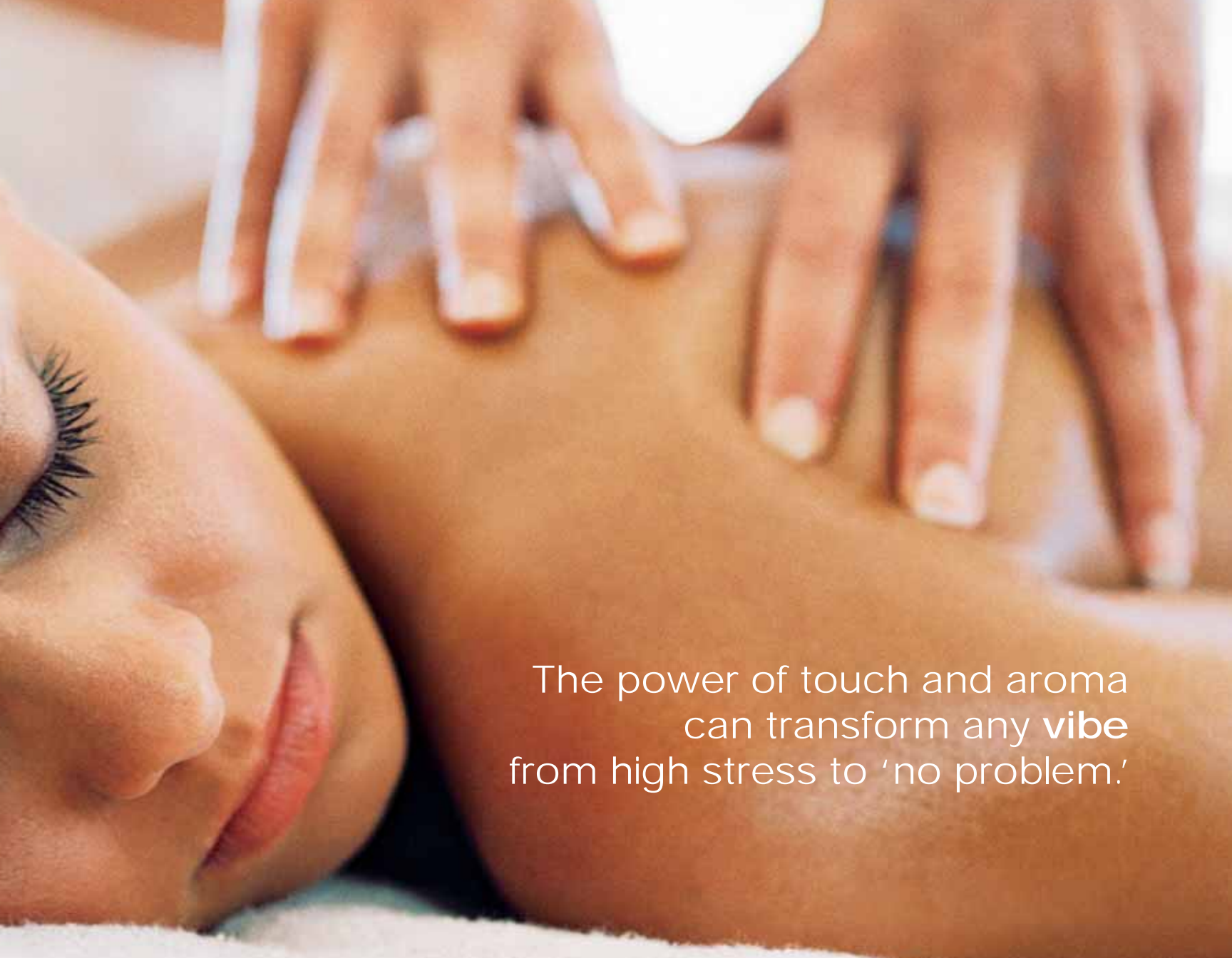
Here's the scrub: Simply select which scrub you want from our flavorful selection, pick your herbs and watch as our mixologist creates your very own exfoliating blend. The most friendly of all services, the DIY Scrub Experience includes complete use of the Persian Garden, an ancient social cleansing ritual adapted from the East. Try it today!

*†Applies only to facials and body treatments performed in allocated vibe rooms. All medi-spa services are performed in traditional medi-spa rooms. **Persian Garden access is complimentary for AquaClass guests and available for a fee to non-AquaClass guests.*

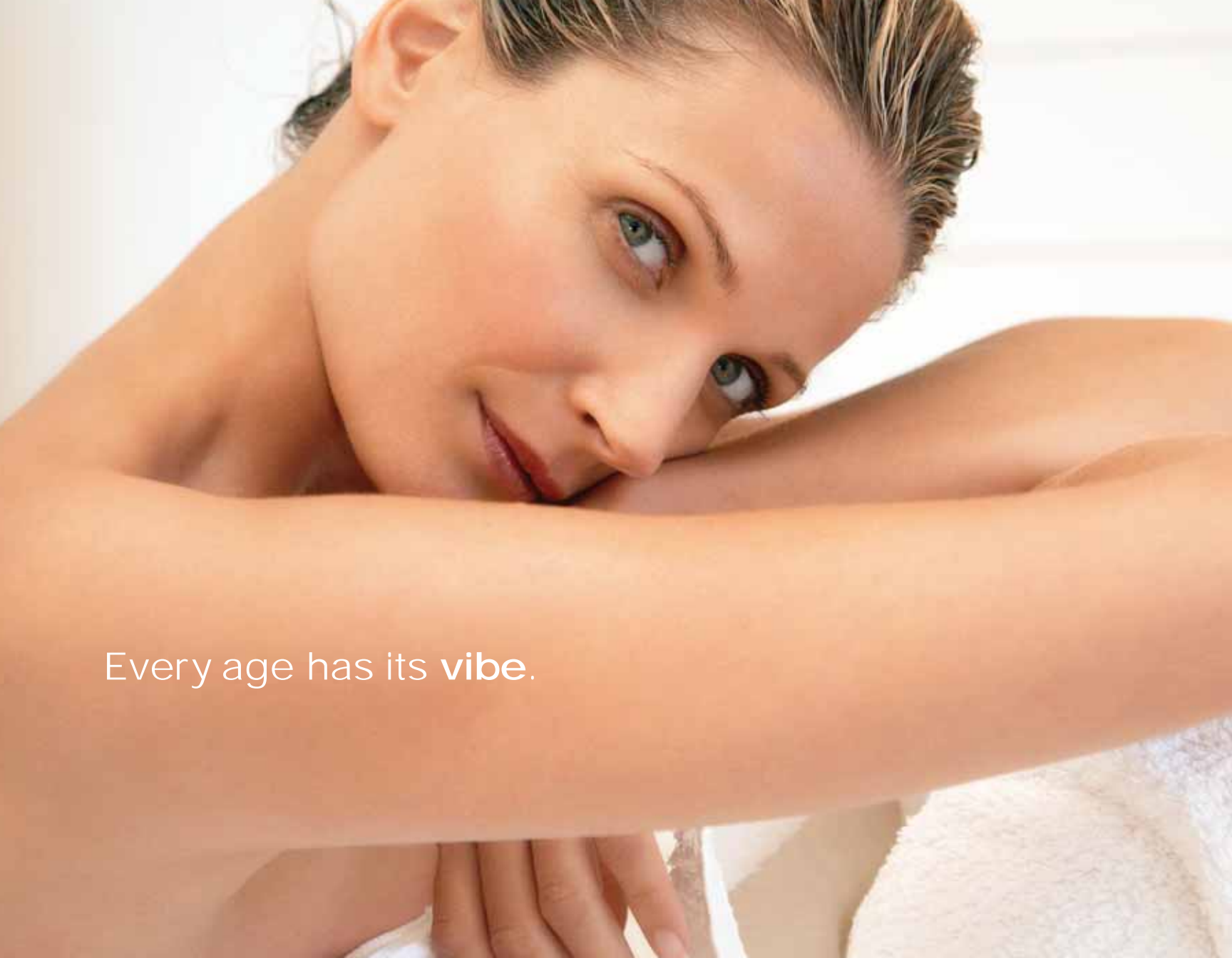


Look for this symbol throughout this brochure, these treatments are our favorites!

 24 Karat Gold Facial 9	 Ionithermie Cellulite Reduction Program 14
 Elemis Oxydermy Facial 9	 Elemis Aroma Spa Seaweed Massage 14
 Elemis Pro-Collagen Quartz Lift Facial 9	 St. Tropez Sunless Tanning 14
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The power of touch and aroma
can transform any **vibe**
from high stress to 'no problem.'



Every age has its **vibe**.

Your Face

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

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

This facial is clinically 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. *Independent Clinical Trials 2006* 50 minutes

Elemis Pro-Collagen Quartz Lift Facial

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Empowered with Quartz micro-crystals 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. *Independent Clinical Trials 2007* 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

Your Indulgence



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

Thai Table Massage*

This rejuvenating therapy combines the benefits of yoga with the deep relaxation of a massage. More energizing and rigorous than more classic forms of massage, Thai massage is also called Thai yoga massage, because the therapist uses a fusion of yoga stretches and massage techniques to release stress and tension from the body. The therapeutic yet relaxing combination of muscle stretching, joint mobilization and acupressure will restore harmony to the mind and body. Please wear loose, comfortable clothing for this treatment 75 minutes



Elemis Aroma Stone Therapy

Uses heated stones and the healing powers of massage 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

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 50/75 minutes



Elemis Face and Body Sensation

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 Resurfacing 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

**Check for availability of this service.*



Couples Massage

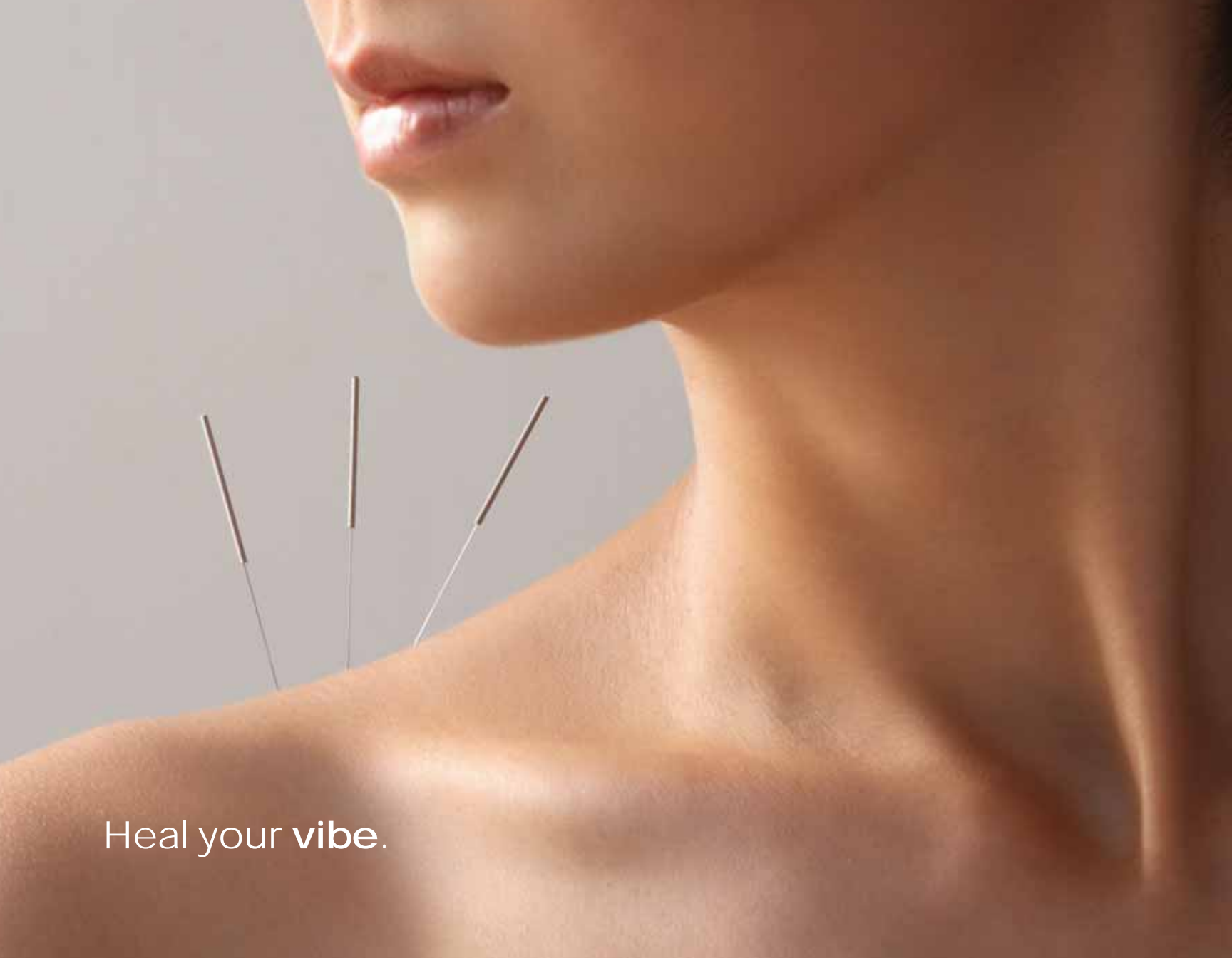
In the privacy of our exclusive suite reserved for couples, you and your favorite person can enjoy a gorgeously relaxing full body Elemis Deep Tissue Muscle Massage or Swedish Massage as you lie side by side. We also offer package options in our Couples Suite, so please contact the Spa Concierge if you wish to customize your spa retreat 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

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



Heal your **vibe**.

Your Beauty & Wellness

ACUPUNCTURE the Point of Well-Being®

Practiced for thousands of years, acupuncture is quickly becoming one of the fastest growing alternative therapies used to treat a variety of symptoms and health conditions. All of our acupuncture treatments are safely administered in the Acupuncture Clinic by our licensed acupuncturist. Contact the Acupuncture Clinic for more information on these services.

Restylane® and Perlane® 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. *Treatment areas include:* Smile Lines, Marionette Lines, Lip Lines, Lip Enhancement 30 minute sessions

BOTOX® Cosmetic and DYSPORT™ Wrinkle Treatments

Made of a purified protein, 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. Treatments are administered by our Medi-Spa Physician, a licensed Medical Doctor. *Treatment areas include:* Frown Lines, Forehead Lines, Crow's Feet 30 minute sessions

Age Management Program

Attend the Ageless Educational Seminar on Bioidentical Hormones and learn about how hormones play a crucial role in the process. Recent medical research shows that hormone imbalance can create many chronic health issues such as fatigue, headaches, weight gain, irritability, infertility, mood swings, depression, general loss of energy and may make the body age prematurely. The Ageless Educational Seminar offers you the ability to test your hormone levels and then, if necessary, you can get appropriate hormone replacement therapy at a local medical center once you return home. The Ageless Educational Seminar is complimentary.

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 GO SMiLE Tooth Whitening Treatment available at the spa onboard. It's a safe and effective way to take your smile from dull to dazzling. *Couples treatments available* 30 minutes

**Medi-spa services do not include color therapy, but you may choose your tea and aroma to suit your vibe.*

Your Body

Ionithermie Cellulite Reduction Program

The toning and firming effects of this treatment are ideal for both women and men looking for body corrective therapy. This detoxification treatment will 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 will 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

Elemis Aroma Spa Seaweed Massage

The power of aromatherapy is combined with the riches of the ocean in this deeply warming and detoxifying therapy. A heated seaweed mask containing a warming blend of essential oils is applied to your body before you are cocooned in a comforting wrap. Relax while the active ingredients work to ease arthritis, fatigue and promote internal cleansing. Choose from *Cellutox* to detoxify or *Musclease* to soothe sore muscles. Your treatment is completed with either a half or full body massage 75/100 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

Ionithermie Cheek Lift

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

Ionithermie Revitalizing Leg Therapy

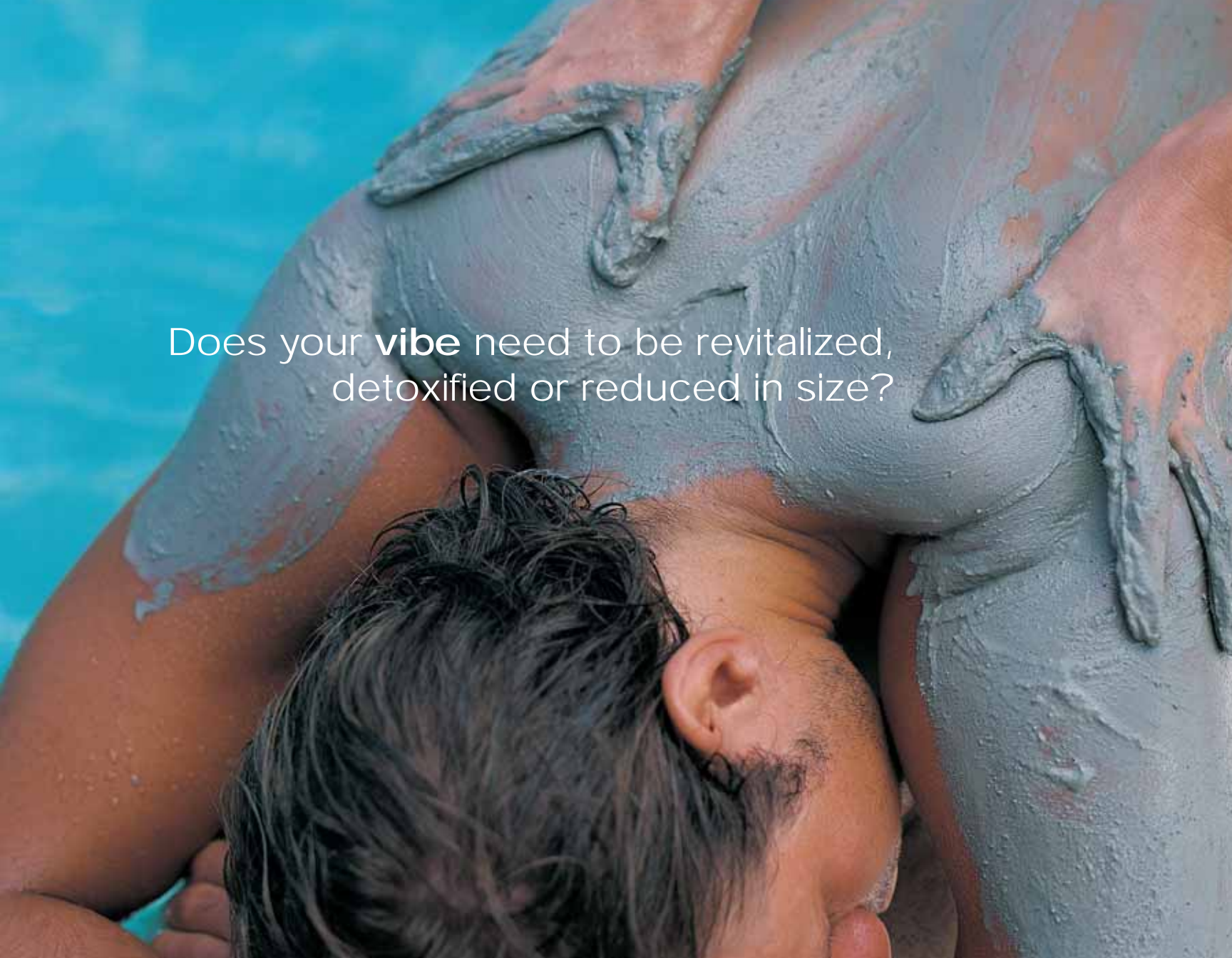
Ideal for tired or heavy legs, this revitalizing therapy will help treat poor circulation in the legs, swelling, varicose veins and aches associated with activities or being on your feet all day. Feel strain and heaviness drain out of your tired legs as water retention is reduced and circulation restored 40 minutes

St. Tropez Sunless Tanning


Obtain a rich, natural, golden tan without the worries of premature aging and sun-induced skin damage. First, we exfoliate your skin until it is silky smooth, and then we apply St. Tropez's paraben-free, Aloe Vera based formula which soothes, hydrates and nourishes the skin while evoking a natural sun-kissed glow 60 minutes

Elemis Exotic Lime & Ginger Salt Glow

An exotic exfoliation ritual to invigorate and bring vitality to your face and body. Warm oil is dripped luxuriously over your body before our Lime and Ginger Salt Glow is applied. We then apply our Elemis Exotic Island Flower Body Lotion, leaving skin replenished and vibrant. After rinsing away the salts, your treatment is completed with either a half or full body massage 75/100 minutes

A close-up photograph of a person's back and shoulder being treated with a thick, grey mud mask. The mud is applied in thick, textured layers, with some areas appearing more saturated than others. The person's dark, wet hair is visible in the lower foreground, and their head is tilted back. The background is a bright, clear blue, suggesting an outdoor setting like a pool or beach. The overall mood is one of relaxation and self-care.

Does your **vibe** need to be revitalized,
detoxified or reduced in size?



Work out your **vibe**.

Your Fitness

In addition to our complimentary array of classes and seminars offered each cruise, we also provide the following select services.



Individualized Personal Training

After conducting a Body Composition Analysis, our fitness professionals will design a nutrition and exercise plan that will help you achieve the results you've always wanted. Based on your body's particular needs, this personalized session will expose you to the wellness program that works best with your body, your lifestyle and your terms 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

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



Body Sculpt Boot Camp

Perspiration Guaranteed! Boot Camp is a blood pumping, throat clearing, endorphin releasing reason to get out of bed every day. The program consists of four specifically designed workouts to challenge the mind, body and resolve of every individual who takes the challenge. You will also receive a complimentary Metabolism Test. Get enlisted today 4 sessions / 30 minutes each

Pathway to Yoga

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

Pathway to Pilates

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

For a full list of classes and services please visit the onboard Fitness Director.

Your Grooming

Elemis Express Shave

This treatment includes a deep cleansing exfoliation and a 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

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

Beard Trim

Allow our barber to tidy up your beard with a quick trim

Men's Trim or Restyle and Style Dry

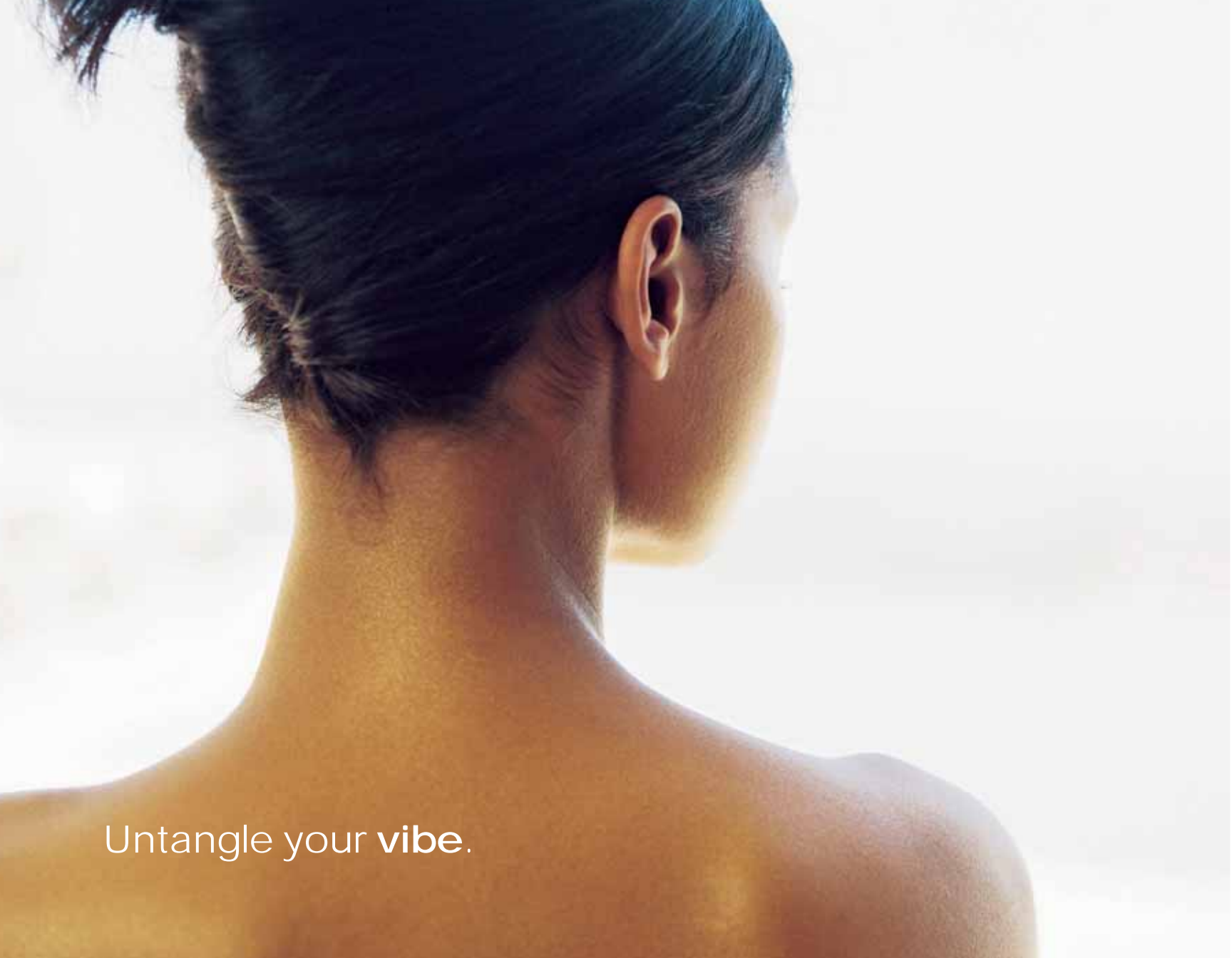
Men, you too can turn heads by treating yourselves to a nice hair cut and style with our experienced stylists

Men's Wet Trim

Allow one of our stylists to maintain your best look with a quick trim



Groom your **vibe**.



Untangle your **vibe**.

Your Salon Favorites



PHYTO Hair Conditioning Treatments

Phyto is a botanical blend of powerful plants and herbs that helps repair the structure of the hair and nourish both scalp and follicle, roots and ends. During your cruise, while you have time, opt to have a luxurious and nourishing Phyto treatment.

Phyto Thirst Quencher, Rescue Remedy, Botanical Bliss / 30 minutes Phyto Color Guard / 15 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



14 Day No Chip Manicure or Pedicure

No drying time. No chipping. No smudging. This tough as nails treatment uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color and perfect finish. It also provides excellent 14 day wear and comfortable protection. Once the Shellac coating has been applied, you are free to go about your day to flaunt your gorgeous nails! 25 / 45 minutes



CUERPO Restorative Mud Foot Therapy

For millions of years, CUERPO mud has been absorbing salts and minerals from the earth. During your treatment, this signature therapeutic mud is dissolved in a warm foot bath for a calming soak that will detoxify, heal and restore your body by diffusing over 70 active minerals into your system. CUERPO Restorative Mud Foot Therapy works best when repeated and is available as a social event or individually 30 minutes



Bliss® Poetic Waxing

Remove unwanted hair from virtually anywhere with our quick, painless, skin-loving waxing services. The salon offers a full menu of waxing treatments for the face and body so you can be silky smooth and hair free during your vacation. Walk-ins are welcome! *Treatment areas include:* Brows / Lip / Chin, Half Arm, Underarm, Half Leg, Full Leg, Bikini, Deep Bikini, Back, Chest

Hair Styling

Style Dry or Roller Setting
Trim or Restyle and Style Dry
Cleanse, Style Dry & Hair Up
Hair Up (without cleanse and dry)

Hair Color

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

Nails

Fire and Ice Manicure
Fire and Ice Pedicure
Elemis Exotic Hand Ritual
with Manicure
Elemis Sole Delight Foot
Treatment with Pedicure
Traditional Manicure
Traditional Pedicure
14 Day No Chip Add-on
Acrylic Nails Full Set / Refills
Paraffin Wax

Our Policies

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 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.

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.

The image features a background of blue water ripples that fill the lower two-thirds of the frame. The ripples are concentric and spread out from the left side, creating a sense of movement and depth. The top third of the image is a plain white background. Centered in the blue area is the text "Aqua Spa. We like your **vibe**." in a white, sans-serif font. The word "vibe" is bolded.

Aqua Spa. We like your **vibe**.

