



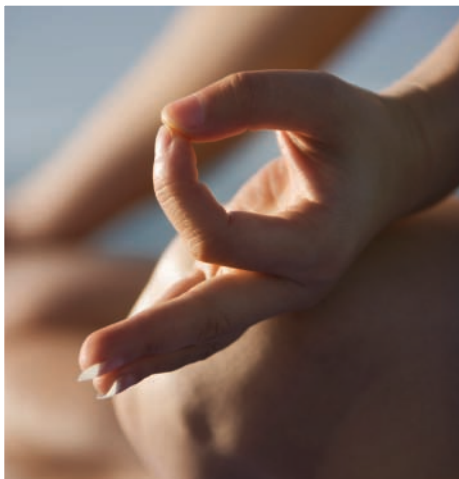
A Q U A S P A <sup>SM</sup>  
BY ELEMIS

*Inner Health. Outer Beauty.*



YOU ARE NONE OTHER THAN A REFLECTION OF THE EARTH. **70% WATER.**

Like pure water that contains essential minerals, your AquaSpa by Elemis experience will revitalize and restore your vital energies. With your needs at center stage, prepare to witness some of the most unexpected spa treatments amid extraordinary surroundings that leave you mysteriously spellbound. AquaSpa by Elemis has always been renowned for enticing Celebrity guests with stellar service and exotic therapies focused on beauty and wellness, but we recently unveiled a selection of treatments to ensure you always have something new to try when you are onboard. We hope you will savor this journey and continue perfecting the art of self-appreciation until we meet again.



## Our Favorites

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## Your Experience

Enhance your AquaSpa retreat by visiting the Persian Garden and Equilibria.

### 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 lounger while your body is purified and the pressures of life are rinsed away. Check for availability.

### Equilibria

For your beauty and wellness needs, Equilibria offers a selection of premium products, skin consultations, lashes and brow services. Here you will find the latest technology for skin analysis using our revolutionary Elemis SkinLab Facial Mapping Analysis or you can try effective skin products at our interactive Elemis SpaBar. For the most eye-opening experience, Equilibria also offers a Lash and Brow Bar, where you can enhance your lashes and beautify your brows. Equilibria will help you achieve inner health and outer beauty with luxury brands such as: Elemis, Ionithermie, Steiner, GoSMILE and Jou Herbal Supplements.





# replenish

Gentle swaying. Hands caressing. **I am right here.**



Restore

Don't tell me I look good for my age. **Tell me I look good.**

# Your Face



## 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\* ..... 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\*\* ... 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

## 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

*\*Independent Clinical Trials 2006 \*\*Independent Clinical Trials 2007*



# 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 ..... 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 ..... 75 minutes

## Elemis Cooling Hot Stone Body-Facial

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

## 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 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





*Thai Herbal Poultice*

**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 or Swedish Massage, this ritual will refresh your spirit and strengthen your vital energies ..... 100 minutes



Renew

Inner health. Outer beauty. **I am balanced.**

# 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

Restylane® and Perlane® are FDA approved cosmetic dermal fillers that provide volume and fullness to the lower face and lips. Made of hyaluronic acid, a naturally occurring substance in the body, 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. Treatments are administered by our Medi-Spa Physician, a licensed Medical Doctor ..... 30 minute sessions

## **BOTOX® Cosmetic Treatments**

Made of a purified protein, BOTOX® Cosmetic is a safe, FDA approved, non-surgical treatment that focuses 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 ..... 30 minute sessions

## 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

## GoSMILE 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 GoSMILE 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

# 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 warm 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 weightless 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 minutes or 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

## **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 ..... 50 minutes or 75 minutes



A close-up photograph of a man's back and arms, which are covered in thick, grey mud. He is lying down, and his head is resting on the shoulder of a woman whose dark, wet hair is visible in the foreground. The background is a bright, clear blue, suggesting an outdoor setting like a pool or beach. The overall mood is one of relaxation and natural cleansing.

refresh

Cleansing my body from the inside. I am pure.





Revive

Heart pounding. Spirit soaring. **I am strong.**



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

**Gravity Reformer Personal Training**

If you prefer personalized attention and want to experience a fun and exciting way to exercise, our fitness professionals will incorporate our Gravity Reformer to strengthen and tone your muscles with the results-driven workout your body needs to look its best ..... 60 minutes

 **Kinesis Personal Training**

For an enjoyable and effective workout, a training session with Kinesis will work your mind and body with three dimensional movements that improve balance, flexibility and strength. Using a tri-dimensional pulley system, our fitness professionals will guide you through a series of exercises that will stretch your limits and give you the results you desire ..... 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

**45 MINUTE SPECIALIZED CLASSES**

**Tour de Spin® (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

**Gravity Reformer** Challenge your muscles in a new and exciting way. This gravity-based workout system will sculpt your body and maximize your efficiency with natural incline-plane resistance. Your body will be positioned on the free-rolling glideboard, becoming the weight source to drive safe and effective results.

**Pathway to Yoga** Excellent for increasing levels of concentration and focus. This class will benefit the beginner and the experienced yogi.

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

# Your Eyes

## **LASH AND BROW BAR**

These eye-catching services will help you flutter longer lashes and keep your brows beautiful. Ideal for those looking to add length to their lashes, color and shape to the brows, or simply want a cleaner look, this brow-raising experience will enhance your eyes and give your expression new meaning.

### **Eyelash Enhancements**

Longing for lashes? Then transform your look without batting an eyelash. This Eyelash Enhancement will lengthen your lashes with a simple application followed by a minimal make-up retouch. You will also receive a deluxe lash comb to maintain your new look. Looks to choose from: Natural Lashes, Evening Eyes or Ultra Glam ..... 30 minutes

### **Brow Sculpting**

Give the face an instant lift and a noticeably enhanced, polished look. Our treatment will remove those pesky unwanted hairs with our gentle cream wax, and then carefully shape and define the brows to bring your natural beauty to life ..... 15 minutes

### **Brow Tinting**

This treatment is perfect for covering unwanted gray hairs or enhancing your natural look. Various shades are available to choose from. .... 30 minutes

### **Lash Tinting**

If your lashes are lighter than you would like, our Lash Tinting is a quick and easy way to define your eyes and make mascara a thing of the past. In just minutes, you will have long-lasting, professional results that will give your lashes the visibility you desire..... 30 minutes





reflect

My eyes share my world. I am a mirror.

A man with grey hair and a beard, wearing a grey t-shirt and a white towel, is looking into a mirror. The image is split vertically by the mirror's edge. On the left, the back of his head and shoulder are visible. On the right, his face is shown in profile, looking towards the left. The background is bright and out of focus.

rebel

Stereotypes don't define me. I invest in my well-being.

# 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 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

## **Elemis Exotic Hand Ritual with Manicure**

Warmed aromatherapy oils nourish and condition while the sublime sensation of milk lavishes its richness and healing action on your skin ..... 45 minutes

## **Elemis Sole Delight Foot Treatment with Pedicure**

This is the most rejuvenating foot therapy. Indulge your feet in warmed aromatherapy oils combined with the decadence of milk protein, followed by a full pedicure. You will feel like you are walking on air ..... 55 minutes

## **Beard Trim**

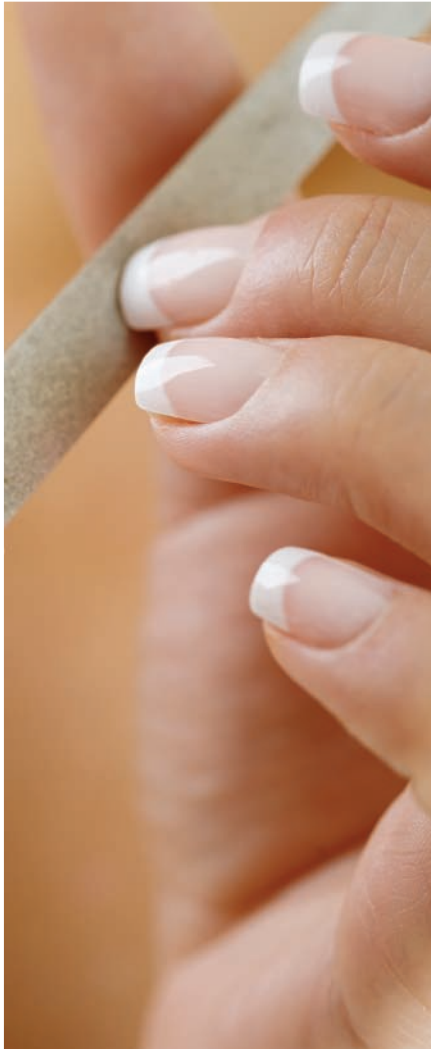
Allow our barber to tidy up your beard with a quick trim ..... 15 minutes

## **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 ..... 15 minutes

## **Men's Wet Trim**

Allow one of our stylists to maintain your best look with a quick trim ..... 15 minutes



# Your Hair & Nails

## SALON FAVORITES

### Elemis Frangipani Conditioning Hair and Scalp Ritual

Monoï 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 of 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 aroma-therapeutic ingredients promote healthy-looking skin and nails ..... 60 minutes

### Elemis Sole Delight Foot Treatment with Pedicure

This is the most rejuvenating foot therapy. Indulge your feet in warmed aromatherapy oils combined with the decadence of milk protein, followed by a full pedicure. You will feel like you are walking on air ..... 55 minutes

### Hair Styling

- Color Touch Glazing
- 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

- Elemis Exotic Hand Ritual with Manicure
- Traditional Manicure / Pedicure
- Brisa Gel Forever French Enhancements
- Brisa Gel Overlays
- Brisa Gel Refills
- Acrylic Nails Full Set / Refills
- Paraffin Wax





Rejoice

My mind is calm. My body is energized. **I am complete.**

# 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 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.



THE EARTH IS NONE OTHER THAN A REFLECTION OF YOU. **70% WATER.**



