

:: chill :: indulge :: exhale ::

timetoSPA

AGE LESS
INDULGE MORE
Try our anti-aging facials.

SHOP&SHIP
You love our products,
we deliver.

BRIGHTEN YOUR SMILE
Take your smile from
drab to fab in just minutes.

Triple Your Indulgence!

SAVE UP TO 30% ON TREATMENTS See inside for details.

SPA FAVORITES A sampling of our most blissful services which come highly recommended. For a complete listing of services please refer to our full brochure which can be found in your stateroom or at the spa reception.

SAVE UP TO \$155!

TRIPLE YOUR INDULGENCE We recommend you enrich your day spa experience by choosing three of your favorite signature treatments, indicated with a **tts** symbol.

**10% OFF YOUR
1ST SIGNATURE
TREATMENT**

**20% OFF YOUR
2ND SIGNATURE
TREATMENT**

**30% OFF YOUR
3RD SIGNATURE
TREATMENT**

When you book three signature services you will receive 10% off the most expensive service, 20% off a service of equal or lesser value and 30% off the least expensive service from your selection. Treatments cannot be shared with others. All treatments must be booked and paid for in advance. This promotion is subject to availability.

FACIALS

tts LA THÉRAPIE HYDRA-THÉRAPIE SKIN NUTRITIVE FACIAL
Technology meets beauty. After deep cleansing, your skin will be resurfaced using Orbital Microdermabrasion and infused with O2. Hands on massage and a lifting mask make these a results smoother.
 50 minutes

tts ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL
Slows visible signs of aging. Proven to reduce wrinkles by up to 94% and improve skin firmness by up to 57%* with quartz micro-crystals and the antioxidant properties of precious minerals.
**Independent Clinical Trials, 2007*
 50 minutes

MASSAGE

tts ELEMIS AROMA STONE THERAPY
Warming and restorative. We use heated stones to melt away your tension. Small stones are placed on key energy points, while luxuriously warmed oils are massaged deeply into the body for maximum relaxation.
 50 / 75 / 90 minutes

tts THAI HERBAL POULTICE MASSAGE
Aromatic and nourishing. This energizing, rhythmic massage utilizes scented herbal poultices that are heated and applied to the body at pressure points to release tension.
 75 minutes

tts BAMBOO MASSAGE
Deeply relaxing and healing. Warm bamboo shoots and fragrant oils slide, roll, and massage your muscles into pure bliss.
 50 / 75 / 90 minutes

BODY THERAPY

tts ELEMIS AROMA SPA SEAWEED MASSAGE
Detoxifying and remineralizing This deeply warming and nourishing treatment includes a seaweed wrap containing an aromatic blend of essential oils and a full or half body massage.
 75 / 100 minutes

tts ELEMIS ABSOLUTE SPA RITUAL
Indulging and revitalizing. 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

tts IONITHERMIE CELLULITE REDUCTION PROGRAM
Firming and detoxifying. 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 in just one session.
 50 minutes

Get 10% OFF most treatments at select times with our value pricing! Visit spa for details.



MEDI-SPA
COSMETIC SERVICES*

The onboard Medi-Spa offers the very best in medical aesthetic treatments to prevent and address signs of ageing. Return home from your cruise looking completely refreshed and youthful with these safe and effective treatments. Expect natural looking results with no downtime.

All treatments are administered by a licensed medical doctor trained in the latest techniques for skin rejuvenation. Consultations are complimentary.

**RESTYLANE® FACIAL
DERMAL FILLER TREATMENTS**

Add volume and fullness to the skin. Restore youthful contours on the lower face by replacing lost volume and fullness. Fillers are also used to enhance the shape and border of the lips. Results are instant and last six months or longer.

**BOTOX® COSMETIC AND DYSPORT™
WRINKLE TREATMENTS**

Soften fine lines and wrinkles for smoother skin. Minimize wrinkles between the brows, on the forehead and around the eyes for a refreshed, youthful appearance. Smoother skin is visible within days and last three to four months.

SALON

KERATIN EXPRESS BLOW OUT

Say goodbye to frizz in just one hour. This specially formulated revitalizing and rejuvenating treatment for the hair eliminates frizz and lasts up to 6 weeks. And you can wash your hair just 8 hours after the treatment.

..... 60 minutes

PHYTO CONDITIONING TREATMENTS

A spa treatment for the hair. Nurture your hair and scalp with powerful botanical blends which nourish and protect the hair. Choose from Thirst Quencher, Botanical Bliss, or Rescue Remedy.

..... 30 minutes

its FIRE AND ICE MANICURE + PEDICURE

Ice-hot luxury for hands and feet! Imagine a gorgeous massage with hot stones and cooling potions, combined with skin-smoothing exfoliation and the most perfect manicure and pedicure ever.

..... manicure + pedicure 105 minutes

GO SMILE TOOTH WHITENING

A younger, radiant, confident smile. Safe and effective tooth whitening that will quickly take your smile from dull to dazzling – brightens up to 6 shades.

..... 30 minutes

MEN'S SERVICES

**its ELEMIS PRO-COLLAGEN GROOMING
TREATMENT WITH SHAVE**

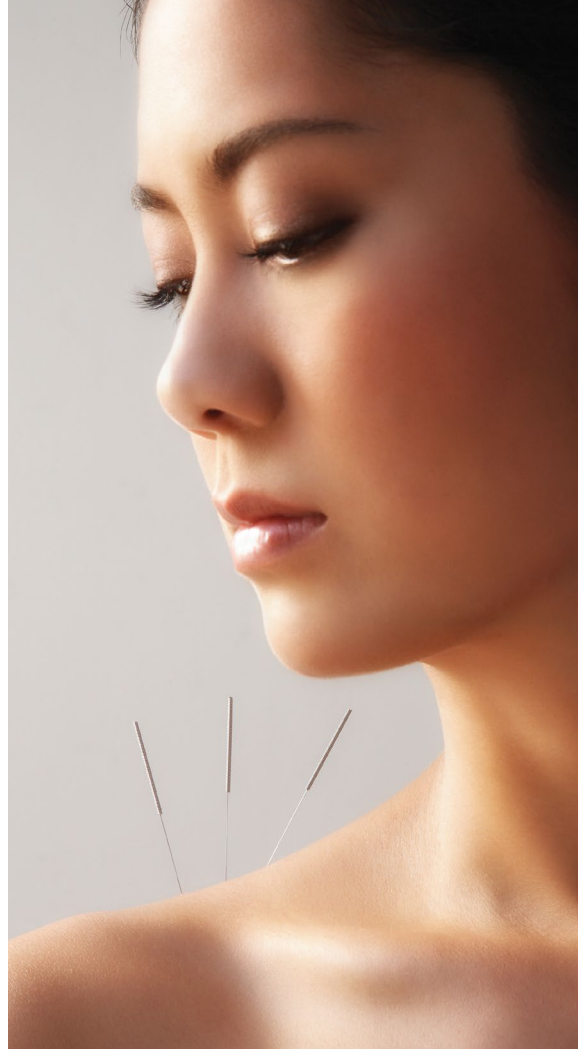
Smooth and soothing. This shave of all shaves nourishes and nurtures men's skin, ingrown hairs and shaving induced skin irritations – includes a facial, shave and hand & arm massage.

..... 55 minutes

ELEMIS SKIN IQ FACIAL

Anti-aging and invigorating. Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver, this treatment helps combat the effects of a hectic lifestyle and environmental stressors.

..... 50 minutes



ACUPUNCTURE

Try this traditional Chinese medicine to relieve a variety of symptoms.

Onboard acupuncturists are certified to safely treat a wide variety of conditions such as:

- 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.

shop & ship

YOU LOVE OUR PRODUCTS. WE DELIVER.

Now you can buy all the spa products you love without worrying about fitting them into your suitcase. While you are onboard, feel free to stock up on your favorite beauty and wellness products, and we will ship them directly to your home for JUST \$8! No limits. No extra costs. Just indulgence delivered right to your front door. We will ship anywhere in the continental U.S. via ground delivery. How convenient!

JUST \$8
NO LIMITS!





KEEP THOSE SEA LEGS STRONG!

If getting physical is on your itinerary this cruise, head to the onboard fitness center for the workout program your body needs to look its best. See one of our fitness professionals for more information.

ONBOARD FITNESS PROGRAM

- Metabolism Tests
- Nutrition & Lifestyle Guidance
- Seminars & Workshops
- Personal Training
- Specialized Fitness Classes
- State-of-the-Art Equipment



FITNESS

it INBODY570® BODY COMPOSITION ANALYSIS*

A state of the art body composition analyzer which stands alone as the most comprehensive analysis available. InBody570® offers precise measurements of segmental muscle mass, body fat mass, visceral fat and metabolism, and also determines inflammation and fluid retention levels inside your body.

..... 60 minutes

BODY SCULPT BOOT CAMP

Perspiration guaranteed! Boot camp is a blood pumping, throat clearing, endorphin releasing reason to get out of bed everyday. You will also receive a complimentary Metabolism Test.

..... 4 sessions / 30 minutes each

INDIVIDUALIZED PERSONAL TRAINING

It's all about you. Find out what exercises work best for your body when our fitness professionals design a workout suited to your specific needs.

..... 60 minutes

RESULTS-BASED TRAINING (RBT)

Science fact. Not science fiction. RBT is a scientifically backed functional fitness program designed to get you maximum results in minimum time. Big compound movements with a continuous flow of exercises keeps the blood circulating for the entire workout.

..... 30 minutes

NUTRITIONAL CONSULTATION

A custom plan for your new lifestyle. 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*

Every journey has a starting point - find yours. 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 45 minute specialized Tour de Cycle, Pure-Form Yoga and Pure-Form Pilates classes. Visit the gym for the class schedule.

timetospa 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.

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

Be sure to arrive in the spa 15 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 **personal safe** box in your suite.

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

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.

Gratuity

For your convenience a 15% gratuity will be added to your bill at checkout. Feel free to increase, decrease or remove this amount at your discretion.

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.

Thank You

We hope we have enhanced your onboard 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 THE ONBOARD SPA BY STEINER, A GLOBAL SPA PROVIDER

