timetospa
Spa, Salon & Fitness Menu
VITALITY BEGINS AT THE SPA

Welcome to the spa onboard, a relaxing retreat where your personal transformation begins. Here, you will discover so much more than indulgence. With the introduction of Royal Caribbean’s Vitality program, our spa philosophy echoes the wellness culture that you will witness throughout your journey. From the moment you enter our zen-like facility, your individual needs will become the centerpiece and your treatment is choreographed to ensure the most enjoyable and beneficial result.

Enhance your spa experience with one of our signature Vitality treatments when you see this symbol.
FACIAL

Microdermabrasion HydraLift Facial*
Give your skin what it has been craving. 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 ............................................................... 50 minutes

La Thérapie HydraLift Facial
This youth-enhancing facial has fast and dramatic results. 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 ...................... 50 minutes

Elemis Pro-Collagen Marine Facial
This exceptional face and eye treatment helps to slow down the signs of premature aging by reducing the appearance of fine lines and wrinkles. After just one treatment, this exquisite facial will help to give your skin a more youthful appearance. Further enhanced by luxurious hand, arm and scalp massage sequences, this superior facial is as indulgent as it is results-driven ....................... 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

timeformen Skin IQ Facial*
This facial will protect the skin against the harsh, aging effects of shaving and environmental damage. Our active ingredients will increase moisture levels by 38% and skin elasticity by 28% after just one treatment .............................................................. 50 minutes

timeformen Urban Cleanse Facial*
This deep cleansing facial decongests the skin to help eliminate blocked pores, accelerate skin repair and neutralize impurities for a clearer complexion. Our fast-acting, revolutionary ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants .............................................................. 50 minutes
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 ................................................................. 75 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 for the senses. 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*
An Asian philosophy believes that the vital organs of the body are all mirrored upon the soles of the feet and the use of pressure helps to rebalance and cleanse the organs ........................................................................................................................................ 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 or Swedish 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 Marine 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
Ionithermie Cellulite Reduction Program
This unique therapy detoxifies the body, reduces the appearance of cellulite and offers substantial inch loss (up to 8 inches) in just one session. Galvanic stimuli propel rich marine elements into affected areas to drain fluid, smooth the skin and give the body more definition. Ionithermie is recommended as part of an ongoing well-being and fitness program ........................... 50 minutes

Elemis Aroma Spa Seaweed Massage
A heated seaweed mask containing a warming 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

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 all 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 an Elemis Deep Tissue Muscle Massage ..... w/half body massage / 75 minutes ................................. w/full body massage / 100 minutes
ACUPUNCTURE

Acupuncture, the Point of Well-Being

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, Chron’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 Management.

First Acupuncture Session ............................. 60 minutes
Additional Sessions ....................................... 45 minutes
First Facial Rejuvenation Session .................. 90 minutes
Additional Sessions ....................................... 60 minutes

Package pricing available. See the onboard acupuncturist for more information.
**FITspa**

**Individualized Personal Training**
The physiology of the body is extremely complex and everyone needs to discover exercises that will enhance inner health and physical strength. Personal training is your unique prescription toward a healthy and strong mind and body ................................................. 60 minutes

**Metabolism Test**
One of the major causes of health problems is an imbalance within the body's composition. 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

**Tai Chi**
Sometimes described as "meditation in motion," this graceful form of exercise is suitable for all fitness levels and can promote health and longevity. Originally developed in China as a form of self-defense, Tai Chi has evolved into a noncompetitive, self-paced system of gentle physical exercise that 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

**SMILEspa**

**GoSMILE 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. Consultations are free. Smile twice as big with our GoSMILE Tooth Whitening Treatment for couples! ................................................................................................................................. 30 minutes

**In addition to our complimentary exercise classes available onboard, we also offer these specialized classes.**
SALON FAVORITES

Elemis Frangipani Conditioning Hair and Scalp Ritual
Monoi Oil has been used for centuries in Tahiti to soften the skin and hair of brides. 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

Elemis Exotic Hand Ritual with manicure
The Elemis Exotic Hand Ritual offers more than just a 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, followed by a full pedicure. You will feel like you are walking on air .................................................................................................. 55 minutes

timeformen Barbering Services
For the best barbering services known to man, choose from:
Express Shave / 30 minutes
Deep Cleanse Grooming Treatment with Shave / 45 minutes
Pro-Collagen Grooming Treatment with Shav / 55 minutes
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
Traditional Manicure
French Manicure
Traditional Pedicure
French Pedicure
Full Set Acrylic Nails
Full Set Acrylic Nails Refills
Re-polish
Nail Fix
Paraffin Wax
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 at 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 safety deposit 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.

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.

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. 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.