

A woman with long, flowing blonde hair is shown from the back, sitting in a meditative pose on a beach. She is wearing a light-colored, long-sleeved top. Her hands are resting on her knees in a mudra. The background features the ocean with white-capped waves under a bright, slightly overcast sky. The overall mood is serene and peaceful.

timetospa

Spa, Salon & Fitness Menu



V I T A L I T Y B E G I N S A T T H E S P A

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

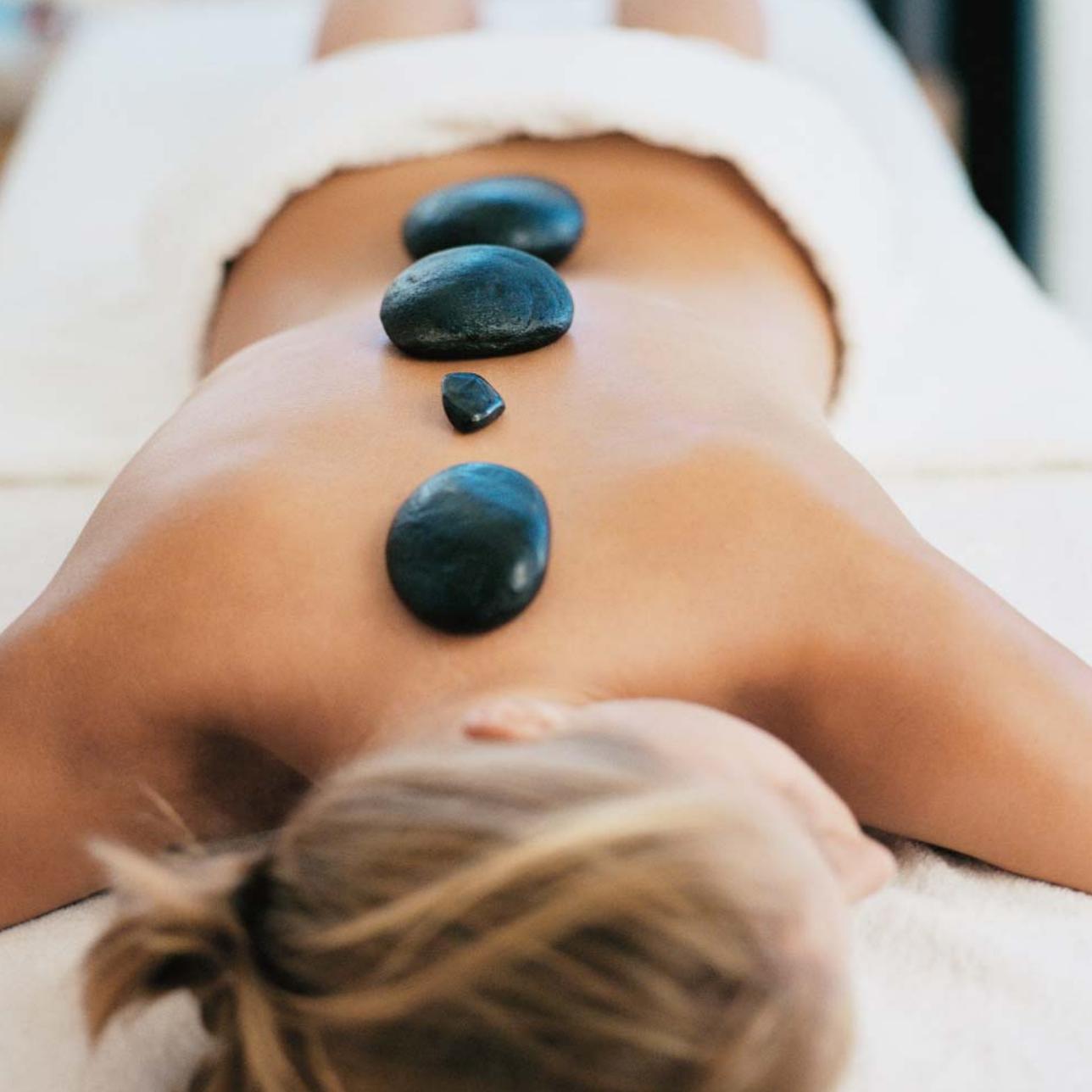
Prescribed to your needs, the power of nature and specialized Eastern massage techniques oxygenate your skin and balance the mind and body. Choose from: Fruit Active Glow to make dull skin perky, Herbal Lavender Repair to heal and soothe acne prone skin, Exotic Cream Moisture Dew to give a hydrating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





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 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



BODY

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 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 yogi45 minutes

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



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





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 Styling

- Style Dry or Roller Setting
- Trim or Restyle and Style Dry
- Men's Wet Cut and Finish
- Men's Wet Cut
- Cleanse, Style Dry and 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

- 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 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 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.

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.

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.*



Get out there.®

