

Menu of Spa Services

1) Ionithermie Algae Detox Slimming Treatment **50 minutes \$159** course of 3 **\$399 (save \$78)**
 This exclusive French body correction treatment reduces cellulite, firms and tones the skin, detoxifies and re-mineralizes the body. We use two gentle stimuli to work on the stomach, thighs and buttocks. Through the power of algae externally detoxifying the body, you will lose up to 8 inches in one treatment.

2) GoSMILE Teeth Whitening **30 minutes \$199** This cruise **\$149 (save \$50)**
 Take your smile from drab to fab in just one 30 minute session; we can brighten your smile up to 6 shades lighter.

3) NEW Elemis Oxydermy Facial **50 minutes \$169**
 Give your skin what it's been craving. Now you can fight lines and wrinkles, reduce skin discoloration, scaring and reduce pore size. Get that glow that's been eluding you. Let us pamper your skin with the new cutting edge technology that brings Microdermabrasion and Oxygen together in one luxurious treatment. We will cleanse polish, masque and massage you into sweet oblivion. Enjoy your vacation by looking younger and radiantly instantly.

4) La Thérapie Hydralift Facial **50 minutes \$119**
 Designed by a dermatologist and plastic surgeon, this French anti-aging, deep cleansing facial is customized to suit your individual needs. Using a unique blend of science and nature, this facial is deep cleansing and rejuvenating; yet gentle enough for the most sensitive skins.

5) Exotic Aromaspa Seaweed Wrap with Massage **75 minutes \$195** 100 minutes **\$259**
 Combining the power of the ocean with the healing effects of aromatherapy, this treatment is perfect for soothing aches and pains, Fibromyalgia, arthritis or just stiff joints. During this treatment you will receive a scalp massage and a foot massage. After showering, relax as your Therapist works out any remaining tensions with a well-being massage. (6 weeks benefit)
Book a course of two and receive the second 20% off

6) NEW Thai Herbal Poultice Massage **75 minutes \$195**
 This energizing, rhythmic massage utilizes scented herbal poultice that are heated and applied to the body at pressure points to relax the muscle and release tension. This 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.

7) Hot Stones Heaven **50 minutes \$149** 75 minutes **\$195**
 Harnessing the properties of warm stones, we place them on key energy points on the body to harmonize the spirit. The stones give up their power and warmth to tired muscles promoting inner peace and tranquility. A firm rhythmic massage is done with warm stones, exotic hot oils and hands.

8) Absolute Spa Ritual **100 minutes \$265**
 Indulge yourself, starting on the soles of the feet we work all the way up the back of the body using five different techniques before turning you over for a full facial complete with face and scalp pressure point massage. This treatment is sure to send you into sensory heaven!

9) Lime and Ginger Full Body Exfoliation with Massage **50 minutes \$155** 75 minutes **\$199**
 Warmed oils drizzled over your body and a sumptuous mixture massaged into the skin to slough away dryness. After an aromatic shower, we delight you with a Swedish massage of the back, neck and shoulders or full body.

Couples Spa Rituals

Couples Massage – 50 minutes per couple \$269

Couples Hot Stones – 50 minutes/couple \$298 75 minutes/couple \$390

Everything else...

Reflexology or Aroma-Flex.....50 minutes \$119
 Swedish Massage.....50 minutes \$119
 Deep Tissue Massage / Sports Massage.....50 minutes \$129
 Pregnancy Massage.....50 minutes \$119
 Pregnancy Skin Conditioning Wrap.....50 minutes \$150

Spa Carnival, Deck 12 Fwd
 Dial 2009 to schedule appointments.
 Please allow 24 hours notice for changes
 or canceling appointments to avoid a
 50% fee to your Sail & Sign account.

TRY THESE SELECT FITNESS SERVICES...

Personal Training Receive optimum results when one of our trained fitness professionals shows you the results-driven exercise your body needs to look its best.

Body Composition Analysis (BCA) Learn your body fat content, rate of metabolism, water retention level, and the easiest way for you to lose weight.

Specialized Fitness Classes Suitable for students of all levels. Some of our fitness classes include Yoga, Pilates, Kick Boxing, and a Cycling Class.

