



VISTA SPA

MASSAGE AND BODY SERVICES

To avoid a 50% cancellation fee, 24 hours notice is required for all cancellations.

BOOK 3 SIGNATURE SERVICES PER PERSON AND RECEIVE 10% OFF THE FIRST, 20% OFF THE SECOND AND 30% OFF THE THIRD!

OUR FAVORITES

ELEMIS OXYDERMY FACIAL

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.

50 minutes \$169

ELEMIS PRO COLLAGEN QUARTZ LIFT FACIAL

This exceptional anti-wrinkle facial is empowered with Quartz micro-crystals 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.

50 minutes \$145

LA THERAPIE HYDRALIFT FACIAL

This youth-enhancing facial has results that are fast and dramatic. The appearances of fine lines and wrinkles will be reduced as galvanic frequency and our specialized ingredients treat the deeper layers of the skin where cell-renewal takes place. The stimulating effects of high-frequency will boost circulation and enhance oxygen absorption.

50 minutes \$115

ELEMIS FACE AND BODY SENSATION

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 state of relaxation, you will receive the elemis tri-enzyme facial to smooth your skin and restore your radiant glow.

50 minutes \$159
75 minutes \$190

ABSOLUTE FACE AND BODY TREATMENT ELEMIS ABSOLUTE SPA RITUAL

This treatment consists of a pro-collagen marine facial that uses Japanese silk mask, impregnated with collagen to reduce the appearance of fine lines, wrinkles and restores skin elasticity whilst deeply nourishing the skin. Your treatment is then completed with a full-body well-being massage to soothe away the tension.

75 minutes \$212
100 minutes \$249

IONITHERMIE SUPER-DETOX

This treatment offers substantial inch loss (between 3 to 8 inches). You will experience a reduction of fluid retention and cellulite. Also, see an improvement of digestive function, IBS and constipation. Boosts the metabolism and increases energy levels.

Course of one: \$155 (includes FREE BCA)
Course of three: \$299 (Save \$166!)

ACUPUNCTURE

Acupuncture is a traditional Chinese medicine practiced for thousands of years and helping millions of people. It has been clinically proven to effectively treat a variety of conditions from back pain and arthritis to weight loss and insomnia. Complimentary consultations available.

50 minutes \$150

BAMBOO MASSAGE

Your therapist will use deep tissue massage techniques with heated bamboo to melt away your tension and soothe muscle tension.

50 minutes \$159
75 minutes \$179

THAI HERBAL POULTICE MASSAGE

This traditional treatment is practiced with warm herb muslin poultices applied directly to the body to help reduce aches and pains and soothe muscle tension in key areas.

75 minutes \$195

AROMA SEAWEED MASSAGE

Using marine algae with aromatherapy, it will deeply detoxify and decongest the body, and ease muscular aches and pains. It is designed to ease arthritis pain and stiff joints. You will receive a foot and scalp massage while in the wrap and then receive a relaxing full-body or half-body massage. Benefits lasts up to six weeks.

75 minutes \$188
100 minutes \$244

AROMA STONE MASSAGE

This ultimate relaxing massage using heated basalt volcanic stones anointed with the exotic oils placed on key energy points of the body will balance the mind, body, and soul. The deep penetrating heat of the stones is combined with a traditional full-body massage and aromatherapy techniques to release muscular tensions. Benefits lasts up to six weeks.

50 minutes \$159
75 minutes \$190



= Signature Treatments



VISTA SPA

FACIAL AND SALON SERVICES

Guests must be 18 years or older.

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Please check in 10 minutes prior to your appointment time at the Vista Spa Reception Desk, Deck 9, Forward. Enquires Telephone 7-1465

GO SMILE TEETH WHITENING

The latest, safest, pain and sensitivity-free tooth whitening procedure available! In just 30-minutes, you will see 1 to 6 clinically proven shade changes. No harsh chemicals, no bleaching, no messy trays or lasers of hot burning lights. Just great results. Free consultations available.

Single \$149.00 or do as a couple for \$129.00 each (save \$40.00)

SALON SERVICES

Hair Services

	SHORT	MED	LONG
Wash & Blow Dry	From \$32	37	48
Haircut & Blow Dry Style	From \$56	70	75
Hair – Up	From \$48	56	70
Gents Haircuts			From \$32
Feather Extension	From \$19 each		

Nail Services

Fire and Ice Manicure	\$50
Spa Manicure	\$44
Fire and Ice Pedicure	\$70
Spa Pedicure	\$60
Acrylic Full	\$82
Shellac Polish	\$25
Parafin Wax Hand Treatment	\$16

MENS' BARBERING SERVICES

What do men really want? To be pampered from head to toe of course! That's why we created a selection of treatments just for his needs. After one of our smooth grooming services, skin renewing facials and massages, or hair and nail treatments.

Elemis deep cleanse grooming treatment with shave \$75

New! Elemis pro-collagen grooming treatment with shave \$95

PHYTO HAIR & SCALP MASSAGE

Is the ultimate hair care treatment. Phyto is a professional hair care system now available to strengthen, soften, protect and hydrate your hair. Free of formaldehyde, petrochemicals, synthetic dyes and silicones. It will re-establish a base for healthy, shiny, and fortified hair.

Thirst Quencher - Dry hair (30 minutes)	\$49
Rescue Remedy - For ultra dry hair (30 minutes)	\$49
Botanical Bliss - For all hair & scalp conditions (30 minutes)	\$49
Color Guard - For color-treated hair (15 minutes)	\$29

CELLOPHANE HAIR GLOSS TREATMENT

This cellophane treatment is a protein-based conditioning therapy and clear glass color designated to add shine, boost color and smooth the hair so that it looks and feels soft, silky and healthy. (Wash and blow-dry not included).

30 minutes \$45

EXOTIC LIME AND GINGER SALT GLOW

An exotic exfoliation ritual that will invigorate and bring vitality to your skin using lime and ginger salt glow scrub. Your skin will be deeply cleansed and polished to perfection before we perform a relaxing full-body massage to leave the skin glowing, vibrant and flawless.

With a full-body massage	\$195
With a half-body massage	\$151

LADIES PAMPER PARTY

Join us on Friday at 3:15 pm for a Fun Facial workshop in the Vista Spa on Deck 9, Forward. It is a complimentary workshop, interactive class where you give yourself a facial with the correct ingredients to suit your skin type. Everyone that joins us will have the opportunity to win a Aroma Facial in your Raffle drawing.

VISTA SPA VILLAS

Amid the vast Ocean, a mystical spa experience awaits you in the privacy of our Mediterranean inspired villas.

• Choose your luxury Signature Service and indulge in a bathing ritual in your private jacuzzi whilst enjoying a specialised tea ceremony and foot cleansing ritual.

Villa For One

Alone Time	105min	\$199
Sensory Awakening	155min	\$295
Body Purifying	155min	\$245

Villa For Two

Romantic Hideaway	120min	\$449
Couples Choice	130min	\$475
Ultimate Indulgence	150min	\$589

(Please ask about our treatment options for each package)



= Signature Treatments



VISTA SPA

VISTA SPA FITNESS CLASSES AND SEMINARS

Please refer to your daily Personal Navigator for hours of operation. Shirts and training shoes must be worn at all times.
Spa facility is reserved for Guests over 18 years of age.
All exercise classes are 30 minutes in length, except as noted.

WEDNESDAY NEW YORK

11:30am - 10:00pm SPA TOURS AND GYM HOURS

3:15pm SPA RAFFLE - VISTA SPA FITNESS CENTER
\$500 worth of Spa prizes.

5:00pm CIRCUIT SESSION

THURSDAY DAY AT SEA

7:00am MORNING STRETCH

8:00am GROUP CYCLING

10:00am **BODY SCULPT BOOT CAMP** Vista Spa (Nominal fee)

The ultimate fat burning work-out. You can burn up to 700 calories in this fast & fun workout!! Everyone can do it, no matter what size, shape, or fitness!

10:45am **ACUPUNCTURE BACK PAIN & ARTHRITIS SEMINAR** Sessions
Acupuncture is naturally effective for Upper and Lower Back Pain, Sciatica, Muscle Tension, and much more. Let us help you enjoy your magical cruise and beyond. We invite you to schedule a consultation with our licensed Acupuncturist today.

11:00am **SEMINAR: DETOX FOR HEALTH AND WEIGHT LOSS** Vista Spa
Detoxification is the key to optimal health and achieving your weight loss goals. It is a known fact that toxins cause disease and health problems, but do we really understand what they do to us? This hit seminar explains what health-rick toxins are and how to effectively eliminate them.

12:00pm **GOOD FEET SEMINAR** Vista Spa

Improving posture & relieving aches and pains

2:00pm **SEMINAR: SECRETS TO A FLATTER STOMACH** Vista Spa
The best combination of knowledge and a powerful workout. If you want to find out a well-kept secret, now is the time to join us and find out how to achieve a flatter and well-toned mid section. Let us show you that it is possible.

2:15pm **INTRODUCTION TO ACUPUNCTURE** Studio Sea

4:00pm **VISTA SPA JACKPOT BINGO** Rockin' Bar D

5:00pm **AB CONDITIONING** Vista Spa

FRIDAY SAINT JOHN

7:30am **STRETCH & RELAX**

8:00am **BODY SCULPT BOOT CAMP** Vista Spa (Nominal fee)

3:15pm **LADIES PAMPER PARTY**

5:00pm **GROUP CYCLING**

SATURDAY HALIFAX

7:30am **STRETCH & RELAX**

8:00am **BODY SCULPT BOOT CAMP** Vista Spa (Nominal fee)

4:30pm **COUPLES MASSAGE WORKSHOP** Vista Spa Fitness Center
Teach your partner how to massage you! Interactive one hour session that will educate you on the basic massage techniques.

5:30pm **YOGA** Vista Spa

SUNDAY DAY AT SEA

7:00am MORNING STRETCH

8:00am **GROUP CYCLING**

10:00am **BODY SCULPT BOOT CAMP** Fitness Center (Nominal fee)

10:45am **ACUPUNCTURE SEMINAR: CHINESE HERBS** Sessions
Chinese herbology has helped millions of people around the world for thousands of years. Come to find out from our licensed Acupuncturist and Herbalist how these ancient natural medicines will help to prevent different conditions.

11:00am **SEMINAR: BURN FAT FASTER** Vista Spa
We always have certain problematic areas where we can't lose weight. Learn how to combine exercise, nutrition and detoxification to turn your body into a fat burning furnace. Presented by one of your international fitness instructors.

12:00pm **GOOD FEET SEMINAR** Vista Spa
Improving posture & relieving aches and pains

2:00pm **FITNESS SEMINAR: INCREASE YOUR METABOLISM** Vista Spa
Find out why as you get older your metabolism slows down and what you need to do to increase it.

5:00pm **AB CONDITIONING** Vista Spa

BODY COMPOSITION ANALYSIS (BCA)

TEST YOUR:

- BASAL METABOLIC RATE
- TOXICITY LEVELS
- BODY FAT PERCENTAGE
- WATER RETENTION

Your BCA will allow our Fitness Directors to devise personalized Detoxification programs, thoroughly cleansing the liver, colon and lymphatic system.

Book in for a BCA (Body Composition Analysis)
\$50 per couple, \$33 single

PERSONAL TRAINING

Get a personalized hour sessions with our health, fitness, and nutrition directors onboard to insure you achieve the best results!

- Single Session (one person) \$82/1 hour
- 3 Sessions (one person) \$246 (includes a complimentary BCA Test)

BODY SCULPT BOOT CAMP

- 30 Minute Workout
- Burn up to 700 calories in one session
- Full Body Workout
- High Intensity low impact

\$120 for the entire cruise
(Body Sculpt Boot Camp includes a complimentary Body Composition Analysis)



VISTA SPA CRUISE PACKAGES

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EMBARKATION SPECIALS

JET LAG SPECIAL:

Receive a 25-minute back massage, 15-minute reflexology and a 10-minute scalp massage for \$99.

SHAVE OF ALL SHAVES:

GENTLEMEN'S PAMPER PACKAGE

Receive an anti-aging facial, scalp massage, hand and arm massage and a Double Close Shave.

60 min. \$95.

Book and receive it today and get a 15min. shoulder massage OR a FREE hair cut (value \$35)

ACUPUNCTURE

FREE Tongue and Pulse diagnostic - today only! Limited spaces. Be amazed with what just analysing your tongue and pulse reading can reveal about your health - try it today!

REFLEX COMBO

Receive a 25 minute therapeutic back massage and a 25 minute relaxing foot massage for Only \$118

PORT SPECIALS

SALON TASTER SPECIAL

Scalp massage, neck and shoulder massage, European Facial, conditioning hair treatment, eye collagen treatment, hand treatment, foot and ankle massage or Sunglow Makeover.

Three for \$99

Five for \$119

All eight for \$139 (Port Days Only)

(Performed in the Vista Salon in an open environment)

PAMPER PACKAGE:

Relax with a 75 minute hands on treatment. Enjoy a 50 minute full body massage and a 25 minute facial. Spend some relaxing time in the Rainforest with a glass of champagne and some chocolate treats.

75 min. \$149.

20/20/20

Make your own treatment. Choose any three of the following 20 minute treatments:

Back massage or foot and ankle massage or hydrating treatment or neck and shoulder massage or hand massage or

Frangipani Scalp massage \$119

RELAXATION FEATURES

COUPLE RASUL RITUAL

Begin this treatment by entering an exotic world with a traditional Moroccan cleansing ritual. Apply organic cleansing mud on each other from head to toe. Enter the Steam Chamber to relax as the gentle steam cleanses both body and soul.

\$89.00 50 minutes

EXOTIC RAIN FOREST THERMAL SUITE

Take a tropical shower; relax in the mild steam or dry sauna or practice abdominal breathing in the aromatic steam room. Enjoy our heated mosaic chairs and cool down with an ice drench shower or crushed ice.

Single Cruise Pass **\$79**

Couples Cruise Pass **\$124**

Ultimate VIP PASS **\$177** (includes Couples Pass & Rasul)

Add 5 DIY Herbal Body Scrubs for only \$45

(Rainforest passes are non refundable)

*All port day specials cannot be used in conjunction with another promotion.