



VISTA SPA

FACIAL AND SALON SERVICES

VISTA SPA VILLAS

VILLA FOR ONE

| | | |
|-------------------|-------------|-------|
| Alone time | 105 minutes | \$199 |
| Sensory Awakening | 155 minutes | \$295 |
| Body Purifying | 155 minutes | \$245 |

VILLA FOR TWO

| | | |
|---------------------|-------------|-------|
| Romantic hideaway | 120 minutes | \$449 |
| Couples Choice | 130 minutes | \$475 |
| Ultimate Indulgence | 150 minutes | \$589 |

TEETH WHITENING

| | | |
|--------------------------|------------|-------|
| GO SMiLE Teeth Whitening | 30 minutes | \$149 |
| Couples | | \$258 |

VISTA SPA FACIALS

| | | |
|--|------------|-------|
| * Elemis Oxydermy Facial | 50 minutes | \$169 |
| * Elemis Pro-Collagen Quartz Lift Facial | 50 minutes | \$145 |
| La Therapie HydraLift Facial | 50 minutes | \$115 |

VISTA MASSAGE THERAPIES

| | | |
|--|-------------|-------|
| * Elemis Aroma Stone Therapy | 75 minutes | \$190 |
| * Elemis Aroma Stone Therapy | 50 minutes | \$159 |
| * Elemis Aroma Spa Seaweed Massage | 75 minutes | \$188 |
| * Elemis Aroma Spa Seaweed Massage | 100 minutes | \$244 |
| * Thai Herbal Poultice Massage | 75 minutes | \$195 |
| * Bamboo Massage | 75 minutes | \$179 |
| * Bamboo Massage | 50 minutes | \$159 |
| * Elemis Face & Body Sensation | 50 minutes | \$159 |
| * Elemis Face & Body Sensation | 75 minutes | \$190 |
| * Elemis Absolute Spa Ritual | 100 minutes | \$249 |
| Elemis Deep Tissue Muscle Massage | 50 minutes | \$129 |
| Elemis Deep Tissue Muscle Massage | 75 minutes | \$179 |
| Swedish Massage | 50 minutes | \$118 |
| Swedish Massage | 75 minutes | \$159 |
| Reflexology | 50 minutes | \$118 |
| Chocolate Indulgence Half body massage | 50 minutes | \$141 |
| Chocolate Indulgence Full body massage | 75 minutes | \$178 |

COUPLES RETREAT

| | | |
|--|-------------|-------|
| Couples Swedish Massage | 50 minutes | \$242 |
| Exotic Steam Rasul | 50 minutes | \$89 |
| Exotic Steam Rasul/Couples Swedish Massage | 100 minutes | \$299 |

BODY TUNE UP THERAPIES

| | | |
|---|------------|-------|
| * Ionithermie Cellulite Reduction Program | 50 minutes | \$155 |
| * Ionithermie Cheek Lift Treatment | 50 minutes | \$159 |
| * Elemis Exotic Lime & Ginger Salt Glow | 50 minutes | \$151 |
| * Elemis Exotic Lime & Ginger Salt Glow | 75 minutes | \$195 |

WAXING SERVICES

| | | | |
|----------|------|-----------|------|
| Brows | \$30 | Lip | \$15 |
| Full Leg | \$90 | Bikini | \$35 |
| Half Leg | \$55 | Arm | \$35 |
| Chin | \$15 | Under Arm | \$24 |

ONBOARD ACUPUNCTURE SERVICES

| | | |
|--|------------|-------|
| *First Acupuncture Session | 50 minutes | \$150 |
| <i>Multiple treatments are available at a discounted price. Complimentary consultations are available.</i> | | |

RAINFOREST THERMAL SUITE

| | |
|---|--------------|
| Single Cruise Pass/Deluxe Cruise Pass | \$79/ \$106 |
| Couples Cruise Pass/ Deluxe Cruise Pass | \$140/ \$185 |
| Ultimate VIP Pass (Includes couples pass & Rasul) | \$200 |

NAIL SERVICES

| | | |
|--|------------|------|
| Fire and Ice Manicure | 50 minutes | \$50 |
| Fire and Ice Pedicure | 50 minutes | \$70 |
| Elemis Exotic Hand Ritual with Manicure | 45 minutes | \$44 |
| Elemis Sole Delight Ritual with Pedicure | 55 minutes | \$60 |
| Me Bath Ice Cream Pedicure | 45 minutes | \$65 |
| Me Bath Ice Cream Manicure | 45 minutes | \$45 |
| No Chip 14 Day Polish add-on | | \$25 |
| Acrylic Nails (Full Set) | | \$82 |
| Acrylic Nails (Refills) | | \$44 |
| Repolish | | \$16 |
| Nail Fix | | \$11 |
| Paraffin Hand Wax Dip | | \$16 |

VISTA SPA FOR MEN

| | | |
|--|------------|-------|
| * Elemis Pro-Collagen Grooming Treatment | 55 minutes | \$95 |
| With Shave | | |
| Elemis Deep Cleanse Grooming Treatment | 45 minutes | \$75 |
| With Shave | | |
| Elemis Express Shave | 30 minutes | \$45 |
| Elemis Skin IQ Facial | 50 minutes | \$109 |
| Elemis Urban Cleanse Facial | 50 minutes | \$119 |
| Men's Wet Cut & Dry | From | \$32 |

SALON FAVORITES

| | | |
|---------------------------------|------------|------|
| Cellophane Hair Gloss Treatment | 30 minutes | \$45 |
| Frangipani Scalp massage | 25 minutes | \$28 |

PHYTO HAIR & SCALP MASSAGE

| | | |
|--|------------|------|
| Thirst Quencher -Dry hair | 30 minutes | \$49 |
| Botanical Bliss -For all hair & scalp conditions | 30 minutes | \$49 |
| Rescue Remedy -For color-treated hair | 15 minutes | \$29 |

HAIR SERVICES

| | Short | Medium | Long |
|---------------------------------|-----------|--------|------|
| Shampoo & Blow Dry | \$32* | \$37 | \$48 |
| Shampoo, Cut & Style Dry | \$56 | \$70 | \$75 |
| Hair Up (without cleanse & dry) | \$48 | \$56 | \$70 |
| Feather Extension | \$19 each | | |

*This symbol indicates a signature service. Please check for availability of this service. Vista Spa, Deck 9 forward, dial 1465. Open daily from 8:00 am - 10:00 pm. Please allow 24 hours to cancel or reschedule your appointment to avoid a 50% cancellation fee.

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.

SATURDAY GALVESTON

12:00pm - 10:00pm SPA TOURS AND GYM HOURS

3:00pm SPA RAFFLE - FITNESS CENTER

\$500 worth of Spa prizes.

5:00pm POWER CIRCUIT

SUNDAY DAY AT SEA

7:00am STRETCH AND RELAX Vista Spa

8:00am GROUP CYCLING Vista Spa

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

10:45am INTRODUCTION TO ACUPUNCTURE Sessions

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-risks toxins are and how to effectively eliminate them.

12:00pm SEMINAR: IMPROVING POSTURE AND RELIEVING ACHES & PAINS Vista Spa

2:00pm SEMINAR: SECRETS TO A FLATTER STOMACH Vista Spa
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. 10:00am

2:15pm SEMINAR: BACK PAIN & ARTHRITIS SOLUTION Vista Spa
Multiple treatments are available at a discounted price. Complimentary consultations are available.

5:00pm AB ATTACK Vista Spa

5:30pm FREE FOOT PRINT ANALYSIS Vista Spa

MONDAY DAY AT SEA

7:00am STRETCH AND RELAX Vista Spa

8:00am GROUP CYCLING Vista Spa

10:45am SEMINAR: BACK PAIN & ARTHRITIS SOLUTION 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.

11:00am SEMINAR: EAT MORE TO WEIGH LESS Vista Spa

2:00pm SEMINAR: BURN FAT FAST Vista Spa

2:15pm INTRODUCTION TO ACUPUNCTURE Studio Sea

5:00pm AB ATTACK Vista Spa

TUESDAY GRAND CAYMAN

7:00am STRETCH AND RELAX Vista Spa

5:00pm YOGA Vista Spa

6:30pm - 8:30pm FREE FOOT PRINT ANALYSIS Vista Spa

WEDNESDAY COZUMEL

7:00am STRETCH AND RELAX Vista Spa

8:00am AB ATTACK Vista Spa

9:00am - 11:00am FREE FOOT PRINT ANALYSIS

THURSDAY DAY AT SEA

7:00am STRETCH AND RELAX Vista Spa

8:00am GROUP CYCLING Vista Spa

10:00am BODY SCULPT BOOT CAMP (nominal fee)

10:45am INTRODUCTION TO CHINESE HERBS Sessions

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-risks toxins are and how to effectively eliminate them.

12:00pm SEMINAR: IMPROVING POSTURE, RELIEVING ACHES & PAINS Vista Spa
Do sore tired feet prevent you from walking as much as you'd like? Does your back hurt? Your feet could hold the answer. Come and find out more at this amazing seminar

GOOD FEET

Find out why looking after your feet is so important to manage any pain and can give you the greatest comfort while living a more active lifestyle. Come in for a Foot Print Analysis with our Good Feet Specialists.

METABOLISM AND TOXIN TEST

Has Weight Loss become mission impossible? Or are you losing inches, but from the wrong areas (Face & Chest?). How efficient is your Metabolism functioning? Using our state of the art Biodynamic machine you will find out exactly what is happening on the inside of your body! Once we have the results we will advise you on Detoxification. ONLY \$33

PERSONAL TRAINING

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

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

BODY SCULPT BOOT CAMP

- 30 Minute Workouts
- Full Body Workout
- Burn up to 700 Calories in 1 Session
- Low Impact/High Intensity

\$120 for the entire cruise

(Body Sculpt Body Sculpt Boot Camp includes a complimentary Body Composition Analysis)