



# AH, SPA

Relax and rejuvenate. Pamper yourself. You deserve it.



**A**t the VISTA SPA & SALON, an array of eclectic spa therapies from faraway lands has been selected to help you relax, rejoice and regenerate your mind, body and soul.

## THE VISTA SPA VILLAS

The VISTA SPA VILLAS, located inside the spa, feature a Mediterranean-inspired indoor spa-treatment room that is connected to a private outdoor verandah complete with personal hot tub, open-air shower and a luxurious chaise lounge. Enhanced by beautiful ocean vistas and warm tropical breezes, the new treatment

suites provide couples or single Guests with a tranquil oasis without ever leaving the ship.

In our villa for one, try our *Alone Time* package, the most indulgent way to seek solitude. In addition to the foot cleansing, tea ceremony and bathing ritual, *Alone Time* also includes your choice of several luxurious 50-minute spa treatments.

In our villa for two, experience the *Ultimate Indulgence*. The name says it all. This indulgent ritual is the ideal retreat for couples in need of some quiet time. Enjoy our revolutionary *Elemis Pro-Collagen Marine Facial* to reduce the signs of aging, and our soothing *Elemis Deep Tissue Muscle*

*Massage* that will melt tired muscles and bring the body and mind into balance.

## THE TROPICAL RAINFOREST

The TROPICAL RAINFOREST is a thermal suite consisting of cozy saunas, steam rooms and showers to help relax the mind, cleanse the body and soften the skin. Gentle heat slowly opens the pores and sinuses and helps clear the respiratory tract. Essences of eucalyptus, rosemary, lavender and passion fruit fill the air from different grottoes. To refresh and cool the body, a fog shower sprays a mist of cool, fresh water over the body, while giving off the aroma of mint. Also

available is the *Tropical Rain Shower*, which pours monsoon-like beads of warm water over the head and body. You can relax on heated ceramic couches in the grottoes between sessions.

## THERAPIES

The spa offers everything from facials to massage therapy, slimming treatments, body wraps, salon services and much more. To simplify the decision-making process, signature treatments are often recommended for the ultimate renewal.

If you are looking to recapture your skin's youthful glow, it is recommended that you try *La Therapie HydraLift Facial*, a results-driven anti-aging treatment that will enhance moisture levels and reduce signs of lines and wrinkles. This revolutionary treatment uses galvanic stimuli to boost vitamin absorption and facial massage techniques to reduce the appearance of fine lines and wrinkles. The stimulating effects of high frequency will boost circulation and enhance oxygen absorption, resulting in a smoother complexion that will leave your skin looking youthfully radiant.

*Elemis Aroma Stone Therapy* is just one of the signature body treatments available at the spa. If you've never experienced a hot stones massage, run, don't walk, to the spa for an experience that is nothing short of divine! This exquisite ritual uses heated volcanic stones and therapeutic aromatherapy oils on key energy points of the body to melt away the stress and tension that is so often trapped in the muscles. As the heated stones, oils and massage techniques work their magic on your muscles, feel your stress and worries melt away while you embrace the ultimate indulgence. It's too good for words!

If cellulite, water retention and toxins are among your main concerns, try Europe's leading body correction therapy,



### *Ionithermie Cellulite Reduction Program.*

Ionithermie helps to detoxify the body and offer substantial inch loss (up to 8 inches) in just one session. Combining technology with specially-selected sea algae, you will experience immediate firming and toning of the body. For the ultimate benefits, your therapist may recommend three sessions during your cruise.

While sailing on a Disney ship and visiting exotic destinations, you can expect to flash your smile quite frequently. Take your smile from dull to dazzling with the *GoSMILE Tooth Whitening* treatment. This professional treatment is proven to lift away stains from coffee, nicotine, red wine

and other strong food colorants. This results-driven treatment is a safe, painless and cost-effective way to keep teeth stain-free and sparkling white for those picture-perfect moments.

## THE FITNESS CENTER

If fitness and exercise are on the itinerary, head to one of the most spacious, ocean-view gyms afloat that features state-of-the-art equipment, aerobics rooms, personal trainers, nutritional guidance and a range of specialized classes throughout the day, including yoga and Pilates.

Our certified personal trainers will work out a fitness plan according to your individual needs and offer you a *Body Composition Analysis*. Call the spa for details and a schedule of classes.

## THE SALON

Our beauty salon offers haircuts, blow-outs, creative color, restyling work, nail services and our signature Elemis exotic rituals for the hands and feet.

The VISTA SPA & SALON was created as a haven for peace and serenity during your cruise. We hope you visit us. Open to Guests 18 years of age and older, every day. Please see your *Personal Navigator* for hours of operation.

