

CLOUD 9 SPASM



Head for the clouds... Oblivion is bliss as you drift away to Cloud 9. As you head for the clouds, let us introduce you to a world of mystery intertwined with an element of fantasy. Beautifully simplistic yet magically delightful, Cloud 9 is an experience that encourages you to frolic in frivolity and witness the wonder of this extraordinary occasion. You will instantly become immersed in the magic of Cloud 9 and discover how naturally your imagination comes to life when creativity and self-exploration are freed from practicality. There is no whim or desire that we cannot entertain. The sky is always the limit on Cloud 9!



Experience splendor in these relaxation facilities...

Thermal Suite & Thalassotherapy Pool*

Like a passage toward ultimate relaxation, the Thermal Suite is based on the traditional Turkish Baths, where friends and family would spend the day relaxing together. Here, we have different aromatic steam and sauna grottos that cleanse the body with gentle heat. Heated chaise lounges and shower features make this both a cleansing and relaxing experience. The Thermal Suite also features our Thalassotherapy Pool, a therapeutic salt water oasis that has been based on the concept of a natural bubbling spring. As you are immersed in its effervescence, all your worries and stiff and sore joints will simply wash away. *Daily and weekly passes available.*

DIY Scrub Experience

After you have spent some time in the steam and sauna grottos, use the DIY Scrub in the shower to slough away dead skin and leave the skin silkier and smoother than ever before! Your DIY Scrub is customized: choose your scrub - sugar or salt? Choose your herbal blend. Let the mixologist stir it up and voila. After you have used the scrub, we recommend lying on the heated lounges in your robe to let all the goodness absorb into your skin.

Mud Lounge*

This fun and interactive treatment area is ideal for couples or those who wish to go solo. It's an experience not to be missed! In our private, steam temple, you apply a healing French mud to the body as you inhale the aromatic steam. To complete the ritual, a refreshing tropical rain pours down from the dome of temple and as the muds are washed away, so is every last drop of tension in your soul. For the most indulgent experience, complete this ritual with a full-body massage.

Cabana Massage at Mahogany Bay*

An exotic location for a massage, the Mahogany Bay Cabana offers a unique getaway. Located on Roatan's breezy beach playground, open air massage cabanas overlook the ocean and provide the ultimate in pampering. The Mahogany Bay Couples Massage is a spa favorite. Visit the spa verify availability for your cruise and to reserve in advance. *Space is limited.*



This symbol marks our signature services.



Facial

ELEMIS BIOTEC Anti-Ageing Facials

The BIOTEC machine offers multiple advanced technologies that help to renew, revitalize and regenerate the skin cells. Combined with 7 highly concentrated active complexes utilizing plant stem cells and absolutes we can penetrate deep beneath the surface of the skin targeting age spots, pigmentation, sagging skin, wrinkles, sun damage, enlarged pores, dehydration and all skin conditions associated with both intrinsic and extrinsic aging.

Select from:

Biotec Line Eraser – Targets wrinkles and stimulates the skin.

Biotec Firm-A-Lift – Utilizes hands on massage and sculpting technology for a visibly contoured complexion.

Biotec Skin Resurfacer – Addresses uneven skin tone with ultrasonic peel.

Biotec Super-Charger for Men – Boosts the skin with a triple hit of ultrasonic peeling and galvanic current to reactivate tired skin's dynamism.

Book in for a free consultation to select the best Biotec facial for your concerns.....50 minutes

ELEMIS BIOTEC Skin Solution Facials

The BIOTEC machine offers multiple advanced technologies that help to address skin conditions associated with hormonal changes such as acne and rosacea. Combined with highly concentrated active complexes utilizing plant stem cells and absolutes we can penetrate deep beneath the surface of the skin targeting inflammation, blemishes, scarring, enlarged pores and irritated skin. We have created three different facials combining various technologies to target specific aging concerns.

Select from:

Biotec Radiance Renew – A powerful antidote of ultrasonic peel and galvanic current that revitalizes the complexion.

Biotec Blemish Control – Anti-oxidant and anti-bacterial formulas combined with ultrasonic vibration and galvanic current balances the skin and heals blemishes.

Biotec Sensitive Skin Soother – Using red light therapy and oxygen this calming treatment for the skin encourages cell strength and natural balance.

Book in for a free consultation to select the best..... 50 minutes

ELEMIS Pro-Collagen Age Defy

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines, whilst Indian Mulberry reduces skin-fatigue, helping relax wrinkles. Targeted lymphatic drainage massage re-energizes and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger looking skin 50 minutes

ELEMIS Dynamic Resurfacing Precision Peel

This highly potent couture resurfacing treatment targets the signs of aging and dull, tired, uneven skin tone. Specifically designed to work in conjunction with your skin's unique structure, this pioneering precision layering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother, younger looking skin. A new start for new skin that has never looked better 50 minutes

La Thérapie Hydra-Thérapie Skin Nutritive Facial

This facial is highly effective in targeting the needs of a dry, dull, tired or stressed skin. After deep cleansing, your skin will be resurfaced using Orbital Microdermabrasion. A lifting massage and prescriptive treatment mask are followed by an O2 Infusion which helps to plump out wrinkles. A lovely treat for the skin 50 minutes

La Thérapie Hydra-Lift Facial d'Excellence

This facial is highly effective in targeting the visible signs of elasticity. Deep cleansing and exfoliation are followed by a Micro-Current to help re-educate and re-charge facial muscles for a dramatic lifting effect on the facial contours. Galvanic stimuli is used in conjunction with powerful complexes to propel the active ingredients into the skin, making the world of difference to clarity and texture 50 minutes





Massage

Thai Herbal Poultice Massage

This energizing, rhythmic massage utilizes scented herbal poultices that are heated and applied to the body at pressure points to relax the muscles and release tension. Your therapist then 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

50 / 75 / 90 minutes

Bamboo Massage

A warm, soothing massage that will tantalize the senses. Imagine warm bamboo shoots and essential oils massaging your muscles into pure bliss. This gorgeously indulgent massage will revive your senses in a new and innovative way, inspiring the most relaxed state. Customized to your preference, our therapist will use deep tissue techniques or gentle strokes to melt away your tension and soothe your muscles into sweet oblivion

50 / 75 / 90 minutes

ELEMIS Deeper than Deep Hot Stone Massage

Nothing gets into the belly of the muscle like a hot stone. Bathed in the intensely moisturizing Frangipani Monoi Body Oil, a curated range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin

50 / 75 / 90 minutes

ELEMIS Freestyle Deep Tissue Massage

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

50 / 75 / 90 minutes

ELEMIS Couture Touch

Condition your skin and condition your muscles with this all-embracing hands-on experience

60 / 120 minutes

Combine any 30 or 60 minute ELEMIS hands-on TOUCH facial with your Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage.



Swedish Massage

This classical European technique of manipulating muscles with aromatic massage oils is both relaxing and invigorating. While providing tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems.50 / 75 / 90 minutes

Reflexology*

Guided by an Asian philosophy that suggests the vital organs of the body are connected to reflex points in the feet via constantly flowing energy channels, this ancient healing therapy is as blissful as it is beneficial. Massaging these points can help restore your natural energy flow and improve health by sending waves of relaxation throughout your body50 minutes

The Massage Duet

In the privacy of our exclusive suite reserved for two, you and your favorite person can enjoy any of our deeply relaxing 50, 75 or 90 minute massages** as you lie side by side. We also offer customized treatment options in our Couples Suite, so please contact the Spa Concierge if you wish to customize your spa retreat 50 / 75 / 90 minutes

Villa Massage and Bathing Ritual

Spend some quality time with the one you love or the one you love to be with in the privacy and seclusion of our exclusive Villa Suites. Enjoy a deeply relaxing Couples Massage as you lie side by side and then immerse yourself in a warm, relaxing Bathing Ritual that will renew your spirit and enhance this special occasion from 75 minutes

For a more personalized Villa experience, we can customize your spa retreat based on the treatments you prefer.

* Please check for availability of this service.

** Priced according to massage choice.



Body

ELEMIS Aroma Spa Seaweed Massage

A heated seaweed mask containing a 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 Intensely Cleansing Salt Scrub

Lime and Ginger or Frangipani with 25 or 50 minute Massage. The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.....50 / 75 minutes

Ionithermie Cellulite Reduction Program

This treatment is ideal for both women and men looking for body corrective therapy. Ionithermie can effectively reduce the appearance of cellulite, firm and tone the skin, cleanse the body, and promote inch loss (up to 8 inches) in just one session. Using two gentle stimuli, your therapist can focus on problem areas such as the stomach, thighs and buttocks. By propelling marine rich elements into affected areas, this treatment can drain fluid, smooth the skin and give the body more definition. For ultimate benefits and detoxification, we recommend you book in for a course of three treatments during your cruise..... 50 minutes

Exotic Steam Rasul*

Great for couples or anyone looking for a unique body renewing experience. In our Rasul, you can apply organic muds to the body to purify and nourish, while the effects of a gentle herbal steam opens up the breathing, soothes the skin and detoxifies the body. To complete the ritual, a warm tropical rain pours down from the dome of the rasul to wash away your tension..... 50 minutes

Dry Float Bed Add On

Maximize the results of your body therapy as you lay weightless in our sensory dry float bed. Your body will be cocooned in warmth as this relaxing therapy enhances the benefits of your treatment.

*Please check for availability of this service.





Acupuncture

ACUPUNCTURE, the Point of Well-Being

Practiced for thousands of years, acupuncture is quickly becoming one of the fastest growing integrative 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.

What Is Acupuncture?

Acupuncture is a traditional Chinese medicine practiced for thousands of years in China and other Eastern countries. Acupuncture subscribes to the ancient view that the basis of good health is the harmonious balance of qi (chi), the vital life force that empowers the body. When the qi can flow freely, health abounds. If this energy becomes stagnant or blocked, the effects will result in loss of energy and the deterioration of well-being. The acupuncturist's goal is to release blocked energy by applying single-use disposable needles to key points on the body to restore balance and improve health.

What Does It Treat?

Acupuncture may help to alleviate pain of all kinds, including, but not limited to, the following conditions.

- Anxiety • Arthritis • Back Pain • Chronic Fatigue • Cold / Flu*
- Constipation • Digestive Issues • Dizziness • Fatigue •*
- Fibromyalgia • Gastritis • Headaches • IBS • Insomnia • Joint*
- Pain • Neck Pain • Migraine • Rhinitis • Sciatica • Sea Sickness*
- Sinusitis • Smoking Cessation • TMJ • Weight Issues • and*
- more...*

First Acupuncture Session 50 minutes
Additional Session up to 45 minutes
Herbal Consultation 25 minutes



Medi-Spa

MEDI-SPA COSMETIC SERVICES*

The onboard Medi-Spa offers the very best in medical aesthetic treatments to prevent and address signs of aging. Return home from your cruise looking completely refreshed and youthful with these safe and effective treatments. Expect natural looking results with no downtime.

All treatments are administered by a licensed medical doctor trained in the latest techniques for skin rejuvenation. Consultations are complimentary.

Dysport® or BOTOX® Cosmetic Targeted Wrinkle Treatments

Soften fine lines and wrinkles on the upper face for a refreshed, youthful appearance. Smoother skin is visible within days and last three to four months.

Frown Lines – soften the wrinkles between the eyebrows

Forehead Lines – smooth horizontal forehead lines

Crow's Feet – smooth the area from the outside corner of the eyes

Restylane® Facial Dermal Filler Treatments

Restore youthful contours on the lower face by replacing lost volume and fullness. Fillers are also used to enhance the shape and border of the lips. Results are instant and last six months or longer.

Smile Lines – smooth lines from the corners of the nose to the corners of the mouth

Marionette Lines – soften lines from the corners of the mouth to the chin

Lip Lines – soften lines around edges of lips for a smoother lip line

Lip Enhancement – for a fuller pout, add volume to uneven or small lips

Thermage® Skin Tightening Treatments

Thermage® CPT is the premier noninvasive skin tightening therapy that uses radio frequency to improve the appearance of sagging or loose skin on the face and body. Tightens and contours in just 1 treatment.

Face/Neck – smooth and tighten skin for an overall naturally younger looking appearance

Body (Tummy) – smooth and tighten wrinkled, crepey and sagging skin on the tummy



FitSpa

InBody570 Body Composition Analysis*

Using bioimpedance, InBody570 offers precise measurements of segmental muscle mass, body fat mass, visceral fat and metabolism, and also measures inflammation and fluid retention levels inside your body60 minutes

TRILO3Y

The exercise synergy fusing 3 key components of fitness in just 45 minutes. Incorporating Cardio, Strength and Stretching, this progressive workout will strengthen the body and open the mind.....45 minutes

RYDE™ Indoor Cycling

What is RYDE™ Indoor Cycling? Powered by Myzone RYDE™ is an indoor cycling class integrating technology to track your intensity and enhance your future workout results. RYDE™ is a 45 minute workout taking you through a series of climbs and sprints to target all energy systems. The combination of modern and old school music will fuel the atmosphere for an upbeat, high energy workout where you will leave the class with that feeling of achievement.....45 minutes

Results Based Training (RBT)

RBT is a scientifically backed functional fitness program designed to get you maximum results in minimum time. Big compound movements with a continuous flow of exercises keeps the blood circulating for the entire workout leading to amazing results30 minutes

Personal Training

Our fitness professionals will help you achieve the body you've always wanted with a personalized fitness session. You will learn which exercises work the best with your particular body composition60 minutes

Nutritional Consultation

Diet and exercise are dynamic, lifelong pursuits. As your onboard fitness provider, we want to help you achieve all your wellness goals. A good starting point is eating right for your body, so consult with one of our fitness professionals and receive a healthy lifestyle plan based on your individual needs 60 minutes

Pure-Form Yoga

Excellent for increasing levels of balance, concentration and focus. This class will benefit the beginner and the experienced yogi. 3 class pass available45 minutes

Pure-Form Pilates

Pure-Form Pilates uses a Pilate ring, foam-core roller and weighted balls to various movements as established and recommended by Joseph Pilates. 3 class pass available60 minutes



GO SMILE 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. Couples treatments are available. Consultations are free 30 minutes



Time For Men

ELEMIS Pro-Collagen Grooming Treatment with Shave

This signature treatment includes a deep cleansing exfoliation and double close shave, an anti-aging mini facial and a luxurious face, scalp, hand and arm massage 55 minutes

ELEMIS Express Shave

Treatment includes a deep cleansing exfoliation and double close shave to leave your skin super smooth..... 30 minutes

ELEMIS Deep Cleanse Grooming Treatment with Shave

Enjoy the Express Shave with the added benefit of a soothing face and scalp massage and deep pore cleansing mask 45 minutes

ELEMIS High Performance Skin Energiser for men

This is the hard-working facial for aging, stressed, dehydrated skin and tired eyes. An energizing treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. It maximizes cell regeneration, whilst steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax. Finally the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalized skin for a vibrant and energized result 50 minutes



Salon Favorites

Phyto Hair Conditioning Treatments

Phyto is a botanical blend of powerful plants and herbs that helps repair the structure of the hair and nourish both scalp and follicle, roots, and ends. During your voyage, while you have time, opt to have a luxurious and nourishing Phyto treatment. Choose from *Phyto Thirst Quencher*, *Rescue Remedy*, *Botanical Bliss* or *Colour.Guard* 15 to 30 minutes

Keratin Express Blow Out

Say goodbye to frizz in just one hour with the new Keratin Complex Smoothing Therapy Express Blow Out. This specially formulated revitalizing and rejuvenating treatment for the hair eliminates frizz and lasts up to 6 weeks. With its unique formulation, Express Blow Out infuses Natural Keratin in the shortest amount of time so that your hair can be washed just 8 hours after the treatment. Straight up! In one hour you will be frizz free! 60 minutes

Fire and Ice Manicure / Pedicure

Your hands and feet are two of your most important accessories, so keep them beautiful with this invigorating manicure and/or pedicure that will warm your spirit and cool your stress. Using a combination of therapeutic cooling gels and the warmth of massage with a heated stone, your hands and feet will be nourished and polished to perfection.....Manicure 45 minutes / Pedicure 60 minutes

Shellac 14 Day No Chip Manicure / Pedicure

No drying time. No chipping. No smudging. This tough as nails manicure uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color and perfect finish. It also provides excellent 14 day wear and comfortable protection. Book in for your hands or feet or both!.....Manicure 25 minutes / Pedicure 45 minutes

LVL Nouveau Lashes

We have the perfect solution to make your dream lashes a reality. *LVL Enhance* – add length, volume and lift to natural lashes. Lasts up to 6 weeks, 60 minutes. *Express* – Classic volume or evening glamour, create a look tailored to you. Lasts up to 14 days, 45 minutes. *Strip Lashes* – perfect for special occasions, strip lashes add instant glamour to any look in an instant. Lasts up to 5 days, 5 minutes

Hair Styling

Style Dry or Roller Setting
Trim or Restyle and Style Dry
Cleanse, Style Dry and Hair Up
Hair Up (without cleanse and dry)
Beard Trim
Men's Cleanse
Cut and Style Dry
Men's Wet Cut

Hair Color

Semi Permanent Color
Full Head Color Change
Regrowth Tinting
Hi-Lights / Lo-Lights
Partial Hi-Lights

Nails

ELEMIS Exotic Hand Ritual
with manicure
ELEMIS Sole Delight Foot Treatment
with pedicure
Traditional Manicure
Traditional Pedicure
French Manicure
French Pedicure
Shellac 14 Day No Chip Add-on Polish
Full Set Acrylic Nails
Full Set Acrylic Nail Refills
Re-polish
Nail Fix
Paraffin Wax

Bliss Poetic Waxing Services

Brow
Lip / Chin
Underarms
Arms
Half or Full Leg
Bikini
Deep Bikini
Back



Cloud 9 information

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

We recommend that you arrive 15 minutes prior to your treatment so you can focus your mind on relaxation. To ensure you don't forget any personal items of value, we suggest leaving them in the personal safe box in your stateroom.

Cancellation Policy

Please give us 24 hour notice before canceling or altering your appointments or your onboard account may be charged with 50% of your treatment cost.

Minimum Age

Guests must be at least 18 years of age to receive treatments or utilize spa facilities unless participating in the kids or teen spa program. Salon services are available to guests of all ages. Fitness facilities are available to minor guests when accompanied by an adult. Please see restrictions posted outside the Fitness Center.

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.

shop&ship

Buy all the spa products you love – hassle-free. There's no need to squeeze them into your suitcase. We will ship anywhere in the continental U.S. via ground delivery for a flat rate.

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. For more information on our services or products visit www.timetospa.com or call 1-800-423-5293 to order.

Post Cruise Customer Service

Your satisfaction is our goal and if for any reason you are dissatisfied or have any queries regarding your service or product purchases, please see the Spa Manager before the end of your cruise who will be able to rectify any issues. If you have queries that arise after your cruise, please call 1-855-848-3059 or email our Customer Service at postcruisecustomerservice@steinerleisure.com.

*Occasionally, for reasons beyond our control, your treatment selection may not be available.

The Carnival logo, featuring a stylized ship icon to the left of the word "Carnival" in a bold, serif font.

Carnival

