

SPA

Spa Carnival® and Cloud 9 Spa guests must be at least 16 years old and accompanied by an adult if they are between the ages of 16 and 18.

- The Spa offers tours on embarkation day. If you would like you can volunteer to be a “Model”. You get a free treatment but you also may be lying on your back for 2 hours – so be careful what you wish for. They also have a drawing. When we were on in August 2005 it was for \$500.00 worth of treatments. Free hair, fitness, and weight control consultations are available during this time only.
- If you know you want something special done for formal night (hair set, cut) make your appointment the first day.
- If you want a massage wait until after the tour as they sometimes will give those on the tour a discount by using a secret word. Make your reservation early as the appointments book fast for massages.
- Specials are offered on port days and the last day at sea. Check the Capers for details.
- When cancelling appointments be sure to give 24 hours notice to avoid a cancellation fee of up to 50% of your service(s).
- The spas are managed by [Steiner](#).

Treatments and prices vary from ship to ship. Prices are subject to change. The following is just sampling of the services available (November 2007).

FACE

Elemis Aromapure Facial	\$ 109.00
Elemis Pro Collage Marine Facial	\$ 130.00
Elemis Pro Collagen Marine Eye Treatment	\$ 60.00
La Therapie Back Treatment	\$ 109.00
La Therapie Hydralift Facial	\$ 109.00
**La Therapie Intensif Vitamin Anti-Oxidant Treatment (Add only to the La Therapie Hydra Lift Facial)	\$ 30.00
**La Therapie Intensif Age Zone Treatment (Add any 2 treatments to the La Therapie Hydra Lift Facial)	\$ 30.00
**Hydra Lip Intensif (Add On Only)	
**Intensif Eye Treatment (Add On Only)	
**Hyrda Neck Intensif (Add On Only)	
**Hydra Peel Hand Treatment (Add On Only)	
**Miracle Microdermabrasion	\$ 152.00
**Mini Miracle Microdermabrasion	\$ 80.00
**Neck Microdermobrasion (Add On Service Only)	\$ 25.00
**Hand Microdermobrasion (Add On Service Only)	\$ 25.00
**Teeth Bleaching	\$ 199.00

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Last updated 11/02/07

Page 1 of 3

BODY

Swedish Massage (25 min)	\$ 75.00
Swedish Massage (50 min)	\$ 109.00
Elemis Absolute Spa Ritual	\$ 237.00
Couples Massage	\$ 242.00
The Spa Taster	\$ 109.00
**Reflexology	\$ 109.00
** Japanese Shiatsu Body Massage	\$ 109.00
** Deep Tissue Sports Therapy Massage	\$ 116.00
Exotic Lime & Ginger Salt Glow & Full Body Massage	\$ 178.00
Exotic Lime & Ginger Salt Glow & Half Body Massage	\$ 141.00
Elemis Total Glow Tanning Treatment	\$ 141.00
Elemis Aroma Stone Therapy	\$ 175.00
Deck Massage (chair) 15 min	\$ 15.00
Deck Massage (table) 25 min	\$ 72.00
**Sun Bed (x 1 treatment)	\$ 21.00
**Sun Bed (x 3 treatments)	\$ 52.00

HAIR FOR WOMEN

Shampoo, blow wave/set - short hair \$ 30.00; long hair \$ 45.00	
Shampoo, cut and blow wave - short hair \$ 53.00; long hair \$ 70.00	
Hair put-up	\$ 45.00
Island Braiding or Cornrows – starting at	\$ 35.00
Permanent color (roots only) - short hair \$ 64.00; long hair \$79.00	
Permanent color (whole head) - short hair \$ 84.00; long hair \$104.00	
Highlights or Lowlights and Style – short hair \$79.00; long hair \$ 99.00	
Package including color, cut, and blow dry	\$ 150.00

HAIR FOR MEN

Cut and blow wave	\$ 29.00
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FOOT AND NAIL SERVICES

Manicure	\$ 25.00
Acrylic nails (full set)	\$ 75.00
Acrylic nails (refills)	\$ 40.00
Pedicure	\$ 40.00
Hand Ritual with Manicure	\$ 40.00
Foot Ritual with Pedicure	\$ 35.00

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Page 2 of 3

EXOTICS

** Aromaspa Ocean Wrap	\$ 127.00
Aromaspa Ocean - Wrap & Full Body Massage	\$ 228.00
Aromaspa Ocean - Wrap & Half Body Massage	\$ 176.00
Ionithermie Algae Detox	\$ 145.00
Ionithermie Algae Detox (course of three)	\$ 363.00
**Float (add)	\$ 15.00

WATER RITUALS

**Bathing Ritual	\$ 32.00
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* Available at limited times.

** Please check for the availability of these services on your cruise.

WORK OUT CENTER

In addition to the sampling of classes listed below, there is a running track on the top deck. Check the Caper for times.

FITNESS

Lifestyle enhancement consultation with program

Personal Training (1 hour)	\$ 75.00
Personal Training (Course of three)	\$ 191.00
**Pilate's Training (1 hour)	\$ 75.00
**Zone Diet Training (1 hour)	\$ 75.00
Body Composition Analysis	\$ 30.00
Pilate's Class	\$ 10.00
Yoga Class	\$ 10.00
Kick Boxing Class	\$ 10.00
Cycling Class	\$ 10.00
Unlimited Class Pass - 3 or 4 day cruise	\$ 49.00
Unlimited Class Pass - 5 or 7 day cruise	\$ 69.00
**Chakra Balancing Capsule (25 min)	\$ 45.00
**Chakra Balancing Capsule (50 Min)	\$ 60.00

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Page 3 of 3