



VISTA SPA

NEW SPA SERVICES AND TREATMENTS

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

OUR FAVORITES

ELEMIS OXYDERMY FACIAL

Fight lines, wrinkles, spots and get the radiant glow that been eluding you. 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 169.00

ELEMIS TR-ENZYME RESURFACING FACIAL

This facial is clinically proven to reduce the appearance of fine lines, acne, superficial facial scarring, and uneven skin pigmentation, revealing a renewed level of clarity to the complexion. After just one session, this facial can resurface the skin up to %75 and leave your skin up to 32% smoother.

50 minutes 125.00

ELEMIS PRO COLLAGEN QUARTZ LIFT FACIAL

This exceptional anti-wrinkle facial has been independently tested with phenomenal results. Empowered with Quartz micro-crystals and 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 145.00

PRO COLLAGEN MARINE FACIAL

This facial treatment provides immediate results and have an anti-aging effect on the face, eyes, neck and lips. Specialized facial lifting massage techniques are combined with the unique anti-aging Japanese silk mask to give instant results beyond question. Includes a tension relieving face, scalp and arm massage. This facial is suitable for all skin types.

50 minutes 138.00

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, resulting in a smoother complexion that will leave your skin looking youthfully radiant after just one treatment.

50 minutes 115.00
50 minutes including microderm 176.00

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 muscle. While your body is in a pure state of blissful relaxation, you will receive the elemis tri-enzyme facial to smooth your skin and restore your radiant glow.

50 minutes 159.00
75 minutes 190.00

IONITHERMIE SUPER-DETOX

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

Course of one: 155.00
Course of three: 388.00

BAMBOO MASSAGE

Imagine warm bamboo rolling, sliding and massaging your muscles. A gorgeously indulgent massage. Customized to your preference, your therapist will use deep tissue massage techniques to melt away your tension and soothe your muscles into sweet oblivion.

50 minutes 159.00
75 minutes 190.00

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. This one-of-a kind therapeutic massage will relax your muscles away.

75 minutes 195.00

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 restore the 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 212.00
100 minutes 249.00

CASTAWAY CAY CABANAS

		Couples	Singles
Full body massage	50 minutes	294.00	147
Pro-Collagen facial	50 minutes	294.00	147
Reflexology Combo	50 minutes	294.00	147

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 massage and a 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 188.00
100 minutes 244.00

AROMA STONE MASSAGE

The ultimate relaxing massage using heated basalt volcanic stones anointed with the exotic oils placed on key energy points of the body to 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.

75 minutes 190.00





VISTA SPA SALON AND PORT DAY SPECIALS

Guests must be 18 years or older.

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

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

CELLOPHANES HAIR GLOSS TREATMENT

This cellophane treatment is a protein-based conditioning therapy and clear glass color designated to add shine and smooth the hair so that it looks and feels soft, silky and healthy. Your hair will go from dull to dazzling in just minutes. (Wash and blow-dry not included).
45.00

LYCON WAXING SERVICES

Hair today, gone tomorrow. The salon offers a full menu of waxing services for the face and body so you can stay smooth during your vacation.

Lycon Waxing - Arm	35.00	Lycon Waxing - Bikini	29.00
Lycon Waxing - Back	60.00	Lycon Waxing - Brazilian	39.00
Lycon Waxing - Eyebrow	25.00	Lycon Waxing - Full Leg	85.00
Lycon Waxing - Underarm	25.00	Lycon Waxing - Half Leg	49.00

BRISA NAIL SERVICES

Take your manicure to new lengths with our Brisa nail services. Like a coat of armor for the nails, our specialized gels will keep them protected and beautiful for weeks. The result will be stronger, more natural looking nails that will last. Available in the salon.

Brisa Gel Forever French Enhancements	90 minutes	85.00
Brisa Gel Overlays	60 minutes	65.00
Brisa Gel Refills	45 minutes	50.00

GO SMILE TEETH WHITENING

The latest, fastest, safest and pain and sensativity-free tooth whitening procedure available! In just one 30-minute treatment, you will see 1 to 6 clinically proven shade changes. No harsh chemicals, no bleaching, no messy trays, lasers or hot burning lights. Just great results. Free consultations available. Save \$50 on tooth whitening treatment.

149.00 (was 199.00)

COLOR ME CRAZY

Full head of high/low lights or full color, protein deep conditioning treatment, relaxing deluxe scalp massage, wash and blow dry/finish. After care advice.

Short Hair	159.00	Medium Hair	179.00	Long Hair	199.00
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SALON SANCTUARY

Our exclusive salon invites you for a pamper package in the salon as you gaze into the beautiful blue waters of the Caribbean during your voyage. You will receive: a therapeutic scalp massage, hydrating express mini-facial, a cleanse-intense conditioning treatment and a blow-dry. Rejuvenate yourself in this divine indulgence.

50 minutes for 89.00

SALON SERVICES

Wash & Blow Dry	32/37/48
Haircut & Blow Dry Style	56/70/75
Hair - Up	48/56/70
Gents Haircuts	30/32/42
Full Head Color	90/109/112
Highlights/Lowlights	85/95/105
Spa Manicure/Fire and Ice	44/50
Spa Pedicure/Fire and Ice	60/70
Acrylic Full Set	82

PAMPER PACKAGE

Receive a 75-minute hands-on treatment including a 50-minute massage, a 25-minute facial, Rainforest Pass and end this luxurious treatment with a glass of champagne and treats.
149.00

EXOTIC LIME AND 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	195.00
With a half-body massage	151.00

AROMAFLEX

50-minute hands-on treatment
109.00

10/20/30 PACKAGE

Schedule any three treatments over the value of \$100 per treatment on a port day and receive 10, 20, and 30% discount on all three treatments.

FACE YOUR YOUNGER FUTURE

Choice of any three facials.
380.00

LADIES AND GENTS' CHOICE

25-minute back massage, 25-minute re-hydrating facial, Indian scalp massage, neck and shoulder massage. Pamper yourself with this luxury treatment complimented with a glass of champagne, followed by relaxing time in our Exotic Rain Forest Room.

109.00 per person (Port Day)
125.00 per person (Sea Day)

20/20/20

Make your own treatment, choose any three of the following: 20-minute re-hydrating facial, 20-minute back massage, 20-minute scalp massage, 20-minute neck and shoulder massage 20-minute arms and hands massage, or 20-minute foot and ankle massage.

99.00 per person.

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



VISTA SPA

VISTA SPA FITNESS CLASSES AND SEMINARS

Fitness Center hours: 6:30am - 10:00pm Sunday to Friday. 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 PORT CANAVERAL

11:30am - 8:00pm **GYM HOURS**
Check out our latest facilities and ask about our onboard fitness classes and our personal international fitness instructors who can advise you and personalize a work out program for you.

SUNDAY DAY AT SEA

8:30am **GROUP CYCLING**
High calorie burning, aerobic fun on bikes, pushes your endurance levels to the max. Intermediate Level. Vista Spa Gym, Deck 9, Forward.

10:00am **SEMINAR: EAT MORE TO WEIGH LESS**
Learn to choose your food bulk content rather than calories resulting in you eating more but weighing less. Think its impossible? Join our International Fitness Instructors and find out how this method works.

3:00pm **SEMINAR: DETOX FOR HEALTH AND WEIGHT LOSS**
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-risk toxins are and how to effectively eliminate them.

5:30pm **AEROBICS**
High calorie burning, exercise including strength work. Intermediate Level. Vista Spa Gym, Deck 9, Forward.

MONDAY DAY AT SEA

7:30am **GROUP CYCLING**
High calorie burning, aerobic fun on bikes, pushes your endurance levels to the max. Intermediate Level. Vista Spa Gym, Deck 9, Forward.

10:00am **SEMINAR: BURN FAT FAST**
Come on a journey and find out a holistic approach to losing weight, building muscle and rejuvenating the mind and body.

5:30pm **PILATES**
The best way to end a relaxing day at sea. Your international fitness instructor will give you all the guidance. Vista Spa Gym, Deck 9, Forward.

TUESDAY ST. MAARTEN

7:30am **PILATES**
Give your body the best start to the day. Your International Fitness Instructor will give you all the guidance. Vista Spa Gym, Deck 9, Forward.

3:00pm **AEROBICS**
High calorie burning, exercise including strength work. Intermediate Level. Vista Spa Gym, Deck 9, Forward.

WEDNESDAY ST. THOMAS

7:30am **GROUP CYCLING**
High calorie burning, aerobic fun on bikes, pushes your endurance levels to the max. Intermediate Level. Vista Spa Gym, Deck 9, Forward.

3:00pm **YOGA**
Give your body the best equilibrium with stretching. Your international fitness instructor will give you all the guidance. Vista Spa Gym, Deck 9, Forward.

THURSDAY DAY AT SEA

7:30am **PILATES**
Give your body the best start to the day. Your International Fitness Instructor will give you all the guidance. Vista Spa Gym, Deck 9, Forward.

8:30am **GROUP CYCLING**
High calorie burning, aerobic fun on bikes, pushes your endurance levels to the max. Intermediate Level. Vista Spa Gym, Deck 9, Forward.

11:00am **SEMINAR: SECRETS TO A FLATTER STOMACH**
We always have certain problematic areas where we cannot lose weight. Who has ever managed to lose cellulite by just training or following a diet? There is a missing link to achieving a flatter, well-toned mid section that is a very well kept secret. Let us teach you the secret to a flatter stomach and the missing link you have been looking for.

FRIDAY DISNEY'S CASTAWAY CAY

7:30am **GROUP CYCLING**
High calorie burning, exercise including strength work. Intermediate Level. Vista Spa Gym, Deck 9, Forward.

10:30am **YOGA ON THE BEACH**
Basic yoga moves combined with relaxing stretching to help you unwind and relax. Meet at Vista Spa, Deck 9 Forward at 9:45am to be escorted to the beach by the fitness instructor.



VISTA SPA

PERSONAL TRAINING AND LIFESTYLE PROGRAMS

Fitness Center hours: 6:30am - 10:00pm Sunday to Friday. 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.

EXCLUSIVE:

BODY COMPOSITION ANALYSIS

We offer a bio pediant signal test to determine the blue print of your internal body. The amount of calories your body burns per day, toxin levels; water levels and body fat will be measured during this session.

45 minutes for 33.00

PERSONAL TRAINING

One on one training with our renowned International Fitness Experts.

- Weight Loss •Gain Strength •Muscle Tone •Improved Flexibility
- Boot Camp •Tai Chi •Kick Boxing •Reformer Pilates

Take home the program designed to meet your needs. 50-min. sessions.

"Top Up, Kick Start" single session- 82.00

"Lifestyle Change" course of 3 - 209.00

Complimentary Body Composition Analysis with three personal training sessions booked.

LIFESTYLE PROGRAM

Total and ultimate lifestyle program to cover all three areas of exercise, nutrition and detoxification to get the E.N.D result.

Your package includes:

- 2 x personal training sessions
- 1 x nutrition program
- 1 x posture analysis
- 1 x metabolism test
- 1 x personal work-out program
- 1 x detox analysis.

230.00 (was 460.00)