



VISTA SPA

RITUALS & TREATMENTS

Shirts and training shoes must be worn at all times.
Guests must be 18 years or older. All exercise classes are 30 minutes in length, except as noted.
Deck 9, Forward. Telephone 7-1465.

OUR FAVORITES

IONITHERMIE ALGAE SUPER-DETOX

Single session: \$145 Course of two: \$266

The leading body contouring treatment for over 28 years! The only treatment available that offers substantial inch loss (between 3 to 8 inches) and helps to detoxify the body. You will experience reduction of fluid retention and puffiness, toning of the skin, improvement of digestive function, IBS and constipation. Boosts the metabolism and increases energy levels.

LT OXYGEN MICRODERMABRASION LIFTING FACIAL

50 minutes \$169

This corrective lifting facial uses gentle stimuli and guarantees no break out or redness. Working in the deepest layers of the skin this facial will reduce fine lines, crow's feet, dark circles and puffy eyes. This facial also has the added benefit of lightening skin discoloration, sun damage and spots. Perfect for all skin types even the most sensitive skin.

PRO COLLAGEN MARINE FACIAL

50 minutes \$130

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.

ABSOLUTE FACE AND BODY TREATMENT

75 minutes \$178 100 minutes \$237

This treatment is consist of 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.

AROMA SEAWEED MASSAGE

75 minutes \$176 100 minutes \$228

Combining the richness of sea plants and marine algae with aromatherapy, this treatment deeply detoxifies and decongests the body at all levels, and stimulates and eases muscular aches and pains. Designed to ease arthritis pains and stiff joints. You will receive a foot massage and a scalp massage while in the wrap and is then followed by a relaxing full or half body massage. Benefits last up to six weeks.

AROMA STONE MASSAGE

50 minutes \$149 75 minutes \$175

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 tension. Benefits last up to six weeks.

EXOTIC LIME AND GINGER SALT GLOW

With a full body massage - price \$178

With a half body massage - price \$141

An exotic exfoliation ritual 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 body massage to leave the skin glowing, vibrant and flawless.

REFLEXOLOGY COMBO TREATMENT

50 minutes - price \$109

Reflexology is an art that has healed mind and body for centuries. Using pressure points on the feet to re-balance the chakras and assist the energy flow through the body. Treatment consists of 25-minute back, neck and shoulders massage and a 25-minute reflexology on the feet.

COUPLES TREATMENTS

Lay side by side while experiencing a luxurious treatment with the one you love or love to be with

IN SPA

Couples Full Body Massage 50 minutes \$242
Couples Pro-Collagen Facial 50 minutes \$242
Reflexology Combo Treatment 50 minutes \$242

AT CASTAWAY CAY CABANAS

Couples Full Body Massage 50 minutes \$278
Pro-Collagen Facial 50 minutes \$278
Reflexology Combo Treatment 50 minutes \$278



VISTA SPA

SALON SERVICES

Wash & Blow Dry	\$30/\$35/\$45
Style Dry or Roller Setting	\$52/\$65/\$70
Haircut & Blow Dry Style	\$52/\$65/\$70
Hair - Up	\$30/\$55/\$65
Gents Haircuts	\$25/\$35
Full Head Color	\$95/\$105/\$115
Re-growth Tinting	\$69/\$79/\$89
Highlights/Lowlights	\$89/\$99/\$109
Spa Manicure	\$40
Spa Pedicure	\$55
Acrylic Full Set	\$75

RELAXATION FUTURES

COUPLE RASUL RITUAL

Begin this treatment by entering an exotic world with a traditional Moroccan cleansing ritual. Apply organic cleansing mud on each other from head to toe. Enter the Rasul Steam Chamber infused with herbs and aromas. Relax as the gentle steam cleanses both body and soul.

\$83.00 50 minutes (Includes a glass of champagne)

ROMANCE COUPLES SPECIAL

Lay side by side while experiencing a luxurious tension releasing 50 minutes Full Body Well Being Massage with the one you love or love to be with. Continue your exotic pampering with the most FUN experience two people can have together! 50 minutes lather each other in cleansing mud, after exfoliating each other with Lime & Ginger Salt Glow and essential oils relax in your own private Steam chamber.

\$299 100 minutes

EXOTIC RAIN FOREST THERMAL SUITE

Take a tropical shower; relax in the mild steam or dry sauna or practice abdominal breathing in the aromatic steam room. Enjoy our heated mosaic chairs and cool down with an ice drench shower or crushed ice.

(3 day cruise) Cruise pass \$ 35 Cruise pass for two \$55

(4 day cruise) Cruise pass \$ 45 Cruise pass for two \$65

GOSMILE® TEETH WHITENING

The latest, the revolutionary fastest, safest, pain and sensitivity free tooth whitening procedure available! In just one 30 minutes 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

Special price \$199 Couples \$358

FAVORITE SALON TASTER

Scalp Massage, Neck and Shoulder Massage
European Facial, Conditioning Hair Treatment
Eye Collagen Treatment, Hand Treatment
Foot and Ankle Massage, Sunglow Makeover

3 for \$99 5 for \$119 All 8 for \$139

MORNING SPECIAL

For ladies and gents to enjoy:

Scalp Massage, 25-minute Re-Hydrating Facial
Foot and Ankle or Hand Massage

Just \$99.00 (save \$58.00)

Port days only

From 8:00 am to 1:00 pm

COLOR ME CRAZY

Full Head of High/Low Lights or Full Color
Protein Deep Conditioning Treatment
Relaxing Deluxe Scalp Massage
Wash & Blow Dry/Finish
After Care Advice

Short Hair \$159

Medium Hair \$179

Long Hair \$199



VISTA SPA

VILLAS

EXCLUSIVE TO DISNEY CRUISE LINE®

Reception Hours: 8:00am - 10:00pm Sunday -Wednesday. 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. Telephone 7-1465

VILLA FOR ONE

ALONE TIME

Choose from: La Thérapie HydraLift Facial, Elemis Pro-Collagen Marine Facial, Elemis Deep Tissue Muscle Massage, Swedish Massage, Elemis Exotic Lime and Ginger Salt Glow w/half body massage.

199.00

BODY PURIFYING

75 minute body wrap of choice with full body massage and dry float bed. A warm, lavish mask is applied to your body before you lay weightless in our unique dry float bed. This decadent treatment includes a full-body massage that is both relaxing and invigorating.

245.00

ABSOLUTE SPA RITUAL.

This wonderfully relaxing ritual will tantalize and delight your senses! Combining the anti-aging Elemis Pro-Collagen Marine Facial for skin vitality with our sublime Elemis Deep Tissue Muscle Massage to warm and soothe muscles, will refresh your spirit and strengthen your vital energies.

295.00

VILLA FOR TWO

ROMANTIC HIDEAWAY

50 minute spa treatment of choice. Select from: La Thérapie HydraLift Facial, Elemis Pro-Collagen Marine Facial, Elemis Deep Tissue Muscle Massage, Swedish Massage, Elemis Exotic Lime & Ginger Salt Glow w with half body massage.

449.00

COUPLES CHOICE

75 minute spa treatment of choice. Select from: Elemis Aroma Stone Therapy, Elemis Cellutox or Musclease Aroma Spa Ocean Wrap, Exotic Lime and Ginger Salt Glow with half body massage, Exotic Frangipani Body Nourish Wrap w/half body massage, and Exotic Coconut Rub and Milk Ritual Wrap w/half body massage.

475.00

ULTIMATE INDULGENCE

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.

589.00

ALL VILLA PACKAGES INCLUDE THE FOLLOWING COMPLIMENTARY RITUALS: A tea ceremony, a bathing ritual of your choice and a foot cleansing. Additional spa treatments may be reserved. You may also purchase strawberries and truffles and a bottle of champagne.

DW/PH/4D/02.09/VS-008T/VW ©Disney

VISTA SPA DAILY SPECIALS, SEMINARS AND FITNESS CLASSES

Fitness Center hours: Sunday 12:00pm - 10:00pm Sunday - Wednesday, 6:00am - 10:00pm
 Shirts and training shoes must be worn at all times.
 Guests must be 18 years or older. All exercise classes are 30 minutes in length, except as noted.
 Deck 9, Forward. Telephone 7-1465.

SUNDAY PORT CANAVERAL

PORT DAY SPECIALS

- *Travelers Tension:* Kick off your vacation with a stress relieving massage to unwind after your journey. Just \$99 gets you; back of the body, neck and shoulder and scalp massage OR foot and ankle massage.
- \$20 off selected face and body treatments, when booked and received today.
- *Teeth whitening:* Lift up to eight shades. A whiter smile can be yours right now! Single: \$199 Couples booked today receive a \$20 discount per couple.
- *Complimentary Pro-Collagen Eye Treatment* Have a Microdermabrasion Oxygen Lifting Facial or Pro-Collagen Marine Facial today and receive a complimentary Pro-Collagen Eye Treatment valued at \$70

4:30pm VISTA SPA AND SALON AND FITNESS CENTER OPEN

Join us in the Vista Spa and Salon and Fitness Center. Open for tours and reservations

5:15 pm PERFECT ABS CLASS

Join us for the Perfect 20 minutes ABS workout. Vista Spa, Deck 9 Fwd.

MONDAY NASSAU, BAHAMAS

PORT DAY SPECIALS

- *Ladies & Gents Night:* 25-minute refresher facial, 25-minute back of body massage, foot and ankle massage PLUS an Indian scalp massage, all served with a glass of champagne and chocolatey treats, followed by some alone time in our Rain Forest Room. \$125
- *Mother and Daughter Pick 'n' Mix:* Choose 3 of the following - Mini Facial, foot and ankle massage, neck, shoulder and scalp massage, total glow sun make-over, collagen eye treatment, hand and cuticle massage/ treatment. \$79 each

7:30am EARLY MORNING STRETCH

Give your body the best start to the day. Your international fitness director will give you all the guidance. Vista Spa Gym Deck 9, Forward.

8:00am 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 midsection 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. Vista Spa, Deck 9 Fwd.

9:00am GROUP CYCLING

High calorie burning, aerobic fun on bikes, push your endurance and fitness levels to the max. Vista Spa Gym Deck 9, Forward.

4:30pm SEMINAR: DETOX FOR WEIGHTLOSS

Find out today how your lifestyle is affecting your health. Why do we have diseases? Why do we struggle to lose weight and achieve the result we deserve? Did you know it takes 36 glasses of water to neutralize the effect of one soda? Vista Spa, Deck 9 Fwd

5:00 pm 5-MINUTE MAKE-UP MIRACLE:

Base-Blush-Eye Shadow-Tan. All in one pot of Wonder that lasts for 2 years. Vista Spa, Deck 9 Fwd



VISTA SPA

TUESDAY DISNEY'S CASTAWAY CAY

DAILY SPECIALS

- *Ultimate pampering - 20/20/20* Chose any 3 of the following for only \$120 Scalp massage; Back, Neck and shoulders; Arms & hand massage; Foot & ankle massage; Body exfoliation; Spa Facial.
- *Favorite Salon Taster* Scalp Massage, Neck and shoulder massage European facial, Conditioning hair Treatment Eye Collagen Treatment, Hand treatment Foot and ankle massage, Sunglow makeover 3 for \$99 5 for \$119 All 8 for \$139

8:00am GROUP CYCLING

High calorie burning, aerobic fun on bikes, push your endurance and fitness levels to the max.

10:30am YOGA ON THE BEACH

Harmonize the mind and soul with a yoga session. Meet at Serenity Bay.

4:00pm SEMINAR: DETOX FOR 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 to us? This hit seminar explains what a health risk toxins are and how to effectively eliminate them. Vista Spa, Deck 9 Fwd.

WEDNESDAY SEA DAY

DAILY SPECIALS

- *Complimentary Pro-Collagen Eye Treatment* Have a Microdermabrasion Oxygen Lifting Facial or Pro-Collagen Marine Facial today and receive a complimentary Pro-Collagen Eye Treatment valued at \$70
- *Get slim without the gym!* In just one hour without any exercise you will have a result that normally require frequent hard workouts. Visible inch loss up to 8 inches from any area you choose - thighs, arms, buttocks, upper or lower abdomen \$145

7:00am SUNRISE PILATES

Harmonize the mind and soul with a pilates session. Meet at Deck 7 All.

8:00am GROUP CYCLING

High calorie burning, aerobic fun on bikes, push your endurance and fitness levels to the max.

10:30am 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 midsection 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. Cadillac Lounge, Deck 3 Fwd.

2:00pm SEMINAR: DETOX FOR WEIGHT LOSS

We let you into the best kept secret regarding weightloss. Cadillac Lounge, Deck 3 Fwd.

3:00 pm 5-MINUTE MAKE-UP MIRACLE:

Base-Blush-Eye Shadow-Tan. All in one pot of Wonder that lasts for 2 years. Vista Spa, Deck 9 Fwd