



VISTA SPA

## RITUALS & TREATMENTS

Fitness Center hours: 12:00pm - 10:00pm Sunday, 6:00am - 10:00pm Monday - Tuesday, 6:00am - 10:00pm Wednesday.

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

### OUR FAVORITES

#### IONITHERMIE ALGAE SUPER-DETOX

The ultimate super detox that reduces the appearance of cellulite and guarantees a 1-8 inch toxin loss in a single treatment. Liposuction without the surgery.

**1 Session 145.00**  
**3 Sessions 363.00**

#### AROMASPA OCEAN WRAP WITH WELL BEING BACK MASSAGE

Combining the power of seaweed, sage and aromatherapy to detoxify & relax the body & mind. During the therapy you receive a foot, back of the leg, back neck and scap massage.

**75 minutes 176.00**

#### LIME & GINGER SALT GLOW

The most exotic body polish in the world. We pour warm oil over the body and then massage the sumptuous mixture from neck to toes, sloughing away dryness. Followed by a full body massage.

**75 minutes 178.00**

#### AROMASTONE THERAPY

Harnessing the properties of the balsalt stones, we anoint them with the spicy, sensual aromas of the Orient and use them to massage key energy points of the body to balance the mind and body. The heat of the stones combined with massage and warm aromatherapy oil is nothing less than divine.

**75 minutes 175.00**

#### COUPLES/CABANAS

Experience the tranquility of being together in the same room whilst all your tension & worries melt away in a relaxing massage together. Great fun for friends too.

**In Spa:**

50 Minute Full Body Massage 242.00/couple  
50 Minute Massage & Facial 242.00/couple

**At Castaway Cay Cabanas:**

50 Minute Full Body Massage 278.00/couple  
50 Minute Massage & Facial 278.00/couple

#### SPA TASTER

Enjoy this combination of a 25 minute facial, and 25 minute Swedish back massage using the power of Aroma Therapy.

**In Spa: 50 minutes 109.00**

**At Castaway Cay Cabanas: 50 minutes 139.00**

#### ULTIMATE SKINCARE

##### MICRODERMABRASION WITH HYDRALIFT FACIAL

Skin resurfacing for all skin types, gents and ladies, with instant lifting results leaving your skin smoother, visibly younger and radiant.

**Microdermabrasion Treatment**

**85.00 includes the face only.**

Upgrade includes the neck treatment 25.00

Microdermabrasion plus the Hydralift Facial 169.00

##### ELEMIS PRO COLLAGEN FACIAL

Using an exclusive Japanese pure silk protein mask combined with natural serums that help to restore your youthful radiance, providing immediate results and total relaxation. Treatment includes hand, arm, face and scalp massage.

**50 minutes 130.00**

(Add-on eye treatment) 60.00

##### TROPICAL RAIN FOREST

Indulge in the Rainforest...an exclusive Disney experience. Before your treatment or as a relaxation experience in itself, we recommend a tropical escape to the onboard Rainforest. Beyond relaxation, a little time in the Rainforest can improve your circulation, metabolism, stiff and sore joints and also help clear your sinuses.

**One Day Pass 15.00**

**4 Day Pass 45.00**

##### GENTLE TOUCH TEETH WHITENING

This quick and cost effective session will leave you with an instantly whiter, brighter smile. Using an FDA approved non-toxic gel, this break through teeth system is the newest and most inexpensive tooth whitening system available today.

**45 Minutes 199.00**

##### HAIR SALON

The Vista Spa operates a full Hair Salon offering formal upstyles, highlights and male and female hair styling. Prices vary depending on length of hair and nature of appointment. Please call 7-1465 for details.

##### NAILS

Exotic hand ritual with manicure.

**40 minutes 40.00**

Sole delight foot ritual (includes Pedicure)

**55 minutes 55.00**

##### EXOTIC RASUL

Couples steam room with exotic body mud and selection of aromatherapy pampering products.

**50 minutes 99.00**

# VISTA SPA DAILY SPECIALS, SEMINARS AND FITNESS CLASSES

Fitness Center hours: 12:00pm - 10:00pm Sunday, 6:00am - 10:00pm Monday - Tuesday, 6:00am - 10:00pm Wednesday.

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

## DAILY SPECIAL: SUNDAY

•\$20 discount on all hot stone massages, facials and body wraps-today only.

•Traveler's Tension: 25-minute neck and shoulder massage, Indian scalp massage and a pressure point foot massage. \$99

## DAILY SPECIAL: MONDAY

•Spa Taster: Ideal for both men and women who want a taste of the best of both worlds: 25-minute booster facial plus 25-minute back, neck and shoulder massage. \$109

•Body Blitz Massage: Blitz all those dead skin cells off your body with a full salt lime and ginger body exfoliation, followed by a 25-minute tension releasing back of body massage. \$115

•Color Me Beautiful Makeover: A new look and a new empowered you! Precision cut, color or highlights, scalp massage and blow dry and style. \$159 (depending on length of hair).

•Complimentary booster facial with all seaweed massages. Today only!

## DAILY SPECIAL: TUESDAY

•Ladies' Morning: 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

## DAILY SPECIAL: WEDNESDAY

•Cleopatra Massage Ritual: Indulge in a full body lime and ginger sea salt glow, followed by a luxurious skin nourishing milk cocooned with neck, scalp massage. Finish with a back, neck and shoulder massage...pure luxury! \$120

•Beauty Cocktail: Choose any 3 for \$89: Booster facial, scalp massage, foot and ankle massage, Eye Zone Treatment or conditioning hair treatment.

## SUNDAY PORT CANAVERAL

### 4:30pm HAVE YOU EVER DREAMED ABOUT HAVING WHITER TEETH

Let the experts from Gentle Teeth Whitening show you how you can look and feel great.

### 5:00pm COMPLIMENTARY HAIR CONSULTANTS

Visit our international hair stylists for a complimentary image consultation.

### 5:15pm FREE FITNESS CONSULTATION

Come and meet your onboard Fitness Director for a free consultation and learn what brand new state-of-the-art equipment we have to offer to help you realize your desired goals.

## MONDAY NASSAU, BAHAMAS

### 7:30am SHAPE UP, TONE UP

A fun-filled combination of aerobics and step class aimed at burning fat while having fun.

### 8:00am SUNRISE STRETCH CLASS

All over body stretching class to kick-start your day.

### 8:30am BURN FAT FAST SEMINAR

Have you ever wondered why doing 100 sit-ups a day makes your stomach look bigger? Come and find out how to get your body to burn fat, lose inches and increase your energy levels.

### 5:00pm EAT MORE TO WEIGH LESS/DETOX FOR WEIGHT LOSS SEMINAR

The last 100 years have been spun into the chemical age. Find out how these poisons are affecting your health, energy levels and just how beneficial purifying these pollutants can be.

## METABOLISM TEST WITH BODY

### COMPOSITION ANALYSIS (BCA)

Struggling to lose weight? Retaining water? Lacking energy?

This 'Magic Machine' will show you your current metabolic rate, fat/muscle percentage, water retention levels and toxin levels.

Find out how to improve these figures for life!

30-45 minutes 30.00

## POLAR FITNESS ANALYSIS

Is your diet and exercise program a waste of time? Are you feeling stressed or lethargic? By determining your blood pressure, cardio vascular fitness, strength, flexibility and stress levels, the Polar Machine will provide a specific holistic personalized program to reach the goals you desire. Includes a free BCA worth \$30.00, exercise and diet program tailor made for you.

2 sessions 99.00

Couple Analysis 150.00 (Save 50.00)

## TUESDAY DISNEY'S CASTAWAY CAY

### 9:00am YOGA ON THE BEACH

Harmonise the mind, body & soul with a yoga session whilst enjoying the breathtaking views from Serenity Bay.

(Meet at the Vista Spa reception at 8:30am with your Key to the World Card and photo ID)

### 10:00am BOOT CAMP ON THE BEACH

A fun, high intensity class for the die-hards on the Bahamian Beach of Castaway Cay. Intensity adjusted to the groups fitness level. Sign-up required as only 7 slots are available.

\$45 per person

## WEDNESDAY DAY AT SEA

### 7:30am FITBALL CLASS

Fun, highly firming and toning class.

### 8:00am SUNRISE STRETCH

All over body stretching class to kick-start your day.

### 10:15am DETOX FOR WEIGHT LOSS/LENGTHEN YOUR LIFE SEMINAR

Your body can store up to one pound of toxic fat a year around your stomach, waist and thighs. Join our international lifestyle and detox specialist and discover how to lose weight and regain youth!. Join us to learn more.

## ZONE NUTRITION CONSULTATION

Personalized eating program (includes BCA & Manual).

45 minutes 75.00

## ABS PACKAGE

Struggling to get that Hollywood six pack? Let our international Fitness Trainer show you how.

60 minutes 69.00 (Includes Fitness Ball, BCA and nutrition)

## PERSONAL TRAINING

One-on-One with our International Personal Trainer.

Cardio, Yoga, Pilates, Stretch, Firming and Toning, Abs and more

60 minutes One-on-One 75.00

## SPORTS STRETCH

Suffering from knotted muscles, tight hamstrings, stiff neck or lower back pain? Schedule an appointment with a professional trainer for a one on one sports stretch, and deep tissue penetration that will loosening up your entire body.

1 hour 75.00

1/2 hour 40.00