



UNPLUG YOURSELF

We'll take you to Cloud 9

Step inside a world where legendary spa and salon services, dynamic fitness programming, and iconic body, skin and hair care products form a collective house of wellness that will leave you uplifted, glowing and empowered, further enhancing your cruise vacation.

Fun and friendly with an easy, breezy vibe, Cloud9 has a chill factor — relaxing here is second nature. And our collection of incredibly effective skin and body treatments will transform not only how you look, but how you feel.

GET OFFLINE. FREE YOUR MIND. TUNE IN TO YOU.

Disconnect to connect. Recharge and plug yourself back in.

#ONCLOUD9

A SWEET SUITE WITH ALL THE WELLNESS FIXINGS

DIY SCRUB BAR EXPERIENCE

Mixology 101 – it's like a cocktail for your skin.

Whip up your own formula in minutes by selecting ingredients to create a custom body polish.

Use it in the shower after spending time in the aromatic steam and sauna grottos and watch dry skin drift away.

THERMAL SUITE

An immersive thermal experience. Go solo or relax with friends and family. Unwind in an oasis of heated chambers, featuring warm and cool temperatures to cleanse and recharge the body.

Elements of mist, rain, steam and warmth are designed to promote deep relaxation and renewal of vital energies. Daily, cruise and couples passes available.

HEATED LOUNGERS

Lay in these tile loungers and allow the soothing warmth to radiate through and relax the body.

RAIN SHOWERS

A cascade of warm water washes over the entire body providing renewed energy.

AROMA STEAM

This moist, heated chamber relaxes muscles, cleanses skin, and helps to remove toxins.

SAUNA

The heated air calms and relaxes, offering many benefits of natural sunlight without the damaging effects.

HYDROTHERAPY POOL

Plunge into the therapeutic waters inspired by the concept of a natural bubbling spring to loosen stiff and sore joints. Available on select vessels.

MUD LOUNGE

In our exotic Rasul, apply organic, French mud to purify and nourish the body while the effects of gentle steam open the airways, soothe the skin, and detoxify the body. Tropical rain pours down from the dome of this temple and washes the mud away. Ideal for couples. Available on select vessels.

9 STEPS FOR TOTAL RELAXATION

There's nothing like time for self. Embrace a moment in solitude or share the relaxation. Arrive early to experience Cloud9 and escape for an hour or a few.

1 - Dive Right In

This is your place for wellness. Begin your spa journey by purchasing a Thermal Suite pass (*Available on select vessels. (Bathing suit required; robe and towels are provided.)

2 - Get Ready to Chill

Prepare to receive all the benefits from the treatment you select. Prime skin and body with a cleanse prior to your service and wash away salts, minerals and oils.

3 - Delight in Tea

Enjoy your soothing drink selection in the Relaxation Lounge. Sit back and let the serene surroundings guide your thoughts. Your therapist will soon greet you and whisk you away to embark on a journey of ultimate indulgence.

4 - Sublime Tranquility

Rich in antioxidants, tea is a mood enhancer. Tea can calm the mind and body prior to a treatment, boost endurance, and improve health while safeguarding the immune system. In addition, drink plenty of water to hydrate and replenish your body.

5 - Guide Your Guide

A consultation prior to the service will provide your therapist with important details to make the experience more enjoyable. During the treatment, let your therapist know if there is any discomfort or if the environment — temperature, lighting or sound — requires adjusting.

6 - Press Pause

Stop time and indulge in a moment of silence. Close the eyes. Inhale a deep breath. Exhale the breath. Allow the mind to drift away. Enjoy the quiet. Every bit of tension will disappear.

7 - Stay Hydrated

Drink plenty of water after your service to replenish the body and support the mind.

8 - Linger in the Lounge

Extend your spa stay by resting in the Relaxation Lounge after your treatment. The quietude will lull your mind and body into a deeper state of peace.

9 - Continue Your Journey

After your spa experience, browse through the spa and explore our ELEMIS products — many of which are featured in our treatments. Your therapist will provide recommendations to purchase and continue your journey at home.

DEW YOU-TREAT YOUR SKIN

THE FACE COLLECTION

Fabulous, signature or simply what your skin needs, our estheticians use power-performing products, the latest technology, and a soothing touch to leave your skin beautifully luminous, youthful and lit up with good health. Book a complimentary consultation.

ELEMIS BIOTEC TECHNOLOGY

BIOTEC facial treatments use groundbreaking technology, active ingredients, and transformative touch to switch the skin back on for thriving, visibly healthy, and energized skin.
50 min

FOR THE WRINKLE REDUCER

BIOTEC Line Eraser

Target wrinkles and energize the skin with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* treatment that irons out creases and fills in lines.

FOR THE FACELIFT ALTERNATIVE

BIOTEC Firm-a-Lift

Rediscover the architecture of your face with a blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

FOR SKIN AP-‘PEEL’

BIOTEC Skin Resurfacer

This revolutionary, clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

FOR THE SUPER MAN

BIOTEC Super-Charger for Men

The facial for a carefree, youthful and energized male complexion. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time-efficient solution.

ELEMIS TOUCH FACIALS

Our globally renowned hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives using a combination of ancient and modern massage techniques from around the world.
50 min

FOR AGELESS SKIN

Pro-Collagen Age Defy

Tackle fine lines with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger-looking skin.

FOR A RADIANT BOOST

Dynamic Resurfacing Precision Peel

This pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

FOR SUPER SKIN HEALTH

Superfood Pro-Radiance

A nutritional boost rich in superfoods and essential minerals clinically proven* to leave skin plumper, radiant and lit up with good health.

FOR EVERY MAN

High Performance Skin Energizer

The hard-working facial that maximizes cell regeneration, as steam and extractions decongest. This facial boosts circulation while scalp and foot massage deeply relax.

THE BEST PROJECT YOU'LL EVER WORK ON IS YOU

THE MEDI-SPA COLLECTION

Want a more youthful-looking skin and body without the downtime? Shhhh! No one has to know. Revitalize your appearance in minutes with our safe and effective cosmetic treatments. Return from your vacation refreshed and renewed. Contact Cloud9 for a complimentary, personalized consultation.

FOR CONTOURING & SCULPTING

CoolSculpting® Non-Surgical Fat Reduction*

Reduce unwanted fat and sculpt your body without any surgery or downtime. This premier therapy is non-invasive and uses controlled cooling technology to contour the body.

- Tummy — eliminate stubborn fat in the upper and lower stomach
- Love Handles — reduce unwanted fat to sculpt the waistline
- Double Chin — reduce or eliminate the double chin

FOR TLC IN 1,2,3

Thermage® Skin Tightening Treatments*

Tighten and contour the skin in just one session. These non-invasive treatments use radio frequency to improve the appearance of loose or sagging skin on the face and body.

- Face/Neck — smooth and tighten skin for an overall naturally younger-looking appearance
- Tummy — smooth and tighten wrinkled, crepey and sagging skin on the tummy

FOR THE PERFECT POUT

Restylane® Facial Dermal Filler Treatments

Restore or add youthful contours on the lower face and lips by replacing lost volume

and fullness. Results are natural, instant and last up to six months.

- Smile Lines — smooth lines from the corners of the nose to the corners of the mouth
- Cheek Enhancement — enhance the shape and define the cheeks
- 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 — add volume to uneven or small lips

FOR SMOOTHER SKIN

Dysport® Wrinkle Treatments

Soften fine lines on the upper face for a refreshed, youthful appearance. Smoother-looking skin is visible within days and lasts up to four months.

- Frown Lines — soften the lines between the brows
- Forehead Lines — smooth horizontal forehead lines
- Crow's Feet — smooth the area from the outside corner of the eyes

*Available on select vessels.

All Medi-Spa treatments are provided by OneSpaWorld and are safely administered by our licensed Medi-Spa physician.

NOTE TO SELF - IT'S TIME FOR ME

THE MASSAGE COLLECTION

Perfect for the tenderfoot, great for maintenance, and a must for relaxation.

Our wellness experts use the power of touch to relieve chronic tension, increase circulation, and help delete pain. Massage promotes restful sleep, soothed muscles, and a calmer mind. In other words, a state of total happiness.

FOR THE TECH DUO

BIOTEC Face Treatment and Body Ritual

Technology fuses with touch for the ultimate spa therapy. Combine a BIOTEC facial for instant results with a 50-minute Swedish massage for pure relaxation.

100 min

FOR THE TOUCH DUO

Couture Touch Face and Body Treatment

Condition the skin and body with this all-embracing hands-on experience, combining our ELEMIS Pro-Collagen Age Defy facial with a 50-minute Swedish Massage.

100 min

FOR A TRIPLE DOSE

R3 Pain Management Therapy —
Relax, Repair, Relief

The power of “cold therapy” is reimagined to refresh and energize the body. Comforting heat therapy uses targeted salt stone massage to relax and soothe muscle tension for a dynamic pain relief treatment.

100 min

FOR TOTAL RESTORATION

Restorative Salt Stone Massage

Warm Himalayan salt stones contour the body, diffuse negative energy, reduce stress, and alleviate muscle tension. Completed by a re-energizing scalp massage.

75 min

FOR A TROPICAL DELIGHT

Coconut Poultice Massage

Perfectly warmed pure coconut compresses release natural emollients that nourish and moisturize the skin. This technique is followed by traditional hands-on massage to relax and de-stress.

100 | 75 min

FOR THE SOUL SOOTHER

Thai Poultice Massage

Heated herbal poultices are applied to the body

at pressure points and combined with Eastern and Western acupressure techniques to relax the muscles and release tension.

100 | 75 min

FOR THE ULTIMATE UNWINDER

Aroma Stone Therapy

A curated range of warm Balinese stones are worked over the body, deep into the muscles. The result is sparkling vitality with the added bonus of intensely hydrated skin.

100 | 75 | 50 min

FOR THE TENSION TAMER

Bamboo Massage

This therapeutic massage technique uses warm bamboo stalks to roll and glide along the body while your therapist uses deep tissue pressure and gentle strokes to melt away tension.

100 | 75 | 50 min

FOR THE DEEPLY COMMITTED

Deep Tissue Muscle Massage

A vigorous workout for the body tailored to your needs. Skin is prepped to release toxins, and the massage works deep into the tension.

As effective as an hour's stretching, but so much more nurturing.

100 | 75 | 50 min

FOR THE ESSENTIALIST

Swedish Massage

This classical European technique of manipulating muscles can help improve the function of the circulatory, lymphatic, muscular and nervous systems.

100 | 75 | 50 min

FOR THE TWO OF US

Couples Massage

Relaxation for me. Relaxation for you. Quality time for the two. Enjoy a deeply relaxing massage as you lie side by side in a suite reserved for both of you. (Priced according to massage selection.)

100 | 75 | 50 min.

DETOX RETOX REPEAT

THE BODY COLLECTION

Your body is designed to feel good, so cleanse it from the inside out.

When you detox, every cell in the body is addressed. These purees, scrubs, wraps and cellulite program support the elimination of impurities from your body. SAY, 'PEACE OUT, TOXINS.'

FOR FLOWER POWER

Thousand Flower Detox Wrap

This nutrient-rich detox wrap uses the nourishing Nordic Peat to encourage skin health. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated. Includes either a 25-minute back massage or 50-minute, full-body massage.

100 | 75 min

FOR SUBLIME SERENITY

Aroma Spa Seaweed Massage

Aromatherapy is combined with the riches of the ocean in this deeply warming treatment. A heated mask with a blend of essential oils is applied to the body before being cocooned in a wrap. Includes a 25-minute back or 50-minute, full-body massage.

100 | 75 min

FOR A BOD THAT GLOWS

Intensely Cleansing Salt Scrub

Fragranced salt encourages the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the nourishing body oil. Includes either a 25-minute back massage or 50-minute full-body massage.

75 | 50 min

FOR THE DIMPLE DILEMMA

Ionithermie Cellulite Reduction Treatment

This unique therapy detoxifies the body, reduces the appearance of cellulite, and offers substantial inch loss after just one session. Galvanic stimuli propel rich marine elements into affected areas to drain fluid, smooth the skin, and define the body.

3 sessions | 50 min

REMEDIES FROM THE EAST

THE ACUPUNCTURE COLLECTION

Acupuncture has been used to nurture and maintain good health by billions of people for thousands of years. Cloud9 restores balance and triggers the body's natural response with the best holistic care through traditional Chinese medicine, a revered art that offers ancient techniques for modern medicine solutions.

FOR THE POINT OF WELL-BEING®

Acupuncture

Quickly becoming one of the fastest growing alternative therapies, acupuncture is often recommended by family practitioners to complement and enhance the benefits of traditional medicine.

Our onboard acupuncturist is certified to safely and effectively treat an extensive list of symptoms and conditions, including:

- Pain Management
- Insomnia and Anxiety
- Sea Sickness
- Smoking Cessation
- Weight Gain

Anyone can benefit from acupuncture.

Many enjoy a session for a simple tune-up, enhanced relaxation, and well-being maintenance.

50 min

FOR A WELLNESS ANTIDOTE

Chinese Herbal Medicine Consultation

Chinese herbs are integral to traditional Chinese medicine. Cloud9 is happy to feature JOU®,

an exclusive organic Chinese herb brand.

These herbs are cultivated in Northern China by using the leaves, roots, stems, bark and petals of plants, shrubs and trees. Once collected, they are dried, crushed and then placed in a vegan capsule for easy consumption. Chinese herbs have been used as part of the traditional

Chinese medicine system for thousands of years and have helped to alleviate many health issues. Ask for a complimentary consultation.

FOR PAIN RELIEF

Pain Management

Our pain experts are available to address your discomfort and concerns while offering a selection of drug-free, non-invasive onboard therapies that range from acupuncture treatments to massage and wellness classes.

FIND YOUR TRIBE

THE FITNESS COLLECTION

Just call us “Fuel Gurus.” Building energy and burning fat are part of our daily ritual. And at sea, it’s no different. Fuel your workout and sweat out those vacation calories at the Fitness Center. Our personal trainers will set the bar just right to ensure you stay on track and in ship-shape during your cruise.

FOR THE COACHING SESSION

Personal Training

Achieve the body you have always wanted with a personalized fitness session. Learn which exercises work best with your particular body composition.

60 min

FOR THE INS AND OUTS

InBody570® / Body Composition Analysis

A body composition analysis provides the most comprehensive muscle and fat diagnosis available. Understand your body’s inner health to determine the best way to achieve your wellness goals.

60 min

FOR FOOD GUIDANCE

Nutritional Consultation

Based on the Nobel prize-winning research of Dr. Barry Sears, a personalized, Ideal Zone nutrition plan is created for clean and healthy eating to help achieve wellness goals.

60 min

FOR CORE STRENGTH

Pure-Form Pilates

This exercise uses a Pilates ring, foam-core roller, and weighted balls for various movements as established and recommended by Joseph Pilates.

45 min

FOR A BALANCED BODY

Pure-Form Yoga

Excellent for increasing levels of balance, concentration and focus, this class will benefit the beginner and the experienced yogi.

45 min

FOR THE FIERCE PHYSIQUE

Body Sculpt Boot Camp

A blood-pumping, throat-clearing, endorphin releasing reason to get out of bed every day. You will also receive a complimentary metabolism test.

30 min

FOR THE RIDE OF YOUR LIFE

RYDE Indoor Cycling*

Powered by Myzone®, RYDE ups the thrill factor by giving a real road-cycling sensation through a series of climbs and sprints in an immersive, inspirational atmosphere. Modern and old school music will fuel this high-energy workout to get the endorphins flowing.

45 min

YOU ARE A CUT ABOVE THE REST

THE SALON COLLECTION

Let your hair and nails do the talking. Cloud9's salon offers the most indulgent haircare, products, deluxe services, specialty color, nail and beauty bars. Our salon experts can diagnose individual haircare needs and prescribe personalized treatment options while our nail techs, brow stylists, and smile specialists add the glam in glamour.

FOR FRIZZ-FREE HAIR

Keratin Complex® Express Blowout
with Cut

This specially formulated treatment infuses natural Keratin in the shortest amount of time to eliminate frizz. Results last up to six weeks, and hair can be washed just eight hours after the treatment.

60 min

FOR GOLDEN LOCKS

Kérastase® Elixir Ultime
24-Carat Indulgent Ritual

Nourish, protect, illuminate and instantly restore your hair. This most indulgent ritual combines precious oils with a highly concentrated treatment to provide a sublime transformation. Includes a scalp massage.

25 min

FOR TENDER LOVIN' 'HAIR'

Kérastase® Fusio-Dose™
Instant Hair Treatment

Fusio-Dose combines highly concentrated formulas with powerful boosters for custom designed results. Dry hair is intensely nourished, repaired and strengthened.

FOR HAIR CARE IN 3 STEPS

Kérastase® 1,2,3 Hair Ritual

Bathe, treat and texturize with a three-step made-to-measure ritual to take your tresses from flat to flawless.

15 min

FOR NAILS THAT ROCK

Fire & Ice Manicure and Pedicure

Using a combination of therapeutic cooling gels and the warmth of massage using a heated stone, your skin will be smoother, and your nails will be nourished and polished to perfection.

Manicure 50 min | Pedicure 60 min

FOR AN INDULGING EXPERIENCE

Exotic Hand Ritual Manicure and
Sole Delight Pedicure

Warmed aromatherapy oils nourish and condition while the sublime sensation of milk lavishes its richness and healing action on skin. Includes a complete traditional manicure and pedicure.

Manicure 45 min | Pedicure 60 min

FOR PEARLY WHITES

GO SMILE™ Teeth Whitening Treatment

Try our advanced teeth whitening treatment, a safe, effective way to add sparkle to a smile. Book a complimentary consultation.

Couples treatments available.

30 min

NOUVEAU® BROWS AND LASHES

FOR UBER WOW BROWS

Deluxe Brows

Frame your face with a tailored style. Includes measurements, tinting, shaping and waxing.

45 min

FOR WOW BROWS

Express Brows

A finished brow look in a flash. Includes tinting, shaping and setting brows to wow.

30 min

FOR LASHES TO LONG FOR

LVL Enhance

Volumize and lift while extending your natural lashes.

60 min

FOR A LASH IN A FLASH

Express Lashes

Amplify lashes in a dash. Voluminous lashes accentuate the eyes with a quick multi-lash placement technique that lasts up to 14 days.

45 min

FOR THE COLOR MAKEOVER

Make-Up Application

Whether it is a special occasion or simply a way to feel special, Cloud9's make-up artists will accentuate features during a session. Ask about strip lashes to enhance the look.

FOR THE AU NATURAL

Waxing

With respect for privacy, Cloud9's highly trained therapists will ensure a comfortable experience. Book a waxing service for brows, lip/chin, half arm, underarm, half or full leg, bikini, Brazilian or back/chest. Services are for both men and women. Please ask a spa therapist for more details.

FOR MORE HAIR SERVICES

- Shampoo and Blowout Bundle of 3
- Red Carpet Blowout
- Updo
- Shampoo and Blowout
- Highlight or Lowlights
- Permanent Color
- Semi-Permanent Color
- Colorful Hair

FOR MORE NAIL SERVICES

- Traditional Manicure
- Traditional Pedicure
- Repolish
- Nail Fix
- Shellac® add-on
- Paraffin Wax

A GOOD LATHER IS HALF THE SHAVE

THE MEN'S COLLECTION

In a world full of trends, remain a classic gentleman. Every man needs a brotherhood of shaving. Elevate your shave and grooming at this men's-only refuge where you can have your beard and trim it too.

Here, grooming takes on a new definition and certainly makes the cut.

FOR THE SMOOTH OPERATOR

Pro-Collagen Grooming

Treatment with Shave

Experience the Express Shave, Pro-Collagen mini facial, and a luxurious face, scalp, hand and arm massage.
55 min

FOR THE QUICK TRIM

Express Shave

A deep-cleansing exfoliation and a double-close shave to leave skin smooth.
30 min

FOR A FRESH CUT

Men's Cut and Style Dry

A clean-cut look with full-service grooming, including hair and beard trims as well as styling.
60 min

KNOW BEFORE YOU GLOW

Cloud9 Spa Information

Hours of Operation
8am to 10pm

Reservations

For more information or to reserve treatments, please contact Cloud9. Walk-in appointments are subject to availability.

Minimum Age Requirements

Guests must be at least 18 years of age to receive treatments or utilize spa facilities unless participating in the kids or teen program. Salon services are available to guests of all ages. Fitness facilities are not available to minor guests. Please see restrictions posted outside the Fitness Center.

Nurture Your Experience

We recommend arriving 15 minutes prior to your appointment so you can focus your mind on relaxation. To maintain the serenity of the spa, we ask you to turn off your mobile phone and electronic devices upon arrival.

Specialty Spa Menus

Visit the spa desk to inquire about our Pain Management or Kids and Teen menus.

Service Charge

For your convenience, a 18% service charge will be applied to your final bill at checkout. Gratuity for exemplary service is discretionary.

Valuables

To ensure you do not forget any personal items of value, we suggest leaving them in the safety deposit box in your stateroom.

Spa More, Save More

Book in for three services with this symbol and you will receive 10% off the service, 20% off a service of equal or lesser value, and 30% off the service from your selection. Treatments cannot be shared with others. All treatments must be booked and paid for in advance. This promotion is subject to availability.

Ensuring a Wonderful Spa Experience

We welcome you to openly discuss your likes, dislikes, concerns or questions with your therapist before and during treatment.

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 a receipt can be exchanged for either services or products.

Cancellation Policy

Please provide 24 hours' notice when canceling appointments or your onboard account may be charged 50% of your treatment cost.

Special Offers in Port

Check your daily program, stateroom television, or contact Cloud9 to learn about in port and special occasion offers as well as to learn about seminars and fitness class times.

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. Replenish products purchased at www.timetospa.com.

Customer Service

c/o OneSpaWorld, 1-855-848-3059
customerservice@onespaworld.com

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

