



CONSUMER RESEARCH

FACSIMILE Cover Sheet

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Number of pages including this cover sheet 10

Comments :

Should you not receive all pages, please call us as soon as possible.

Hair and Nail Rituals

Shampoo and Style Dry

Short hair	\$ 30.00
Medium length	\$ 35.00
Long hair	\$ 45.00

Shampoo, Trim or Restyle & Style Dry

Short hair	\$ 52.00
Medium length	\$ 65.00
Long hair	\$ 70.00

Hair Up Styles

Without shampoo and style dry	\$ 30.00
With shampoo and style dry	\$ 45.00
Elemis Frangipani Hair & Scalp Treatment	\$ 26.00 (add style dry)
Fringe Trim	\$ 10.00
Shampoo (no style dry	\$ 15.00

Hair Braiding

Island Braids Full Head from	\$ 110.00
Island Braids Half Head from	\$ 60.00
Island Braid Individual each	\$ 5.00
Corn Rows Full Head Sh	\$ 45.00
Corn Rows Full Head Lg	\$ 75.00
Corn Rows Half Head Sh	\$ 25.00
Corn Rows Half Head Lg	\$ 55.00
Corn Row Design add	\$ 30.00
Hair Wrap Colored per inch	\$ 2.00

Semi-Permanent Color and Style Dry

Short hair	\$ 49.00
Medium length	\$ 54.00
Long hair	\$ 59.00

Permanent Color (roots only) and Style Dry

Short hair	\$ 64.00
Medium length	\$ 69.00
Long hair	\$ 79.00

Permanent color (full head) and Style Dry

Short hair	\$ 84.00
Medium length	\$ 94.00
Long hair	\$ 104.00

Highlights and Style Dry

Short hair	\$ 79.00
Medium length	\$ 89.00
Long hair	\$ 99.00
Partial highlights (add style dry) per packet	\$ 3.00

TIPS & TOES

Repolish	\$ 15.00
Traditional Manicure**	\$ 25.00
Elemis Exotic Hand Ritual (includes manicure)	\$ 40.00
French Spa Treatment for the Hands	\$ 28.00
Traditional Pedicure	\$ 40.00
Sole Delight Foot Ritual (includes pedicure)	\$ 55.00
Foot & Ankle Massage	\$ 35.00
Nail Fix**	\$ 10.00
Acrylic Nails - Full Set (Refills Only)**	\$ 40.00
Acrylic Nails - Full Set**	\$ 75.00
Paraffin Wax (add)**	\$ 15.00

When canceling appointments, please give 24 hours notice to avoid a cancellation fee of up to 50% of your service(s).

× Available at limited times

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

Rates are subject to change and may vary slightly from ship to ship.



Men's Rituals

Elemis Aromapure Time for Men Facial	\$ 109.00
IQ Skin Facial**	\$ 109.00
Urban Clense Facial**	\$ 119.00
TotalTime Out (Facial & Massage Treatment)**	\$ 218.00
Aromaspa Ocean Body Wrap	\$ 127.00
Aromaspa Ocean Body Wrap with Full Body Massage	\$ 228.00
Aromaspa Ocean Body Wrap with Half Body Massage	\$ 176.00
Deep Tissue Sports Therapy Massage	\$ 116.00
Half Body Massage	\$ 72.00
Elemis Exotic Lime & Ginger Salt Glow	\$ 69.00
Elemis Aroma Stone Therapy	\$ 175.00
Elemis Exotic Hand Ritual (includes manicure)	\$ 40.00
Sole Delight Foot Ritual (includes pedicure)	\$ 55.00
Men's Trim or Restyle and Style Dry	\$ 29.00
Men's Wet Trim (Only)	\$ 23.00
Express Shave**	\$ 39.00
Deep Cleanse Men's Grooming with Shave**	\$ 65.00
Anti Ageing Grooming with Shave**	\$ 85.00
Beard Trim	\$ 10.00

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Spa Rituals

Face

Elemis Aromapure Facial	\$ 109.00
Elemis Pro Collage Marine Facial	\$ 130.00
Elemis Pro Collagen Marine Eye Treatment	\$ 60.00
Teeth Whitening	\$ 199.00
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**	\$ 30.00
(Add any 2 treatments to the La Therapie Hydra Lift Facial)	
Hydra Lip Intensif (Add On Only)**	
Intensif Eye Treatment (Add On Only)**	
Hydra Neck Intensif (Add On Only)**	
Hydra Peel Hand Treatment (Add On Only)**	
Miracle Microdermabrasion**	\$ 152.00
Mini Miracle Microdermabrasion**	\$ 80.00
Neck Microdermabrasion (Add On Service Only)**	\$ 25.00
Hand Microdermabrasion (Add On Service Only)**	\$ 25.00

Body

Swedish Massage (25 min)	\$ 72.00
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

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

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

Water Rituals

Bathing Ritual**	\$ 32.00
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Sample of Supper Club Menu

Starters

TRIO OF ESCARGOTS

Baked in Brioche, Wrapped in Rice Paper and Classic Bourguignonne

BEEF CARPACCIO

Sliced Raw Beef Tenderloin with Shaved Parmesan Cheese, Marinated Mache Lettuce

SUSHI PLATTER

Ahi Tuna, Salmon, Lobster and Unagi with Pickled Ginger and Wasabi

ICED RUSSIAN CAVIAR

1 oz. of Sevruga Caviar with Traditional Condiments and Buckwheat Blinis - An Extra \$29.00 Charge will Apply

SHRIMP COCKTAIL

Colossal Black Tiger Prawns with American Cocktail Sauce

NEW ENGLAND CRAB CAKE

On Roasted Pepper Remoulade

LOBSTER BISQUE WITH VINTAGE COGNAC

Fleur de Lys and Fresh Cream

BAKED ONION SOUP "LES HALLES"

A Parisian Classic

Salads

CLASSIC CAESAR SALAD

Hearts of Romaine Lettuce, Traditionally Prepared

BABY LEAF SPINACH AND FRESH MUSHROOMS

With Blue Cheese, Warm Bacon Dressing

TOSSED GARDEN SALAD

Greens, Radicchio, Tomato Wedges, Purple Onion Rings and Watercress - Choice of House, Ranch or Blue Cheese Dressing

Side Dishes

BAKED POTATO WITH TRIMMINGS

SAUTÉED MEDLEY OF FRESH MUSHROOMS

YUKON GOLD MASH WITH WASABI HORSE RADISH

SPAGHETTI WITH FRESH TOMATO SAUCE

GRILLED FRESH VEGETABLES IN SEASON

CREAMED SPINACH WITH GARLIC

Entrees

*Our Steaks Are Hand Selected, USDA Prime Beef Dry Aged for 30 Days to Our Specifications.
Simply the Best Available, Carefully Handled and Perfectly Cooked.*

BROILED NEW YORK STRIPLOIN STEAK

14 oz. of the Favorite Cut for Steak Connoisseurs

CLASSIC PORTERHOUSE STEAK

Combines the Full Flavor of the Strip Loin with the Tenderness of the Tenderloin 24 oz. of the Best from Both Worlds

BROILED FILET MIGNON

9 oz. for the True Gourmet

SURF & TURF

Searched Lobster Tail over Tomato Confit - Grilled Filet Mignon over Cardamom Braised Carrots, Pumpkin Ravioli

ALASKAN KING CRAB CLAWS

Served Cold, with Drawn Butter and Roasted Pepper Rémooulade

CHILEAN SEA BASS

Lobster Nage Braised Sea Bass over Young Spinach and Mango Salad

BROILED LOBSTER TAIL

Served With Drawn Butter

BROILED SUPREME OF FREE RANGE CHICKEN

With Blackberry – Port Wine Reduction

GRILLED LAMB CHOPS

Double-Cut Lamb Chops, Served on Five Bean Cassoulet and Rosemary Jus

BROILED PROVIMI VEAL CHOP

Center – Cut from the Highest Grade Milk-Fed Veal

Sauces Available

THREE PEPPERCORN SAUCE

WILD MUSHROOM SAUCE

SAUCE BÉARNAISE

Desserts

WARM FLOURLESS CHOCOLATE CAKE

Served with Homemade Ice Cream

SYMPHONY OF MOUSSES

Dark and White Chocolate, Orange and Mocha

TRIO OF CRÈME BRÛLÉE

Served with Sugar Tuiles and Phyllo Cigar

FRESH FRUITS

Assembly of Tropical Fruit and Berries in Season, Served with Homemade Sherbet

SELECTION OF INTERNATIONAL CHEESES

■ Carnival's Sample

Breakfast Menu

GREAT BEGINNINGS

Grapefruit • Banana • Melon in Season (Honeydew/Canteloupe)
Orange • Grapefruit Sections • Baked Apple • Stewed Prunes

Chilled Juices

Orange • Grapefruit • Pineapple • Apple • Tomato • Prune

Cereals

Corn Flakes • Frosted Flakes • Special K • Sugar Pops • Raisin Bran • Rice Krispies
All Bran • 40% Bran Flakes • Hot Oatmeal • Hot Cream of Wheat

BREAKFAST ENTREES

Eggs Carnival

Boiled, Scrambled, Fried, Poached on Toast

Eggs Benedict • Buttermilk Pancakes • French Toast • Lox'n'Bagels

Omelette Eggsceptionale

Plain • Ham • Cheese • Ham and Cheese

Smoked Whitefish

Low-Cholesterol Egg Substitute Available Upon Request (Egg Beaters)

ON THE SIDE

*Corned Beef Hash • Sliced Breakfast Ham • Hickory-Smoked Sliced Bacon • Hominy Grits
• Hash-Browns • Breakfast Link Pork Sausages*

From the Bakery

Danish, Croissants, Muffins, Plain and Raisin English Muffins, Bagels, White, Whole Wheat and Rye Toast.

Beverages

*Freshly Brewed Regular and Decaffeinated Coffee • Iced or Hot Herbal Teas
Milk • Skimmed Milk • Espresso • Cappuccino • Hot Chocolate*

■ Carnival's Sample

Luncheon Menu

STARTERS AND SALADS



Seasonal Fruit Platter

Jamaican Red Bean Soup

Chilled Curried Apple Soup

Medley of Garden and Field Greens

MAIN COURSES



Oven Fresh Focaccia

Chicken Caesar Salad

Spinach and Ricotta Cheese Ravioli

Fish n' Chips

Barbecued Baby Back Ribs

Create Your Own Burger

DESSERTS



Lemon Mousse

German Chocolate Cake

Cinammon Bread Pudding Chantilly

Ice Coupe Belle Helene

Ice Cream - Vanilla, Chocolate, Strawberry

Sherbet - Orange, Pineapple



Nautica Selections: These items are lower in calories, sodium, cholesterol and fat. Salads are prepared with diet dressing. Desserts are prepared with Sweet'n Low or NutraSweet instead of sugar.

■ Carnival's Sample

Dinner Menu

STARTERS AND SALADS



Fantasy of Tropical Fruit Berries
Mississippi Delta Prawns
Ragout of Wild Mushrooms
West Indian Roasted Pumpkin Soup
Strawberry Bisque

Mixed Garden and Field Greens
Caesar Salad

MAIN COURSES



Trennette Putanesca
Ancho Honey-Basted Fillet of Fresh Pacific Salmon
Broiled Lobster Tail with Melted Butter
Whole Roasted Quail Filled with a Delicate Herb Stuffing
Tamarind-Rubbed, Tender Roasted Prime Rib of American Beef Au Jus
Grilled Brochettes of Fresh Garden Vegetables

DESSERTS & CHEESES



Banana Gateau
Swedish Almond Chocolate Cake
Passion Fruit Indulgence
Cherries Jubilee
Ice Cream - Vanilla, Chocolate, Strawberry Butter Pecan
Sherbet - Orange, Pineapple, Lime
Cheeses - Port Salut, Brie, Gouda, Imported Swiss, Danish Bleu



Nautica Selections: These items are lower in calories, sodium, cholesterol and fat. Salads are prepared with diet dressing. Desserts are prepared with Sweet'n Low or NutraSweet instead of sugar.

■ Carnival's Sample

Kid Menu *Daily Junior Menu*

FUN SHIP FEAST

Fresh Fruit Cocktail

Peanut Butter Jelly Sandwich

Hamburger - Cheeseburger

Chicken Nuggets

Hot Dog

Pepperoni Pizza - Cheese Pizza

French Fries

FROM THE CAPTAIN'S SWEET TREASURE CHEST

Chocolate Brownies

Ice Creams

Banana Split

Jello with Custard

Assorted Cookies