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## A JOURNEY FOR BOTH MIND AND BODY...

*Saying "AH" to Spa Services at Sea*

Out on the open sea, you have time (finally!) to relax, rejuvenate, and be refreshed. We all know this "time" is a precious commodity... one that you relish, look forward to, and want to make the most of. From enjoying the best in yoga and pilates classes to sinking into a hydrotherapy pool bubbling with warm, therapeutic sea water; to taking part in a fast-paced spin class and then changing gears to totally relax with a superb massage treatment inspired by an exotic blend of cultures. All this and so much more is yours to enjoy on your next cruise. We think you'll agree: Once onboard, you, too, will be saying "Ah" to all these incredibly special spa services at sea.

### CELEBRITY CRUISES

A pioneer in the development of spas at sea, Celebrity first introduced AquaSpa® by Elemis to enhance guests' vacations by combining a world-class beauty salon with a full menu of spa treatments and fitness programs. AquaSpa's Sensory Heaven spa treatments feature Asian, Middle Eastern, and European influences that employ sea and fresh mineral water to detoxify and refresh the body, mind, and soul. The spa offers a thalassotherapy pool, jasmine flower baths, rejuvenating facials, and exotic massage treatments including aroma stone therapy, Hawaiian four-hand massage, and an enriching Egyptian ceremony of milk and ginger. Celebrity's fitness center features magnificent floor-to-ceiling views and state-of-the-art equipment including treadmills, exercise bikes, step units, rowers, benches, and free weights. Currently, Celebrity Cruises features more than 100 AquaSpa, salon and fitness offerings.

### CRYSTAL CRUISES

From their popular wrap-around, all-outdoor Promenade Deck to their Spa with one of the world's best views, every Crystal cruise offers a variety of options for keeping fit and well. Their Feng Shui-inspired Crystal Spa offers a wide range of treatments and Swedish massage, as well as aerobics, stretching and other exercise classes, an extensive line of professional exercise/workout equipment and a professional staff. Crystal also offers Callaway golf clubs on board, as well as complete sets of Callaway clubs available for rental to use in ports where you may wish to play.

### HOLLAND AMERICA LINE

Of all the fascinating places you can visit on a Holland America cruise ship, none rejuvenates and relaxes like the Greenhouse Spa & Salon, featuring heavenly beauty and wellness rituals. Choose the blissful pampering of a facial therapy or let the trained fingers of a massage therapist soothe your muscles while working

fragrant oils into your skin. Enjoy therapeutic water treatments as you steam in a thermal suite or bathe in herbs, all the while cruising to exotic destinations and enjoying the indulgences that are a signature feature of luxurious Holland America Line cruises. Yoga, Pilates, Indoor Cycling and cardio circuit training are available for participants at all levels. Their fitness centers are staffed with professionals and equipped with treadmills, stationary bikes, stairsteppers, rowing machines, weights and weight machines.

### PRINCESS CRUISES

Colorful Asian-inspired designs, a tranquil environment and exotic therapies offered in Princess Cruises' Lotus Spa are sure to enhance your personal goal to renew mind, body, and spirit. The facilities also offer extensive fitness spaces with the latest exercise machines as well as group classes. Princess' Lotus Spas feature a relaxing atmosphere and treatments inspired by ancient therapies and rituals from the Far East and the most contemporary Western technologies. Treatments include an Absolute Spa Ritual (which includes a Deep Tissue Muscle Massage and Pro-Collagen Marine Facial), Exotic Lime & Ginger Salt Glow with Massage, and a couples massage in the suite reserved for two. A communal relaxation center, the thermal suite offers different grottos and chambers that release a variety of dry heat, steam and mists into the air with aromatherapy filled vapors. Spa goers can also relax on a warm stone bed.

### OCEANIA CRUISES

Discover a legendary spa experience aboard Oceania Cruises. Award-winning Canyon Ranch has been the acknowledged world leader in healthy living expertise, and a haven of luxury, comfort and warmth for 30 years. Experience the profound pleasures of Canyon Ranch's SpaClub® facilities in a spectacular setting – Oceania Cruises' fleet of luxurious cruise ships. Enhance your voyage with indulgent services, enlightening presentations, nurturing wellness services and exercise classes that promote resilience and leave you feeling fantastic.

### REGENT SEVEN SEAS CRUISES

Serenity... it becomes you... We don't have to remind you that "peace of mind and spirit are absolutely essential to looking and feeling your best." Featuring services provided by Canyon Ranch SpaClub®, you can be assured that in "their magical hands" you will be transformed head to toe, with rejuvenating massages, nourishing facials, and therapeutic body treatments. When you complement these marvelous treatments with an energetic fitness class and workout, you are sure to see your inner- and outer-beauty radiate like never before. Definitely, this is a lifestyle you will want to embrace!

*Enjoy the best in yoga... sink into a hydrotherapy pool bubbling with warm, therapeutic sea water... or totally relax with a superb massage treatment inspired by an exotic blend of cultures.*

### ROYAL CARIBBEAN INTERNATIONAL

Get ready to embark on a path to complete relaxation with such special treatments as Royal Caribbean's Elemis® Aroma Stone

Therapy or an Exotic Frangipani Hair & Scalp Conditioning Treatment. The Day Spa offers a wide variety of the latest therapies including the Elemis Aroma Stone Therapy that combines the deep, penetrating heat of the volcanic basalt stone with traditional massage techniques to relieve muscle tension. One of Royal Caribbean's other special spa treatments is the Elemis Cellutox Aroma Spa Ocean Wrap or Float. Combining the richness of sea plants and marine algae with aromatherapy, this treatment is deeply detoxifying at all levels. A warm seaweed body mask containing a synergy of cleansing juniper and lemon essential oils is applied to your body before you are cocooned, either in a comforting foil wrap or weightless in the unique dry float. Enjoy!

### WINDSTAR CRUISES

Relaxing and rejuvenating the spirit 180 Degrees from Ordinary aboard Windstar takes many different forms. Windstar offers a variety of innovative, therapeutic spa treatments and new fitness regimens featuring The OnboardSpa Company and their certified organic O SPA London products and services in the spa, salon, and fitness center. Drawing on the ancient practices from cultures across the world, the O SPA experience takes guests on an exotic, multi-sensorial journey of rejuvenation and relaxation. All ingredients are sourced from organic, sustainable sources. Balinese, Swedish, classic, reflexology and sports, as well as fire and ice ancient stone massages, are available. And, you may also choose to take part in a Pilates Institute at Sea Program, yoga, personal training, meditation, or fitness classes.



## Get Out and See the World!

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Travel Representative