



AQUAMAR

SPA + VITALITY CENTER



Travel Well.

TAKE ADVANTAGE
OF THE TIME
DURING YOUR VOYAGE
TO FOCUS ON
ONE OF THE ELEMENTS
THAT MATTERS
THE MOST IN LIFE –
your wellness.





MIND, BODY & SOUL

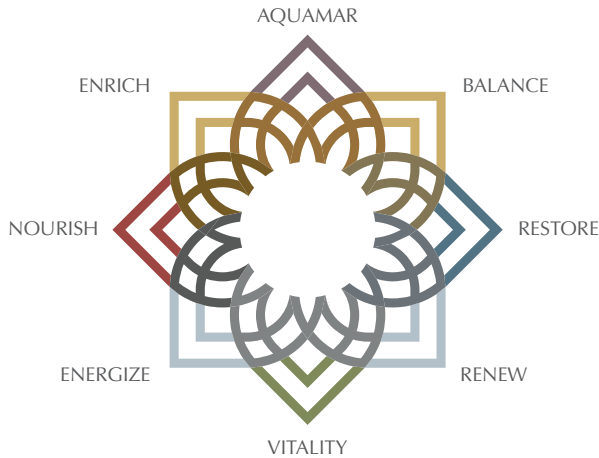
On a voyage with Oceania Cruises, you not only chart a new course to alluring ports of call but also discover new paths to wellness. Travel stimulates the mind, uplifts the soul and invigorates the body, and the journey is as inspiring as the destination. You naturally enhance your well-being while on board our ships and during explorations ashore because the entire experience nurtures that most cherished gift – your health and vitality.

BEYOND THE SPA

This holistic approach to well-being is at the very heart of our new Aquamar Spa + Vitality Center, which offers a wide array of programs, services and experiences designed to help you live your best life. Of course, rejuvenating spa treatments and healing therapies are an essential part of this philosophy, but Aquamar is far more than a spa. From complimentary fitness classes and plant-based menus on board to excursions in worldwide destinations that reveal timeless wellness practices, Aquamar encourages a lifestyle of health and longevity.



Our signature services are indicated with the Mandala symbol.



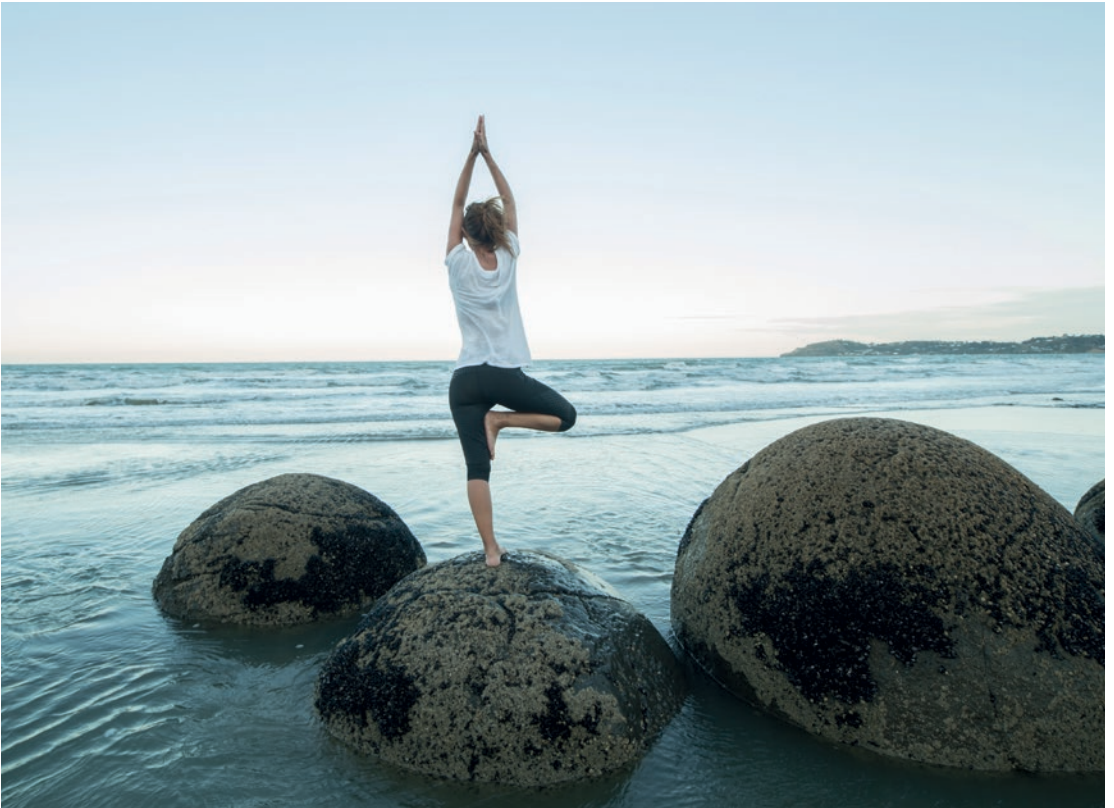
AQUAMAR & THE MANDALA

Holistic Symbols in Harmony

The philosophy behind the Aquamar Spa + Vitality Center inspired both the name of the concept and the symbol that represents it.

The word 'Aquamar' is a combination of Latin roots meaning 'water' and 'sea', an acknowledgement of the healing and life-giving essence of water as well as the connection to the sea that is manifest in the Oceania Cruises experience. The mandala symbol signifies wholeness, representing the world that is both beyond and within our minds and bodies. Its symmetry and infinite lines convey the importance of a holistic approach to wellness, incorporating all the elements of a healthy lifestyle that Aquamar was designed to encourage and support.





TIME IS THE ULTIMATE LUXURY

There is nothing like time for yourself. Embrace a moment in solitude or share the relaxation. Arrive early to experience the serenity of Aquamar Spa + Vitality Center and escape for an hour or a few.

IMMERSE YOURSELF IN WELLNESS

Begin your spa journey in the aromatic steam room, thalassotherapy pool or whirlpool to experience the healing benefits, detoxifying effects and tension-relieving powers of these timeless thermal environments. If you do not have a treatment booked and wish to take advantage of the thermal environments, a day pass may be purchased.

WASH YOUR CARES AWAY

Prepare to receive all the benefits from the treatment you select. Prime skin and body with a cleanse prior to your service to wash away impurities — salts, minerals and oils — that could possibly be a barrier to your skin. Afterwards, enjoy the Relaxation Lounge* until it's time for your treatment.

SOOTHE YOUR SOUL

Rich in antioxidants, tea is a mood enhancer. Depending on the selection, tea can calm the mind and body prior to a treatment, boost endurance, or improve health while safe-guarding the immune system. In addition to tea, drink plenty of water to hydrate and replenish the body.

**Only available on Marina and Riviera.*

CONNECT WITH YOUR THERAPIST

Healing hands are intuitive, but a conversation with your therapist will help guide and address areas of concern. During the treatment, let your therapist know if there is any discomfort or if the environment — temperature, lighting or sound — requires adjusting. A consultation prior to the service will provide your therapist with important details to make the experience as beneficial as possible.

INDULGE IN THE MOMENT

An anticipated period 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.

LINGER IN THE LOUNGE

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

CONTINUE THE JOURNEY

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

MASSAGE THERAPIES

Relish moments of calm and reflection that inspire longevity and complete well-being. Massage brings waves of relaxation while addressing the anatomy of the body and stressors that disrupt its natural state. Aquamar Spa + Vitality Center utilizes natural ingredients from the earth and sea combined with ancient and modern techniques from around the world to balance, restore and renew the body and spirit.

☼ AROMA STONE THERAPY

50, 75 or 90 minutes

Balinese stones bathed in body oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

☼ VITAL BAMBOO MASSAGE

50, 75 or 90 minutes

This therapeutic massage technique uses warm bamboo stalks to work deeper than hands alone. The bamboo rolls and glides along the body while your therapist uses a balancing combination of deep tissue pressure and gentle strokes to melt away tension.

☼ NOURISHING COCONUT POULTICE MASSAGE

50, 75 or 90 minutes

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

☼ R3 PAIN MANAGEMENT THERAPY — RELAX, REPAIR, RELIEVE

90 minutes

Inspired by the benefits of cryotherapy, the power of cold therapy is reimagined, reducing inflammation and swelling that causes pain. This treatment is combined with comforting heat therapy that uses targeted salt stone massage to relax and soothe muscle tension for a dynamic pain relief treatment.

☼ RESTORATIVE SALT STONE MASSAGE

75 minutes

Warm Himalayan salt stones are bathed in aromatics to contour the body, reduce stress, and alleviate muscle tension, completed by a re-energizing scalp massage for a truly uplifting experience.

☼ DEEP TISSUE MUSCLE MASSAGE

50, 75 or 90 minutes

A vigorous workout for the body is tailored to your needs – muscle pain, stress relief, or pure relaxation. Skin is prepped to release toxins and the massage works deep into the tension. This therapeutic massage is as effective as an hour of stretching, but so much more nurturing.

❖ THAI HERBAL POULTICE MASSAGE

50 or 75 minutes

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 – an exotic journey of total renewal.

SWEDISH MASSAGE

50, 75 or 90 minutes

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

COUPLES MASSAGE*

50, 75 or 90 minutes

In the privacy of our exclusive suite, enjoy any of our deeply relaxing massages as you lie side by side. We also offer customized treatment options in our Couples Suite. (Priced according to massage selection.)

❖ BIOTEC FACE TREATMENT & BODY RITUAL

100 minutes

Technology fuses with touch for the ultimate spa therapy that combines a 50-minute Swedish Massage for pure relaxation with a Biotec facial for instant results.

COUTURE TOUCH FACE & BODY TREATMENT

100 minutes

Revitalize the skin and invigorate the body with an indulgent experience that combines our 50-minute Swedish Massage with the nourishing benefits of our Pro-Collagen Age Defy Facial.

**Only available on Marina and Riviera.*



BODY THERAPIES

The human body has a deep connection with water. Much like the ocean, it is comprised of this element. Cleanse the body and maintain its nourishment with a selection of ocean-inspired wraps, polishes, and muds that eliminate toxins and purify the skin for an enriching experience.

☼ MUSCLEASE OCEAN WRAP

75 or 100 minutes

The finest seaweeds are blended with an infusion of pine and rosemary oils to relieve tension and relax the mind. The body is cocooned in a warm sea algae wrap to eliminate toxins and ease muscle pain. A de-stress scalp and foot massage transports the mind and body to a deeper state of relaxation.

☼ MARINE DETOX WRAP

75 or 100 minutes

Let your thoughts drift away while the body is enveloped in a comforting wrap of marine algae and detoxifying juniper and lemon. Active ingredients help reduce fluid retention and inflammation while a de-stress scalp and foot massage soothes the mind and body.

☼ SEA LAVENDER & SAMPHIRE MINERALIZING WRAP

50 or 75 minutes

This nourishing duo exfoliates and hydrates. A luxurious sea salt polish gently buffs to reveal softer, more radiant skin. The scrub emulsifies into a rich foam that leaves skin delicately scented. Nutrient-rich extracts from sea lavender and samphire smooth parched skin. The body is drizzled with a moisturizing macadamia nut oil and cocooned in a warm wrap to allow thirsty skin to replenish.

☼ INTENSELY CLEANSING SALT SCRUB

50 or 75 minutes

Fragranced salt will gently slough away dead skin cells, revealing a smooth and responsive canvas ready to absorb the deeply nourishing body oil. Select from frangipani or lime and ginger. This treatment includes either a 25-minute back massage or 50-minute full-body massage.

☼ IONITHERMIE CONTOUR AND SMOOTH

50 minutes or a course of 3

Detoxify the body with a combination of micronized algae and extracts of cypress and pine to reduce inflammation. A thermal aromatic mask and electro-stimulation tighten and tone targeted areas. Results are dynamic with the added benefit of inch loss after one treatment.

☼ IONITHERMIE REVITALIZING LEG THERAPY

40 minutes

Ideal for tired or heavy legs, this revitalizing therapy will help treat poor circulation in the legs, swelling, varicose veins, and aches associated with activities or being on your feet all day. Feel heaviness drain out of your tired legs as water retention is reduced and circulation restored.





TRADITIONAL CHINESE MEDICINE

Optimal well-being is achieved through a holistic approach to care, which is why Aquamar Spa + Vitality Center offers acupuncture and traditional Chinese medicine, ancient practices that support wellness and longevity. Travel to the Far East where centuries of wisdom reveal natural healing remedies.

☯ ACUPUNCTURE*

50 minutes

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

Even when not treating a particular condition, anyone can benefit from acupuncture. Many enjoy a session simply for enhanced relaxation and well-being.

**Only available on Marina and Riviera.*

PAIN MANAGEMENT PROGRAM

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 and massage treatments to wellness classes.

CHINESE HERBAL MEDICINE CONSULTATION*

Chinese herbs are integral to traditional Chinese medicine, and we are 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 and 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. Contact Aquamar for a complimentary consultation.

Be sure to inquire about our Health and Wellness Seminar Series.

MEDI-SPA AESTHETIC TREATMENTS

Discover your fountain of youth. Modern medicine has paved a path for a more youthful-looking skin and body. Aquamar Spa + Vitality Center offers an array of safe and effective cosmetic treatments administered by our licensed physician. Revitalize your appearance in minutes with little, if any, downtime. The result – a renewed you. Contact the spa for a complimentary consultation.

RESTYLANE® 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 – Accentuate the shape and add definition.

Marionette Lines – Soften lines from the corners of the mouth to the chin.

Lip Lines – Soften lines around edges of the lips for a smoother lip line.

Lip Enhancement – Add volume to uneven or small lips.

DYSPORT® WRINKLE TREATMENTS*

Soften fine lines and wrinkles 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 wrinkles between the eyebrows.

Forehead Lines – Smooth horizontal forehead lines.

Crow's Feet – Smooth the area from the outside corner of the eyes.

THERMAGE® SKIN TIGHTENING TREATMENTS*

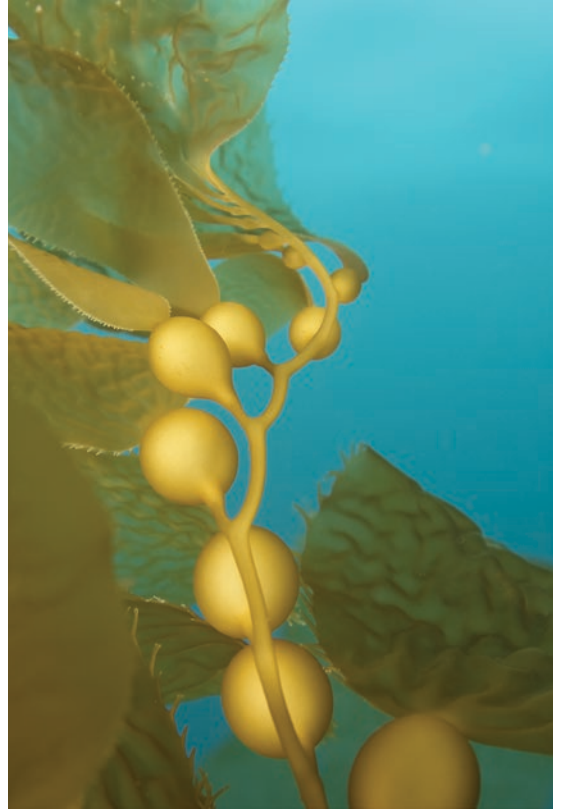
Tighten and contour the skin in just one treatment. This non-invasive treatment uses radio frequency to improve the appearance of loose or sagging skin on the face and body.

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.

**Only available on Marina and Riviera.*





BIOTEC FACIAL THERAPIES

Biotec facial treatments are where groundbreaking science meets nourishing, vitamin-rich ingredients and transformative touch. The pioneering innovation of Biotec technology works to activate the skin and boost its natural, cellular energy. Technology enhances touch. The clinically proven result? Thriving, visibly healthy, and energized skin. Reserve a complimentary consultation and receive an HD skin analysis with your facial therapy.

⦿ LINE ERASER POWERED BY BIOTEC

50 minutes

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells toward dynamic functionality. Circulation is improved, increasing the production of collagen and elastin while the dermis is flooded with super hyaluronic hydrating activators and sealed with a re-energizing amber balm. Red and blue light therapy warms and de-stresses the skin as a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

⦿ FIRM-A-LIFT POWERED BY BIOTEC

50 minutes

Rediscover the architecture of your face with this groundbreaking blend of massage and sculpting technology. Circulation-stimulating arjuna, gardenia stem cells, and alaria esculenta seaweed are activated by microcurrent pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

⦿ SKIN RESURFACER POWERED BY BIOTEC

50 minutes

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion using a combination of lactic and hyaluronic acids, sandalwood, thyme and lemon oils. Extractions deeply cleanse and detoxify before massage and light therapy restores equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

⦿ SUPER-CHARGER FOR MEN POWERED BY BIOTEC

50 minutes

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultra-sonic peeling and galvanic current deliver a deep clean, simultaneously exfoliating and powering up kalpariane's anti-wrinkle properties and samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best-face-forward results. A multi-tasking, time efficient solution.



TOUCH FACIAL THERAPIES

Hands-on facial treatments use touch as a powerful diagnostic tool, softening and preparing the skin to receive essential vitamins and nutrients. Therapeutic treatments call on a combination of ancient and modern massage techniques from around the world.

🌀 PRO-COLLAGEN AGE DEFY

50 minutes

Tackle fine lines and wrinkles with the age-defying benefits of marine charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger-looking skin.

🌀 CAVIAR FIRM AND LIFT FACIAL

80 minutes

Caviar and collagen form a power duo for a combination of deep, moisture-rich hydration and luxurious refinement that lifts and firms. This facial feeds skin the essential vitamins while a caviar mask regenerates skin to increase elasticity, leaving a radiant and silky smooth complexion.

ENVIRO-RECOVERY FACIAL

50 minutes

Accelerate the renewal of skin that has been exposed to daily pollutants, toxins, and other environmental aggressors. Rich in vitamins A, C and E, a power dose of moringa oil is layered under a cooling, velvety Brazilian clay mask infused with minerals and peptide proteins, providing long-lasting defense and leaving skin clean and clear. Suitable for all skin types.

FACIAL ENHANCEMENTS

EYE TIGHTENING TREATMENT

An enhanced eye treatment of vitamins B, C and E, organic algae and an infusion of oxygen to lock in moisture, reduce puffiness, smooth lines and wrinkles.

FIRMING AND CONTOURING NECK TREATMENT

A mask derived from natural Indian arjuna bark to help tighten and lift. Red light therapy works in synergy to boost collagen production and reduce the appearance of crepiness and skin slackening.

LIP SMOOTHING AND CONDITIONING TREATMENT

Rose, antioxidant-rich edelweiss stem cells and Polynesian lagoon water exfoliate while the ultra-smart triple oxygen hydration lip mask uses a drone peptide delivery system to transport moisture back into the skin for instant volume.

OXYGEN INFUSION TREATMENT

Infuse the skin with a collagen-boosting trio of padina pavonica, moringa, and argan oil paired with a gentle pressured oxygen vital to boost skin hydration, cell regeneration, and volume restoration.

SALON

Aquamar Spa + Vitality Center's salon offers luxury haircare products, deluxe services, and a specialty color bar. Salon experts can identify haircare needs and create personalized treatments along with everything expected from a full-service salon – manicures, pedicures, brow shaping, and more.

❁ KÉRASTASE® CAVIAR REVITALIZING RITUAL

25 minutes

Invigorate hair and scalp with an exceptional ritual that sublimates all hair types from roots to ends. Mimetic caviar in the form of pearls are immersed in enriched Pacific seawater and crushed to release active ingredients and marine nutrients to nourish and strengthen.

KÉRASTASE® ELIXIR ULTIME 24-CARAT INDULGENT RITUAL

25 minutes

Nourish, protect, illuminate and instantly restore your hair. This ritual combines precious oils with a highly concentrated treatment to provide a sublime transformation, leaving hair silky, weightless and beautifully fragrant. This indulgent treatment includes a scalp massage.

KÉRASTASE® FUSIO-DOSE INSTANT HAIR TREATMENT

Combines highly concentrated formulas with powerful boosters for custom-designed results. Dry hair is intensely nourished, damaged hair is repaired, and strengthened, the radiance of color treated hair is restored, and mature hair is redensified.

❁ KERATIN COMPLEX® EXPRESS BLOWOUT

45 minutes

This specially formulated, smoothing 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.

MORE HAIR SERVICES

- Shampoo and Blow Dry
 - Shampoo and Roller Set
 - Cut and Style with Blow Dry
 - Up Do and Style (without shampoo and blow dry)
 - Semi-Permanent Color
 - Permanent Color
 - Highlights or Lowlights
 - Partial Highlights
-

❁ FIRE & ICE MANICURE / PEDICURE

Manicure 45 minutes, Pedicure 60 minutes

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.

**CND™ SHELLAC™ 14-DAY NO-CHIP
MANICURE AND PEDICURE**

Manicure 30 minutes, Pedicure 45 minutes

This tough-as-nails manicure and pedicure uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color and a perfect finish that lasts for 14 days.

CLASSIC MANICURE AND PEDICURE

Manicure 30 minutes, Pedicure 45 minutes

This treatment revitalizes hands and feet with a hydrating soak and vitamin-rich oils to strengthen nails and cuticles. Includes shaping and polishing.

MORE NAIL SERVICES

- Acrylic Nails
 - Acrylic Refill
-

WAXING

With respect for privacy, highly trained therapists will ensure a comfortable experience when you reserve a waxing service for brows, lip/chin, half arm, underarm, half or full leg, bikini, Brazilian or back/chest.



BARBER SHOP

Exclusively for gentlemen, a collection of the most nourishing shaves that soothe, smooth and revitalize male skin as well as haircuts and nail treatments to maintain or refresh your style for an ultra-relaxing time out.

☼ PRO-COLLAGEN GROOMING TREATMENT WITH SHAVE

55 minutes

Experience the Express Shave along with the pro-collagen mini facial, and a luxurious scalp massage and nail buff.

DEEP CLEANSE GROOMING TREATMENT WITH SHAVE

45 minutes

Enjoy the Express Shave with the added benefit of a soothing face and scalp massage, plus a deep, pore-cleansing mask.

EXPRESS SHAVE

30 minutes

This treatment includes a deep-cleansing exfoliation and a double-close shave to leave skin smooth.

GENTLEMAN'S CUT & STYLE

Get a clean-cut look with our full-service grooming, including hair and beard trims as well as styling.

GENTLEMAN'S MANICURE AND PEDICURE

Manicure 30 minutes, Pedicure 45 minutes

Treat the hands and feet to a manicure and pedicure. Trim, shape and buff the nails.





FITNESS & TRAINING

To ensure you are fit and fulfilled at sea, Aquamar Spa + Vitality Center provides a blissful wellness retreat that includes complimentary classes, one-on-one personal training, and the latest equipment in a state-of-the-art fitness center.

INBODY570® COMPOSITION ANALYSIS

60 minutes

Provides the most comprehensive muscle and fat diagnosis available to help determine how to achieve your wellness goals.

PERSONAL TRAINING

60 minutes

Learn which exercises work best with your particular body composition during a personalized fitness session.

NUTRITIONAL CONSULTATION

60 minutes

Based on the Nobel prize-winning research of Dr. Barry Sears, a personalized, ideal Zone nutrition plan is created for clean and healthy eating.

FUNCTIONAL STRETCHING

60 minutes

A sequence of restorative stretching movements is tailored to your specific needs. Recommended attire: light gym clothes.

THE HIIT

45 minutes

High Intensity Interval Training (HIIT) – burn more fat in less time through quick bursts of exercise followed by short recovery periods.

SUNRISE AND SUNSET STRETCH

30 minutes

Loosen up tight muscles and relieve common aches and pains with a stretch routine focusing on the major muscle groups for effective recovery.

MINDSET GUIDED MEDITATION

30 minutes

Designed to help balance the emotional, physical and psychological challenges endured on a daily basis for a calm, peaceful state.

RE-SET BREATHING CLASS

30 minutes

This lung workout is designed to provide a feeling of immediate relief to correct breathing and strengthen the body.

PURE-FORM PILATES

45 minutes

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

YOGA FLOW VINYASA

45 minutes

Commonly referred to as flow yoga, postures are strung together to move seamlessly from one to another, using breathwork.

AQUAMAR VITALITY CUISINE

Feast For The Soul

Much like the Mediterranean diet, which is renowned as one of the healthiest in the world, The Finest Cuisine at Sea™ is built around the freshest, highest-quality ingredients and whole foods.

You'll find exceptionally light, healthy and flavorful options in the Aquamar Vitality Cuisine featured in The Grand Dining Room, which also offers an array of gourmet vegetarian dishes. Meanwhile, the tantalizing Vitality Cuisine served fleetwide includes the most expansive plant-based menus at sea. On board Marina and Riviera, the only cold-pressed Raw Juice & Smoothie Bar at sea serves up fresh raw juices, smoothies and delicious energy bowls during breakfast at Waves Grill.

THE FINEST CUISINE AT SEA

Extensive array of gourmet vegetarian and plant-based dishes in The Grand Dining Room aboard all ships

The most extensive menus at sea for breakfast, lunch and dinner with offerings to please every palate

Energizing breakfast options at the Raw Juice & Smoothie Bar at Waves Grill





WELLNESS DISCOVERY TOURS BY AQUAMAR

From ancient mineral baths outside of Rome to a traditional teahouse in Myanmar, Aquamar's Wellness Discovery Tours offer exclusive excursions ashore that reveal timeless wellness practices of locales around the world. Alluring destinations, fascinating cultures and healthy living come together to create innovative and rejuvenating travel experiences.

With more than 50 options, the tours featured here are only a sample of the many wellness experiences at each destination.

ASIA & AUSTRALIA

BANGKOK, THAILAND

Reflexologist on Rice Barge

As you sail the Chao Phraya River on a historical, wooden rice barge and discover more about Bangkok's history, a reflexologist will gently apply pressure to your feet, following a foot chart that details the corresponding organs and body systems. An ancient practice renowned for its benefits, reflexology is known to enhance relaxation and sleep as well as reduce pain and anxiety.

CAIRNS, AUSTRALIA

Qigong in Rainforest Village

Practice the art of qigong in the picturesque rainforest village of Kuranda, which provides an excellent and spectacularly serene location for this mind-body exercise that resembles tai chi. After class, browse the shops in Kuranda where you can find handcrafted jewelry, locally produced fashions, colorful artwork, and traditional goods such as boomerangs and didgeridoos.

MANGALORE, INDIA

Chakrapani Ayurveda and the Gokarnath Temple

Enjoy an enlightening holistic Ayurveda consultation, a healing system developed in India more than 3,000 years ago to balance the mind, body and soul. Delve into the local culture at the vibrant marketplace and experience the cacophony of sounds and unusual sights. Complete your day with a tour of the Gokarnath Temple, built in 1912 for the Billava community, featuring a golden tower decorated with murals depicting Hindu legends.



SOUTH AMERICA

BUENOS AIRES, ARGENTINA

El Descanso Island: Labyrinth of Streams

Spend the day on an enchanted island created by art collector Claudio Stamoto decades ago. Stroll through a botanical wonderland, crossing bridges such as the Angel of Love, where you may see graceful willows, a maze of bamboo, colorful hydrangeas, and perhaps even a ceibo, the national flower of Argentina. Relax with an outdoor yoga class and dine on healthy cuisine made with fresh, local ingredients.

LIMA (CALLAO), PERU

Mindfulness Meditation and Pachamanca

Explore Incan heritage at a local stoneware and porcelain workshop while enjoying a beverage made from natural herbs and fruit. Make a ritual offering to Pachamama, the benevolent Incan earth goddess, and work toward achieving a sense of inner calm during the mindfulness meditation session that follows. Share in a tea ceremony prior to a lunch cooked in a traditional Incan earth oven known as a pachamanca.

MANTA, ECUADOR

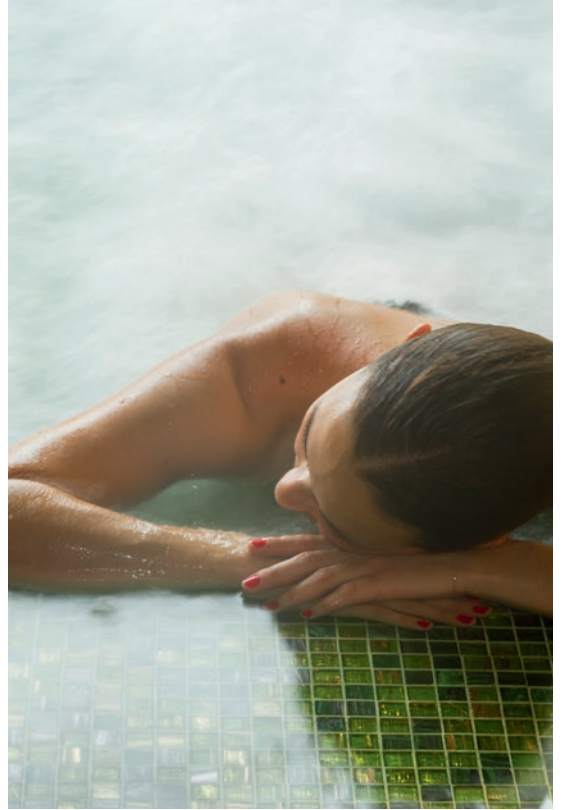
Beach Yoga and Cooking Class at Las Tanusas Eco-Retreat

Enjoy a relaxing yoga session at an eco-friendly beach resort, Las Tanusas, while listening to the sounds of the gently lapping waves and tropical birds. Then, in a hands-on cooking class at the BocaValdivia restaurant, learn how to prepare Ecuadorian cuisine, the roots of which date back more than 10,000 years. Savor dishes made with seafood that was harvested using ancient fishing techniques.

SANTIAGO DE CHILE, CHILE

Wellness and Mindfulness at Viña Casa Marin

Practice yoga, pranayama breathing and mindful meditation at a picturesque boutique winery, Viña Casa Marin, where you will also learn about its history. With the help of a professional instructor, discover meditation techniques used to calm the mind, revitalize the body and increase positive energy. Later, a chef and sommelier will guide you through their selections of their top dishes and wines for you to savor.



MEDITERRANEAN

MÁLAGA, SPAIN

Royal Treatment at the Hammam Granada

Immerse yourself in the baths of the Hammam Granada where Arabian nobility discovered the secrets of these hot, warm and cool baths to relieve tension and stimulate circulation. Then, indulge in the ultimate relaxation during a massage followed by a stroll through Albaycín, a charming neighborhood deemed a UNESCO World Heritage site, and an authentic local lunch fit for royalty.

SEVILLE (CÁDIZ), SPAIN

The Wonders of Apitherapy

Explore wellness based on one of nature's most treasured gifts, the wondrous beehive. At a beekeeping farm in the lovely countryside, you will discover the advantages of apitherapy, which embraces the many benefits of honeybee products – not only raw honey but also pollen, royal jelly and even bee venom are used to promote well-being.

ROME (CIVITAVECCHIA), ITALY

Thermal Baths of the Popes

Experience the Terme dei Papi (Thermal Baths of the Popes), a spring in the ancient city of Viterbo, which has been visited by a succession of popes since the Middle Ages. This outdoor pool that stretches more than 20,000 square feet is fed exclusively by the waters of the famous Bullicame spring and is depicted in the works of Dante and Michelangelo.

TAORMINA (SICILY), ITALY

Yoga on the Terrace of Taormina

Perched in the cliffs of Mount Tauro, Taormina stands on a natural terrace that overlooks the sweeping bays of the Ionian Sea. This enchanting town provides the perfect setting for a revitalizing course of yoga with a majestic view. Afterward, enjoy some time to reflect on your experience while you savor fresh fruits and juices and relax by a sparkling pool.

SPA INFORMATION

HOURS OF OPERATION

8 am to 10 pm

RESERVATIONS

For more information or to reserve treatments, please contact Aquamar Spa + Vitality Center. 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. 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.

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 our stateroom.

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 *Currents*, stateroom television, or contact Aquamar Spa + Vitality Center to learn about in-port and special occasion offers as well as seminars and fitness class times.

SHOP & SHIP

Take home the spa products you love – hassle-free. There's no need to pack them. We will ship anywhere in the continental U.S. via ground delivery for a flat rate.

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





