

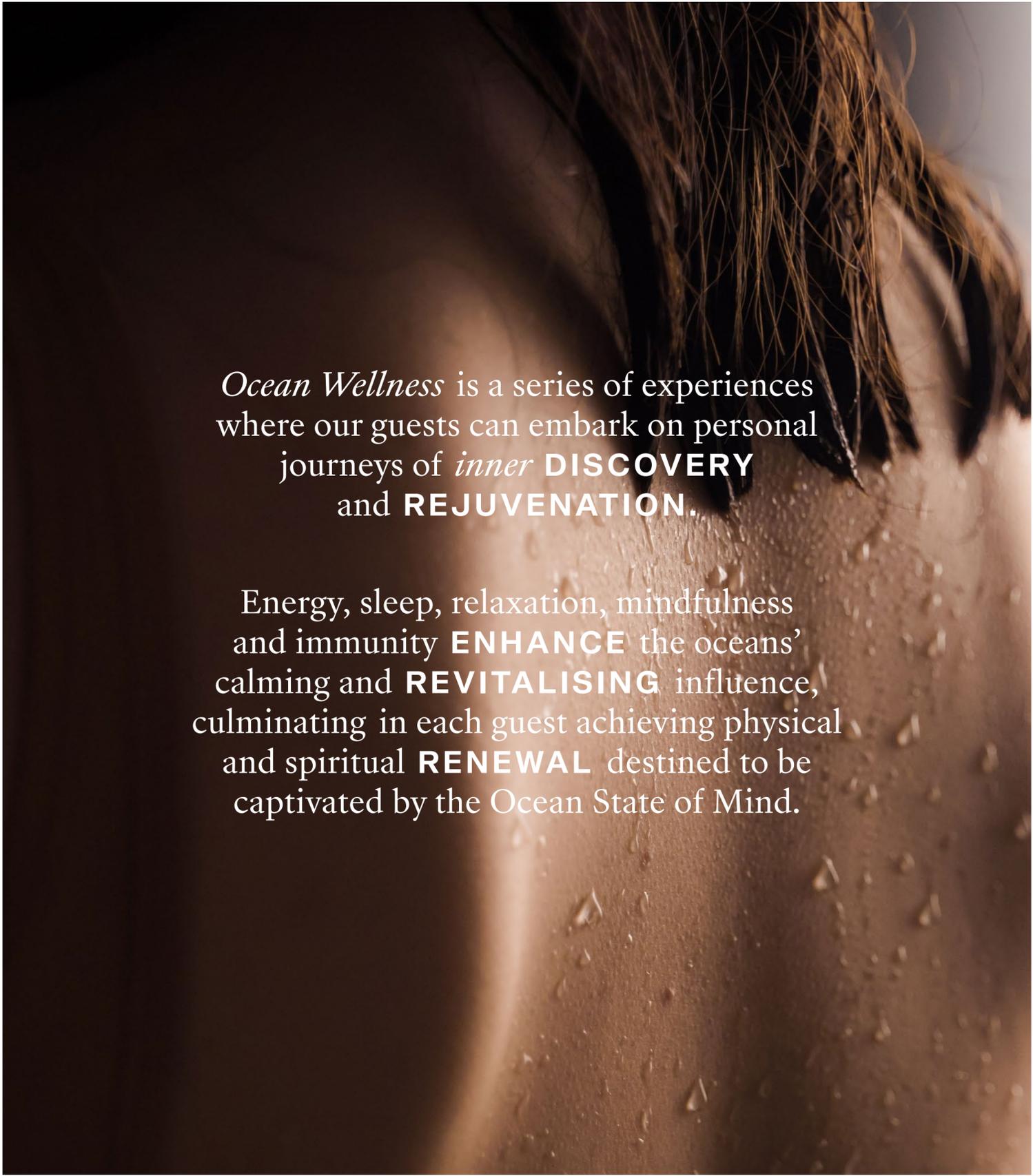


OCEAN WELLNESS

M E N U



A **WELLNESS** experience *inspired*
by the *oceans'* **NATURAL FORCES**,
embracing the **MYSTICAL POWER** of the *sea*
to *invigorate senses* and *lift* **SPIRITS**.



Ocean Wellness is a series of experiences where our guests can embark on personal journeys of *inner* **DISCOVERY** and **REJUVENATION**.

Energy, sleep, relaxation, mindfulness and immunity **ENHANCE** the oceans' calming and **REVITALISING** influence, culminating in each guest achieving physical and spiritual **RENEWAL** destined to be captivated by the Ocean State of Mind.

THE GIFTS OF OCEAN WELLNESS

ENERGY

A promise of strength and resurgence as natural as the ocean's incessant vitality.

SLEEP

A calm that lays the elemental foundations of life, a renewal accompanied by the comforting soundtrack of the oceans.

RELAXATION

A release from the pressures of life through the discovery of inner peace bestowed by the soothing power of the ocean.

MINDFULNESS

An internal state of serene self-awareness, induced by the mystical qualities and vastness of the oceans.

IMMUNITY

A preparedness for your future wellbeing, protecting body and mind, inspired by the natural elements of the ocean.



An **EXPERIENCE** to mirror the
deeply CALMING influence of the *ocean*,
where the pressures of **DAILY LIFE** dissipate
to insignificance *amidst* a **SENSORY**
JOURNEY to the Ocean State of Mind.

OCEAN WELLNESS – THE SPA SIGNATURE TREATMENT

THE RITUAL OF OCEAN RENEWAL / 1 HOUR 45 MIN

A holistic sensory journey, inspired by the revitalising properties of the ocean, designed to improve mind and body health.

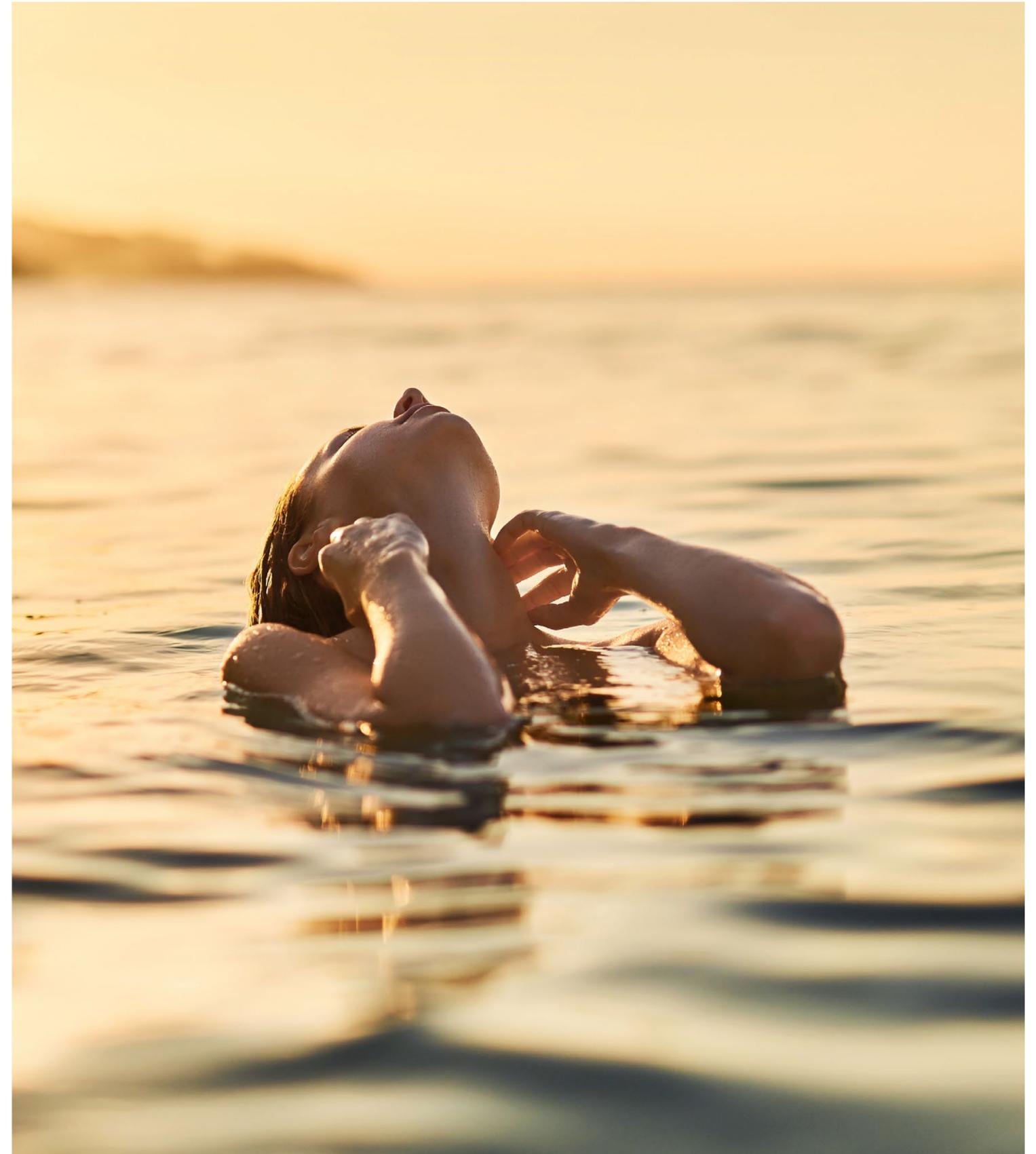
Release tension and quieten the mind with this holistic ritual inspired by the oceans' mystical qualities and soothing power.

Tailored massage unravels muscular tension and discomfort, while the therapy of oceanic sound and an aquamarine quartz face and scalp massage encourage a transcendent sense of peace and rejuvenation.

You will emerge revived and restored.

TREATMENT HIGHLIGHTS

Breathwork and ocean-inspired visualisation – full-body massage – facial lymphatic drainage with aquamarine crystals – scalp massage.



**MEDI-LUXE® FACIAL COLLECTION
BY DR LEVY SWITZERLAND**

TIME REVERCELL™ / 60 MIN

Turn back time with this luxuriously transformative treatment available in two customisable options — Sheer Brilliance or Medi-Sculpt.

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SHEER BRILLIANCE / UNVEIL A YOUTHFUL GLOW

Regain youthful vibrance with this gently resurfacing and regenerating treatment. Combining a gentle three-level peel, the up-tempo signature Levy-Tate lift massage and cooling cryotherapy, your complexion emerges even and visibly radiant.

TREATMENT HIGHLIGHTS

Skin analysis, micro resurfacing cleanse and fast-mask, lymphatic drainage, three-level pro peel, regenerating signature Levy-Tate lift massage, stem cell activator infusion and cooling cryotherapy.

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MEDI-SCULPT / LIFT, FIRM, CONTOUR

Regain a youthful lift with this sculpting treatment. Experience the toning effects of the signature Levy-Tate lift massage and the transformative powers of stem cell activators combined with firming microcurrent therapy.

TREATMENT HIGHLIGHTS

Skin analysis, micro resurfacing cleanse, three-level pro peel, restructuring mask, toning signature Levy-Tate lift massage and lifting microcurrent therapy.

**MEDI-LUXE® FACIAL COLLECTION
BY DR LEVY SWITZERLAND**

THE MEDI-LUXE® EXPERIENCE / 90 MIN

Reawaken your skin's youth.

Swiss sophistication, unrivalled. Restore your own natural youth with this visibly transformative experience. Combining Dr. Levy's signature techniques with an amethyst-infused collagen hydrogel mask, your skin and soul emerge radiant.

TREATMENT HIGHLIGHTS

Skin analysis, micro resurfacing cleanse and fast-mask, three-level pro peel, regenerating signature Levy-Tate lift massage, stem cell activator infusion, toning microcurrent, KNESKO amethyst collagen face mask and firming cryotherapy.



MASSAGE COLLECTION

INTENSIVE MUSCLE RELEASE / 60 MIN / ENERGY

This deeply restorative and intensive treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross-muscle fibre massage techniques with stretching and draining, are combined with the power of aromatherapy, known for its beneficial effects on the circulation.

By Aromatherapy Associates.



THE ULTIMATE BESPOKE AROMATHERAPY MASSAGE / 90 MIN / RELAXATION

Rediscovered harmony of body and mind. A deeply therapeutic holistic treatment that combines the power of essential oils with the best of eastern and western massage techniques to create a feeling of physical relaxation and calm, uplifting and clearing of the mind.

By Aromatherapy Associates.

MESSAGE COLLECTION

BACK TO BRILLIANCE CALMING AND GROUNDING MESSAGE / 60 MIN / RELAXATION

Restore your inner balance and strength by relieving fatigue, reduce tension while improving energy flow, and reinforce resilience, body awareness and mental clarity.

This dynamic, full-body message includes breathwork, vagus nerve toning, myofascial release, trigger point stimulation, mobilisation techniques, and scalp and face message.

By The Tides Wellness.

BRAINBODY HACKER / 60 MIN / MINDFUL

Optimize your brain-body connection. This treatment is tailored for those needing to de-stress their headspace and balance their circadian rhythm. Inducing a sense of calm, you will be left feeling grounded and reconnected with a renewed sense of mental clarity, improved focus and concentration.

Breathwork, vagus nerve toning, connective tissue message of the neck and shoulders, trigger point stimulation, cryotherapy and eye relaxation exercises to restore the deep connection between the body and the brain.

By The Tides Wellness.

MESSAGE COLLECTION

ADVANCED DEEP TISSUE MESSAGE / 90 MIN / ENERGY

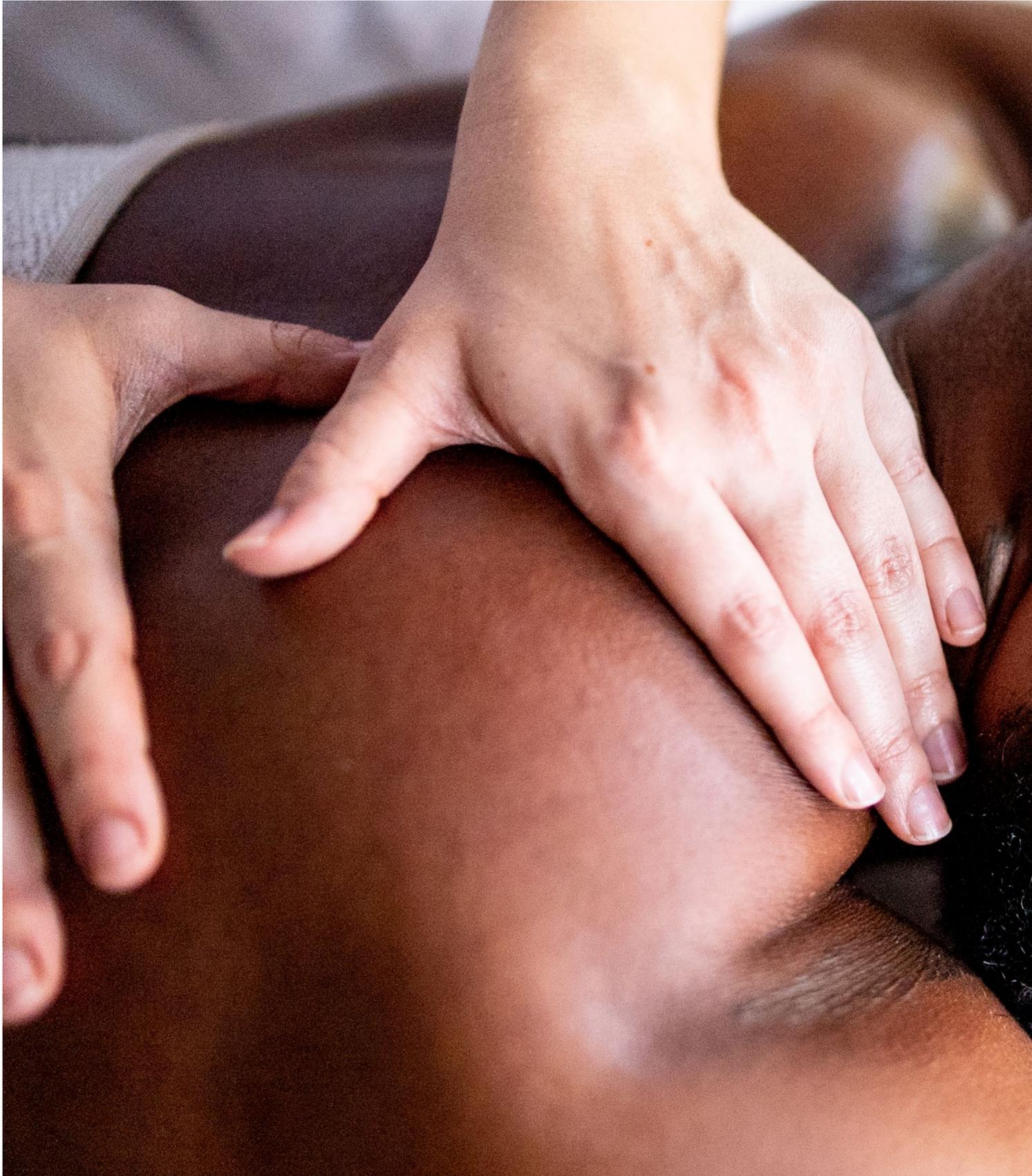
A powerful message designed to alleviate deep-seated tension and muscular stress.

Targets the areas of concern specified and works therapeutically into deeper muscle layers.

IMMUNE SUPPORT / 60 MIN / IMMUNITY

Increase vigour, clear the breath, and strengthen immunity. Guided breathing to clear congestion, Ayurvedic scalp message to soothe a heavy head and free the mind of stressful thoughts, combined with pressure to reflexology points on feet to promote metabolic function, finishing with a specialised abdomen message to aid gut health.

By Aromatherapy Associates.



BODY COLLECTION

ROSE INDULGENCE / 90 MIN / RELAXATION

The ultimate indulgence to uplift the spirit and enrich the skin.

TREATMENT HIGHLIGHTS

Guided inhalation, full-body exfoliation to soften and revitalise the skin, followed by a full-body wrap rich in rose, Roman chamomile and neroli to nurture the skin. A relaxing scalp massage completes this unique pampering experience.

By Aromatherapy Associates.

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OCEAN DEEP RECOVERY FATIGUE FIGHTER / 90 MIN / ENERGY

Energetically balanced. This treatment is designed to reduce stress levels and ease fatigue. Circulation and immunity are boosted to restore the autonomic nervous system. Muscle and joint pain are eased and sleep quality is improved. Ideal for alleviating jet lag and improving skin health.

TREATMENT HIGHLIGHTS

Full-body exfoliation in combination with haptonomic shaking, breathwork, vagus nerve toning, cryotherapy, and a body wrap with a scalp and facial massage.

By The Tides Wellness.

GENTLEMEN'S ESSENTIALS

ESSENTIAL FACIAL BY REFINERY / 60 MIN

A deep cleaning and brightening facial that will leave skin looking luminous and deeply hydrated with rich, invigorating essential oils and botanical extracts. A relaxing scalp massage is also performed for a calming and comforting state of mind.

POWER LIFT BY DR. LEVY SWITZERLAND / 45 MIN

Designed for gentlemen, this carefully crafted treatment purifies and revives the skin. Eyes are depuffed, wrinkles and fine lines diminished, and muscles toned with microcurrent therapy. Emerge visibly refreshed.

ENHANCEMENTS COLLECTION

For the ultimate holistic care, add a speciality supplement to any treatment.

INTENSIFEYE™ / 15 MIN

Enjoy visibly lifted eyes within minutes. Advanced stem cell technology is combined with toning microcurrent and freeze-firming cryotherapy to depuff and awaken the eye area.

PERFECT POUT / 15 MIN

Enjoy an instantly plumped, perfect pout. Plumping hyaluronic acid, toning microcurrent and freeze-firming cryotherapy recontour and fill the upper lip lines and nasolabial folds.

FLASH FIRING / 30 MIN

Regain a youthful, vibrant complexion with this express lifting treatment. Experience the signature Levy-Tate lift massage and microcurrent therapy, designed to firm and tone the facial contours.

ENHANCEMENTS COLLECTION

DISCOVERY WELLBEING FACIAL / 30 MIN

This treatment works beyond the surface to address how you are feeling and its impact on your skin. Beginning with an aroma consultation, your skin will be cleansed, exfoliated and massaged to leave it glowing while the mind and body are balanced.

KNESKO COLLAGEN MASK

Enhance any body or massage treatment with a selection of natural collagen hydrogel masks with Gemclinical® technology for face, eyes, lips, neck and décolleté.

Diamond Radiance / Nanogold Repair / Rose Quartz Antioxidant / Black Pearl Charcoal Detox / Amethyst Hydrate

MESSAGE ADD-ON / 30 MIN

Personalise your experience by adding a 30-minute massage to any treatment selection.

ENHANCEMENTS COLLECTION

HIMALAYAN SALT STONE / 30 MIN

Pink Himalayan salt crystals are carved into stones by hand and then heated. This releases the essential minerals within the heated Himalayan stones, which deeply penetrate the skin, joints, and muscle tissue.

SALTYME INVIGORATING BODY SCRUB / 30 MIN

The therapeutic benefits of magnesium and mineral salts, combined with organic skin conditioning plant oils, help relieve emotional tension, stress, tired muscles and fatigue.

DELUXE DOUBLE SUITE / 30 MIN

In the exclusive and private Deluxe Double Suite, indulge yourself by adding to your choice of treatment a customised experience for two.



EXPERIENCES, programmes and spaces
to *enhance* the *influence* of the ocean on
WELLBEING, helping to achieve a state of
inner and outer **CALM** and *centredness*.

JOURNEYS

JOURNEY OF AWAKENING / 90 MIN / ENERGY

This holistic wellness therapy is designed to awaken your energy and kick-start your day. The journey commences with a SaltyMe Invigorating Body Scrub followed by a Back to Brilliance Calming and Grounding Massage, waking up your body and brain.

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SLEEP RETREAT / 3 HOURS 15 MIN / SLEEP*

Sleep is the calm that lays the elemental foundations of life. Our sleep retreat provides you with a series of sleep-enhancing practices. An introductory one-to-one workshop with a sleep-enhancing drink will give rise to a tailored sleep program.

A restorative Yoga Nidra class, followed by Aromatherapy Associates Total Relax and Sleep treatment with carefully applied pressures, sedating vetiver, soothing chamomile and comforting sandalwood to calm, ground and induce a profound state of relaxation. This is topped off with in-suite bedtime meditation – all to ensure that you benefit from a restful night.

**Can be supplemented with a sleep-enhancing meal served in the comfort of your suite.
Recommended to be booked as of late afternoon*

JOURNEYS

IMMUNE BOOSTING RETREAT / 2 HOURS 45 MIN / IMMUNITY*

Discover how to protect and strengthen your immune system. An introductory one-to-one workshop with lifestyle guidance is accompanied by an immune-fortifying juice shot. Continue with a one-to-one Yoga Flow with focus on pranayama techniques and thymus tapping and an Aromatherapy Associates Immune Support Treatment to increase vigour, clear the breath, and strengthen immunity.

**Can be supplemented with an immune-boosting meal served in the comfort of your suite*

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JUST THE TWO OF US / 3 HOURS 30 MIN / MINDFUL

Enjoy the Private Spa Suite with steam shower and outdoor terrace, the perfect place to relax and celebrate your special moments together with your loved one.

Enjoy a side-by-side full-body sea salt and plant essence exfoliation followed by a hot steam shower, infused with therapeutic oils that will allow you to completely relax and detox. Continue your journey with The Ultimate Bespoke Aromatherapy Massage and a Discovery Wellbeing Facial. Beverages and fresh fruit platter will be served overlooking the ocean whilst you feel the greater connection to this special moment of togetherness.

WELLBEING COLLECTION

YOGA
ENERGY / SLEEP / RELAXATION /
MINDFULNESS / IMMUNITY / 60 MIN

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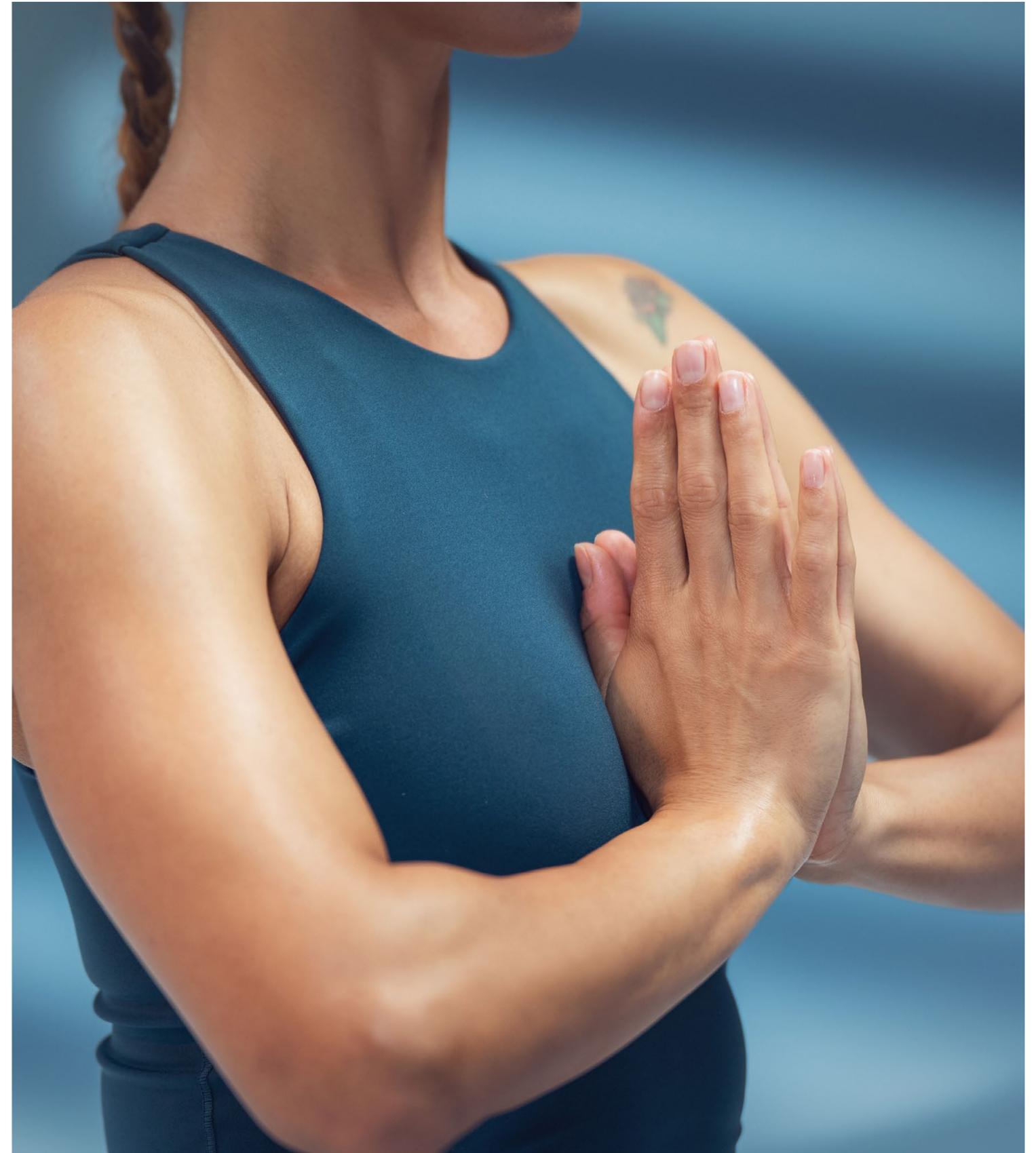
MINDFUL MEDITATION AND SOUND THERAPY /
45 MIN

Meditation practice guides you through the process of connecting with the present moment, helping to relieve the mind and relax the body. Once relaxed and receptive, our singing bowls will then work their magic, vibrating at a level that is proven to have very positive effects on the mind.

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PRANAYAMA – STRESS RELIEVING BREATH WORK /
45 MIN

A powerful healing practice, also known as the extension of the prana (breath), pranayama uses breathing techniques to facilitate the elimination of toxins, improves blood and lymphatic circulation, frees us from anxiety and fear, strengthens the immune system, improves digestion and purifies the body.





Allow your **INNER WELLNESS** to *radiate*
in outer *beauty* and *confidence* and feel at one
with the **NATURAL** beauty of your *surroundings*.



BEAUTY COLLECTION BY L'ATELIER GREEN PARIS

REJUVENATING MANICURE / 60 MIN

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REJUVENATING PEDICURE / 75 MIN

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SHAPE AND POLISH MANICURE / 30 MIN

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SHAPE AND POLISH PEDICURE / 30 MIN

SALON COLLECTION BY MIRIAM QUEVEDO

YOUTH CAPSULE / 30 MIN

The washing ritual is the essential step to healthy and beautiful hair. A meticulous selection of anti-ageing haircare that will suit you best for a unique hair wash treatment.

Custom hair wash treatments available:
Detox / Natural Waves / Volume and Reinforcement /
Nutrition and Reinforcement / Smooth and Shiny
/ Curly Curls / Extreme Blonde

**Styling to be added*

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CUSTOMISED ANTI-AGEING RITUALS / 60 MIN

This crème de la crème hair ritual includes exfoliation, cleansing and full treatment for the most luxurious experience in hair rejuvenation and relaxation. Additionally, we incorporate multiple massage techniques to the scalp, neck, arms and shoulders.

Seven treatments available:
Deep Balancing / Hair Loss / Extreme Caviar for Dandruff /
Volume Enhancing / Nutrition and Shine /
White Caviar Hydrating and Calming / Growth and Fortifying

**Styling to be added*

SALON COLLECTION BY MIRIAM QUEVEDO

EXCLUSIVE MEN'S RITUAL / 60 MIN

A highly effective ritual to address the unique needs of men's hair and scalp. A tonic treatment that combines the most effective formulations for strengthening the hair. A luxurious experience to totally evade yourself from the daily routine on a journey toward the most profound relaxation and absolute disconnection.

Hair treatment packages available of 2 / 4 / 6 treatments

WASH AND STYLE (SHORT/MEDIUM/LONG HAIR)

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WASH, CUT AND STYLE (SHORT/MEDIUM/LONG HAIR)

BARBER BY REFINERY

BEARD TRIM / 30 MIN

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GENTLEMEN'S HAIRCUT / 45 MIN

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HOT TOWEL WET SHAVE AND MINI FACIAL / 75 MIN





A space that *echoes* the **REVITALISING**
power of the *oceans*, where mind and body *benefit*
from a **MODERN** approach to **FITNESS**.



FITNESS COLLECTION

Ocean Wellness has partnered with Technogym to provide a bespoke fitness experience with a variety of indoor, outdoor and in-suite solutions, ensuring fitness is part of a complete wellness lifestyle.

PERSONAL TRAINING / 60 MIN

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YOGA PRIVATE TRAINING / 60 MIN

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PILATES REFORMER PRIVATE TRAINING / 60 MIN

Our skilled Fitness Coaches are ready to do a personalised body assessment and define a customised workout for you, exploring how to improve your cardio, strength and mobility. Multiple-day packages available for Personal Training and Private Yoga.

**All available in duo sessions*

**Personal training packages can be enhanced with various recovery options*

FITNESS COLLECTION

BODY COMPOSITION ANALYSIS / 60 MIN

Discover what your body is made of.

A dedicated wellness assessment with the integration of Technogym's app – a connected live platform eco system – and body composition analysers, enabling the personal trainers to assess your physical condition and connect each individual to curated and personalised Technogym training options.

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TECHNOGYM BESPOKE CURATED CLASSES

These workouts created by Technogym are bespoke to Explora Journeys. Encompassing the core values of Ocean Wellness around health and wellbeing, these curated classes will offer revitalisation through movement and training.

Various options starting from 30 min, including
Upper Body Blaster / Full-Body Shape / Lower Body Sculpt
/ Abs & Core / Super Stretch / Sculpt & Tone

**Please check the daily class schedule for more information*

TECHNOGYM APP

Get superior results faster at home and on the go with a personalised training plan that adapts to your progress and on-demand workouts with or without equipment.

Whether you want to keep fit, boost your sports performance or improve your health, Technogym App has the right workout for you. Choose your fitness journey and, on your rest days, recover with stretching exercises or enhance your lifestyle with articles on nutrition, sleep, focus, training, mindfulness, interviews and more.

— Let the Technogym Coach, your digital personal trainer, guide you with a tailor-made training programme based on your goals.

— Train anytime, anywhere: in the Fitness Centre, in your suite, at home or outdoors

— Over 1,000 on-demand workouts available with Technogym Plus*

— Monitor your activities and lifestyle with MOVEs and MOVERGY

**Please refer to our Fitness Coaches for more information.*



OCEAN WELLNESS
PARTNER BRANDS

PARTNER BRANDS



A world-leading British luxury wellbeing brand existing since 1985, Aromatherapy Associates extracts and harnesses the incredible powers of the finest natural ingredients, purest extracts and essential oils in the award-winning products and an array of treatments that connects to the gifts of Ocean Wellness.



Developed by Switzerland's leading Botox doctor, Dr. Phillip Levy, who harnessed the Nobel Prize-winning discovery that skin ageing is reversible. Patented formulas, plant-derived extracts and proprietary techniques are harmonised to create truly unique treatments that showcase transformative, visible results.



The Tides Wellness is a Dutch company that delivers a collection of 100% natural and organic self-care products and treatments. Having taken inspiration from the ocean, where the rhythm of the tides, the seasons and the influence of the elements take their natural course, the products and treatments are a wonderful addition to a modern daily lifestyle and a life on the go.



A world-leading brand in products and digital technologies for fitness, sport and health for wellness, Technogym is providing our guests a personalised fitness experience with a variety of indoor, outdoor and in-suite solutions, ensuring guests can stay fit and rejuvenate their body and mind with quality, innovative fitness equipment.



ETIQUETTE

ARRIVAL

Ocean Wellness - The Spa is located on Deck 5. We recommend that you arrive approximately 30 minutes prior to your scheduled treatment to enjoy the wellness facilities. Please be aware that for late arrivals, unfortunately, we will not be able to extend time to your treatment.

WELLNESS AREA

Enjoy the range of wellness facilities to help relax, rejuvenate, detoxify and soothe aching muscles. Bathing suits or towels are requested to be worn in the areas.

FACILITY OVERVIEW

Aroma Steam Room / Finnish Sauna / Experience Showers / Hydrotherapy Pool / Salt Cave / Ice Fall / Indoor Relaxation Area with Heated Loungers / Outdoor Relaxation Areas / Changing Rooms

SCHEDULING AN APPOINTMENT

To schedule an appointment, please speak with our Spa team, who will guide you to the most suitable choice. Alternatively, use your in-suite telephone and press the Ocean Wellness button. To ensure the preferred time and service are available, we do advise booking in advance.

ETIQUETTE

CANCELLATION POLICY

A 100% cancellation fee will be incurred for any treatment, spa programme or private wellness session(s) that are not cancelled a minimum of 12 hours prior to the appointment.

SPA ETIQUETTE

We strive to provide our guests with a tranquil and private escape from the outside world. Please help us by turning the silent mode on your cell phones upon entering the spa. Note that the area is also a smoke-free zone, inside and outside. We will provide lockers with robes, towels, slippers and other amenities required for use during your visit. All belongings are left at guest's own risk.

AGE REQUIREMENTS

For spa treatments, including massages and facials, we require a minimum age of 12 years with parental supervision.

HEALTH

Please advise us if you suffer from any medical conditions, injuries or allergies when booking your treatment.

PREGNANCY

Please allow our spa team to guide you in selecting which treatments are most suitable for you during this special time

ETIQUETTE

AFTER YOUR TREATMENT

We recommend avoiding sunbathing after any massage or body treatment for at least six hours. To extend your Ocean Wellness experience at home, our exclusive range of products for your wellbeing and the care of your skin, body, hair, and nails is available for purchase at the spa boutique. Our spa team will be happy to guide your choices.

MEN'S FACIALS

For the very best results, we recommend shaving a few hours before your treatment.

FITNESS CENTRE

Ocean Wellness Fitness Centre is located on Deck 10.

Ocean Wellness Open Air Fitness is located on Deck 14.

The use of the Fitness Centre is reserved for guests aged 16 years and older.

Guests should wear fitness attire and sports shoes whilst using the Fitness Centre.

BY EXPLORA JOURNEYS