



AQUAMARSM

SPA + VITALITY CENTER



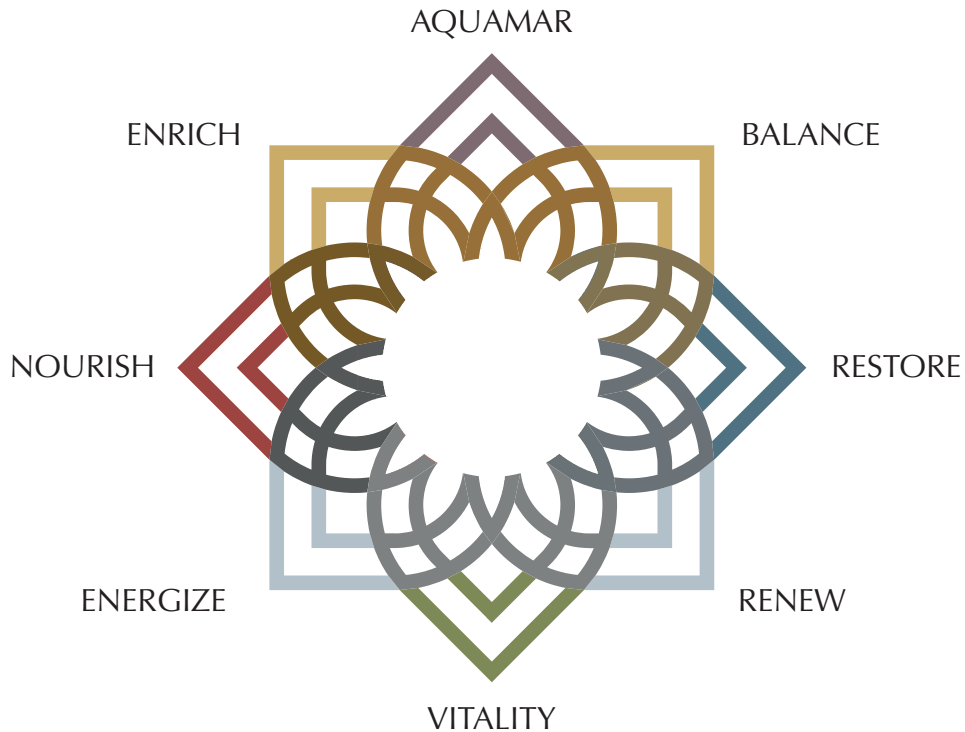


MIND, BODY & SOUL

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.



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.





BALANCE

BALANCE



LIVE LIFE WELL

Find your balance

When indulgence converges with moderation and when relaxation mingles with vigor, optimal well-being is achieved. Aquamar Spa + Vitality Center helps you attain this balance through programs and services that support all dimensions of wellness. Enriching presentations on board and enlightening adventures ashore stimulate the intellect. Healthy menu choices and personal training consultations boost physical fitness. Revitalizing massages or oxygen facials instill a radiant glow that soothes the soul. Taken as a whole, the Aquamar experience translates to the best possible quality of life during your voyage with Oceania Cruises and beyond.

HEALTHY LIVING

- Rejuvenating treatments and healing therapies
- Medi-spa services to promote youthful radiance
- Aquamar Vitality Cuisine and extensive plant-based menus in The Grand Dining Room
- Exclusive collection of Wellness Discovery Tours by Aquamar in global destinations
- State-of-the-art fitness center and complimentary fitness classes
- Nutrition and lifestyle consultations
- Wellness presentations and enrichment lectures
- Aquamar Spa Terrace with thalassotherapy pool or whirlpools
- Steam room, fitness track and salon
- Sauna on board *Marina* and *Riviera*





An aerial photograph of a beach. The top half of the image shows clear, turquoise water with white foam from a wave washing onto the shore. The bottom half shows golden-brown sand. The word "RESTORE" is centered in a white rectangular box.

RESTORE

RESTORE



SPA TREATMENTS

Your beautiful best

Your wellness experience with the Aquamar Spa + Vitality Center begins within the spa itself, where rejuvenating treatments transform you into your radiant best. Relax in the open-air whirlpool on the private sun deck before indulging in a basalt stone massage, or harness the wisdom of the Far East with the ancient practice of reflexology, which promotes better sleep and circulation. Energize yourself with a full-body ritual of an herbal wrap and botanical masque, or pamper yourself with a luxurious French manicure.

RESTORE

Thermal Environments

- Aromatic steam room
- Private sun deck
- Thalassotherapy pool or whirlpools

Body Treatments

- Euphoric coffee scrub
- Seaweed peat wrap
- Detoxifying ritual

Massage

- Basalt stone massage
- Aromatherapy muscle soother
- Deep tissue massage

Eastern Practices

- Reflexology
- Shirodhara
- Abhyanga massage
- Herbal rejuvenation

Skin Care

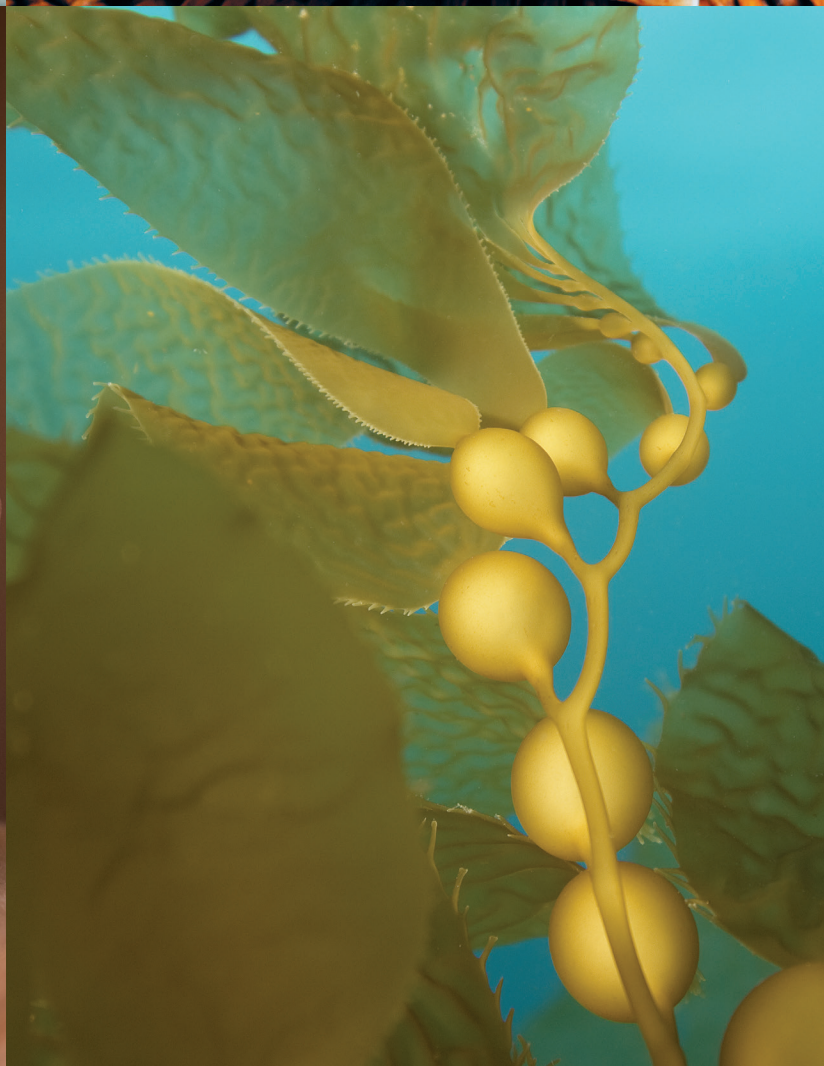
- Vitamin infusion facial
- Exfoliation and facial massage
- Age-defying therapeutic masque

Salon Services

- Manicure and pedicure
- Brow and eyelash tinting
- Facial and body waxing
- Specialized eye treatments
- Makeup application
- Haircut, color and style



Listed above are just a few highlights from our spa services



The image features a close-up, top-down view of a palm frond. The frond's ribs are a vibrant teal color and radiate from a central point at the bottom, creating a strong sense of radial symmetry and depth. The texture of the frond is clearly visible, with fine lines and slight variations in the teal hue. In the center of the image, the word "RENEW" is written in a clean, white, sans-serif font. The text is enclosed within a thin white rectangular border, which is centered horizontally and vertically. The overall composition is minimalist and modern, with a focus on natural patterns and a fresh, green color palette.

RENEW

RENEW



MEDI-SPA SERVICES

A spa within a spa

In addition to treatments such as massages, body wraps and acupuncture, Aquamar Spa + Vitality Center also offers medi-spa services that will leave you radiant, energized and confident. These medical treatments rejuvenate your skin by exfoliating, erasing fine lines and brightening skin tone, so you feel your youthful and beautiful best.

RENEW

Botox

Look and feel years younger as this facial aesthetic treatment erases fine lines and wrinkles.

Oxygen Infusion

Your skin will look and feel lighter, brighter, firmer and younger with this powerful anti-aging treatment.

Rejuvenize Peel

This deep exfoliation reveals fresh and healthy skin.

Microdermabrasion

Gentle exfoliation with a natural diamond tip results in skin that is silky smooth and radiant.

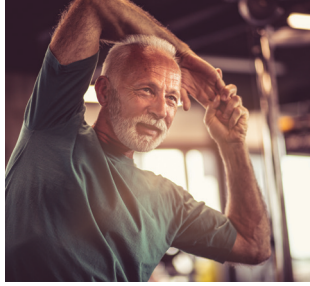
Listed above are just a few highlights from our medi-spa services





ENERGIZE

ENERGIZE



FITNESS & TRAINING

Fit and fulfilled at sea

Aquamar Spa + Vitality Center provides you a blissful wellness retreat at sea that includes complimentary fitness classes and a state-of-the-art fitness center. From sunrise yoga on deck to boot camp to core conditioning, you are sure to find a class to suit your preferences. One-on-one personal training is also available, as is the latest exercise equipment, such as treadmills with heart-rate monitoring and LCD screens, strength-training machines and free weights. *Marina* and *Riviera* also feature a Kinesis® exercise wall.

ENERGIZE

Free FITNESS CLASSES

Pilates & Yoga

- Pilates
- Mat Pilates
- Introduction to Yoga
- Yoga
- Sunrise Yoga

Stretching

- Morning Stretch
- Stretch & Relax
- Sunrise Stretch & Relax
- Sunset Stretch

Cardio

- Walk a Mile
- Indoor Cycling

Full-Body

- Boot Camp
- Full-Body Strength Training
- Body Weight Training
- Total Tubes
- Fit Ball Body Workout

Core & Upper-Body

- Awesome Abs
- Six-Pack Challenge
- Total Abs
- Fit Ball for Your Core
- Core Conditioning
- Upper-Body Strength Training

Legs & Feet

- Awesome Legs
- Stronger Legs
- Fitness for Your Feet



Listed above are just a few highlights from our fitness classes





NOURISH

NOURISH



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 plant-based cuisine served fleetwide constitutes the most expansive vegan menus at sea. On board *Marina* and *Riviera*, the only cold-pressed Raw Juice & Smoothie Bar at sea serves up fresh raw juices, vegan smoothies and delicious energy bowls during breakfast at Waves Grill.

NOURISH

Breakfast

- Banana-oatmeal pancakes with berries and maple syrup
- Green apple müsli with pistachios, pecans and yellow raisins
- Avocado toast on rustic farmer's bread

Lunch

- Chilled melon soup with port
- Korean kimchi soup
- Wakame sesame salad
- Hawaiian poke bowl
- Pesto penne with broccoli and sundried tomatoes

Dinner

- Som tam green papaya kelp noodle salad (pictured right)
- Roasted butternut squash with arugula, mango, black radish and hearts of palm
- Falafel fritters with plant-based harissa mayo, cucumber, mint and capers
- Vodka-marinated strawberries Romanoff with plant-based vanilla ice cream
- Summer berry pudding Chantilly

Raw Juice & Smoothie Bar

- Yellow Sunshine – a smoothie with orange juice, banana, mango and ginger
- Rise & Shine – a freshly pressed juice with orange, carrot, apple and beet juices, plus ginger and turmeric
- Acai Berry Bowl – an energy bowl with cashew mylk, acai berries, dates and much more



Listed above are just a few highlights from our healthy menus





ENRICH



ONBOARD ENLIGHTENMENT

Follow the path

Wellness is not something to be achieved – rather it is a lifelong path that one follows. The Aquamar Spa + Vitality Center helps you continue along that path by offering enlightening enrichment programs. Nutritionists share their expertise in complimentary lectures and provide personal consultations to create a menu plan tailored just for you. Educational talks on breathing techniques and guided meditation classes encourage more restful sleep and greater well-being. Destination experts reveal age-old secrets to longevity from cultures the world over. These thoughtful insights enhance the benefits of your travels and turn your vacation into a transformation.

Edifying Experiences

- Nutrition and lifestyle consultations
- Wellness presentations
- Lectures on balance, vitality and holistic well-being
- Destination discussions on international wellness practices both modern and ancient
- Personal assessments
- Expert advice on current health trends

WELLNESS DISCOVERY TOURS BY AQUAMAR

Journey into wellness

From ancient mineral baths outside of Rome to a traditional teahouse in Myanmar, our Wellness Discovery Tours by Aquamar 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. Relieve stress and brighten your mood with a therapeutic session of traditional Kandyan dance in Sri Lanka. Visit the birthplace of the celebrated Mediterranean diet and sample the region's fresh produce and artisan olive oils. Experience the benefits of ancient Chinese medicinal practices in which ignited herbs facilitate the flow of energy in your skin. With more than 50 options, the tours featured here are only the beginning.





ASIA & AUSTRALIA



BANGKOK, THAILAND

Reflexologist on Rice Barge

Indulge in reflexology, a foot therapy thought to enhance relaxation and reduce pain, while cruising Bangkok's central river on a historical, wooden rice barge. As you sail the calm waters of the Chao Phraya River 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 Chinese exercise qigong in the picturesque rainforest village of Kuranda, which provides an excellent and spectacularly serene location for practicing this slow workout that resembles tai chi. The goal of this technique is to "master your energy," which is how the word "qigong" is sometimes translated. Much like yoga and tai chi, qigong is a mind-body exercise, which is known for encouraging a calm, meditative state of mind. 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.



HONG KONG, CHINA

Traditional Chinese Medicine Experience

Visit a traditional Chinese medicine clinic for a private consultation and then receive a personalized treatment such as acupuncture, cupping therapy or moxibustion. One of the clinic's doctors will provide an individual consult during which indicators such as complexion and muscle tone may be observed, along with your pulse and temperature. Based on the evaluation, recommendations will be tailored to your particular needs. Enjoy the benefits of your personalized therapies, which are meant to restore the balance of body, mind and soul.

MANGALORE, INDIA

Chakrapani Ayurveda and the Gokarnath Temple

Enjoy an enlightening consultation with a holistic ayurveda doctor, whose healing system was developed in India more than 3,000 years ago to promote good health by keeping the mind, body and soul in balance. Later, delve further into the local culture by visiting a vibrant marketplace, where you can experience the hustle and bustle of daily life while enjoying the cacophony of sounds and unusual sights. Complete your day with a visit to Gokarnath Temple, built in 1912 for the Billava community and featuring a golden tower decorated with murals depicting Hindu legends.

SOUTH AMERICA



BUENOS AIRES, ARGENTINA

El Descanso Island: Labyrinth of Streams

Cruise to an enchanted island and spend the day at a serene hideaway that art collector Claudio Stamato created more than two decades ago to fulfill his passion for nature, art and the wonder of life. 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. Later, relax with an outdoor yoga class and then dine on healthy cuisine made with fresh, local ingredients.

LIMA (CALLAO), PERU

Mindfulness Meditation and Pachamanca

The atmosphere at a local stoneware and porcelain workshop opens the experience in harmony with nature and introduces you to Incan heritage as well as resident artists. Enjoy a beverage made from natural herbs and fruit as you make a ritual offering to Pachamama, the benevolent Incan earth goddess. During the mindfulness meditation session that follows, work toward achieving a sense of inner calm. Share in a tea ceremony and enjoy lunch cooked in layers over hot stones 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 and secluded beach resort, Las Tanusas, while listening to the sounds of the gently lapping waves and tropical birds. Enjoy the healthy, stress-free natural setting, intended to elicit a sense of well-being and a connection with the inner self. Then, in a hands-on cooking class at the BocaValdivia restaurant, learn how to prepare Ecuadorian cuisine, the roots of which go back more than 10,000 years. Savor dishes made with organically grown seasonal fruits, vegetables and herbs, as well as seafood that was harvested using ancient fishing techniques.

SANTIAGO DE CHILE (SAN ANTONIO), 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 and micro-terroirs. 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

Discover the secret to serenity practiced by Arabian royalty when you travel to the splendid city of Granada to experience the baths of the Hammam Granada. Let yourself transform into Arabian nobility as you slip into a warm bath, and then alternate between hot and cool baths to relieve tension and stimulate circulation. Indulge in the ultimate relaxation during a massage with essential oils. Refreshed and revitalized, enjoy a stroll through Albaycín, a charming neighborhood deemed a UNESCO World Heritage site, followed by an authentic local lunch fit for royalty.

ROME (CIVITAVECCHIA), ITALY

Thermal Baths of the Popes

The thermal springs in the ancient city of Viterbo have been celebrated since the time of the Etruscans. Here you will experience Terme dei Papi, the “Thermal Baths of the Popes,” which have been visited by a succession of popes since the Middle Ages. Relax in the splendid outdoor pool that stretches over 20,000 square feet and is fed exclusively by the thermal waters of the famous Bullicame spring, celebrated in the works of Dante and Michelangelo. The warm waters and soothing vapors provide the ultimate relaxation, relieving muscle tension and nourishing your skin.



SEVILLE (CÁDIZ), SPAIN

The Wonders of Apitherapy

Explore beyond traditional Western medicine to discover a holistic approach to wellness based on harmony with one of nature's most treasured gifts, the wondrous beehive. At a beekeeping farm in the lovely countryside outside of Cádiz, 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 in apitherapy to promote well-being. The resident apitherapy specialist will illustrate the specific benefits of each product, from boosting the immune system to alleviating pain from injuries both chronic and acute.

TAORMINA (SICILY), ITALY

Yoga on the Terrace of Taormina

Perched in the cliffs of Mount Tauro on the island of Sicily, 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. Enhanced by the serenity of the splendid scenery, this yoga session will promote wellness of both the mind and body. Afterward, enjoy some time to reflect on your experience while you savor fresh fruits and juices and relax by a sparkling pool.

Travel Well



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