




O C E A N S P A
inspired by nature

An underwater photograph showing a deep blue ocean. Sunlight filters down from the surface, creating a shimmering effect. Numerous bubbles are visible, rising from the bottom towards the surface. The overall mood is serene and expansive.

Weightless.
Timeless.
Boundless.

At one with yourself on any sea

INSPIRED BY NATURE

Whether in the clear tranquillity of icy polar regions or in exotic waters, nature is always at the forefront of your adventure. Where humankind and Mother Nature meet, we find ourselves enriched by the unique moments that make the expedition experience so special – both on board and ashore.

Nature is also the source of inspiration for our OCEAN SPA. As you explore the many details, you will find the ideas of unspoilt landscapes reflected in the colours and forms around you: in the harmonious design, in the sustainable selection of high-quality materials and throughout the spacious interiors, as the light floods in from the infinite view of the sea. Immerse yourself in this refreshing atmosphere that will leave you feeling deeply relaxed and energised for the new discoveries that await.

HOLISTIC, NATURAL, SUSTAINABLE

We want the beauty and skincare products in our OCEAN SPA to leave as little trace as possible on the environment, but to leave you with lasting memories that you will take home from your cruise. Our respect for the nature that we encounter on our expeditions is also reflected in our conscious decision to only use natural cosmetics in the OCEAN SPA. Enjoy our wide range of beauty treatments and reinvigorating wellness treatments with the wonderful feeling of being completely at one with nature. Our massage, hairdressing and cosmetic professionals will cater to your every need while you enjoy the high-quality organic cosmetic products. These have been locally produced using vegan formulas and no chemical or synthetic additives, and have of course not been tested on animals. The use of plant ingredients grown in controlled organic conditions is just as much a part of our philosophy as the avoidance of unnecessary packaging. "Inspired by nature" – the perfect blend of intensive expedition experiences and time for your own well-being on board the new expedition class.

Welcome to the OCEAN SPA –
we look forward to seeing you!

A low-angle, upward-looking photograph of a large tree trunk. The trunk is thick and textured, with a rough, brown bark. It dominates the lower half of the frame and extends diagonally towards the upper right. The background is a dense canopy of green leaves, with bright sunlight filtering through, creating a strong lens flare and a warm, golden glow. The overall mood is serene and majestic.

Natural.
Pure.
Exclusive.

Sustainable connections: our partners on board



CONNECT TO NATURE

VINOBLE COSMETICS is committed to sustainability and makes its own high-quality natural cosmetics by hand with vegan formulas and regional products.

Discover the anti-ageing ingredients from the vine: winemakers and farmers from the Austrian region of Styria guarantee high-quality active ingredients for holistic treatments.



COMPATIBILITY WITHOUT COMPROMISE

John Masters Organics provides exquisite organic haircare. Highly effective plant ingredients, precious oils and extracts from certified controlled farming will pamper and rejuvenate your hair. This is combined with innovative research, so you can be sure of compatible and natural products that make no compromises.




VEGAN NATURAL COSMETICS

The hyapur range of exclusive vegan natural cosmetics offers outstanding moisturising and cell-regenerating effects. The authentic products are based on pure ingredients such as water, hyaluronic acid, silver and high-quality organically grown ingredients, and meet the most stringent standards.



HEALTHY COLOURS

NAILBERRY L'Oxygene premium products make no compromises: the eco-certified polishes draw on patented technology to give you a healthier manicure. Taking a respectful approach to nature, the rich colours not only allow the nails to breathe and oxygen and water to pass through the polish, but they are also free from harmful ingredients and animal derivatives.



On cloud nine.
On top of the world.
On every ocean.

Massages – relaxation and energy

Out in the Zodiac, you will experience thrilling moments to treasure forever as it cuts across in front of shimmering blue icebergs or carries you deep into the tropical rainforest. After an eventful day, put yourself in the best possible hands with our OCEAN SPA crew and take the time to savour every moment.

VINOBLE BODY TREATMENTS

Individual partial-body massage

30 minutes € 45

Individual full-body massage

60 minutes € 90

Balancing

(Health & Spa Award winner)

VINOBLE Balancing is a balancing full-body massage using small warming bags of grape seeds. It combines even, repetitive massage elements with gentle sweeping movements along the meridians. This massage is perfect for people affected by stress. It will bring you balance and help you to regain lost strength and energy.

70 minutes € 105

VINOBLE special

This special treatment for your head, back and feet consists of muscle-stimulating massage techniques combined with small warming or cooling bags of grape seeds. The treatment energises the body and clears the mind. | 60 minutes € 90


You can choose from our range of pure VINOBLE oils for your treatment.

Explorer's Trilogy | Signature treatment

We are adventurers, nature lovers, explorers – here to take in the wonders of nature. This treatment will give you new strength for your voyage.

It strengthens your back, treats your legs to some time out and clears your mind. Healthy back – relaxing back massage to ease tension. Energised feet – foot and leg massage with a foot mask for intensive nourishment. Clear mind – calming and balancing head and facial massage.

100 minutes € 149



My nature.
My nourishment.
My own true self.

A real treat for your skin

Take in the wonders of nature and take time out for yourself – with a treatment totally dedicated to what your skin needs. Pure, high-quality skincare products that draw from the wealth of nature to make your skin happy and ensure that it is radiant, healthy and feeling great.

VINOBLE FACIALS

Time out from everyday life | Cleansing |
Exfoliation | Facial massage with mask |
Finishing treatment | 30 minutes . . . € 49

Radiantly beautiful skin | Cleansing |
Exfoliation | Facial massage with serum |
Face mask of your choice: antioxidant or
regenerating finishing treatment
60 minutes € 99

Utmost luxury | Cleansing | Exfoliation |
Concentrate cocktail | Facial massage |
Eye care | Special mask of your choice:
lifting or peel-off | Finishing treatment
90 minutes € 149

HYAPUR

Naturally beautiful
Gentle, deeply relaxing treatment for the
face, neck and chest. Precious, nourishing
ingredients to leave skin feeling wonderful.
25 minutes € 45

Refreshing, natural
Facial cleansing and nourishment with
HYAPUR natural products. The classic
treatment leaves skin feeling fresh.
40 minutes € 69

Pure moisture
Facial treatment with high-quality, natural
cosmetic products. The skincare range
primarily focuses on hyaluronic acid and
the exclusive vegan ingredients.
60 minutes € 99

*Tailor your treatment to your wishes by
booking additional services of your choice.
Your treatment time will then be extended
by the time stated.*

PRO YOUTH FACIAL SHEET MASK

Lifting mask made of soft, elastic fleece,
soaked in a highly concentrated cocktail
of active ingredients. Wrinkles are filled
from the inside, making skin look smoother
and firmer. | 20 minutes € 39

INTENSIVE EYE TREATMENT

Special care and eye mask for a radiant
eye area. | 20 minutes € 39

CONCENTRATE COCKTAIL


We will mix you a cocktail from carefully
coordinated concentrates to suit your
skin's needs. | 20 minutes € 25

FACIAL MASSAGE

Ideal for anyone who wants to treat
themselves to more time for relaxation.
20 minutes € 39

FOOT RITUAL

The ideal start to any treatment. This
special ritual begins with a footbath and
a salt and grape seed scrub. After the
warming bath, we will pamper you with
a relaxing foot massage.
20 minutes € 39



Force of nature.
Erosion.
Or a nail file.

Natural treatments: manicure and pedicure

We explore the world with our hands and feet. They move, feel, investigate and are constantly called upon as you go about your activities – pamper them with a natural treatment. Take inspiration from nature for perfectly painted nails: choose from the captivating spectrum of NAILBERRY colours, from the delicate rose of a bird's plumage to the radiant red of a sunset.

VINOBLE MANICURE

This manicure starts with hand exfoliation and a hand bath. After a thorough nail treatment, your hands will be treated to a wonderful massage.

60 minutes € 65

Nail polish € 15

French manicure € 30

VINOBLE PEDICURE

This pedicure starts with an invigorating foot ritual. After a footbath, enjoy a salt and grape seed scrub, followed by a full pedicure with removal of hard skin. Finally, you will be treated to a foot massage.

60 minutes € 65

Nail polish € 15

French pedicure € 30



Pacific.
Atlantic.
Fantastic.

Pampering from root to tip

After an exciting day in the Arctic wind or a snorkelling excursion in the turquoise sea, lean back and enjoy some time out that is perfectly tailored to your individual wishes and requirements. We will advise you on your cut and colour, style your hair and bring you the latest hairdressing trends with certified products

from John Masters Organics.

HAIRDRESSING FOR HER

Shampoo, set and blow-dry

short/medium/long € 39/41/47

Shampoo, cut and blow-dry

short/medium/long € 64/71/78

Conditioner € 6

Intensive conditioning € 10

Regrowth colour € 49

Full-head colour short/long . . . € 50/60

Full-head semi-permanent colour

short/long € 40/50

Streaks/highlights

half head/full head € 50/70

Streak per foil € 2,50

Updo short/long € 33/40

Fringe trim € 10

Straightening short/long € 10/20

Head massage € 10

Additional services e.g. for

extensions, surcharge € 10

EYES

Eyelash tint € 21

Eyebrow tint € 20

Eyelash and eyebrow tint € 35

Eyebrow shaping € 16

MAKE-UP

Daytime make-up € 36

Evening make-up € 50

HAIRDRESSING FOR HIM

Shampoo and blow-dry € 29

Shampoo, cut and blow-dry € 46

Clipper cut € 24

Beard trim € 15

Colour € 40

Colour (beard) € 20

Streaks/highlights € 45

Contour haircut € 15

OLAPLEX TREATMENT

Olaplex Rebuild Treatment

short/medium/long € 25/35/45

Colour enhancement treatment

basic price € 20

surcharge per unit € 8



Sahara.
Kalahari.
Or Deck 8.

Sauna and relaxation area with an ocean view

After your adventures out in nature, close your eyes and enjoy the soothing warmth of the steam sauna. Or let your gaze drift over the open sea from the comfort of the spacious Finnish sauna and align your inner compass with total relaxation: perfect indulgence and vitalisation with all your senses.

SPA basics

Opening times: The current opening times for the OCEAN SPA (Deck 8) can be found in the programme of the day. We will be happy to provide you with personal advice on our treatments – just pay us a visit or call us on 0800. Please also feel free to ask us if you would like a particular treatment that is not listed in our services.

Peace and relaxation: Our OCEAN SPA is a place of peace and relaxation. We request that you behave appropriately and respect this atmosphere so that all guests can enjoy it. Please leave your mobile phone in your cabin or switch it off.

Dress code: Please wear a bathrobe and bath slippers for your spa visit. The sauna area is a clothing- and swimwear-free zone. Please do not wear outdoor shoes in any areas of the OCEAN SPA.

Start of treatments, cancellation, late arrival: The treatment time includes preparation/finishing stages and the time for the treatment itself. Please allow sufficient time for this. We recommend that you arrive five to ten minutes before your treatment. If you are not able to keep an appointment, please let us know at least twelve hours in advance. If you do not let us know, we reserve the right to charge you for the time. Please understand that your treatment time will be shorter if you arrive late.

Your health is important to us: When you make your booking, we will ask you to inform us of any health impairments or medical conditions that could affect your chosen treatment. If you are pregnant, have an allergy or have a health problem, please consult the doctor before booking a treatment with us or before using the spa. We recommend that you are well hydrated and avoid heavy meals and alcohol before the treatment and before using the sauna. Start your spa/sauna visit by taking a soothing shower first. The OCEAN SPA reserves the right to refuse a treatment or suggest an alternative if the originally requested treatment is not advisable.

Age restrictions: The entire wellness area has unrestricted access for guests who are at least 16 years of age. Children up to the age of 16 must be accompanied by an adult to use the OCEAN SPA, including the sauna and relaxation area.

Means of payment and prices: In the OCEAN SPA, you can use your on-board account card to pay for treatments. All prices are stated in euros and include VAT. The prices and programme are subject to change.