



O C E A N S P A
inspired by nature



Weightless.
Timeless.
Boundless.

At one with yourself on any sea

INSPIRED BY NATURE

Whether in the silence of polar regions or in exotic waters, our experience of nature always takes centre stage. Both on board and ashore, we find ourselves enriched by the unique moments that make the expedition experience so special.

Nature is also the source of our inspiration for the OCEAN SPA. The design, materials and interiors are harmonious and sustainable, inspired by unspoilt landscapes. The spacious, light-flooded area offers an expansive view of the sea and is an invitation to relax, unwind and recharge one's batteries.

HOLISTIC, NATURAL, SUSTAINABLE

The care products used in the OCEAN SPA reflect our respectful treatment of nature. We rely on exclusive and vegan natural cosmetics from certified organic cultivation, without synthetic additives or animal testing. Enjoy spa treatments, massages, cosmetics and hairdressing services that meet the very highest standards. "Inspired by nature" – the perfect blend of expedition experiences and time for your own well-being on board.

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

A low-angle, upward-looking photograph of a massive tree trunk. The trunk is thick and textured, with a dark brown, almost black, bark. The tree branches out into a dense canopy of vibrant green leaves. Sunlight filters through the leaves, creating a bright, glowing effect and a prominent lens flare on the right side of the image. The overall atmosphere is serene and natural.

Natural.
Pure.
Exclusive.

Sustainable connections: our partners on board



VINOBLE COSMETICS

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



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 and silver as well as high-quality organically grown ingredients, and meet the most stringent standards.


NATURAL HAIR STYLING PRODUCTS BY JOHN MASTERS OR INNOCENCE.

John Masters Organics and Innocence provide exquisite organic haircare. Highly effective herbal substances, 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.

HEALTHY COLOURS

Vegan nail polishes for manicures and pedicures We prioritise sustainable and vegan products. 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 with high-quality natural oils

30 minutes€ 65

Individual full-body massage with high-quality natural oils

60 minutes€ 110

75 minutes€ 135

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 those who are affected by stress. It will bring you balance and help you to regain lost strength and energy.

70 minutes€ 125

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€ 110

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

Explorer's Trilogy | Signature treatment

We are adventurers, nature lovers, ex-

plorers. And have come to discover the wonders of nature. This treatment will give you new strength for your cruise. 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€ 165

Massage for teens

We offer a relaxing back or foot and leg massage for our younger guests.

30 minutes€ 55



My nature.
My nourishment.
My own true self.

A real treat for your skin

Take in the wonders of nature and take some time out for yourself – with a treatment wholly 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. . . .€ 60

Radiantly beautiful skin | Cleansing | Exfoliation | Facial massage with serum | Face mask of your choice: antioxidant or regenerating | Finishing treatment
60 minutes€ 115

Utmost luxury | Cleansing | Exfoliation | Concentrate cocktail | Facial massage | Eye care | Special mask of your choice: lifting or peel-off | Finishing treatment | 90 minutes€ 165

HYAPUR

Naturally beautiful
Gentle, deeply relaxing treatment for the face, neck and chest. Precious, nourishing ingredients to leave skin feeling wonderful. | 30 minutes.€ 60

Refreshingly natural
Facial cleansing and nourishment with hyapur natural products. The classic treatment leaves skin feeling fresh.
45 minutes€ 85

Pure moisture
Facial treatment with high-quality, natural cosmetic products. The skincare range primarily focuses on hyaluronic acid and exclusive vegan ingredients.
60 minutes€ 119

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€ 45

INTENSIVE EYE TREATMENT
Special care and eye mask for a radiant eye area.
20 minutes€ 45

CONCENTRATE COCKTAIL
We will mix you a cocktail from carefully coordinated concentrates to suit your skin's needs. | 20 minutes€ 35

FACIAL MASSAGE
Ideal for anyone who wants to treat themselves to more time for relaxation.
20 minutes€ 45

FOOT RITUAL
The ideal start to any treatment. This special ritual begins with a footbath and a salt and grapeseed scrub. After the warming bath, we will pamper you with a relaxing foot massage.
20 minutes€ 45



Force of nature.
Erosion.
Or a nail file.

Natural treatments: manicures and pedicures

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 entire captivating spectrum of nail 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 . € 75

Nail polish on top€ 15

Nail polish (individual service)€ 25

VINOBLE PEDICURE

This pedicure starts with an invigorating foot ritual. After a footbath, enjoy a salt and grapeseed scrub, followed by a full pedicure with removal of hard skin. Finally, you will be treated to a foot massage. 60 minutes€ 75

Nail polish on top€ 15

Nail polish (individual service)€ 25

VEGAN UV POLISH

Pedicure and UV polish€ 80

Manicure and UV polish€ 80

UV polish removal€ 25

UV polish, hands€ 50

UV polish, feet.....€ 50

ALL EYES ON YOU

Eyelash tint€ 25

Eyebrow tint.....€ 20

Eyelash and eyebrow tint€ 40

Eyebrow shaping

10–20 minutes.....€ 20

Make-up on request



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.....€ 45/48/52

Shampoo, cut and blow-dry

Short/medium/long.....€ 69/75/85

Conditioner€ 7.50

Hair mask.....€ 12

Regrowth colour€ 54

Full-head colour short/long€ 58/70

Full-head semi-permanent colour
short/long.....€ 47/58

Streaks, highlights

half head/full head€ 54/74

Streak per foil€ 3

Updo short/long€ 33/40

Fringe trim€ 12

Straightening short/long€ 17/24

Head massage.....€ 15

Additional services, e.g. for extensions,
surcharge.....€ 10

OLAPLEX TREATMENTS

Olaplex Rebuild Treatment

Short/medium/long€ 27/37/47

Colour enhancement treatment

Basic price.....€ 25

Surcharge per unit.....€ 8

HAIRDRESSING FOR HIM

Shampoo and blow-dry€ 32

Shampoo, cut and blow-dry.....€ 49

Clipper cut€ 28

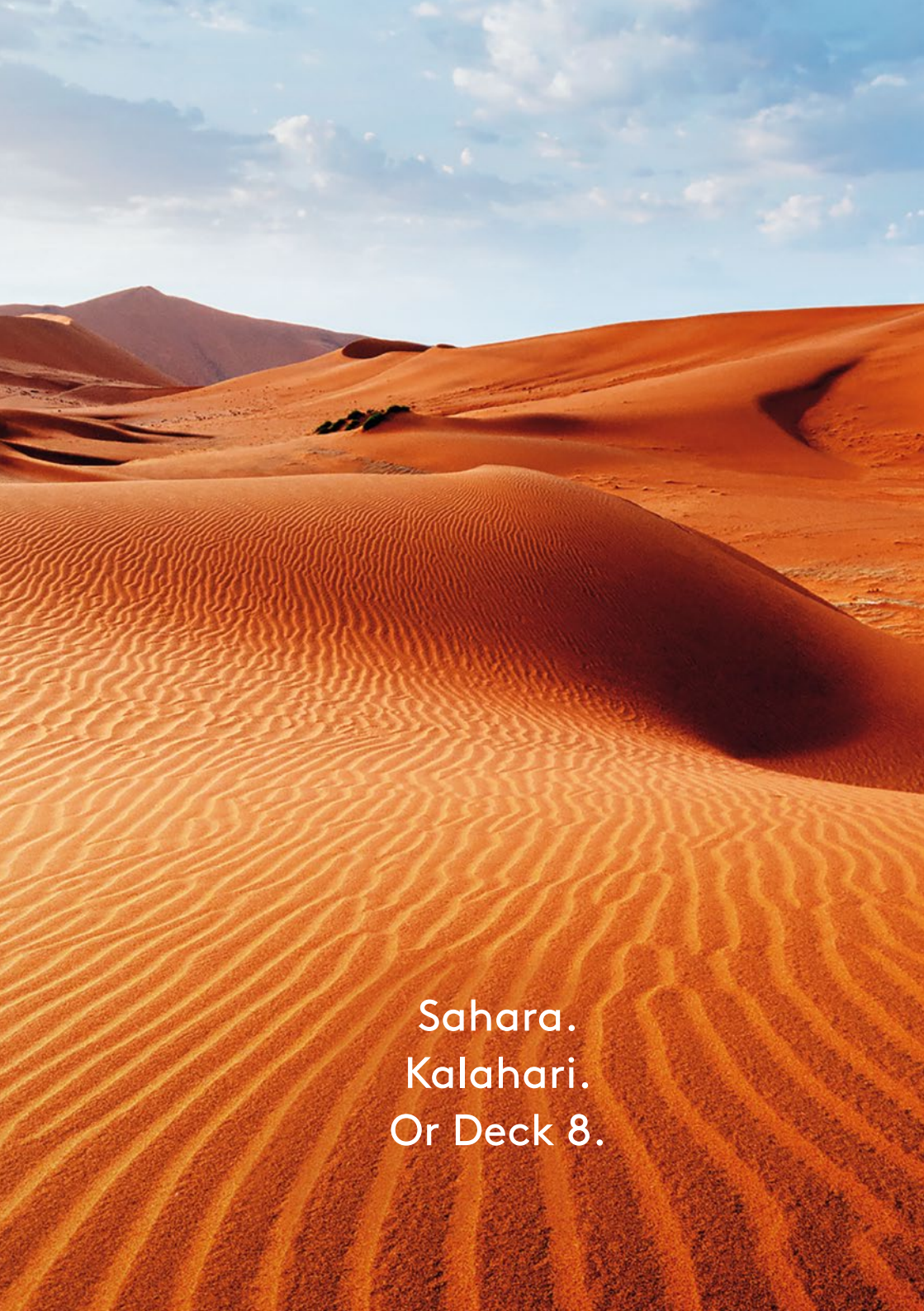
Beard trim€ 17

Colour€ 42

Colour (beard).....€ 23

Streaks, highlights.....€ 49

Contour haircut.....€ 17



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 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 and finishing stages as well as 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 bear in mind that your treatment will be shortened accordingly 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. We recommend that you are well hydrated and avoid heavy meals and alcohol before the treatment and before using the sauna. Start your spa or 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. Please see our health information sheet for more details.

Age restrictions: For our younger guests, we offer a special massage for teens. Treatments for teens who are at least 12 years of age are also possible without a parent or guardian, with their signature. Please refer to our health information sheet on board. The sauna area is accessible to those who are at least 16 years of age without the accompaniment of an adult.

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 EUR and include VAT. The prices and programme are subject to change.