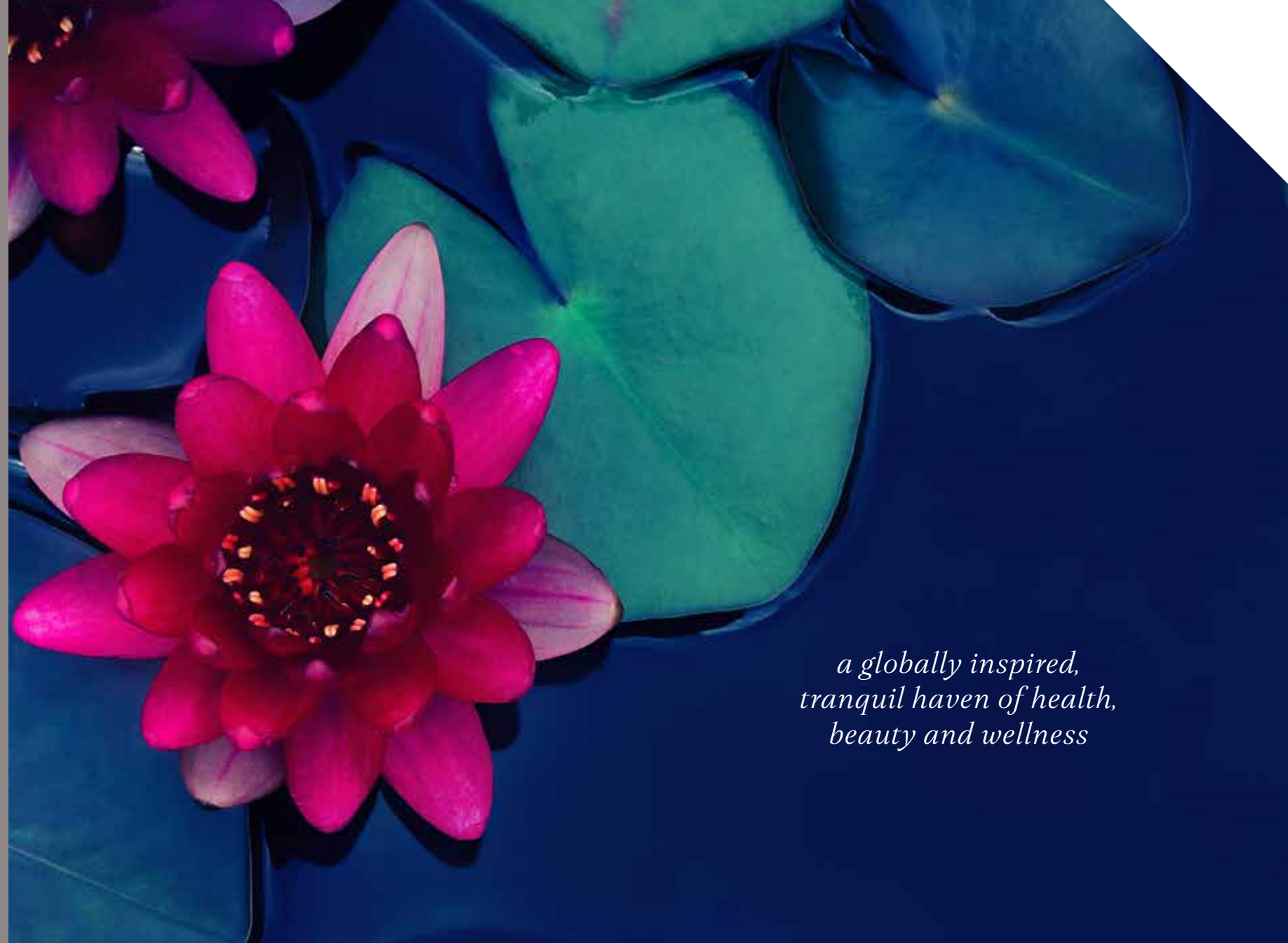




SERENE

SPA & WELLNESS



*a globally inspired,
tranquil haven of health,
beauty and wellness*



GLOBALLY INSPIRED. REGIONALLY SOURCED.

Travel is a holistic experience, one that reenergizes and restores the mind, body and spirit, leaving you with a greater sense of wellbeing. Serene Spa & Wellness™ invites you into a globally inspired, tranquil haven of health, beauty and wellness, offering restorative treatments and services to soothe both the body and mind.

Perhaps the most enriching way to center oneself is by experiencing the beauty and witnessing the presence of the world's most alluring destinations. Through exploration, we find places filled with culture and meaning that inspire us to look deeper within our being — to understand the world through a new perspective.

Through years of travel, and the desire to create a healthy and mindful lifestyle, we've developed a blend of offerings to center both body and mind. Globally sourced, natural ingredients capture the essence of indigenous secrets and unique traditions from around the world that have long shown the ability to promote health and balance for the whole self.

Experience thoughtful treatments inspired by enchanting destinations at the hands of our wellness experts and connect your spirit of adventure with your quest for wellbeing. Each personalized service begins with a consultation to determine lifestyle, health and fitness needs to provide a curated melody of treatments.

Explore the world and expand your mind, body and spirit with Serene Spa & Wellness™.



*Serene Spa & Wellness™
signature services, an
indulgent collection
of therapies sourced from
regions across the globe.*



A JOURNEY OF TRANQUILITY

Every spa treatment begins with a warm eucalyptus wrap to soothe the shoulders and neck. Inhale a serene aroma as we practice body balance breathing to heighten your senses. Muscles are relaxed, and the body slows down to receive the gift of touch.

FACIAL CONSULTATIONS

Look beyond the surface with our HD skin consultation and discover the road to your best skin ever. This powerful tool provides an in-depth analysis of the skin's condition, paving the way to the best treatment experience by evaluating spots, wrinkles, texture, pores, brown spots and sun damage. Complimentary consultation available when you reserve a facial.

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 the therapist with important details to make the experience more enjoyable.

HYDRATE BODY AND MIND

Drink plenty of water after your service to replenish the body and support the mind.

EXTEND YOUR EXPERIENCE

Extend your spa stay by immersing yourself in quiet at the relaxation lounge after your treatment or spend some healing time in the sauna. The quietude will lull mind and body into a deeper state of relaxation.

REGENT HYDROTHERMAL EXPERIENCE

Enjoy full access to the hydrothermal suite available on *Seven Seas Splendor™* and *Seven Seas Explorer®*. Cool and warm temperatures are the core of this experience, which includes a collection of thermal chambers, including Infrared Sauna, Cold Room, Experiential Shower, and Aromatic Steam Room.

Bathing suit not required – environments are single-sex and vary by vessel. Robe and slippers are provided.



FACIALS

ELEMIS BIOTEC TECHNOLOGY

BIOTEC facial treatments are where groundbreaking technology meets active ingredients and transformative touch for clinically proven results and visibly healthy, and energized skin. Reserve a personalized, complimentary consultation.

LINE ERASER / POWERED BY BIOTEC

Rejuvenate the skin with a powerfully, clinically proven* treatment that effectively irons out creases and fills in lines. Microcurrent lifts and firms muscles, and galvanic current propels anti-aging padina pavonica and peptides to hydrate the dermis. Red and blue light therapy calms and soothes the skin while a blast of oxygen delivers a breath of fresh air.

/ 50 minutes

FIRM-A-LIFT / POWERED BY BIOTEC

Rediscover the architecture of your face with a ground breaking blend of massage and microcurrent technology to tighten and tone. Hydrating and smoothing arjuna and gardenia stem cells are activated by galvanic stimulation to reveal a contoured complexion that is remarkably lifted.

/ 50 minutes

SKIN RESURFACER / POWERED BY BIOTEC

Address tone, breakouts and fine lines with a revolutionary, clinically proven* facial that transforms the skin's texture. Using a blend of sandalwood, thyme and lemon oils paired with lactic and hyaluronic acids, this ultrasonic peel reveals an even tone while blue light therapy calms the skin, leaving a complexion that has never been softer or smoother.

/ 50 minutes

SUPER-CHARGER FOR MEN / POWERED BY BIOTEC

De-stress, de-age and de-fatigue the male complexion. Ultrasonic peeling and galvanic current deliver a deep cleanse, simultaneously exfoliating skin 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.

/ 50 minutes

**Independent Clinical Trials*

FACIALS

TOUCH FACIALS

Globally renowned, ELEMIS hands-on facial treatments use touch as a powerful diagnostic tool. Product is applied using a combination of ancient and modern massage techniques from around the world.

PRO-COLLAGEN AGE DEFY FACIAL

Support the cellular structure of the skin. Marine-charged padina pavonica and red coral help plump out fine lines while Indian mulberry reduces skin fatigue, helping relax wrinkles. Targeted massage re-energizes and rejuvenates as an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger-looking skin.

1 50 minutes

CALMING ROSE FACIAL

Comfort sensitive skin with a natural blend of delicate rose absolute to intensely hydrate the dermis. Luxuriously indulgent, precious rose extracts smooth fine lines, strengthening and protecting the skin's barrier. A warm rose balm is massaged onto the hands and arms to induce relaxation. Skin is left feeling soothed and replenished with a petal softness.

1 50 minutes

REJUVENATING ANTIOXIDANT FACIAL

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.

1 50 minutes

FACIAL ENHANCEMENTS

Enrich your experience with a service enhancer that is built into your service without adding time.

EYE TIGHTENING TREATMENT

See results with an enhanced eye treatment of vitamins B, C and E, organic algae and an infusion of oxygen to lock in moisture. Skin elasticity is supported, puffiness is reduced, and lines and wrinkles are smoothed.

LIP SMOOTHING & CONDITIONING TREATMENT

Exfoliate the lips with gentle rose, antioxidant-rich edelweiss stem cells and polynesian lagoon water for a rush of hydration. The Ultra-Smart Triple Oxygen Hydration Lip Mask uses a drone peptide delivery system to transport moisture back into the skin for instant volume and ageless lips.

FIRMING & CONTOURING NECK TREATMENT

Contour and firm the neck and jowl areas with a mask derived from natural Indian arjuna bark to help tighten and lift. Red light therapy works in synergy with this anti-aging mask to boost collagen production and reduce the appearance of crepiness and skin slackening.

OXYGEN INFUSION

Infuse the skin with a collagen-boosting trio of padina pavonica, poringa, and argan oils along with gentle pressured oxygen vital for skin health and wellness. Skin is hydrated, cells are regenerated, volume is restored and skin has a natural glow.





MASSAGE

Experience the best of destination-inspired treatments sourced from previously hidden reaches around the world

THE REGENT

Lull mind and body to a peaceful state. Our bespoke therapy features a synergy of rosemary, sea fennel and sea buckthorn from the Mediterranean coastlines worked into the body to ease tension and soothe muscles while helping to detoxify. Warm eucalyptus-infused paraffin mitts and boots enhance this signature experience, deeply nourishing and hydrating your hands and feet. Simply serene.

/ 50, 75 or 90 minutes

AROUND THE WORLD

Embark on a global journey of relaxation. Exploring traditional, time-honored techniques from the corners of the world, this choreographed therapy is one of optimal wellness: the earthly scents of Indian cardamom, Egyptian coriander and eucalyptus soothe the mind; Swedish massage movements work freely throughout the body to relax; volcanic rocks release muscle tension and stagnant energy in the legs; bamboo stalks glide over muscles to deeply alleviate discomfort; warmed coconut poultices are delicately worked over the face, neck and shoulders; argan oil from Morocco conditions the scalp. A worldly retreat of good health.

/ 100 minutes

YIN YANG BALANCING MASSAGE

Experience a harmony of opposites for the mind and body. Inspired by the world's most precious minerals and stones, this stimulating journey combines cooling jade and warm basalt stones to deeply relieve muscle tension and rejuvenate the body. The cooling effects of jade invigorate while the basalt stones ease and soothe aches and pains. As the body is in a pure state of relaxation, melted paraffin is applied on the back to enhance the warming sensation of this contrast therapy.

/ 75 minutes

BRAZILIAN BAMBOO MASSAGE

Immerse yourself in a massage inspired by Brazil's tropical rainforests and woodlands. Warmed, natural bamboo stalks are worked over the body, deep into the muscles, getting into areas of profound tension. The therapeutic warmth of the bamboo relaxes the muscles while a combination of deep tissue techniques and gentle strokes produce a veritable muscle-melting sensation.

/ 50, 75 or 90 minutes

ISLAND POULTICE MASSAGE

Nourish the skin with a lavishly hydrating body massage. Warmed and scented pure coconut compresses, rich in vitamins E and K, release natural emollients that moisturize the skin while an array of Eastern and Western massage techniques and acupressure movements relax muscles and ease tension. Skin is left exquisitely moisturized, intensely supple, and deliciously scented.

/ 50, 75 or 90 minutes

RESTORATIVE SALT STONE MASSAGE

Feel energized, recharged and ready for the demands of modern life. Himalayan salt resonates with the Earth's frequency to improve alertness and overall wellbeing. Warm salt stones are bathed in personally selected aromatics to contour the body, diffuse negative energy, reduce stress, and alleviate muscle tension. This rejuvenating service is completed with a face and scalp massage for a truly uplifting experience.

/ 75 minutes

DEEP TISSUE MUSCLE MASSAGE

Workout your muscles with a targeted massage to achieve maximum body performance. Physical activity can cause deep muscular and joint distress. This therapy is designed to alleviate muscle pain and improve range of motion. Enjoy before any activity to increase flexibility, for stress relief, or to help the swift recovery of strained muscles.

/ 50, 75 or 90 minutes

SWEDISH MASSAGE

Relax with a profoundly nurturing and tranquil oasis. The body is restored to optimum wellness with our signature Swedish therapy, an intuitive and relaxing massage that imparts a blend of sweet orange and eucalyptus to invigorate while relaxation techniques soothe muscles and balance the soul.

/ 50, 75 or 90 minutes



MASSAGE

SERENITY FOR TWO

Share quality time in serene silence. This therapy secludes you from the world to experience relaxation in tandem. Delight in an indulgent side-by-side massage and luxuriate in the moment.

/ 50 or 75 minutes

CHI-FOOT REVIVAL

Unblock latent energy through a traditional Chinese foot massage enhanced by an indulgent foot ritual. Feet are soaked in a warm milk bath and then massaged, using the practice of reflexology and focusing on the various pressure points to clear energy pathways and relax mind and body.

/ 50 minutes

BIOTEC FACE TREATMENT AND BODY RITUAL

Customize your treatment experience by selecting a results-driven ELEMIS BIOTEC facial, personalized to your needs, paired with a grounding and calming Swedish massage.

/ 100 minutes

MASSAGE ENHANCEMENTS

Enrich your experience with a service enhancer that is built into your service without adding time.

KÉRASTASE ULTIMATE SCALP TREATMENT

Nurture your hair and scalp with a blend of luxurious Moroccan argan oil and Japanese camellia. These precious ingredients restore luster while your therapist will ease away stress for a vibrant, healthful shine.

WARMING PARAFFIN TREATMENT

Hydrate skin, stimulate circulation, and relieve stiffness with a warm therapy to help alleviate soreness and moisturize dry, chapped hands and feet. Select one area — back, hands or feet — for healing or hydrating. A perfect addition to any body service.

BODY TREATMENTS

Globally sourced, natural ingredients capture the essence of indigenous secrets and traditions that have long shown the ability to promote health.

SEA LAVENDER & SAMPHIRE BODY POLISH

Hydrate skin with a nourishing, exfoliation duo. Nutrient-rich extracts from sea lavender and samphire smooth parched, dry skin cells while a moisturizing milk of macadamia nut and sea salt moisturize to allow thirsty skin to replenish. This lavish body experience includes a half or full-body massage.

/ 50 or 75 minutes

DEEP SEA HEAT MASK & MASSAGE

Recharge your body with a detoxifying treatment designed to alleviate deep-seated tension and muscular distress. Rich in minerals and trace elements, an aromatic, warm mask with potent algae from the Baltic Sea is applied on to the back to release tension and ease aches and pains while a back or full-body massage relaxes the body.

/ 50 or 75 minutes

MEDITERRANEAN SEAWEED WRAP

Cocoon the body in a comforting wrap combining the riches of the sea with natural plant extracts. Seaweeds harvested from the Mediterranean Sea are blended with an infusion of Alaskan pine and rosemary from Southern Europe. Working synergistically, the signature blend and back or full-body massage warms muscles, releases tension and relaxes the mind.

/ 75 or 100 minutes

THOUSAND FLOWER DETOX WRAP

Unearth radiant skin with Nordic peat from the wetlands of Finland. Sustainably sourced mud harnesses an abundance of wildflowers, herbs and plants rich in up to 25 nutrients. Vitamin E and omega-rich fatty acids supplement the green tea oil that helps maintain skin elasticity. The body is detoxified, moisture levels are restored and skin is supple, revealing its natural best. Treatment includes a back or full-body massage.

/ 75 or 100 minutes

IONITHERMIE CELLULITE REDUCTION TREATMENT

Detoxify the body with the combination of micronized algae, 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.

/ 50 minutes / 3 courses

IONITHERMIE REVITALIZING LEG THERAPY

Treat poor circulation, swelling, aches and pains, and reduce water retention. Ideal for tired legs.

/ 40 minutes



BEAUTY SALON

Time-honored beauty secrets are enhanced by technology and innovation to deliver advanced hair and nail care.

KÉRASTASE® ELIXIR ULTIME 24-CARAT INDULGENT RITUAL

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

/ 25 minutes

KÉRASTASE® FUSIO-DOSE™ INSTANT HAIR TREATMENT

Boost hair vibrance with highly concentrated formulas that produce custom-designed results for specific hair needs. Dry hair is intensely nourished, damaged hair is repaired, color treated hair is restored, and mature hair is re-densified.

KÉRASTASE® AURA BOTANICA HAIR RITUAL

Restore and transform dull, flat hair. Inspired by nature, this organic boost combines the finest ingredients on earth – Moroccan argan oil, Mexican aloe vera, and Brazilian nut oil – with an innovative vitamin and nutrient dense formula. Hair is left soft to a touch and with a healthy glow.

/ 25 minutes

KÉRASTASE® CAVIAR REVITALIZING RITUAL

Invigorate hair 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.

/ 25 minutes

KERATIN COMPLEX® EXPRESS BLOWOUT ✨

Smooth hair in just one treatment. This special formulation 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.

/ 45 minutes

THE REGENT MANICURE AND PEDICURE

Indulge in a luxurious treatment. Hands and feet are soaked in a hydrating milk protein while a vitamin rich oil strengthens nails and cuticles. Warmed frangipani oil to further replenishes moisture. Includes filing, cuticle work and polishing of nails.

Manicure / 50 minutes Pedicure / 60 minutes

BEAUTY SALON

THOUSAND FLOWER MANICURE AND PEDICURE

Condition, restore and rejuvenate hands and feet with our decadent treatment. A natural willow complex with white and violet extracts, black willow bark and lime and ginger gently exfoliates, promoting an even skin tone and texture while nourishing peat extracts replenish the skin. Nails are filed, cuticles are trimmed, and hands and feet are perfectly polished.

Manicure / 50 minutes Pedicure / 60 minutes

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

No drying time. No chipping. No smudging. This tough-as-nails manicure and pedicure uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color and perfect finish that lasts for 14 days.

Manicure / 50 minutes Pedicure / 45 minutes

WAXING

Reserve a waxing service for brows, lip/chin, half arm, underarm, half or full leg, bikini, Brazilian or back/chest. Services are for both men and women. Please ask a spa therapist for more details.

ADDITIONAL HAIR SERVICES

- / Style Dry or Roller Setting
- / Trim or Restyle and Style Dry
- / Cleanse, Style Dry and Hair Up
- / Hair Up (without cleanse and dry)
- / Semi-Permanent Color
- / Permanent Color
- / Regrowth Tinting
- / Highlights or Lowlights
- / Partial Highlights
- / Men's Cut
- / Men's Cut and Style Dry

ADDITIONAL NAIL SERVICES

- / Acrylic Nails
- / Acrylic Nails Refill
- / Paraffin

MEN'S GROOMING

The perfect escape for the modern gentleman — a refuge for the ultimate masculine moment.

PRO-COLLAGEN GROOMING TREATMENT WITH SHAVE

Re-energize skin with this shave of all shaves. Natural aloe vera prepares and soothes your skin, priming it for the Pro-Collagen mask, boasting extracts of honey to soften skin, ginkgo biloba, native to China and Japan, to soothe skin irritations, and a luxurious face, scalp, hand and arm massage.

/ 55 minutes

DEEP CLEANSE GROOMING TREATMENT WITH SHAVE

Enjoy a deep cleanse with an express shave. This grooming treatment removes impurities while soothing arnica and jojoba oil ensure a pre-shave base. A blend of aloe vera and cooling menthol hydrate and soothe skin. Includes face and scalp massage, plus a deep, pore-cleansing mask.

/ 45 minutes

EXPRESS SHAVE

An alternative for men on-the-go. This treatment includes a deep-cleansing exfoliation and a double close shave to leave skin smooth, calm and clean.

/ 30 minutes

MEN'S CUT

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

GENTLEMAN'S MANICURE AND PEDICURE

Treat the hands and feet to a treatment designed for the well-groomed man. A traditional manicure and pedicure will keep nails trimmed, in shape and buffed.

Manicure / 30 minutes Pedicure / 45 minutes





DESTINATION WELLNESS

Perhaps the most enriching way to center yourself is through experiencing the beauty and presence of some of the world's most incredible destinations.

Serene Spa & Wellness™ offers curated fitness programs, cultural excursions, and a healthful cuisine — all designed to enhance wellness through immersive experiences that invite you to inhabit the present and embrace the peace and wonder found in each moment.

FITNESS

A collection of group classes, from yoga to indoor cycling, invite you to challenge yourself, whatever your fitness level.

INBODY 570® COMPOSITION ANALYSIS

Know yourself inside and out with a body composition analysis, which provides the most comprehensive muscle and fat diagnosis available. Understanding your body's inner health helps us to determine the best way forward to achieve your wellness goals.

/ 60 minutes

PERSONAL TRAINING

Achieve the body you have always wanted with a personalized fitness session. Learn which exercises work best with your particular body composition. An in-depth consultation and body composition analysis are included.

/ 60 minutes

NUTRITIONAL CONSULTATION

Explore a nutrition plan to complement your fitness regimen and achieve your wellness goals. Based on the Nobel prize-winning research of Dr. Barry Sears, a personalized, Ideal Zone nutrition plan is created for clean and healthy eating.

/ 60 minutes

FUNCTIONAL STRETCH

Relieve muscles with the advanced benefits of HyperVolt® vibration therapy, a personalized stretch session that is designed to open up all major muscle groups and support the joints. Includes postural analysis.

/ 45 minutes

CIRCUIT BASED TRAINING

Condition the body with a series of endurance and resistance training that uses high-intensity aerobics to promote strength building and muscular endurance. Traditionally, the time between exercises in circuit training is short, often with rapid movement prior to the next exercise.

/ 45 minutes

INDOOR CYCLING

Immerse in a real road cycling sensation. This class provides an inspirational environment to see, hear and feel the ride. Guests can use accurate tracking to set their own goals and enjoy an invigorating challenge.

/ 45 minutes

MINDSET GUIDED MEDITATION

Find your Zen by joining a guided meditation designed to help balance the emotional, physical and psychological challenges endured on a daily basis for a calm, peaceful state.

/ 30 minutes

RE-SET BREATHING CLASS

Learn a short “relax-fast” recovery breath to use daily. A form of active meditation, this lung workout is designed to provide a feeling of immediate relief. These exercises for the diaphragm and intercostal muscles correct breathing and strengthen the body.

/ 30 minutes

PURE-FORM PILATES

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

/ 45 minutes

SUNRISE AND SUNSET STRETCH

Loosen up tight muscles and relieve common aches and pains with easy and effective stretches. Stretch routine focuses on the major muscle groups for effective recovery. Enjoy the backdrop of the morning sunrise for a surge of energy and the afternoon sunset that will calm mind and body.

/ 30 minutes

THE HIIT

Maximum results in minimal time. HIIT (high-intensity interval training) is a full-body, circuit-based, fat-burning workout through quick, intense bursts of exercise followed by short, sometimes active, recovery periods. This type of training gets and keeps the heart rate up and burns more fat in less time.

/ 45 minutes

YOGA FLOW VINYASA

Open your heart and mind. This gentle yoga practice is ideal for those who want to nestle within their own inner sanctum. In this class, postures are strung together so guests move from one to another, seamlessly guided by breath. Commonly referred to as “flow” yoga, Vinyasa classes offer a variety of postures and no two classes are ever alike.

/ 45 minutes



EXPLORE WELLNESS CULTURES ACROSS THE GLOBE

Transcend the moment as you expand your mind and strengthen your body with a Serene Spa & Wellness™ Tour. These tours allow you to discover the incredible destinations we visit while maintaining your active and healthy lifestyle. Soak in a restorative, mineral-rich thermal spring in Rome or center your chi with a taiji (tai chi) class on a beautiful and serene beach on Palma de Mallorca. Be refreshed by a

Mediterranean breeze as you calm your mind and strengthen your focus through a yoga class overlooking the seaside town of Taormina. Restore and heal your mind, body and soul as you travel throughout the world with our Serene Spa & Wellness™ Tours.

DISCOVER BOLD AND HEALTHFUL FLAVORS

At the core of it all is good nutrition. The proper fuel for building healthy connections between your physique and your psyche is foundational to a balanced and harmonious lifestyle. Our expert chefs have made recommendations throughout our onboard menus of international flavors and cuisines. Allow them to serve you with their expertise and let them know of any specific dietary needs you have.

Savor the best of world cuisine wherever you're sailing, knowing that every luxury includes both the most decadent as well as the most discerning dining offerings on the water. Serene Spa & Wellness™ selections are drawn from our globally inspired approach to healthy living with choices that are as flavorful as they are nutritious.

An extensive array of innovative options is available across our fleet, featuring delectable dishes influenced by a myriad of global cuisines including Italian, Greek, Middle Eastern,

Korean, Thai, Vietnamese, Mexican, Italian, Malaysian and more. The selections from Serene Spa & Wellness™ also include plant-based delicacies for guests following vegan or vegetarian lifestyles and those who simply prefer or enjoy more plant-based fare, alongside options to suit almost any dietary need. As hydration is also ever-important, guests are invited to enjoy our wide array of refreshing juices, teas and invigorating smoothies made with fresh fruits and vegetables.

For a hands-on experience, be sure to expand your knowledge by signing up for a class at the Culinary Arts Kitchen, led by our expert teams on *Seven Seas Splendor™* and *Seven Seas Explorer®*. The curriculum teaches how to prepare cuisine drawn from the world's most gastronomically enticing locations, and helps guests master necessary skills for every level of expertise.



SPA INFORMATION

OUR PROMISE TO YOU

We are committed to inspiring your wellness journey while delivering uncompromising indulgence and the finest expression of service. Your comfort and enjoyment are important to us. If we have not fulfilled our promise to you, please visit the Serene Spa & Wellness™ reception desk to ensure we remedy your experience.

Hours of Operation / 8am to 10pm

RESERVATIONS

For more information or to reserve treatments, please contact Serene Spa & Wellness.™ 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. Guests must be at least 16 years of age to use 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.

VALUABLES

To ensure you do not forget any personal items of value, we suggest leaving them in the safety deposit box in your suite.

ENSURING A WONDERFUL SPA EXPERIENCE

We welcome you to discuss openly your likes, dislikes, concerns or questions with your therapist before, during or after your treatment.

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 program, stateroom television, or contact Serene Spa & Wellness™ to learn about in port and special occasion offers as well as to learn about seminars and fitness class times.

SHOP & SHIP

We ship product purchases 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.

