

MAREEL

WELLNESS & BEAUTY



MAREEL

WELLNESS & BEAUTY

From gentle rippling waves that soothe and lull, to invigorating surf that sculpts and purifies, Mareel takes inspiration from the oceans on which our ships sail to indulge your senses – mind, body and soul.

Mareel is the phosphorescence
on the ocean.

From the Old Norse word *marueldr*,
it combines *marr*, meaning sea,
with *eldr*, meaning fire.

A glowing luminescence
that lights the sea from within,
just as our wellness experiences
leave our guests feeling radiant,
from the inside out.

Information

Designed around you

Created with you in mind, our spa and beauty team are here to help create the ultimate wellness and beauty experience. So, whether you want to relax or revive, soothe or stretch – our extensive treatment list can be tailored uniquely around your needs.

How to book

You can either visit us at the spa or press the 'Spa' button on the phone in your room.

Spa facilities

Fitness Centre
Spa & Aqua Therapy Centre
Beauty Centre & Skincare

Information

Finding the Spa & Beauty Centre

The spa is on Decks 9 and 10
Beauty Centre is Deck 9, forward A Stairway

Preparing for your visit

Please bring your own fitness wear and bathing suit.
For treatments or services that need you to be clothed,
shorts and a T-shirt are ideal.

We suggest leaving valuables – including watches
and jewellery – in your stateroom, not your locker.

Wellness workshops

Join us at our complimentary lectures
and workshops created by Mareel professionals.
Arrive with an open mind. Leave inspired.

Consult your daily programme for topics,
times and locations.



Spa

Ocean inspired ♦ Massage & body work
Body treatments ♦ Alternative treatments

Ocean inspired



Feel relaxed and invigorated with mineral-rich seawater and marine-based treatments that transform and heal.

With no end to the horizon, your body is taken on a journey of healing and discovery – whilst your mind is transported to the edges of the earth.

The Aqua Therapy Centre

Feel the power of water in all of its states,
to relax, revitalise and renew.

For thousands of years, people have found that moving water and temperature variations provide relief for muscle and joint issues, release toxins from the body, and promote deep relaxation.

Our Aqua Therapy Centre has unique aqua environments for guests to explore – all with their own individual benefits for the body and mind.

From billows of aromatic steam to a fountain of ice, you'll find a full range of aqua treatments within. Feel revived after a sea salt exfoliation bath, treat tired muscles to aqua therapy, or rejuvenate in the steam room.

(Bathing suit required; robe, towels and slippers are provided.)

Spa Facilities

Relaxation lounge

Our relaxation lounge is the place to lie back and relax, whilst you read your favourite book, or sip a cool drink.

Aqua therapy pool

Let the pure liquid power of moving water in our massage pool dissolve your stress and strains.

Aromatic steam room

Breathe deeply and soak in the benefits of penetrating steam infused with pure plant essences in our temperature-regulated aromatic steam room.

Spa Facilities

Finnish sauna

Enjoy the health benefits of nurturing heat. Our traditional Finnish sauna is lined with aromatic Nordic cedar and heated by a hidden stove. Promotes increased circulation, relaxes muscles, and soothes aches.

Sensory showers

Cool off with an invigorating overhead spray and water jet shower. Enjoy cool fog with a crisp scent and cool blue fibre-optic light, or unwind with a warm tropical rain shower infused with exotic natural aromas.

Massage & body work



Let go of the world, and let us transport you into pure, oceanic bliss. From soft and relaxing, to firm and deep – in our hands, your aches and pains will melt away.

*For allergy sufferers, please be mindful
that seaweed treatments may contain iodine.*

Mareel Massage

Tension dissolved, mind and body feel a sense of wellbeing.

Stimulate circulation and soothe tight muscles with our signature full-body massage, where our gifted therapists adapt their technique to your particular needs and preferences.

50 | 75 minutes

Aroma Stone Therapy

Deeply relaxed, mind and body are soothed.

Induce instant relaxation with the weight and radiant heat of smooth basalt stones combined with soothing essential oils to penetrate muscle tissue without overheating.

50 | 75 | 90 minutes

Bamboo Massage

Your body is left feeling stress free, mind is serene.

Release the buildup of tightness with a blissfully meticulous massage that gets right into the heart of tension. Soaked in oils, bamboo canes are rolled on the body to profoundly address knots and pressure points.

50 | 75 | 90 minutes



Signature treatment

R3 Pain Management Therapy



*Addresses the discomfort associated with aching backs,
joint stiffness, and tired muscles.*

Based on the principles of Cryotherapy, a combination of hot and cold treatments stimulate and increase blood circulation. A targeted salt stone massage leaves a light, healing mineral veil on the skin whilst a warming balm and cooling seaweed mask reduces inflammation for dynamic pain relief.

90 minutes

Thai Herbal Poultice Massage

Your senses are seduced — leaving mind, body and spirit re-energised.

Discover soothing relief with a rhythmic massage of heated poultices, fragrant with medicinal herbs. Targeted Shiatsu pressure points and energy centres alleviate tension and powerfully relax the muscles.

75 | 90 minutes

Deep Tissue Muscle Massage

Muscles released, the mind and body are invigorated.

Vigorously alleviate sore areas by stimulating blood flow. Prolonged muscle tension is dissolved, helping to release stress, replacing with a soothing sense of balance.

50 | 75 | 90 minutes

Swedish Massage

Stress melts away, leaving the mind, body and soul restored.

Sweeping movements and soothing essential oils relax, restore and release muscular tension. Muscles are left feeling stretched, whilst the lymphatic system is re-energised and circulation is improved.

50 | 75 | 90 minutes

Body treatments



Nourishing therapies that relax the body
and rejuvenate the skin whilst soothing the mind.

Intensely Cleansing Salt Scrub

Cleansed and rejuvenated, your body is left nourished. Your mind is still.

Revitalise, heal and glow with a full-body exfoliation using fragranced salt to gently remove dead skin cells. Delivers velvety soft, invigorated skin. Includes a 25 or 50-minute massage.

50 | 75 minutes

Thousand Flower Detox Wrap

Deeply relaxed, your body is grounded. Your mind restored.

Powerfully detoxifying, the superfoods of the skin stimulate the elimination process and restore equilibrium. A vitamin-packed, nutritious earth wrap encourages the body to surrender its toxins, leaving you completely re-invigorated and firing on all cylinders.

90 minutes

Body Nectar Nourishing Wrap

Ready for the day ahead, your skin is left hydrated. Your mind refreshed.

Quench thirsty skin with the velvety texture of Monoi Oil. Kept cocooned and warmed, skin conditioning oils provide the body with super-hydration whilst the mood-balancing aromatics lifts the soul. Includes a 25 or 50-minute massage.

50 | 75 minutes

Ionithermic Cellulite Reduction Treatment

Intensely purified, the body is invigorated. Your mind re-energised.

Detoxify the body and reduce the appearance of cellulite using Galvanic stimuli to propel rich marine elements into affected areas to drain fluid, smooth the skin, and give the body more definition.

50 minutes



Signature journey

Ocean Odyssey



Feel revitalised and illuminated from the glow of the ocean with luxurious marine-based treatments tailored to your skin's specific needs.

Book the following treatments individually – or group together for longer, luxurious experiences:

Pro-Collagen Marine Facial
Sea Soothing Scalp Massage

Select from:

Seaweed Massage
Restorative Salt Stone Massage

*Our recommendation: Delve into the ultimate 'Taste of the Ocean'.
Experience by combining all services into a signature journey.*

Facial 50 minutes | Scalp Massage 25 minutes | Select Body Treatment 75 or 100 minutes

Pro-Collagen Marine Facial

Your skin is recharged. Your mind is enlightened.

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger-looking skin.

*Independent Clinical Trials

50 minutes

Sea Soothing Scalp Massage

Your hair is lustrous. Your mind divine.

Deeply purifying and energising, cleanse away impurities with a sea salt exfoliant massaged on to the scalp for supremely healthy hair.

25 minutes

Seaweed Massage

Your body is purified. Your mind is cleared.

Cocoon the body in the healing riches of the sea to detoxify and decongest. A mineral-packed mask of iodine-rich Bladderwrack algae, restful Lavender and cleansing green clay gently and restoratively warms the skin, whilst powerfully purifying and stimulating the systems in the body. Emerge refreshed and re-energised with your skin feeling and looking visibly cleansed. Includes a 25 or 50-minute massage.

75 | 100 minutes

Restorative Salt Stone Massage

Your body is in harmony. Your mind is soothed.

Himalayan salt stones, rich in minerals including iron, magnesium and potassium, are massaged over the body, leaving a veil of light salt to help re-mineralise the skin. Stress levels are reduced, leaving you ready to face the demands of modern life.

75 minutes

Alternative treatments



From acupuncture to reflexology, we offer a myriad of alternative treatments that heal and repair – transporting you to a moment of oceanic-inspired bliss.

Complimentary consultations available.

Acupuncture

Deeply relaxed and healed, your mind and body are left in total alignment.

Balance the body's energy (chi), stimulate natural healing processes, and sink into relaxation with our on board acupuncturist.

Endorsed by the U.S. National Institute of Health, this ancient Chinese modality is useful in healing musculoskeletal pain, arthritis, migraines, tension headaches, asthma, tendonitis and fatigue. For best results, we advise a series of treatments.

50 minutes

Reflexology

Tensions released, mind, body and soul are deeply relaxed and restored.

Release life's tensions through the energy meridians on the soles of your feet.

Delight in this relaxing, therapeutic foot massage that improves circulation and restores energy flow through the entire body.

50 minutes

Compression Recovery

Experience the ultimate in full-body recovery. Using the latest leg compression technology, increase circulation and decrease inflammation to enhance mobility and recovery time.

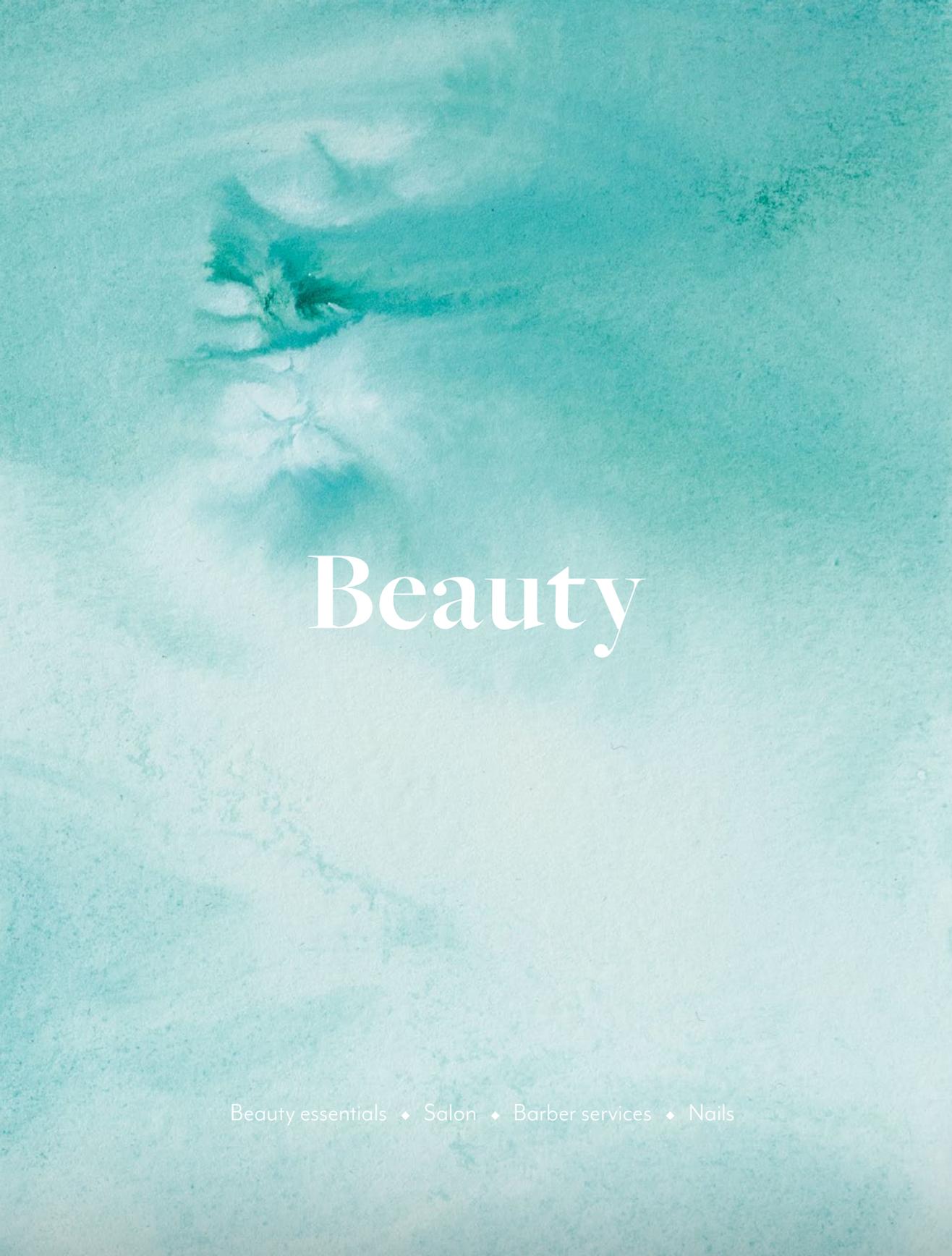
20 minutes

Assisted Stretch

Relieve muscles with the advanced benefits of our percussion therapy device paired with a personalised stretch session that is designed to open up all major muscle groups and support the joints. Includes postural analysis.

30 minutes





Beauty

Beauty essentials ♦ Salon ♦ Barber services ♦ Nails

Beauty essentials



At Mareel, beauty is more than just skin-deep. Featuring treatments inspired by the shimmering glow of the ocean, our facial experts and Medi-Spa physician are on hand to ignite your radiance and help you look and feel your best.

Elemis' globally renowned hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. Product is applied using a combination of ancient and modern massage techniques from around the world.

Dynamic Resurfacing Precision Peel

Deeply relaxed and exfoliated, your skin is left feeling purified.

Target the signs of ageing and uneven skin tone with this pioneering, clinically proven* precision treatment that uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

*Independent Clinical Trials

50 minutes

Superfood Pro-Radiance

Nourished with minerals and elements, your skin will look luminously radiant.

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

*Independent Clinical Trials.

50 minutes

High Performance Skin Energiser for Men

Revitalised and hydrated, your skin will be vibrant and energised.

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extractions decongest.

Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

50 minutes



Technology treatments

Biotec facials



*Ready for the evening ahead, mind and body are renewed.
Your face radiant.*

Switch your skin back on with any of seven,
clinically proven, technology facials by Elemis.
The pioneering innovation of the Biotec machine
increases the skin's natural cellular energy.

Complimentary consultations available.

50 minutes

Medi-Spa

Safe and effective aesthetic treatments to revitalise the appearance in minutes with little to no downtime. Complimentary consultations available.

Dysport[®] wrinkle treatments

Soften fine lines and minimise wrinkles between the brows, on the forehead, and around the eyes for a refreshed, youthful appearance. Smoother skin is visible within days and results last up to four months.

Treatment areas: frown lines, forehead lines, crow's feet.

Restylane[®] dermal filler treatments

Restore youthful contours on the lower face by replacing lost volume and fullness. Fillers are also used to enhance the shape and border of the lips. Results last up to six months.

Treatment areas: smile lines, marionette lines, lip lines, lip enhancements.

Thermage[®] skin tightening treatments

Tighten skin using radiofrequency to improve the appearance of sagging or loose skin on the face and body.

Treatment areas: face/neck, tummy.

Microneedling treatments

Elevate the overall texture of your skin. This treatment activates cellular regeneration, producing collagen and elastin to help tighten and lift skin.

Treatment areas: face, neck, décolleté, hands.

Salon



For a treatment as relaxed and leisurely as waves lapping at the shore, through to immersing yourself in full glamour as the sun sets on the horizon, our Salon team is here to assist with hair and nail indulgences.

Kérastase® Fusio-Dose™ Instant Hair Treatment

Fusio-Dose combines highly concentrated formulas with powerful boosters. Dry hair is intensely nourished, damaged hair is repaired and strengthened, the radiance of colour treated hair is restored, and mature hair is redensified.

Hair design

Keratin Complex® Express Blow Dry with cut
Fringe / bang trim
Brush and finishing style
Cut and style
Shampoo, cut and blow dry
Shampoo, roller set and blow dry
Blow dry enhancements
Up-do

Colour & highlighting

Full highlights
Partial highlights
Tint, toner or semi-permanent colour
Tint (roots only)

Facial & body waxing

Remove unwanted hair during your cruise for a soft, smooth finish.
Consult one of our team members for more details.

Nouveau® Lashes

LVL Lash Lift
LVL Lash Extension
LVL Strip Lash

Barber services



Visit our expert barbers for a variety of services to create your perfect look.

Pro-Collagen Grooming Treatment with shave

Smooth the skin with a youth-enhancing shave that will leave you looking and feeling revitalised. This signature grooming treatment includes the Express Shave, an anti-ageing mini facial and luxurious face, scalp, hand and arm massage.

55 minutes

Express Shave

Deep cleanse the skin with an exfoliation and double-close shave.

30 minutes

Men's haircuts

Traditional wet cut, dry cut, or head shave, the Barber provides these favourite services for men.

Beard trim / tidy up

Tidy up around the ears, nose, eyebrows and beard.

Nails



Travel the world looking well-groomed and beautifully polished. Fusing health and beauty, our expert technicians provide unsurpassed manicures and pedicures for fabulous hands and feet – for him and her.

Manicures & pedicures

Fire & Ice Manicure and Pedicure

The ultimate hand and foot treatments, a combination of cooling gels and warm stone massage soothe, whilst nails are nourished and polished to perfection.

Manicure 45 minutes | Pedicure 60 minutes

CND™ Shellac™ No-Chip 14-Day Manicure and Pedicure

This tough-as-nails treatment uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of colour, and perfect finish. It provides excellent wear and comfortable protection for up to 14 days.

Manicure 45 minutes | Pedicure 60 minutes

More nails

Traditional spa manicure
Traditional spa pedicure
Repolish
Nail fix
Paraffin (add on)

An aerial photograph of a coastline. The top portion of the image shows a dark blue, textured surface, possibly a forest or a rocky shore. Below this is a thin, white sandy beach that curves across the frame. The bottom two-thirds of the image are dominated by clear, turquoise water with visible ripples and a sandy bottom. The word "Fitness" is centered in the middle of the image in a white, serif font.

Fitness

Exercise ♦ Tailored consultation

Exercise



You don't have to leave your fitness regime behind when you set sail – and you might even find a new favourite on board.

Please be mindful that certain classes require a registration fee.

Fitness classes

Move daily for your ultimate health and wellbeing on board. From yoga to Pilates to indoor cycling, our schedule of classes offers endless opportunities to learn, get fit and have fun. Consult your daily programme for times, locations and descriptions.

45 minutes – Select classes require a registration fee.

Personal training session

In this private session, a trainer will develop or fine-tune a fitness programme tailored to your specific needs, preferences and goals.

Popular areas of focus include:

Blood pressure • Body sculpting • Bone health • Exercise for travel
Pregnancy • Strength • Cardiovascular fitness

60 minutes

Tailored consultation



Work with our team to explore who you are, and discover what you need to move forward in life – healthier and happier.

Leave your journey more in tune with your mind and body empowered to be the very best version of yourself. So much more than a healthy lifestyle regime, we offer a complete transformation of self that you can take with you into the rest of your life.

InBody570[®] Body Composition Analysis

**With new knowledge, create a healthy lifestyle
on board and forever.**

Knowledge is power. For total health, learn how to personalise your fitness routine with the very best technological expertise.

A quick, comprehensive and non-invasive, 'Body Composition Analysis' provides a complete picture of your body makeup and hydration level. You'll learn how much of your total body weight is fat and how much is lean tissue (including muscle and bone).

60 minutes

Nutritional consultation

Enhance your wellbeing with a sensible diet and exercise programme.

Our fitness professionals can provide you with the in-depth, personalised information you need to get started.

60 minutes



Signature journey

Slow Flow Yoga



Improve mental and physical stamina, flexibility and balance whilst focusing on breathing when moving between and holding postures. Built around the concept of moving meditation, this type of yoga encourages participants to move at their own pace.

45 minutes

Full Cycle

Immerse in an inspirational cycling session that simulates a real road-cycling sensation through a series of climbs and sprints. Build metabolic and muscle stamina, whilst also improving cardio strength and physical capability, as a curated playlist motivates each stage of the class, shadowing the pace your legs move at for increased focus.

45 minutes

HIIT Reboot

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

45 minutes

Total Tone Pilates

With particular focus on form and posture, lengthen and tone up the body by performing small sequences of intricate movements in conjunction with a foam-core roller, weighted balls and a Pilates ring to build strength.

45 minutes

Information

Our promise to you

We are committed to inspiring your wellness journey whilst 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 spa reception desk to ensure we remedy your experience.

Digital detox

To help you rest and relax away from the demands of the digital world, Mareel is a laptop and mobile phone-free zone.

Gratuities

Please be mindful that a 15% gratuity is added to all listed prices.

Availability

Whilst all efforts are made to make every service available for you, upkeep, refurbishment or unforeseen circumstances may result in some of the facilities being withdrawn at short notice.

Treatments and services are subject to availability.
Promotional treatments are only available during limited periods of the voyage, including specified port days.

Information

Cancellations

Please visit the spa in person, or press the 'Spa' button on your stateroom phone should you wish to cancel your appointment.

Spa etiquette

Over 18s only.

T-shirts and closed athletic shoes must be worn in the fitness area.

Smoking (including vape-devices) is not permitted.

Any concerns?

We created Mareel to give you the ultimate experience. However, if you are not completely satisfied please speak to a member of our team. If you need further assistance, please call or email:

c/o OneSpaWorld, 1-855-848-3059
customer@onespaworld.com



