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CRYSTAL ANNOUNCES NEW WELLNESS RETREATS AT SEA



*Voyages Offers Guests Exceptional and Holistic Wellness Programs Designed in Collaboration with
Leading Health, Spa and Fitness Experts*

MIAMI (July 12, 2024) — Crystal, the leader in exceptional cruise experiences, announced today two special sailings dedicated to wellness, promising guests unparalleled journeys of rejuvenation and self-discovery. Set to sail aboard the elegant *Crystal Symphony* from Dec. 1-14, 2024, and Dec. 14-23, 2024, these new retreats bring together a remarkable group of industry experts who have curated specialized programming in the categories of healthy aging, functional nutrition, fitness, mental wellbeing and body and mind detox.

Barcelona to Tema: Dec. 1 - 14, 2024 | Tema to Cape Town: Dec. 14-23, 2024

Departing from Barcelona, Spain, on Dec. 1, guests will embark on a 14-night voyage featuring an itinerary designed in collaboration with registered nutritionists, yoga and meditation specialists, sports experts, and famed authors and scientists. The cruise includes stops in Gibraltar, Morocco, the Canary Islands (Spain), and Cape Verde, offering a rich proposal of indulging plant-based dishes specifically curated by Crystal's culinary team, the possibility to follow a daily meal planning for fat mass reduction, personal training, fitness classes, yoga and meditation workshops, pickleball clinic, dance classes and lectures from renowned keynote speakers. Immersive, health-driven excursions such as Pickleball, padel, or golf

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matches in scenic environments and renowned clubs, hikes, nature walks, kayaking, cooking classes and aloe vera workshops will also be offered to guests.

On Dec. 14, another wellness journey begins as guests embark on an eight-night voyage from Tema, Ghana, to Cape Town, South Africa. This sailing will stop in Namibia and feature the same expert programming as the previous voyage.

"We're so pleased to offer Crystal guests our new wellness retreats at sea, expertly curated in collaboration with some of the best in the health and wellness industry," said Crystal's Head Nutritionist Dalila Roglieri. "It is important that our offerings align with discerning travelers' evolving tastes and needs, as wellness is at the forefront of so many of our guests' lives. These voyages will continue to shape a new era of exceptional experiences for Crystal."

Wellness Retreat Highlights Include:

- Whole, plant-based culinary menus developed by well-known Crystal's culinary team in collaboration with Dalila Roglieri, Crystal's culinary nutritionist.
- In-suite herbal tea and fresh vegetable smoothies for intermittent fasting detox days.
- Fitness programming spanning from strength and mobility training to spinning, posture workouts, aerobics, walking sessions, golf instruction, pickleball clinics and dance classes such as Rumba, Salsa, Merengue and Tango.
- Daily yoga routines designed specifically for Crystal's guests.
- Brain exercise programs, such as bridge classes and painting lessons.
- Digital detox program aimed to purify our mind and linked to the days of body detox
- Lectures from renowned keynote speakers.
- Wellness excursions focused on hikes, nature walks, Hammam packages, wellness-cuisine cooking classes and farm-to-table experiences.
- Tailored beauty and health services at Aurōra Spa, including acupuncture, aromatherapy, aqua meditation and cryo facials.

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Special Guests & Wellness Experts Include:

- **Minna McHale:** Personal trainer, yoga teacher and movement & mobility instructor who has helped hundreds of clients, including top corporations, achieve their goals across Finland, Malaysia and Australia.
- **Jenni Demus:** Yoga specialist and mental health specialist who helps individuals and organizations foster better mental health and well-being. After completing two yoga teacher trainings (ashtanga and hatha yoga), she has been teaching onboard cruise ships as well as her own studio. She has also authored the self-compassion guidebook, “30 Steps to Inner Power.”
- **Dalila Roglieri:** Registered Nutritionist specializing in Dietetics, Clinical and Sport Nutrition. The passion for healthy food associated with gastronomy has allowed her to work with many chefs around the world designing menus and balanced gourmet recipes. She also collaborated with famed food companies on international projects to support the business and involve healthy eating in their clients’ habits. Among the most well-known include Kellogg's, Danone, Yakult and Crystal.
- **Dr. Christine Houghton:** A worldwide keynote Registered nutritionist with a PhD in Nutrigenomics and a BSc in Biochemistry. She is the founder and faculty head of the Institute for Nutrigenomic Medicine and has co-authored courses on Clinical Nutrigenomics. Now in its 3rd edition, her book, “Switched On – Embracing the Science of Nutrigenomic Medicine” introduced consumers and clinicians to this revolutionary approach to nutrition science when the first edition was launched in 2010.

Book one of the exceptional wellness retreats or any of Crystal’s itineraries by contacting your travel advisor, visiting www.crystalcruises.com or calling 1-800-446-6620.

About Crystal

For more than three decades Crystal has been synonymous with exceptional, award-winning voyages. In 2022 A&K Travel Group acquired the Crystal brand and its two vessels, *Crystal Serenity* and *Crystal Symphony*, ushering in a new era of Exceptional at Sea. The globally renowned cruise line offers discerning travelers industry-leading, authentic, and enriching experiences both onshore and at sea. Crystal’s pioneering partnership with Abercrombie & Kent provides guests with unparalleled access to the most sought-after experiences, destinations, and the latest cultural makers around the world. The reimagined

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ships boast larger, updated suites with artisanal finishes, new cutting-edge wellness offerings, spectacular entertainment, and complimentary world-class dining - including the return of UMI UMA - the only dining experience by Michelin-Star Chef Master Chef Nobuyuki (Nobu) at sea. With a legacy of unrivaled service and commitment to sophistication and elegance at every touchpoint, once on-board passengers feel as if they are perfectly at home.

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