



# 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.

A CANYON RANCH® EXPERIENCE. EXCLUSIVELY CUNARD

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**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.



There is no elixir on the earth  
like the smell of sea air.

The feeling of fresh salt water sprayed  
on sun-kissed skin. Shimmering waters,  
aquamarine scents and the gentle  
lapping of the waves.

Watching the sun rise and fall,  
time doesn't move from minute  
to hour—but mood to moment.

Moments in which to reflect  
and replenish, refresh and renew.

## **A Canyon Ranch Experience. Exclusively Cunard.**



While Cunard sets the standard in maritime luxury, Canyon Ranch®, our chosen partner, sets the stage for wellness and beauty expertise. Together, our aim is to create a sanctuary of calm, where you can soak up the transformational power of the oceans.

We invite you to relax, enjoy renewed energy, improved health and appearance.

Join us on a journey of lasting change, exploring who you are and discovering what you need to move forward.

Leave more in tune with your body and mind.  
Empowered to be the best version of you.

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## INFORMATION

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### 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 in the spa, or press the 'Spa' button on the phone in your room.

### OPENING TIMES



#### **Fitness Centre**

6am to 8pm daily

#### **Spa & Aqua Therapy Centre**

8am to 8pm daily

#### **Beauty Centre & Skincare**

8am to 8pm daily

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## SPA INFORMATION

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### FINDING THE SPA & BEAUTY CENTRE



The spa is on Decks 9 & 10  
Beauty Centre is Deck 9, Forward A Stairway

### PREPARING FOR YOUR VISIT



Please bring your own fitness wear and bathing suit.  
We don't provide clothing, although you can buy various items in our boutique.  
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

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—while 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, speed 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.

Access to the Aqua Therapy Centre is included with any facial, body or wellness service, or with a spa pass.

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

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## SPA FACILITIES

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### **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.

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## SPA FACILITIES

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### **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 | 80 minutes

## Mareel Stone Massage



*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.

80 minutes

## Thai Massage



*Your body is left feeling light and comforted, mind is serene.*

Unwind with nurturing bodywork that promotes physical flexibility and ease. Given on a traditional floor mat, this technique uses slow, focused movements to guide your body to unwind.

50 | 80 minutes

## Aromatherapy Massage



*With personalised scents, your senses are seduced—leaving mind, body and spirit re-energized.*

Escape from the everyday world with all-natural full-body massage—the ultimate healthy pleasure to nourish the skin, eliminate toxins, relax muscles and strengthen the immune system.

50 | 80 minutes





SIGNATURE TREATMENT

# Mindful Dreams Sleep Ritual



*Prepared for the perfect night's sleep,  
your body and mind are left deeply relaxed.*

Evoke instant tranquillity with the ultimate sleep-encouraging experience. Incorporates specially designed soothing products alongside massage and meditation techniques, to foster inner wellbeing and serenity.

80 minutes

## Deep-Tissue Massage



*Muscles released, the mind and body are invigorated.*

The ultimate muscle meltdown, put yourself in our hands for an intensive massage focused on releasing deep muscle layers.

50 | 80 | 100 minutes

## Ayurvedic Muscle Release Treatment



*Your mind, body and soul are left balanced and serene.*

Using soothing, traditional Ayurvedic massage movements on the body, feet and scalp—bringing a deep sense of balance to body and mind.

50 minutes

## Ayurvedic Shirodhara Treatment



*With tension released, your skin is left nourished,  
your mind and body serene.*

Leave the weight of the world behind as this deeply restorative treatment eases tension in the neck and head, comforting the entire nervous system. The flowing oil of the Shirodhara eases stress, melts tensions and quiets the mind.

30 | 50 minutes

## Body Samadhi



*Body balanced, your skin is left soft and hydrated. Mind rested.*

The ultimate long, luxurious treatment. Skin-nourishing mud envelopment and aromatherapy is followed by Ayurvedic scalp and foot massage, finished with a sumptuous body massage using calming body oils.

80 minutes

## Luminescence Massage



*Revived from the inside out, your skin is left radiant, your mind lightened.*

Revitalise and protect the skin and body against the environment with the unique benefits of sea algae. The body is exfoliated and massaged to reveal a radiant, healthy glow to the skin.

80 minutes

## 5-Point Star Massage Treatment



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

Revitalise the entire body with a unique treatment. Feet and hands are treated to exfoliation, moisture infusion and kneading, followed by a full-body Swedish massage using soothing body oils.

80 minutes

## Restore & Rebalance Ritual



*Deeply relaxed, your skin is left purified and nourished, while mind is relaxed.*

Restore a sense of wellbeing and inner-peace with a tranquil, sleep-inducing Balinese and Hawaiian massage—while a combination of gentle exfoliators, masks and serums transform the skin.

50 minutes

## Waves of Beauty



*Let go of life on land. Body balanced and still, your mind is at one with the sea – tranquil and serene.*

Head, scalp and shoulders are deeply massaged, while breathing in nurturing aromatherapy. Feet are then exfoliated with an algae-aloe scrub, before the whole body is revitalised with seaweed infused dead sea salt.

50 minutes

## Muscle Release Back & Shoulder Massage

*Free of tension, your neck and shoulders are relaxed, while mind is eased.*

Feel stress melt away with a penetrating back and shoulder massage using soothing specialised oils—to help free and heal tightness and inflammation in the neck and shoulders.

30 minutes

## Scalp and Foot Massage

*Serene and still, your body and mind are left deeply relaxed.*

Quiet, centre and ground the mind with a deeply relaxing scalp massage. Follow with an Ayurvedic foot bowl massage with calming aromatherapy oils applied to pulse points—evoking tranquillity.

30 minutes

## Nourishing Hand Treatment & Foot Massage

*Relaxed and balanced, your skin is left moisturised. Mind at peace.*

Unfurl deeply held tension in hands and feet through special Ayurvedic treatments and lavish aromatherapy oils applied to pulse points. Followed by nurturing foot bowl massages to bring a deep sense of serene well-being.

30 minutes

## Seaweed Leaf Foot Ritual

*Deeply relaxed, legs are pampered and invigorated after a long walk.*

Relax and recharge the lower limbs with an invigorating sea salt scrub, followed by a lower-leg massage. Legs are wrapped in warm seaweed leaves to detoxify, nourish and increase circulation.

50 minutes

### MASSAGE ENHANCEMENTS

Personalise your massage with our enhancements.

**Relaxation Scalp Massage | Revitalising Foot Treatment**  
**Waking Up Scalp Massage**

# Body Treatments



Marine-inspired experiences that relax the body  
and rejuvenate the skin, while soothing the mind.

## Organic Lavender & Seaweed Glow



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

Revitalise, heal and glow with a full body exfoliation using a blissfully fragrant mix of essential lavender oil and seaweed extracts, to gently remove dead skin cells.

55 minutes

## Lazy Days Detox Seaweed Bath



*Deeply relaxed and invigorated, your body is revived. Your mind restored.*

Replacing lost trace minerals, this organic ritual moisturises and heals the skin using the natural power of hand harvested seaweed, allowing the body and mind to fully relax and restore.

45 minutes

## Warm & Toning Spiced Mud Wrap



*Ready for the day ahead, your skin is left invigorated and firm. Your mind energized.*

Experience instant toning and firming with a seaweed-based wrap rich in antioxidants and minerals to stimulate the metabolism—giving a natural anti-ageing boost.

50 minutes

## Organic Seaweed Leaf Wrap



*Intensely purified, the body is left soft and firm. Your mind invigorated.*

Soften and firm the skin with a detoxifying therapy using real organic Luminaria Seaweed Leaves to buff, scrub and wrap. Finish with a soothing massage to nourish skin and relax the body.

80 minutes



SIGNATURE TREATMENT

# Ocean Discovery



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 30 minute treatments individually—or group together  
for longer, luxurious experiences:*

Ocean Discovery Facial  
Lavender Scrub  
Ocean Voyage Back Massage  
Seaweed Leaf Leg Wrap  
Hot Oil Face & Scalp Massage

*Our recommendation: Delve into the ultimate 'Taste of the Ocean'  
experience by combining all five into an extended 80-minute treatment.*

30 | 60 | 80 minutes

## Rasul Ceremony



*Your body and mind are left cleansed and comforted.*

Indulge your senses with this unique cleansing experience; alone, or together. Smooth rare, purifying muds on your own or your partner's skin, and recline among comforting herbal scents in our exquisite tiled private steam room.

50 minutes  
Single | Couple

## Organic Crystal Wrap



*Your body rested, skin is left restored, and your mind tranquil.*

Restore peace with an aloe butter and virgin coconut oil wrap, combined with crystal energy work. Followed by a eucalyptus and laurel-leaf facial using acupressure and scalp massage to release tension and rejuvenate skin.

50 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.

## 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

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## OUR BRANDS OF CHOICE

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We pride ourselves on meeting our brand owners, and personally checking production facilities for socially-responsible technology, expert manufacturing and processing—ensuring the best for our clients on-board.

For ocean-inspired organic treatments, we carefully select brands whose products are lovingly created—using ingredients that are sustainably harvested, wild-picked, botanical, biodynamic and toxin-free.

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## OUR BRANDS OF CHOICE

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### RED FLOWER

The pioneering, toxin-free, luxury botanical beauty brand. Engage the senses with the therapeutic power of plants from around the world.

### BRICKELL MEN'S PRODUCTS

A highly-performing natural skincare line designed exclusively for men that combines organic, high quality natural ingredients with green technology.

### ENVIRON

For more than 25 years, known for state-of-the-art, results-driven products and treatments to meet the needs of people of all ages, skin types and ethnicities. Contains vitamins A and C, antioxidants, peptides and growth factors that keep skin looking healthy and youthful.

### KERASTASE

The best in-class haircare offers clients unsurpassed products and treatments that satisfy the simple desire for exceptional hair. Explore the luxury natural origin range, Aura Botanica.

### MARGARET DABBS

An innovative, unique fusion of expert beauty and health for the hands and feet, using the healing super ingredient, Australian Emu Oil—which has been used medicinally for thousands of years.

### DELILAH MAKEUP

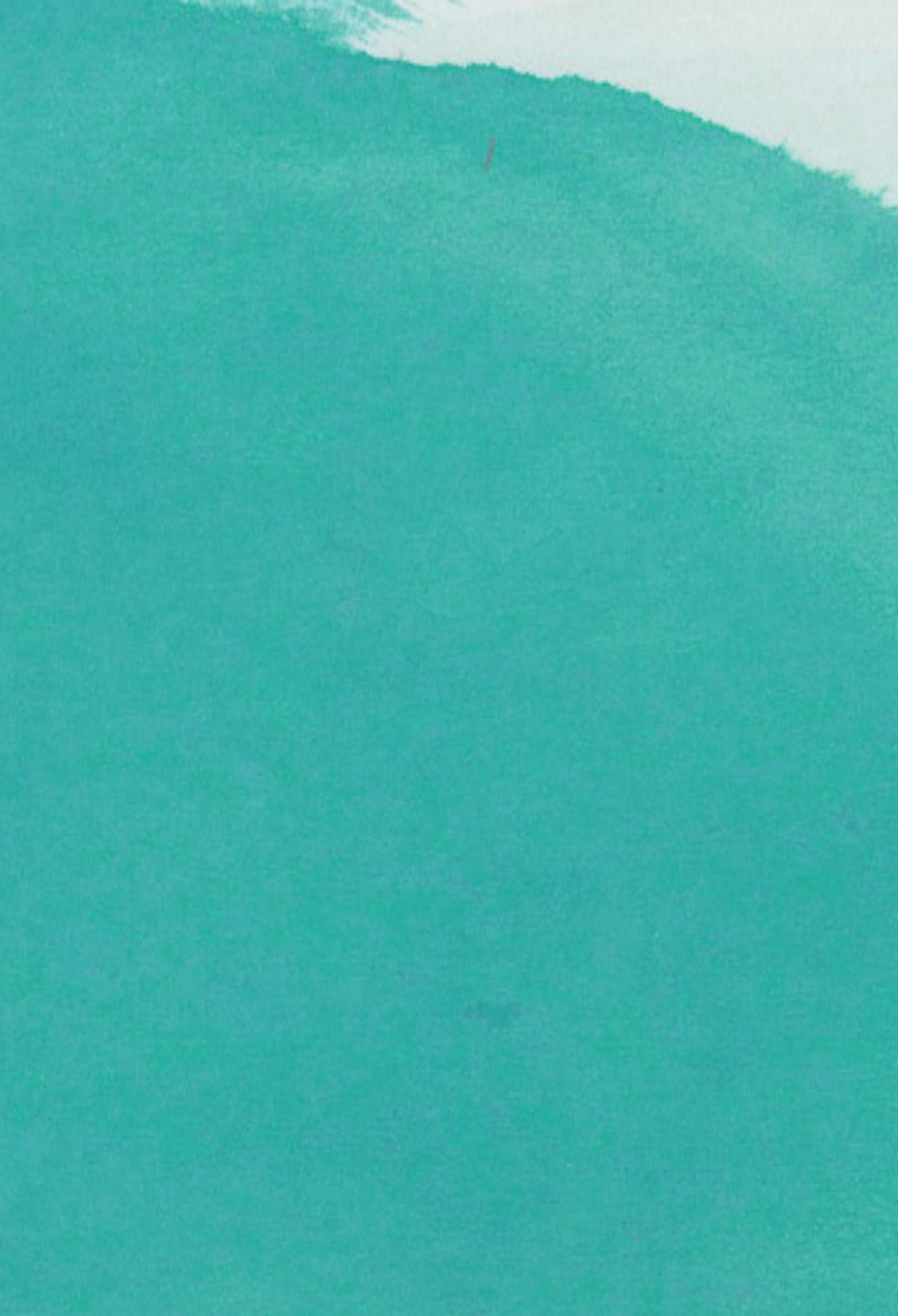
delilah was born out of a passion for cosmetics, and the desire to help women of all ages to look and feel beautiful. A touch of understated luxury you can enjoy every day—without parabens or animal testing.

### SHANKARA

100% natural, effective products and holistic spa treatments with a unique East-West approach that promotes overall well-being. Ayurvedic treatments help bring balance to the whole person, leaving you feeling refreshed and able to fully enjoy your voyage.

### VOYA

The leader in organic seaweed skincare worldwide for more than a decade. Created lovingly by the Walton family on the west coast of Ireland, VOYA is a spa brand that uses only hand-picked wild seaweed to help improve your health, skin and wellbeing.





# Beauty

BEAUTY

BEAUTY ESSENTIALS ♦ SALON ♦ BARBER SERVICES ♦ NAILS

# Beauty Essentials



At Mareel, beauty is more than just skin-deep. Inspired by the shimmering glow of the ocean, our experts are on hand to enhance your appearance on every level, igniting your own radiance, and helping you to look as good as you feel.

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## LUXURIOUS ORGANIC FACIALS

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Indulge in a treatment that uses sustainably sourced, certified organic marine ingredients—all backed by scientific evidence.

Seaweed and skin plasma are almost identical in chemical composition, making it the perfect solution to replenish and nourish the skin. Studies show that organic seaweed can improve collagen production in the skin by 200%.





SIGNATURE TREATMENT

# Age-Defying Restorative Facial



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

Experience instantly firm and tight skin with a facial using seaweed and botanical ingredients to stimulate collagen production—reducing the appearance of fine lines and wrinkles.

50 minutes

## Self-Discovery Radiance Facial



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

Even skin tone and increase clarity with an organic facial massage using a combination of gentle exfoliators, serums and masks. Release toxins, improve radiance and restore a glowing complexion.

50 minutes

## Intense Defence for Men



A powerfully-effective treatment to relieve shaving rash, razor burns or ingrown hairs. Skin is exfoliated with bamboo, followed by a cleansing facial and scalp massage using an antioxidant algae blend, and restorative aromatherapy oils.

50 minutes

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## SCIENTIFICALLY PREVENTATIVE FACIALS

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Superior scientific skin care facials—designed with you in mind, and customised to fit into your time schedule and desired treatment.

Benefit from the very best of science and cutting-edge technology, fused with the most innovative skin care principles. An advanced system to enhance the efficacy of the ingredients, and provide faster, more effective results.

Our therapists will discuss your specific concerns and individually address them in each service. For more powerful results, we suggest having a series of treatments.

### **Choose your desired outcome below:**

Three Treatments all at 30 | 50 | 80 minutes

30 mins: For a speedy glow in an instant.

50 mins: Including a facial massage to increase relaxation.

80 mins: The full ritual, specifically tailored to areas you want to focus on.

## **Restoring**

Designed to repair existing damage, leaving skin soft and hydrated. Great for textural smoothing.

## **Reviving**

Ideal for overall skin renewal, this brightens and tightens your skin with our innovative ingredients.

## **Rehabilitating**

For skin plumping and deep hydration, we use state of the art technology and ingredients to create total skin rejuvenation.

## Makeup Creation & Lesson



Become your own makeup artist. A professional will show you how to make the most of your bone structure, complexion and skin type for your lifestyle.

50 minutes

## Express Teeth Whitening



For a brighter smile in less than half an hour, this peroxide-free laser teeth-whitening system provides immediate results. It causes no structural or enamel change, and your experience will be painless. This process is recommended by dentists for adults of all ages, as long as your teeth and gums are healthy.

20 minutes

# 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 preening, styling, buffing and polishing.

## Hair Design



Enjoy the up most quality hair services on-board.

Fringe / bang trim  
 Brush & finishing style  
 Cut & style  
 Shampoo, cut & blow-dry  
 Shampoo, roller set & blow-dry  
 Blow-dry enhancements  
 Up-do / up-style

## Colour & Highlighting



Revive your colour in the heart of your voyage.

Bleach  
 Full highlights  
 Highlights (2 to 4 foils)  
 Partial highlights  
 Tint, toner or semi-permanent colour  
 Tint (roots only)

## Hair & Scalp Treatment



Restore natural vitality with custom hair care and scalp treatments—with a style suiting your taste to finish.

80 minutes

## Facial & Body Waxing



Remove unwanted hair during your cruise for a soft, smooth finish.

*A full range of services are available.  
 Consult one of our team members for more details.*

# Barber Services



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

**Beard Trim Express**



**Beard Trim / Shave**



**Haircut**



**Head Shave**



**Moustache Outline**



**Traditional Wet Shave**



# 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.

*Mareel Tip: Consider experiencing the exclusive Cunard Red custom nail polish colour.*

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## MANICURES

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### Supreme Manicure



Our outstandingly indulgent age-preventative and repairing signature manicure treatment. Treating from your elbow to the tips of your fingers with the finest in hand and body products. Exceptional results, finishing with a wonderful creamy scrub, anti-ageing hand serum and a hand and lower arm massage. Simply the best manicure you can find.

50 minutes

### Total Manicure



A thorough manicure, to the point and hugely effective including cuticle work, nail shape and nail polish.

35 minutes

### Shape & Polish Manicure



A luxurious neatening and hydrate. Take a moment for yourself while our nail technicians shape and polish your nails, followed by applying a rich moisturiser to soothe and smooth skin.

20 minutes

### Shape & French Polish Manicure



The ultimate classic. Neaten and hydrate, and finish with the perfect French polish application.

25 minutes

### Gentlemen's Manicure



A refreshing and restorative treatment. We treat hard-working skin to exfoliation and hydration, with a file, soak, groom, massage and buff, all using products made for gentlemen.

20 minutes

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## PEDICURES

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Enjoy long-lasting results from a full range of luxurious products. Includes an exfoliation and foot bath, plus a wonderful revitalising and hydrating foot massage. Pure transformation with stunning results.

### Total Pedicure



A thorough pedicure, to the point and hugely effective including cuticle work, hard skin removal with foot file and nail polish application.

40 minutes

### Shape & Polish Pedicure



Complete your pampering from top to toe, with a relaxing soak, exfoliation and moisturisation for your feet, followed by nail shaping and polishing to perfection.

20 minutes

### Shape & French Polish Pedicure



Our smoothing and moisturising pedicure, finished with immaculately applied, classically elegant French polish.

20 minutes

### Gentlemen's Pedicure



Our gentlemen's pedicure creates long-lasting smoothness and hydration for the feet, and tidies nails with a file and buff —all using products developed especially for men's skin.

30 minutes



SIGNATURE TREATMENT

# Supreme Pedicure



Our outstanding signature pedicure treatment. Treat your feet to the finest of products for exceptional results from an exfoliation, foot bath and a wonderful revitalising and hydrating foot massage.

50 minutes



An aerial photograph of a coastline. The top portion of the image shows a white sandy beach curving along the shore. Below the beach is a strip of green vegetation, likely a dune or coastal scrub area. The bottom two-thirds of the image are dominated by clear, turquoise water with visible underwater textures and ripples.

# Fitness

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 aerobics, Pilates to indoor cycling, breathing to meditation—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

25 | 50 minutes

## Myofascial Release Class



Reverse the effects of sitting for long periods of time by working on posture and dissolving body knots. A great first day class to gain instant body and mind freedom—melting into relaxation mode for the rest of your trip.

50 minutes

## Assisted Stretch



Feel fitter, younger and leaner on-board by taking your flexibility a step further with an expert's helping hand. A safe way to discover your abilities and build strength.

25 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.

## Gait Analysis



**Leave the voyage with a better understanding of your body, from the inside out. An analysis that will help you from our voyage to your next.**

An ideal way of assessing the way in which you walk and run, to improve your level of fitness. Uses a computerised assessment of the biomechanics of your feet, as you walk across an orthotics mat.

Includes review and recommendations for orthotics, if indicated. (Off-the-shelf Foot Doctor orthotics are available for purchase).

*Note: This service is not appropriate for evaluating prescription orthotics you are already using.*

25 minutes

## Bodystat® 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, 'Bodystat 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).

25 minutes

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## INFORMATION

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### 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 12.5% gratuity is added to all listed prices.

### AVAILABILITY



While 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.

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## SPA INFORMATION

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### CANCELLATIONS



Please visit the spa in person, or press the 'Spa' button on your room phone. To receive a full refund please cancel:

**Spa appointments**

At least 6 hours prior

**Salon appointments**

At least 3 hours prior

### 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 email:

[atsea@canyonranch.com](mailto:atsea@canyonranch.com) or call 855-206-6655.

To dial internationally call 520-239-3283



# MAREEL

WELLNESS & BEAUTY



## Aqua Therapy Centre

1 DAY PASS / \$35

Full Cruise Pass available.



## Signature Treatments

### Mindful Dreams Sleep Ritual

80 MIN \$188

### Ocean Discovery

30 | 60 | 80 MIN FEES VARY

Choose From The List Below.

### Taste of the Ocean

includes samplers for 80 MIN \$209

|                              |        |      |
|------------------------------|--------|------|
| Ocean Discovery Facial       | 30 MIN | \$76 |
| Lavender Scrub               | 30 MIN | \$82 |
| Ocean Voyage Back Massage    | 30 MIN | \$82 |
| Seaweed Leaf Leg Wrap        | 30 MIN | \$70 |
| Hot Oil Face & Scalp Massage | 30 MIN | \$62 |

### Age-Defying Restorative Facial

50 MIN \$121

### Supreme Pedicure

50 MIN \$73

## Spa

### MASSAGE & BODY WORK

|  |                   |                       |
|--|-------------------|-----------------------|
| Mareel Massage                           | 50   80 MIN       | \$135   \$195         |
| Mareel Stone Massage                     | 80 MIN            | \$200                 |
| Thai Massage                             | 50   80 MIN       | \$140   \$205         |
| Aromatherapy Massage                     | 50   80 MIN       | \$145   \$200         |
| Deep Tissue Massage                      | 50   80   100 MIN | \$165   \$242   \$300 |
| Ayurvedic Muscle Release Treatment       | 50 MIN            | \$144                 |
| Ayurvedic Shirodhara Treatment           | 30   50 MIN       | \$100   \$152         |
| Body Samadhi                             | 80 MIN            | \$200                 |
| Luminescence Massage                     | 80 MIN            | \$195                 |
| 5-Point Star Massage Treatment           | 80 MIN            | \$200                 |
| Restore & Rebalance Ritual               | 50 MIN            | \$133                 |
| Waves of Beauty                          | 50 MIN            | \$133                 |
| Muscle Release Back & Shoulder Massage   | 30 MIN            | \$87                  |
| Scalp & Foot Massage                     | 30 MIN            | \$87                  |
| Nourishing Hand Treatment & Foot Massage | 30 MIN            | \$87                  |
| Seaweed Leaf Foot Ritual                 | 50 MIN            | \$124                 |

### MASSAGE ENHANCEMENTS

|                             |      |
|-----------------------------|------|
| Relaxation Scalp Massage    | \$36 |
| Revitalising Foot Treatment | \$36 |
| Waking Up Scalp Massage     | \$32 |

### BODY TREATMENTS

|                                 |        |                                  |
|---------------------------------|--------|----------------------------------|
| Organic Lavender & Seaweed Glow | 30 MIN | \$82                             |
| Lazy Days Detox Seaweed Bath    | 45 MIN | \$125                            |
| Warm & Toning Spiced Mud Wrap   | 50 MIN | \$168                            |
| Organic Seaweed Leaf Wrap       | 80 MIN | \$209                            |
| Rasul Ceremony                  | 50 MIN | \$94 SINGLE   \$113 (PER PERSON) |
| Organic Crystal Wrap            | 50 MIN | \$120                            |

### ALTERNATIVE TREATMENTS

|             |        |       |
|-------------|--------|-------|
| Acupuncture | 50 MIN | \$155 |
| Reflexology | 50 MIN | \$125 |

# Beauty

## SALON

### HAIR DESIGN

|   |                    |
|---|--------------------|
| Fringe/bang Trim  | \$12               |
| Brush & finishing Style                                 | \$35               |
| Cut & style<br>Short   Medium   Long                    | \$65   \$70   \$80 |
| Shampoo, cut & blow-dry<br>Short   Medium   Long        | \$65   \$70   \$80 |
| Shampoo, roller set & blow-dry<br>Short   Medium   Long | \$42   \$50   \$57 |
| Blow-dry enhancements<br><b>LONG</b>                    | \$20               |
| Up-do/up-style<br>Medium   Long                         | \$57   \$65        |

### COLOUR & HIGHLIGHTING

|   |                    |
|---|--------------------|
| Bleach  | \$55               |
| Full highlights   | \$125              |
| Highlights (2-4 foils)  | \$35               |
| Partial highlights  | \$87               |
| Tint/toner/semi-permanent highlights<br>Short   Medium   Long | \$68   \$74   \$82 |
| Tint (roots only)   | \$65               |
| Hair & Scalp Treatment<br><b>80 MIN</b>                       | \$125              |

Facial & Body Waxing  
**TIMES AND FEES VARY**

### BARBER SERVICES

|                       |      |
|-----------------------|------|
| Beard Trim Express    | \$43 |
| Beard Trim/Shave      | \$80 |
| Gentlemen's Haircut   | \$35 |
| Head Shave            | \$50 |
| Moustache Outline     | \$15 |
| Traditional Wet Shave | \$65 |

## Fitness

### EXERCISE

|  |                       |
|--|-----------------------|
| Fitness Classes<br><b>45 MIN</b>   | <b>FEES MAY APPLY</b> |
| <i>Consult your daily programme for times, locations and descriptions.<br/>Visit the Spa to sign-up.</i> |                       |
| Personal Training Session<br><b>25   50 MIN</b>  | \$55   \$88           |
| Myofascial Release Class<br><b>50 MIN</b>  | \$10                  |
| Assisted Stretch<br><b>25 MIN</b>  | \$55                  |

## FACIALS

|  |                      |
|--|----------------------|
| Self-Discovery Radiance Facial                   | \$121                |
| Intense Defense for Men                          | \$116                |
| Restoring Facial<br><b>30   50   80 MIN</b>      | \$76   \$121   \$180 |
| Reviving Facial<br><b>30   50   80 MIN</b>       | \$76   \$121   \$180 |
| Rehabilitating Facial<br><b>30   50   80 MIN</b> | \$76   \$121   \$180 |
| Makeup Creation & Lesson<br><b>50 MIN</b>        | \$89                 |
| Express Teeth Whitening<br><b>20 MIN</b>         | \$189                |

## NAILS

### MANICURES

|   |      |
|---|------|
| Margaret Dabbs London Supreme Manicure<br><b>50 MIN</b> | \$60 |
| Total Manicure<br><b>35 MIN</b>                         | \$36 |
| Shape & Polish Manicure<br><b>20 MIN</b>                | \$23 |
| Shape & French Polish Manicure<br><b>25 MIN</b>         | \$27 |
| Gentlemen's Manicure<br><b>20 MIN</b>                   | \$24 |

### PEDICURES

|   |      |
|---|------|
| Margaret Dabbs London Supreme Pedicure<br><b>50 MIN</b> | \$73 |
| Total Pedicure<br><b>40 MIN</b>                         | \$57 |
| Shape & Polish Pedicure<br><b>20 MIN</b>                | \$35 |
| Shape & French Polish Pedicure<br><b>20 MIN</b>         | \$38 |
| Gentlemen's Pedicure<br><b>30 MIN</b>                   | \$45 |

## TAILORED CONSULTATION

|  |      |
|--|------|
| Gait Analysis<br><b>25 MIN</b>                       | \$69 |
| Bodystat® Body Composition Analysis<br><b>25 MIN</b> | \$55 |



A CANYON RANCH® EXPERIENCE. EXCLUSIVELY CUNARD.

For appointments: visit decks 9 & 10 or press the Spa button on the phone in your room.  
A 12.5% gratuity will be added to all services.