

CRYSTAL®

CRYSTAL SETS SAIL ON SECOND ANNUAL WELLNESS RETREAT CRUISES

*Enjoy A Curated Lineup of Fitness, Yoga, Mental Well-Being,
Nutrition And Scientific Education Programs Led by World-Class Specialists*



MIAMI (Feb. 13, 2025)— With the growing popularity and focus on wellness trends in the cruise industry, Crystal invites guests to its second annual Wellness Retreat Cruises, a transformative 15-night journey from [Lisbon to Tema Nov. 26 – Dec. 11, 2025](#), or a 12-night sailing from [Tema to Cape Town Dec. 11–Dec. 23, 2025](#), both onboard *Crystal Symphony*. These extraordinary voyages feature comprehensive wellness curriculums designed to revitalize the body, mind and spirit while exploring incredible destinations.

With its unique blend of wellness programming and cultural immersion, these exclusive retreats offer the ultimate opportunity to rejuvenate and explore the wonders of the world while experiencing authentic wellness programs from an array of experts including Crystal’s Head Nutritionist Dalila Roglieri, fitness connoisseur Minna McHale, yoga and mental well-being specialist Jenni Demus and keynote speaker Magnus Appelberg, a renowned somatic therapist, author, and cold exposure expert.

“Wellness on Crystal is a holistic approach to health, focusing on finding balance across the many dimensions of your being,” said Roglieri. “Our Wellness Retreat Cruises are designed to show travelers just how beautiful and fulfilling their personal wellness journey can be—especially at sea.”

Highlights of the 2025 Wellness Retreat Cruises include:

- **Fitness and sports programs:** Led by Minna McHale, guests can participate in functional training, strength & balance classes, pool-based exercises and guided walking sessions, all tailored to individual needs and abilities. Additionally, there will be hosted pickleball and golf clinics led by professionals.
- **Yoga and meditation:** From morning yoga to mindfulness meditation, practices taught by Jenni Demus enhance relaxation, mobility and mental clarity.

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- **Workshops and lectures:** Guided by Magnus Appelberg, attendees will learn strategies for longevity, mental resilience and well-being through hands-on workshops and insightful talks, including sessions on strength training, cold exposure and the science of breathing.
- **Culinary nutrition:** Savor plant-rich dishes crafted by Crystal's chefs in collaboration with Roglieri, along with cooking classes, detox programs and one-on-one consultations.
- **Exclusive wellness excursions:** Explore local cultures and landscapes with nature hikes, yoga sessions, enriching botanical experiences, and gastronomic delights.
- **Aurōra Spa experiences:** Indulge in world-class spa treatments, from aromatherapy to acupuncture with special packages tailored for relaxation and rejuvenation.

"Following the success of our first wellness sailings, we are pleased to enhance this transformative experience in 2025," said A&K Travel Group Chief Product Officer Fernando Delgado. "These voyages seamlessly blend sophistication, wellness and discovery, providing guests with the inspiration and tools to embrace healthier, more balanced lifestyles."

The 2025 Wellness Retreat Cruises are currently [available for booking](#). For more information or to reserve your exceptional wellness retreat, visit www.crystalcruises.com, contact your travel advisor or call 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 (AKTG) acquired the Crystal brand and its two vessels, Crystal Serenity and Crystal Symphony, ushering in a new era of being 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 and destinations around the world. The reimagined ships boast larger, updated suites with artisanal finishes, and almost one member of crew per guest. Crystal is home to the first-ever Casino de Monte-Carlo at sea as part of an exclusive collaboration with Monte-Carlo Société des Bains de Mer (SBM), and world-class dining includes Umi Uma®, the only dining experience at sea by Michelin-rated chef Nobu (Nobuyuki Matsuhisa), and the only Beefbar on the ocean, a collaboration with visionary restaurateur Riccardo Giraudi. The ships also feature cutting-edge wellness at the Aurōra Spa, and spectacular entertainment including Broadway-standard shows. With a legacy of unrivaled service and commitment to sophistication and elegance at every touchpoint, once onboard guests feel as if they are perfectly at home.

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