

Last updated: June 2026



Your SPA & Sport services at a glance

Leave everyday life behind on shore and treat yourself to some relaxing days at sea.
Let us pamper you from head to toe with our special range of massages, beauty treatments and body rituals. You can also enjoy a wide range of sports activities on board. We will be happy to put together a personalised package for you.

Set sail for relaxation

Our *Mein Schiff*® fleet takes you to some of the world's most beautiful places. At the same time, it also gives you the chance to rediscover something that is always with you: your inner balance. Let the wind carry your thoughts away while you recharge in our award-winning SPA & Sport area.

Look forward to spacious sauna facilities, revitalising body treatments, a varied sports programme and personalised beauty experiences. In this brochure, you can discover an exclusive selection of highlights that await you on board.

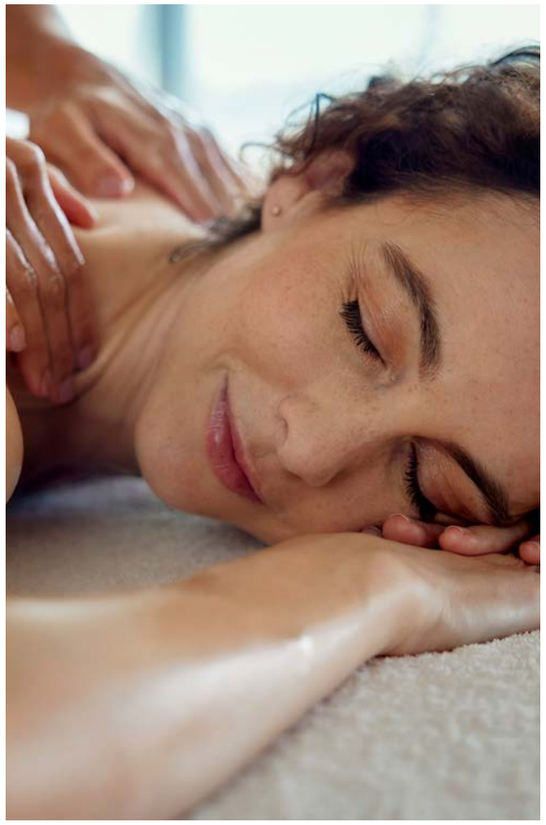
GOOD TO KNOW:
Thanks to ***Mein Schiff*® Premium inclusive benefits,** many of our offerings are already included in the price of your holiday.

On port days, you can also take advantage of exclusive discounts on a wide range of SPA treatments. Current prices can be found in the My Cruises on-board portal, in the *Mein Schiff*® app or at the SPA & Beauty reception.
Visit the SPA & Beauty or Sports & Health reception to book your treatments in person – we will be happy to help you choose. You can also book in just a few clicks via the My Cruises on-board portal and in the *Mein Schiff*® app. Explore our wide range of services to find the best ones for you.









Contents

06 **SPA & Beauty**
Sauna & SPA information
10 Beauty & cosmetics
14 Manicures & pedicures
16 Permanent make-up
16 Hairdresser
17 For men
18 Massages & body treatments
22 Body treatments
23 Hybrid SPA
24 Relaxing together…
25 Kids & teens treatments

26 **Sports & Health**
26 Tested for heart health and fitness
28 The complete programme for your health
30 Training tailored to your body and needs
32 Packages
34 Lectures
36 Get active – with sea views under open skies
38 Pure sporting pleasure
40 Workshops and events
42 Ganz Schön Gesund – the concept
44 Oases of tranquility
46 Barrel Sauna

48 At a glance –
Frequently Asked Questions

Symbol key:

Vegan cosmetics

Mein Schiff® Premium inclusive benefits

Sauna and SPA – pure relaxation



At the SPA & Beauty reception, you can book your massages and beauty treatments in person – our team will be happy to advise you.

You can also book conveniently in just a few clicks in the My Cruises on-board portal and the *Mein Schiff*® app.

Good to know:

Textile-free zone
The sauna area is a textile-free zone for all guests. The outdoor sauna deck serves as a relaxation area where guests can also go topless if they wish. We kindly ask that you keep your lower body covered with a towel, as required under Maltese law.

Children in the sauna
Children aged six to eleven may use the bio sauna for up to five minutes at a time if accompanied by a parent or guardian.
From the age of twelve, children may use the sauna accompanied. From the age of 14, the sauna may be used without restrictions.

Preparing…

A relaxed start to your spa experience
Ideally, come straight from your cabin to the SPA & Beauty area in your bathrobe.

A place of calm
The SPA & Beauty area is all about switching off for a while. We therefore kindly request that you do not use your mobile phone.

Less is more
Please leave your outdoor shoes in your cabin. Food and drink are also not permitted in the SPA & Beauty area.

Take your time
You're on holiday, so take your time. Plan at least an hour for your visit. Also avoid going into the sauna hungry or on a full stomach.





Getting started…

Clean and dry
Please shower and wash before entering the sauna. Dry yourself off – dry skin sweats more quickly.

Use a towel
For hygiene reasons, please remember to sit or lie on one of our towels while in the sauna.
To help protect the environment, you can use the towel more than once.

Better together
For safety reasons, we recommend not using the sauna alone – or at least letting a member of our staff know before entering.

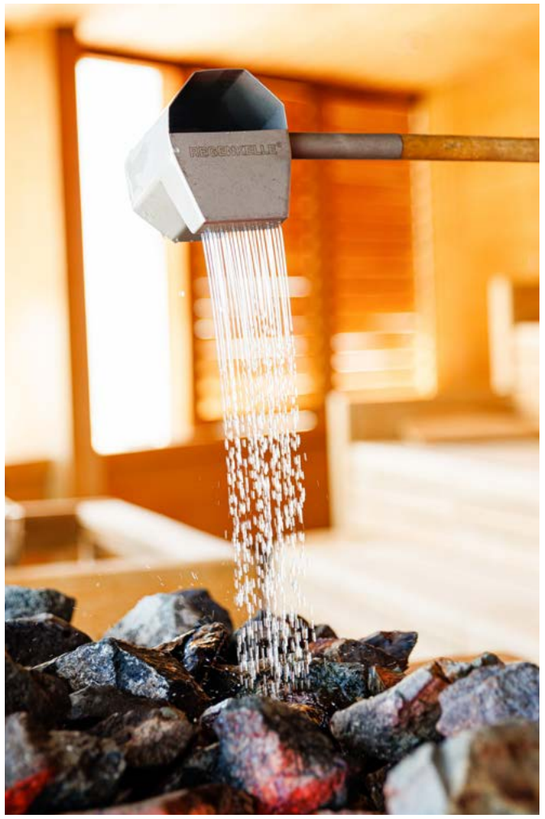
Hot, hotter... careful!
Please note that the temperature inside the sauna is higher near the stove and on the upper benches.

After your sauna…

Take it easy
Take some time to unwind in our relaxation area between sauna sessions. We also recommend a massage afterwards.

Cool down
You don't have to take a cold shower or plunge into the ice tub right away. A short walk is often enough – ideally out in the fresh sea air.

Replenish your fluids
After your sauna session, be sure to replenish the fluids that your body has lost. We recommend drinking still water from the dispensers provided. After your treatments, we will also be happy to serve you a delicious cup of tea in the SPA & Beauty area.







Time for your first infusion

Discover the spacious sauna areas across the *Mein Schiff*® fleet. From the classic Finnish sauna to the herbal steam bath, everything is designed to make you break a healthy sweat – all at no surcharge and with wonderful panoramic sea views.

Sauna infusions take place in the Finnish sauna 2 to 4 times a day.

Once or twice per cruise, we also host **exclusive evening sauna events**, to which you are warmly invited. Family sauna sessions are only offered during the holiday periods.

Why not round off your sauna experience with a deeply relaxing massage or a salt and oil scrub for the steam bath?

Inklusivleistungen	*MS 1*	*MS 2*	*MS 3*	*MS 4*	*MS 5*	*MS 6*	*MS 7*	*MS Relax*	*MS Flow*
Bio sauna with herbs	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ice fountain			✓	✓	✓	✓		✓	✓
Ice room	✓	✓					✓		
Finnish sauna with panoramic views	✓	✓	✓	✓	✓	✓	✓	✓	✓
Footbaths	✓	✓	✓	✓	✓	✓	✓	✓	✓
Infrared cabin			✓	✓				✓	✓
Herbal steam bath	✓	✓	✓	✓	✓	✓	✓	✓	✓
Light sauna					✓	✓			
Mineral bath	✓	✓					✓		
Relaxation Room	✓	✓	✓	✓	✓	✓	✓	✓	✓
Salt sauna			✓	✓				✓	✓
Outdoor Sauna Area	✓	✓	✓	✓	✓	✓	✓		
Brine Steam Bath	✓	✓					✓		
Various showers	✓	✓	✓	✓	✓	✓	✓		
Exclusive benefits	***MS 1***	***MS 2***	***MS 3***	***MS 4***	***MS 5***	***MS 6***	***MS 7***	***MS Relax***	***MS Flow***
Evening sauna events with optional massage	✓	✓	✓	✓	✓	✓	✓	✓	✓

Beauty & cosmetics

Beauty treatments – for pure and beautiful skin

Would you like to have radiant skin that looks fresh and youthful? Then enhance your chosen beauty treatment with premium skincare products from hyapur and BABOR.

Free beauty consultation (15 min.)
What does your skin need to glow? Our SPA specialists can quickly identify your skin's individual needs and advise you with no obligation. The experts also look at which treatments are effective and gentle for your skin type. Our team will also be happy to recommend the best products for your needs.

Vegan facial, deep cleansing (45 min.)
85 € on sea days, 75 € on port days
Your skin will love this treatment – and so will the environment. The ingredients in the hyapur® GREEN skincare line come from certified organic cultivation and cleanse your skin effectively yet gently. Enjoy a pampering ritual that comprises cleansing, exfoliation, deep cleansing, hyaluron serum, mask, eye care and final skincare.

Naturally beautiful and refreshed with the hyaluron algae boost (30 min.) 50 € on sea days, 45 € on port days
Need a quick refreshment for your skin? With an extra boost of moisture? Then allow us to pamper you with this treatment. It begins with cleansing, followed by exfoliation. A soothing algae hyaluron is then applied, before a final nourishing treatment.

Vegan facial, moisture boost (60 min.)
100 € on sea days, 90 € on port days
Hydration you can feel good about: The natural active ingredients in the hyapur® GREEN skincare line plump and support your skin, leaving your complexion wonderfully smooth and firm. The treatment comprises cleansing, exfoliation, eyebrow shaping, deep cleansing, hyaluron serum, mask, massage, eye care and final skincare.

Our tip – personalise any facial treatment with one of the following add-ons:
Eyebrow shaping: 12 €
Eyelash or eyebrow tinting: 20 €
Brow lamination for beautifully defined brows: (45 min.) 75 €
LashLift – for lashes that look longer and fuller: (45 min.) 75 €
LED mask: (20 Min.) 35 €



Skin Analysis (30 min.)
(is offered on: MS1, MS2, MS4, MS5, MS6)
How is your skin? Is it dry, sensitive, or does it have specific needs? Using state-of-the-art technology, a professional will take a close look at your face and recommend targeted treatments and skincare products.

hyapur® Ultrasonic Facial Treatment (45 min.)
(is offered on: MS2, MS3, MS4, MS5, MS6)
Ultrasound is the perfect method for applying high-quality serums. The vibrations ensure that the active ingredients are effectively absorbed.
The immediate result = plump and radiant skin.

Moisturizing Treatment with Microdermabrasion (60 min.) (is offered on: MS6)
The upper layers of the skin are gently exfoliated with the finest crystals. In the second step of the treatment, the skin is deeply moisturized and refreshed. For a wonderfully smooth and firm complexion.



Medical beauty: intensive skincare with instant results

Would you like to have radiant skin that looks fresh and youthful? Then enhance your chosen beauty treatment with premium skincare products from hyapur and BABOR.

Deep cleaning with DermaClear (45 min.)
Relax and enjoy this special deep-cleansing treatment with exclusive active ingredients. The treatment comprises cleansing, exfoliation and clarifying, followed by deep cleansing. Your skin is then ready to absorb skincare ingredients and moisture to best effect. A massage, hyaluron and final skincare complete this pampering experience, leaving your complexion fresh and clear. Can also be booked as a package of 3.

BEWEI Anti-Aging Facial with Radio Frequency (50 min.) (is offered on: MS1, MS7)
The radio frequency facial treatment is the "iron for the skin." An intensive exfoliation, the skin is perfectly prepared, and high-frequency radio waves reactivate the skin's elasticity, thereby stimulating collagen production. The result is firmer skin. Also available as a 3- or 5-session package.

BEWEI Hands or Eyes with Radio Frequency (20 min.) (is offered on: MS1, MS7)
Radio frequency for hands or eyes is a true miracle. The result is younger and more beautiful skin. Also available as a 3- or 5-session package.

BEWEI Radiofrequency for the décolleté (30 min.) (is offered on: MS1, MS7)
Radiofrequency for your décolleté works wonders. The result is younger and more beautiful skin. Also available as a 3- or 5-session package.

Anti-ageing lifting (75 min.)
Achieve radiantly fresh skin with the BABOR Pro skincare line, designed to boost your skin's vitality. The treatment comprises cleansing, intensive exfoliation, active serum, facial massage, specialised eye care and special mask. It is rounded off with personalised final skincare, leaving your complexion fresh, radiant and visibly firmer.



Express oxygen treatment with instant results (20 min.)
This treatment utilises the power of oxygen to gently transport active skincare ingredients into the deep layers of the skin. Experience how your forehead, cheeks, eyes and mouth look radiantly fresh in just 20 minutes. And the best part? Afterwards, you can go out immediately.

Intensive oxygen treatment with instant results (50 min.)
Oxygen carries the nourishing ingredients deep into the skin layers, making them look instantly radiant. This relaxing treatment comprises cleansing, exfoliation, active ingredients and a finishing sheet mask. Cannaboost and BioBotox can be added for a surcharge of 15 €.

De luxe oxygen treatment (75 min.)
A freshness kick thanks to oxygen – from your head to your hands. After cleansing, active ingredients are worked deep into the cells of the forehead, cheeks, eyes, mouth, neck, décolleté and hands with the help of oxygen. This is followed by a mask and final skincare to relax your skin. Cannaboost and BioBotox can be added for a surcharge of 15 €

Beautiful hands or eyes with oxygen (20 min.)
Oxygen smooths, invigorate and cleanses the skin. This beauty treatment focuses on the delicate areas of the hands and around the eyes.
Try it out and experience the immediate effect. Can also be booked as a package of 3 or 5.

Feel-good package: triple relaxation for ladies (130 min.)
An exclusive wellness package to delight every lady:
Full-body sea salt scrub: 30 min.
Full-body aroma massage: 50 min.
Intensive oxygen facial with instant results: 50 min.

4D Laser Glow Treatment (30 min.)
Do you want visibly younger, smoother, and more radiant skin? The JOVS 4D laser light therapy mask offers an innovative anti-aging treatment with noticeable results. Wrinkles, dark circles, and age spots are reduced, and the skin appears firmer, fresher, and gains a natural glow.



Manicures & pedicures

For beautiful hands and feet

Beautiful hands and feet always make an impression. Indulge in our alessandro treatments that will leave your nails beautifully groomed and your skin feeling silky soft.

Classic manicure (45 min.)
Treat your hands to a little extra love and affection. This treatment comprises nail shaping and an exfoliating scrub, followed by a soothing hand massage. Nail polish can also be applied on request (10 €).

Classic pedicure (60 min.)
A pedicure involves caring for the feet and shaping the nails. A foot scrub and a massage will leave you feeling especially pampered. Nail polish can be applied on request (10 €).

Express pedicure (40 min.)
An express pedicure involves shaping the nails and removing callus skin. Nail polish can be applied on request (10 €).

Striplac nail polish for hands or feet (30 min.) 35 €
Striplac nail polish is the perfect choice for beautifully finished nails with long-lasting results. Wonderful as an extra service after a manicure or pedicure.

Striplac removal or Gel nail removal (15 Min. / 25 min.)
Have your Striplac or UV polish professionally removed.

UV nail polish for hands or feet (30 min.)
alessandro UV nail polish is the perfect choice for beautifully finished nails with long-lasting results. Wonderful as an extra service after a manicure or pedicure.

Express manicure and Striplac (50 min.)
Perfectly painted nails with results that last for weeks? Striplac nail polish is the ideal solution for a flawless finish. Your nails are gently prepared before your chosen colour is applied.

Express pedicure and Striplac (50 min.)
Beautiful feet for longer – with Striplac, your chosen colour keeps its shine for weeks. This treatment combines nail care with a flawless finish.

Workshop “Beautiful, well-groomed hands down to your fingertips” (90 min.)
Do you want well-groomed hands and nails?
Our beauty experts will show you step by step how to bring out your skin’s natural glow and leave your nails looking perfect. It takes less time than you think. For more information or to book, visit the SPA & Beauty reception.

Workshop “Striplac – flawless nails with lasting shine” (75 min.)
Are you longing for a nail polish that lasts longer, looks like gel, can be applied at home and has no annoying drying time? The secret is Striplac, which gives you flawless nails in just 15 minutes. We explain the tricks and try out the application and removal process on one or two nails.



Permanent make-up

Enjoy the benefits of your beauty treatment long after your holiday. Our permanent make-up enhances your natural features and gives you a fresh, harmonious look.

Further treatments provided on the ship can be found in the **My Cruises on-board portal**.



Hairdresser

Pampered right down to the tips of your hair

Whether you're looking for a wash, a cut, a blow-dry, an elegant updo or a gentle colour treatment – in the sea-view salon, the professionals from Hair Spa on Sea will give your hair the care and attention it deserves. Particular emphasis is placed on naturalness and sustainability. For example, PAUL MITCHELL® products are used, which are developed with no animal testing. You can find us on Deck 4.



For men

Express facial for men (30 min.)
This treatment revitalises men's skin and gives it an extra boost of moisture. It comprises cleansing, exfoliation and a relaxing facial massage.

Facial for men (60 min.)
This treatment is tailored specifically to men's skin, leaving it more resilient and vitalised. The treatment comprises cleansing, exfoliation, deep cleansing, massage, mask, hyaluron serum and final skincare.

Oxygen Express Treatment for Men (20 min.)
This treatment uses the power of oxygen to gently deliver active skincare ingredients deep into the skin. See for yourself how your forehead, cheeks, eye area and mouth area look visibly fresh and revitalised in just 20 minutes. Your skin will thank you.

Full-body massage for men (60 min.)
Full body massage with warmed cherry pit cushion and fragrant warm grape seed oil. Relaxes and re-energises.

Feel-good package: triple relaxation for men (150 min.)
An exclusive wellness package to make the cares of everyday life disappear:
Full-body massage for men (60 min.)
Back massage with hot compress (30 min.)
Facial for men (60 min.)



Massages and body treatments

Do you feel the stresses of everyday life in your body as well? Then treat your skin and muscles to a massage that lets you completely unwind. Your time-out becomes even more special when it is inspired by your travel itinerary. Whether an invigorating coconut oil massage in the Caribbean, a soothing lavender and rosewood massage in Northern Europe, a refreshing orange aroma oil massage in the Mediterranean or an energising massage in Asia – our treatments will leave your body and mind feeling fully restored and revitalised.

Massage consultation (15 min.)
What exactly is a Thai oil massage? Or an Ayurvedic foot massage? If you're not sure which massage will help you relax completely, book our no-obligation consultation. Our experts will help you find the best treatment for your needs.

Back massage with hot compress (30 min.)
Does your back feel tense? Then a hot compress is just what you need to relax the muscles and stimulate the circulation. It is followed by an invigorating back massage that releases tension in the back.

Classic sports massage (30 min. / 50 min.)
This massage uses firm pressure on your back or your entire body. Muscles and fascia loosen up and you feel refreshed and energised.

Full-body aroma massage (50 min.)
This massage awakens the senses. With a combination of your chosen fragrances, warm oils and gentle touch, it takes you into deep relaxation. Body and mind are brought back into balance, and everyday life seems far away.

***Mein Schiff*® wanderlust massage (60 min.)**
Longing for summer, sun and beach feeling? Then treat yourself to the *Mein Schiff*® wanderlust full-body relaxation massage. With wonderful tropical fragrances and a hydrating face mask, this treatment is pure paradise. Close your eyes and let yourself drift away.

Hot stone massage (60 min.)
Cosy warmth spreads throughout your body. Warm basalt stones are used to massage the entire body and release deep-seated muscle tension. The massage also stimulates blood circulation, promotes the supply of oxygen to the cells and facilitates the removal of waste products.

Foot and leg massage (30 min.)
Energetic foot and leg massage to loosen the muscles Perfect for all those who are active in sports and spend a lot of time on their feet.

Reflexology foot massage (50 min.)
A reflexology foot massage doesn't just relax your feet. Targeted pressure on the reflex zones on the sole of the foot stimulates, activates and harmonises your entire musculoskeletal system.
Golfer's massage (30 min.)
Given it your all on the golf course? Then reward your muscles with a deep back massage or a full-body massage.

Golfer-Massage (50 min.)
Given it your all on the golf course? Then reward your muscles with a deep back massage or a full-body massage.

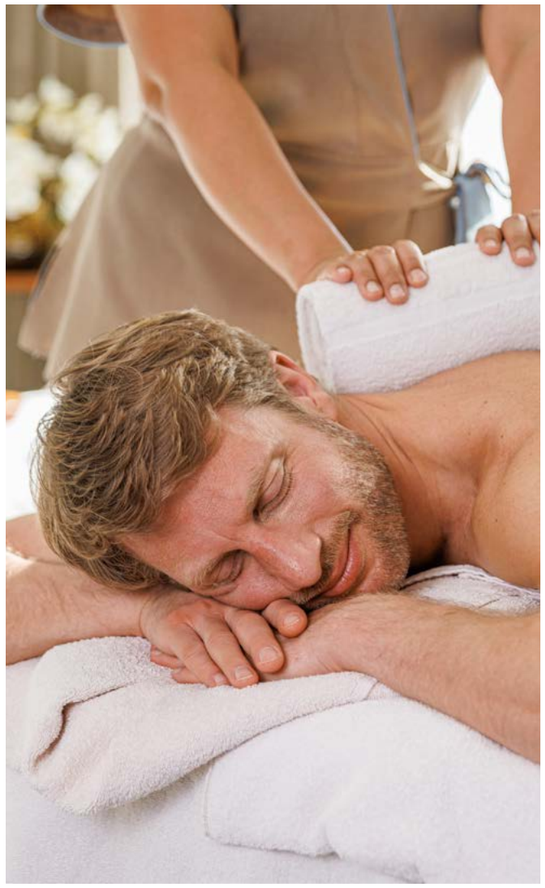
Free physiotherapy consultation (15 min.)
If your body is aching, targeted exercises can work wonders. Talk to our physiotherapists about what you can do. Whether neck, back or feet – the right training can give you relaxation and new strength. The consultation is free of charge and non-binding for you.

WellMassage (45 min.)
(is offered on: MS5, MS6)
Treat yourself to a soothing reset for body and soul. Gentle strokes and targeted meridian stimulation release deep-seated tension, calm your nervous system, and restore a sense of lightness – all while you're supported by a gently moving high-tech massage table.

Physiotherapy (30 min.)
Mobilisation, stabilisation and exercises to support muscle relaxation. This treatment is designed to help relieve pain. Please note that we cannot issue prescriptions or make diagnoses. Can also be booked as a package – book 3 sessions and save 10 %.

Kinesio taping (10 min. / 20 min. / 30 min.)
Kinesio tape provides targeted support for overworked muscles and joints. It stimulates the body's natural healing processes, which can help improve movement and relieve pain. Kinesio tape can also have a positive effect on your posture and lymphatic flow.

Lymphatic drainage (25 min. / 50 min.)
A classic medical massage can do more than you might think: Enjoy a gentle massage technique that helps the body eliminate excess fluid while soothing the nervous and immune systems.





Details of the services available during your cruise can be found in the SPA & Beauty area, the My Cruises on-board portal or the *Mein Schiff*® app.

Ayurvedic head, shoulder and neck massage (45 min.)
Balance – that is the goal of the Indian healing art of Ayurveda. Enjoy a soothing oil massage for those areas of the body that could use an extra dose of relaxation. The scalp is supplied with blood, and tension in the shoulder and neck area is relieved.

Ayurvedic full-body massage (60 min.)
Body, spirit and soul should be in harmony in Ayurveda. Let go and enjoy this holistic massage with plenty of warm oil that will calm the senses and gently restore your inner balance. It gives you radiant skin and relieves tension. Your connective tissue is strengthened and your muscles are loosened.

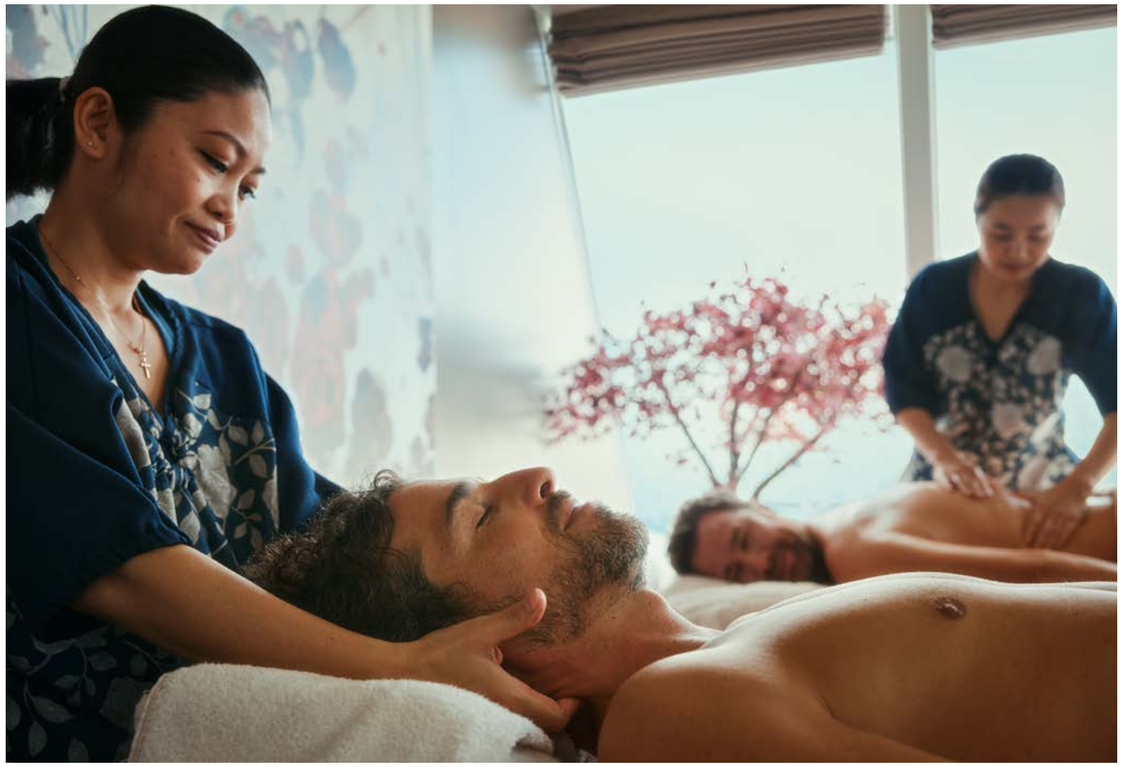
Ayurvedic foot massage (45 min.)
Your treatment begins with an aromatic foot bath to ease your body into relaxation, followed by a balancing massage designed to stimulate the metabolism.



Thai oil massage (60 min.)
Thai oil massage combines the techniques of traditional Thai massage with the relaxing effect of an oil massage, making it one of the most soothing Thai treatments you can have. It has a strengthening, harmonising and invigorating effect. This massage is a byword for holistic well-being.

Thai yoga massage (60 min.)
Discover the lightness and new flexibility of your body. This holistic and restorative massage combines acupressure, stretching, energy work and meditation, and is performed in comfortable clothing. It promotes a sense of physical and mental well-being.

LOMI LOMI temple massage (60 min.)
LOMI LOMI is a Hawaiian massage ritual that works from head to toe through the power of touch. Long strokes glide over your body, restore your balance and put you in a state of balance and deep relaxation. The LOMI LOMI expert works with their forearms and uses a lot of rich natural oil.



Body treatments

Details of the services available during your cruise can be found in the SPA & Beauty area, the My Cruises on-board portal or the *Mein Schiff*® app.

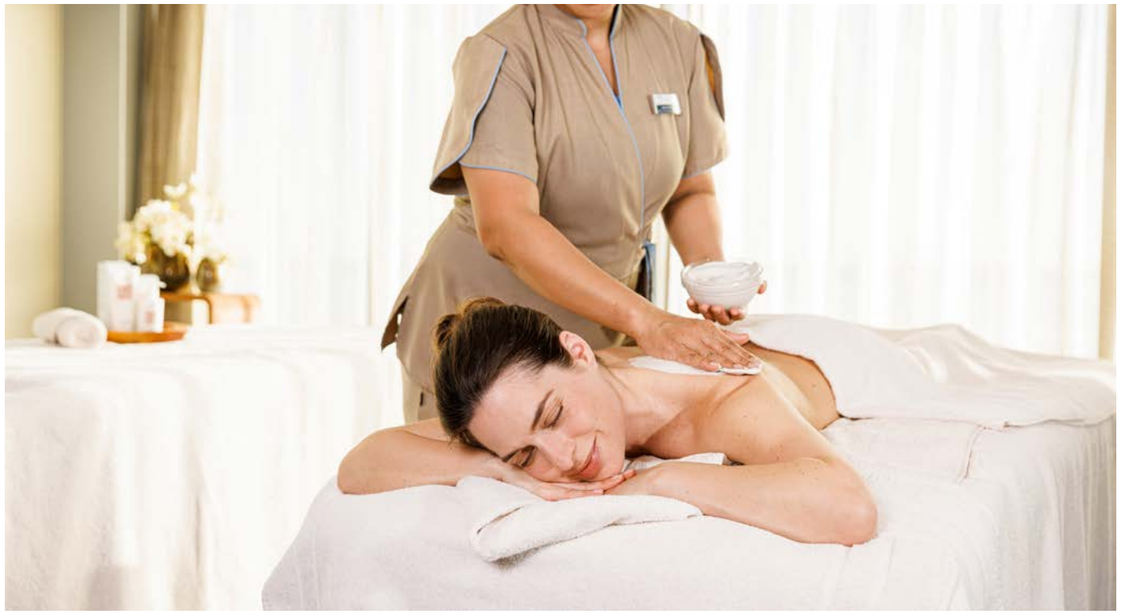
Rasul Treatment (30 min.)
(is offered on: MS1 – MS6)
During this oriental beauty treatment, your body is pampered with natural healing clay and precious Rasul oil, which you apply yourself. After the exfoliation, your skin will feel clean and supple.

Full-body sea salt scrub (30 min.)
50 € on sea days, 45 € on port days
The entire body is gently massaged and exfoliated with mineral-based full sea salt.

Full body aromatic massage with sea salt scrub (80 min.) 140 € on sea days, 130 € on port days
A mineral-based sea salt scrub for the whole body ensures soft and supple skin. Your whole body is then massaged with precious aroma oil. That's pure relaxation.

After-sun body wrap (40 min.)
60 € on sea days, 55 € on port days
After a sun-filled day, this revitalising body wrap envelops you in a delicate coconut fragrance while nourishing your skin with rich active ingredients. Essential nutrients leave your skin soft and supple and make your holiday tan last longer.

Pure nature for the body | Exfoliation and massage with hyapur® (75 min.) 129 € on sea days, 119 € on port days
This treatment is pure heaven. The natural full-body scrub with coffee powder and almond oil leave your skin feeling soft and smooth. Your whole body is then massaged with precious aroma oil. And the beauty of it is that all ingredients are 100% natural.



Hybrid SPA

Innovative and regenerative wellness experiences

Wondering what Hybrid SPA means? It combines cutting-edge technology with the expertise of our professionals to support your well-being and regeneration in an optimum way.
Soothing mechanical lymphatic drainage, a relaxing Brainlight massage, the Wellness Lounger Relax and a detox treatment with the MLX iDome are just some of the innovative treatments available to elevate your well-being to a whole new level.

Wellness-Lounger-Relax (25 min.)
(is offered on: MS7)
Our relaxation programmes guide the brain waves into an alpha state. This level is important to address the subconscious and ensures a better sense of well-being. Sleep programmes help you switch off and unwind. Discover transformative rest and targeted relaxation. You lie on the lounger wearing your clothes.

Detox with MLX iDome (40 min.)
(is offered on: MS7)
The innovative Triple Detox technology combines far infrared, plasma and light elements in one. Your metabolism is stimulated and you break a sweat, while the plasma light canopy in the head section promotes visible skin rejuvenation and detoxification. Experience the exceptional energy boost for a refreshing sense of well-being.

Mechanical lymphatic drainage (30 min.)
The ideal treatment after a long journey to the ship – an air pressure massage designed to stimulate the lymphatic system. Beneficial and relaxing if your legs feel heavy and your feet are swollen. Our tip: perfect after a day ashore or after exercise. Also available as a package of 3. (3 × 30 min. for 90 € instead of 105 €).

HydroMassage (10 Min. / 20 Min.)
(wird angeboten auf: MSR)
Die HydroMassage ist eine entspannende Massage durch sanfte Wellenbewegungen. Erleben Sie die unterschiedlichen Programme und wählen Sie Ihre individuelle Relaxzeit aus. Ihre Wohlfühlzeit findet ganz bequem in Kleidung statt.

Regenerating cryotherapy chamber (3 min.)
Experience the revitalising power of cold therapy – ideal for regeneration, easing tired muscles and restoring your energy levels. If you suffer from eczema or similar skin conditions, your skin will also thank you. Immerse yourself for 3 minutes in a unique well-being experience at −80 to 110 °C and emerge feeling healthier and more beautiful.

Brainlight
The innovative energy refuelling station. Experience the magic of audio-visual Brainlight relaxation with a shiatsu massage in the massage chair – all in the comfort of your normal clothes. Choose from a range of relaxation programmes to suit your mood and needs.

IHHT-Altitude training
Oxygen therapy while lying down (40 min.)
Benefit from the same altitude training that athletes have been using for decades to boost their performance. The only difference: you can do it while you sleep. Lie back fully clothed on a comfortable lounger and breathe in specially enriched oxygen that gives even non-athletes more energy and a greater feeling of well-being. More energy – more vitality – more out of life.

Enquire about our packages of 3, 5 and 10.

Relax together…

Enjoy a special moment of relaxation together in our SPA area – be it with a soothing couples massage, a bath in the Private Suite or an exclusive wellness treatment.

Full-body aroma massage for two (50 min.)
This massage takes you on a journey for the senses. Choose your favourite aroma and let soothing fragrances and gentle touch bring your body and mind into harmony. You will drift into deep relaxation together and emerge feeling fully revitalised.

Full-body aroma massage with sea salt scrub for two (80 min.)
Enjoy, relax and dream together.
A mineral-based sea salt scrub for the whole body ensures soft and supple skin.
Your whole body is then massaged with precious aroma oil. That's pure relaxation.

Full body Ayurvedic massage for two people (60 min.)
This massage with lots of warm oil provides holistic harmonisation, gives you radiant skin and smooths away any tension. It has a strengthening effect on the connective tissue and calms the nervous system.

Ayurvedic foot massage for two (45 min.)
Your Ayurvedic foot massage begins with an aromatic foot bath to help your body drift into relaxation, followed by a balancing massage that stimulates the metabolism.

Thai oil massage for two (60 min.)
Thai oil massage combines the techniques of traditional Thai massage with the relaxing effect of an oil massage, making it one of the most soothing Thai treatments you can have. It has a strengthening, harmonising and invigorating effect. This massage is a byword for holistic well-being.

Classic sports massage for two (50 min.)
This massage uses firm pressure across the entire body. Muscles and fascia loosen up and you feel refreshed and energised.

"Rasul" Pampering Ritual with Full-Body Aromatherapy Massage (90 min.)
(is offered on: MS1, MS2)
During this oriental pampering ceremony, your body is treated to a scrub made from natural healing clay and precious Rasul oil. Afterward, enjoy a full-body aromatherapy massage that revitalizes your senses. Choose your personal aromatherapy experience.

Details of the services available during your cruise can be found in the SPA & Beauty area, the My Cruises on-board portal or the *Mein Schiff*® app.



Kids and teens treatments

Kids & teens: Vegan skincare, deep cleansing (45 min.)
Beautiful results in no time: Your skin is gently deep-cleansed with the hyapur® GREEN skincare line and nourished with plenty of moisture. The treatment comprises cleansing, exfoliation, deep cleansing, hyaluronic serum, eye care and final skincare.

Kids & teens: Manicure (45 min.)
Our younger guests can look forward to a real pampering treat: the hands are massaged, before the nails are manicured and then painted in a colour of their choice.

Kids & teens: Pedicure (45 min.)
A real treat for our younger guests' feet, comprising a foot bath, pedicure and foot massage, plus nails painted in the colour of their choice.

Kids & teens: Duo express manicure and pedicure (40 min.)
Beautiful hands and feet in no time: With this treatment, our younger guests' fingernails and toenails are filed into shape and then painted in the colour of their choice.

Kids & teens: Manicure and pedicure (75 min.)
A complete treatment for beautiful nails: Our younger guests enjoy a soothing foot bath, a pedicure and a relaxing foot massage, plus a beauty treatment for the hands as well. This is rounded off with painting their nails in the colour of their choice.

Kids & teens: Massage (20 min.)
Back or foot and leg massage for our younger guests.

Kids & teens: Nail polish application (15 min.)
Can only be booked in combination with a manicure or pedicure.



Tested for heart health and fitness

Your body sets the pace for your training plan – so let our onboard health experts assess your current fitness level and create a personalised programme for you. Lay the foundations for lasting results, a healthy lifestyle and greater well-being. Simply choose the health checks you would like, or take advantage of our complete package.

Free introduction and consultation (15 min.)
Discuss with your personal trainer what you would like to achieve: more strength, endurance, relaxation, a better diet or weight loss? Together you will develop your individual plan.

Free consultation (posture) (15 min.)
Get expert advice on improving your posture and reducing pain in the ankles and knees, hips, spine and neck.

Body scan | body composition analysis (20 min.)
If you want to become more active in sports, then you should start with a body scan: How much muscle mass do you have, and what is your body fat percentage? What fat do you have in your body and how fit are your cells? These results give you a clear basis for tailoring your training more effectively.

Health check (30 min.)
What is the best heart rate for training? With our heart stress measurement and lifestyle scan, we determine your individual training heart rate zones. With this data, you are exercising in the optimum range and can improve more easily.

Body Focus (40 min.)
How does your body burn energy? How much muscle mass do you have, and what is your body fat percentage? By measuring your metabolism and analysing your body composition, you will know what you need for an optimal diet and a suitable lifestyle.

Body Shaper (50 min.)
Would you like to be fitter or lose weight? Then use the Body Shaper to check where you stand and what your next steps should be. After the metabolism measurement, the analysis of your body composition and the heart stress measurement, you will receive personalised nutrition and training advice.

Vital Signs Cell Screening (25 min)
(is offered on: MS1, MS2)
60 seconds that can change your health. The cell screening on your wrist reveals the status of your minerals, trace elements, and toxic metals. Based on the results, we can provide you with valuable tips.

Vitamins and Trace Elements Check (15 min.)
(is offered on: MS1, MS2)
Would you like a quick and efficient assessment of your vitamin and trace element levels? The 60-second measurement provides the answer.

Metabolic analysis (30 min.)
How much energy does your body burn? We take a close look at your metabolism and provide practical advice on what you can change.

Metabolic Assessment & Exercise Test (75 min.)
(is offered on: MSF)
Determine your calorie expenditure and energy balance—so you can perfectly tailor your lifestyle, training, and diet. Energy expenditure is measured at rest, and the exercise test identifies optimal training zones and provides recommendations.





The complete programme for your health

EMS training
With EMS (electrical muscle stimulation), you can reach your fitness goals faster. This innovative training method targets deeper muscle groups, making your workouts more effective. Whether you want to build muscle, burn fat or support recovery, EMS helps you achieve results more quickly and improve your performance. Perfect for anyone who wants to achieve more in less time.

Free EMS – Health and Beauty Consultation (45 min.)
What makes EMS training unique are the electrical impulses sent to your muscles during the exercises. This helps you build more muscle mass throughout your entire body more effectively. But the biggest benefit is that you'll get in shape faster.

A healthy back with EMS and health assessment (40 min.)
EMS uses electrical impulses to stimulate your muscles, helping you get fit faster. If you would like to strengthen your back in particular, our experts will first carry out a health assessment to identify your individual needs. You will then complete a 20-minute training session. Can also be booked on board as a package of 3 or 5.

EMS training without a trainer
Already familiar with the EMS Smart Workout system and ready to enjoy the benefits on your own? There is no easier or more efficient way to use your time.

20 min.
3x20 min
5x20 min.

EMS training for two
The special thing about EMS training is the electrical impulses that are sent to your muscles during the exercises. This has the great advantage that you get fit and develop muscle mass throughout your body in the shortest time possible. It's twice as much fun with two people! Can also be booked on board as a package of 3 or 5.

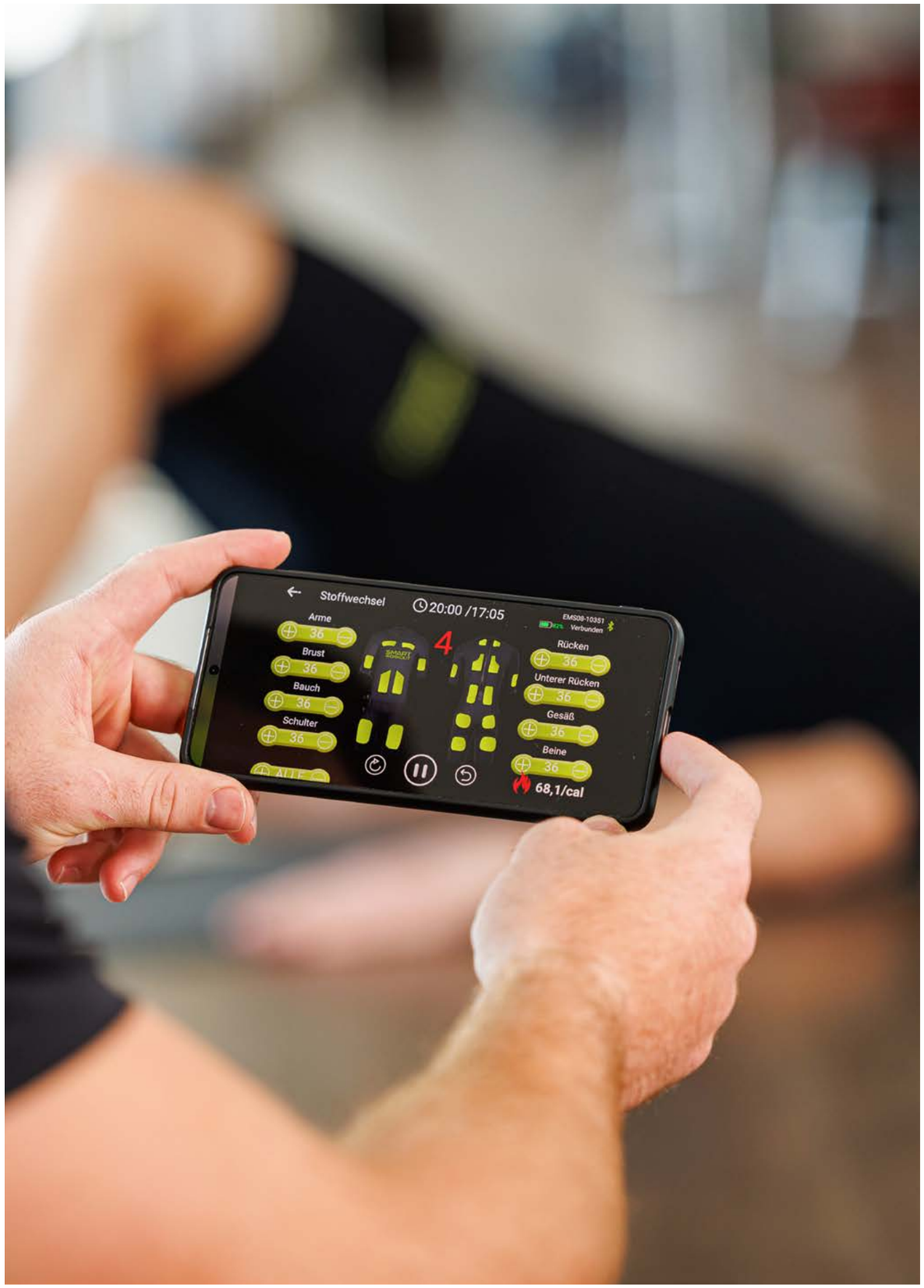
20 min.
3 × 20 min.
5 × 20 min.

EMS training
The special thing about EMS training is the electrical impulses that are sent to your muscles during the exercises. This has the great advantage that you get fit and develop muscle mass throughout your body in the shortest time possible.
Also available as a package of 3, 5 or 10.

20 min.
3 × 20 min.
5 × 20 min.

You can book your health packages in the SPA & Sport area, where you can also receive personalised advice.

Ask about our EMS Home option – training for cardio, muscle building and relaxation at home, including guarantee and support even after your holiday is over.



Training tailored to your body and needs

Personalised training just for you
Whether POWER PLATE, TRX, EMS, classic personal training, nutrition coaching, Hypoxi or interactive training with ICAROS – our team would love to train with you.
Our health check, metabolic analysis and body scan with body composition analysis also give you a comprehensive overview of your current state of health. This allows us to tailor your training and health plans precisely to your individual needs and goals.

Free Consultation (15 min.)
Discuss your goals with your personal trainer: more strength, endurance, relaxation, better nutrition, or weight loss? Together, you'll develop a personalized plan.

Free Consultation (Posture) (15 min.)
Let our experts advise you on improving your posture and reducing pain in your ankles, knees, hips, spine, and neck.

Free Consultation (Metabolism) (15 min)
(is offered on: MS1, MS2)
Let our experts advise you on improving your vitality and boosting your metabolism.

POWER PLATE without a trainer (20 min.)
(wird angeboten auf: MS7, MSR)
The digital POWER PLATE to use for training on your own with instructions from your fitness experts. It is the perfect fitness device if you want to exercise effectively in a short space of time. Just ten minutes are enough to work 97 % of your muscle fibres and give your back greater stability.

POWER PLATE Training (20 min.)
POWER PLATE training is available across our entire fleet. It's the perfect fitness machine for an effective workout in a short amount of time. Just 10 minutes is enough to work 97% of yourmuscle fibers and give your back more stability. Also available as a 3-, 5-, and 10-session package.

TRX-Training (30 Min.)
A workout based on a combination of gravity and body weight. The result? Effective muscle building, improved coordination and stronger core stabilising muscles. Suitable for beginners and professional athletes alike. Can also be booked as a package of 3 or 5.

Nutritional coaching: „GANZ SCHÖN GESUND"
(30 Min. / 60 Min.)
How can you eat a healthy and balanced diet without having to make major sacrifices? Rediscover the pleasure of eating, and work with one of our experts to develop a personalised plan. Can also be booked as a package of 3 or 5.







CyberFitness – your digital studio at sea
(is offered on: MS1)
With CyberFitness, you can train flexibly and individually – 24 hours a day, 7 days a week.
Choose from a wide range of classes: yoga, pilates, strength or endurance training – professionally guided and available anytime.
Enjoy your workout whenever it suits you – in a relaxed setting in the Gym class room with sea views.

Personal training (30 min. / 60 min.)
A personal trainer motivates you, brings out the best in you and tailors the training to your individual needs. Treat yourself to this personalised training.

Kinesio taping (10 min. /20 min. / 30 min.)
Kinesio tape is a multi-talent: On the one hand, it supports overloaded muscles and joints. Secondly, it activates the self-healing processes so that you can move better and have less pain. It also promotes good posture and stimulates lymphatic flow.

HYPOXI-Training (30 min.)
(is offered on: MS1, MS3, MS4)
Would you like to tone up your body? Then why not give HYPOXI a try? You train on a specialised machine that uses alternating pressure. This promotes blood circulation and shapes the tissue.
Minimum height: 1.50 metres.

ICAROS – Virtual Reality (15 min.) 15 €
(is offered on: MS1, MS2, MS7)
If you've always wanted to fly or dive but never had the courage: Start your adventure with virtual reality. It's not only fun, but it also strengthens your core and improves coordination. Minimum height: 1.40 meters to max. 2.00 meters. Also available as a 3-, 5-, and 10-session package.

ICAROS CLOUD – Virtual Reality (15 Min.)
(wird angeboten auf: MS7)
Get fit and stay fit with effective and motivating digital workouts in the ICAROS CLOUD. Improve your balance, coordination and stability in a fun way, whatever your age or fitness level.

EMS training and consultation (30 Min.)
EMS is one of the most effective training methods, requiring minimal time investment. Get professional advice and experience the full benefits of a 20-minute EMS workout. It's simple, fast, effective and completely tailored to your needs.

Can also be booked as a package of 3, 5 and 10.

Packages

Sports taster package 1 (80 min.)
((is offered on: MS1, MS3, MS4)
These fitness methods sound great – but how do you know you will enjoy them? Simply give them a try to see which ones you like best.
1 × POWER PLATE 20 min.
1 × TRX® 30 min.
1 × HYPOXI 30 min.

Sports taster package 2 (115 min.)
((is offered on: MS1, MS2, MS7)
Want to try a new fitness method but not sure which one to choose? Our taster package gives you the opportunity to discover what you enjoy most.
1 × POWER PLATE (20 min.)
1 × EMS (20 min.)
1 × ICAROS (15 min.)
1 × TRX® (30 min.)
1 × PT (30 min.)

Sports taster package 3 (55 min.)
(is offered on: MS1, MS2, MS7)
POWER PLATE, EMS and ICAROS all sound great. But are they the right thing for you? Simply try them out to discover which ones you enjoy most.
1 × POWER PLATE (20 min.)
1 × EMS (20 min.)
1 × ICAROS (15 min.)

Package: Lymphatic drainage with air pressure massage trousers (90 min.)
Heavy legs and swollen feet after travelling, exercise or a shore excursion? Then treat yourself to a revitalising boost. This air pressure massage activates the lymphatic system and helps retained fluid drain away. Pure soothing relaxation.

Triple relaxation for ladies (130 min.)
An exclusive wellness package to delight every lady:
• Full-body sea salt scrub: 30 min.
• Full-body aroma massage: 50 min.
• Intensive oxygen facial with instant results: 50 min.

Triple relaxation for men (150 min.)
An exclusive wellness package to make the cares of everyday life disappear:
• Full-body massage for men: 60 min.
• Back massage and hot compress: 30 min.
• Men's facial: 60 min.

BEWEI Body Vitality Program
(is offered on: MS1, MS2)
The BEWEI Body Vitality Program during your trip. You'll start with a comprehensive body analysis to determine your personal metrics. This is followed by the BEWEI radiofrequency treatment, including massage and mechanical lymphatic drainage (90 minutes each).

My Ayurveda week (195 min.)
Ayurvedic massages help you relax, release blockages and restore balance to body and mind.
• Ayurvedic head, shoulder and neck massage: 45 min.
• Ayurvedic foot massage: 2 × 45 min.
• Ayurvedic full-body massage: 60 min.

Package: Mindfulness & relaxation (65 min.)
(is offered on: MSR)
1 × brainLight-Massage, 20 min.
1 × HydroMassage, 20 min.
1 × Wellness-Lounger-Relax, 25 min.

Package: Regeneration & relaxation (85 min.)
(is offered on: MSR)
1 × Wellness-Lounger-Relax, 25 min.
1 × HydroMassage, 20 min.
1 × oxygen therapy while lying down, 40 min.

Detox package (75 min.)
(is offered on: MSR)
1 × Detox with MLX iDome, 40 min.
1 × Wellness Lounger Relax, 25 min.
1 × regenerating cryotherapy chamber, 10 min.

Fitness & regeneration (70 min.)
(is offered on: MSR)
1 × EMS training. 20 min.
1 × oxygen therapy while lying down, 40 min.
1 × regenerating cryotherapy chamber, 10 min..



Lectures

Please check the daily programme and class schedule to see which lectures are available during your cruise.

Lecture: “Slim and healthy in no time” (30 min.)
How does our diet work? We will explain this to you in our presentation – in small, easily digestible morsels.

Lecture: “Listen to your heart” (30 min.)
Why is heart rate-controlled training so important? This lecture offers practical tips and provides the perfect starting point for a healthier, fitter life.

Lecture: “Stress-free and healthy” (45 min.)
“You smile – and the world changes.” What Buddha once said is still true today. We introduce you to the findings and methods of positive thinking.

Lecture: Health and beauty “The medical beauty boost” (30 min.)
What does medical beauty mean? What can oxygen facials do, and how is deep cleansing with Derma-Clear used on the skin? We cordially invite you to our information presentation and introduce you to the methods. Afterwards, you can try out the treatments for yourself in the SPA & Beauty area.

Lecture: Stand Tall Through Life: Live Healthier and More Productively Through Better Posture (30 min.)
People who walk upright get more out of life. In this lecture, you will learn why good posture is about more than just aesthetics. You will also discover Shapes, an innovative form of foot support.

Lecture: “Tone your body quickly and effectively” (30 min.)
With EMS training, electrical impulses stimulate your muscles and intensify the workout. Find out more about how it works and how EMS can help you save valuable time in everyday life.

Lecture: “Enjoy everyday life pain-free with EMS” (30 min.)
With EMS training, electrical impulses stimulate your muscles and can help relieve restrictions in movement. Find out more about how EMS can help you manage pain and improve mobility.

EMS information session: “Pain-free and building muscle” (20 min.)
Severe back pain but no time to exercise? We have the solution for you: EMS training. Attend our free information event.

Lecture: “The causes of knee, hip and back pain” (30 min.)
Discover “Shapes” – an innovative form of foot support that has received the German Innovation Award in the “Medical & Health” category.

Free Presentation: Health and Beauty – “Vitality with BEWEI” (30 min.)
(Offered in: MS1, MS2)
In this engaging presentation, we’ll introduce you to radiofrequency therapy, which allows you to improve your body contours, skin appearance, and vitality while lying down and relaxing.

More details are available in the SPA & Sport area.



Get active – with sea views under open skies

We believe health, fitness and well-being go hand in hand. That's why we enable you to continue your usual exercise routine here on board, or return home with fresh inspiration for a more balanced everyday life.

You can book classes and workshops in the **Sport & Health** area and also receive personalised advice on request.

In the **My Cruises on-board portal** and the ***Mein Schiff*® app** you can book sport and health services conveniently in just a few clicks.





Pure sporting pleasure

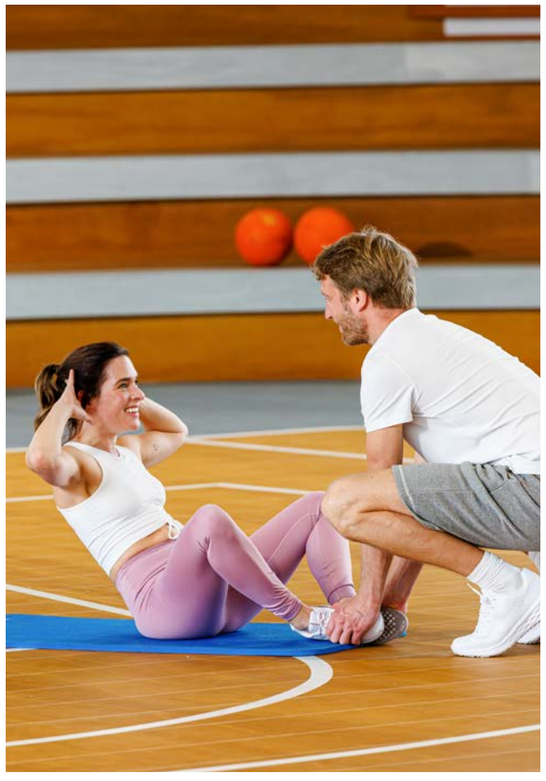
A varied programme of sport and health activities awaits you on board the *Mein Schiff*® fleet. Get the day off to an active start with a jog in the fresh sea air, swim a few lengths in the pool or join one of our many fitness classes, such as the morning yoga session “Mein Sonnengruß”.

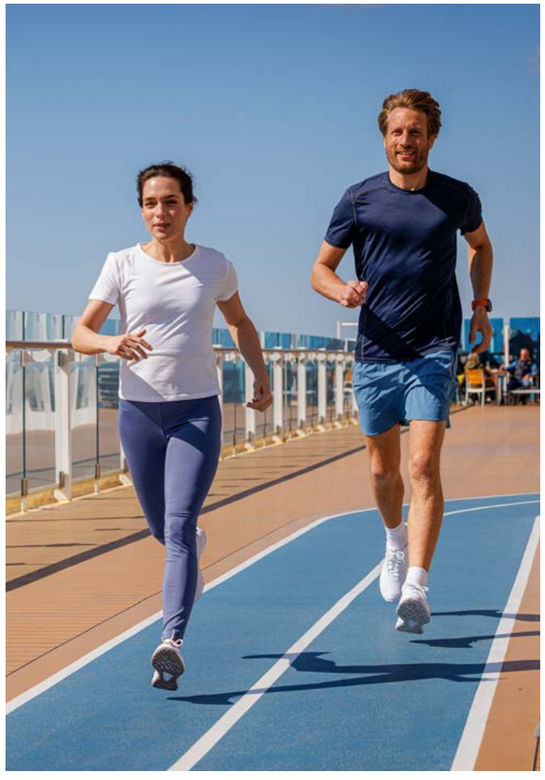
For those who prefer something more energetic, functional training is just one of the options we offer. You can find the current class schedule both in the Sport & Health area and in the My Cruises on-board portal under the “Fitness” category.

These classes are free to attend. Please arrive no later than five minutes before the start to ensure everything runs smoothly.

Important: Please sign up for classes, as the number of participants is limited.
Also free of charge – and always worthwhile for your health – are the many lectures on nutrition, relaxation and exercise given by our experts during the cruise.

Schiff	Größe Sportbereich
Mein Schiff 1	Fitnessstudio: ca. 490 m², Kursraum: ca. 82 m², Arena
Mein Schiff 2	Fitnessstudio: ca. 490 m², Kursraum: ca. 82 m², Arena
Mein Schiff 3	Fitnessstudio: ca. 300 m², Kursraum: ca. 80 m², Arena, Cycling-Raum
Mein Schiff 4	Fitnessstudio: ca. 300 m², Kursraum: ca. 80 m², Arena, Cycling-Raum
Mein Schiff 5	Fitnessstudio: ca. 300 m², Kursraum: ca. 80 m², Arena, Cycling-Raum
Mein Schiff 6	Fitnessstudio: ca. 300 m², Kursraum: ca. 80 m², Arena, Cycling-Raum
Mein Schiff 7	Fitnessstudio: ca. 490 m², Kursraum: ca. 82 m², Arena
Mein Schiff Relax	Fitnessstudio: ca. 400 m², Kursraum 60 m², Arena
Mein Schiff Flow	Fitnessstudio: ca. 400 m², Kursraum 60 m², Arena



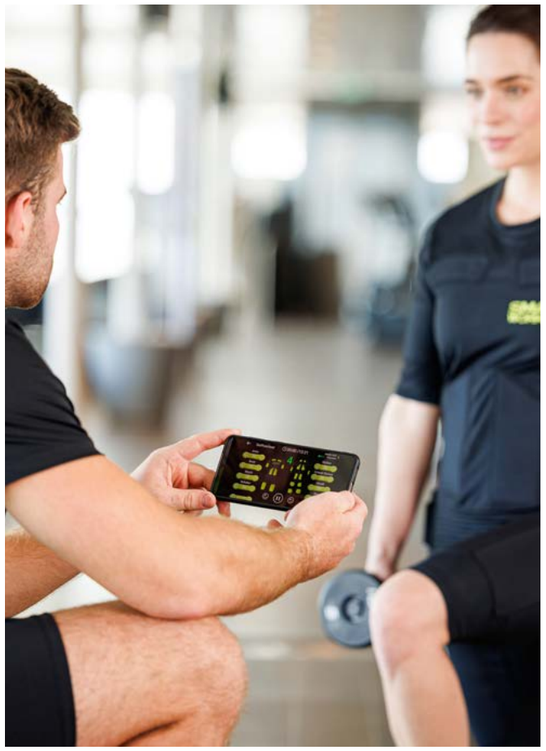




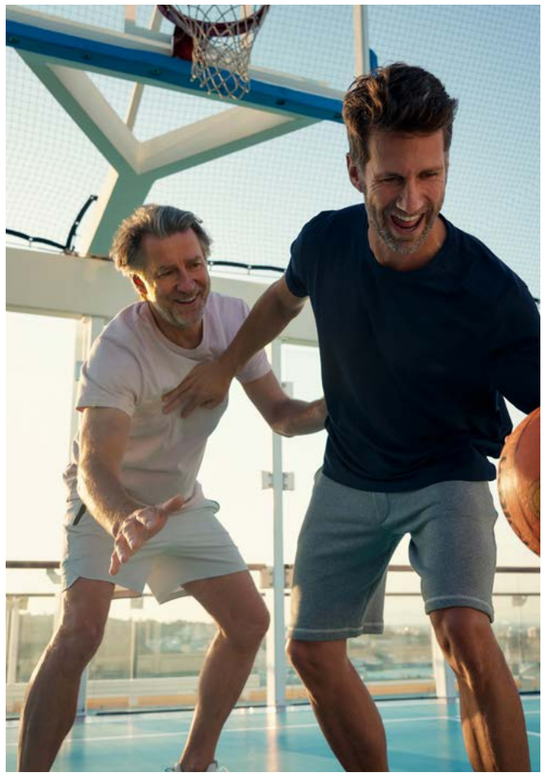
Workshops and events

Would you like to use your time on board to try something new and explore different sporting activities? At our exclusive workshops and events, you can discover your new favourite sports under the guidance of our professional trainers.

Depending on the ship, the range extends from pilates and cycling to Latin dance and jumping fitness. Go home with fresh motivation: To support lasting results after your holiday is over, our trainers will be happy to put together personalised guidance and exercises for you to continue at home.
Workshops, events, group training sessions and introductory classes are among the highlights on board and can be booked for a surcharge. You can book them in advance in the My Cruises area, or during the cruise in the My Cruises on-board portal. Browse through our programme to find something to your liking.











Ganz Schön Gesund – the concept

GANZSCHÖNGESUND

Our “Ganz Schön Gesund” concept has one goal: making you happy and healthy.

If you’ve been meaning for a while to eat more healthily and be more active, we will show you how to get started. And the best part: You don’t have to make any sacrifices.

We work with you to create a personalised nutrition plan. In our restaurants – Atlantik Classic, Atlantik Mediterranean, the Anckelmannsplatz Buffet Restaurant and the “Ganz Schön Gesund” Bistro on *Mein Schiff 1*, *Mein Schiff 2* and *Mein Schiff 7* – you can look forward to a selection of delicious, well-balanced dishes.

We will also show you relevant physical activities and make sure you also have time to switch off occasionally.

Treat yourself to a cell-activating SPA treatment that revitalises body and mind. Let us advise you and help you find the right approach for you.

Nutrition coaching
How can you eat a healthy and balanced diet without having to make major sacrifices? Rediscover the pleasure of eating, and work with one of our experts to develop a personalised plan. Can also be booked as a package of 3 or 5. **30 min. / 60 min.**

Personal training session
A personal trainer motivates you, brings out the best in you and tailors the training to your individual needs. Treat yourself to this personalised training. Can also be booked as a package of 3 or 5.
30 min. /60 min.







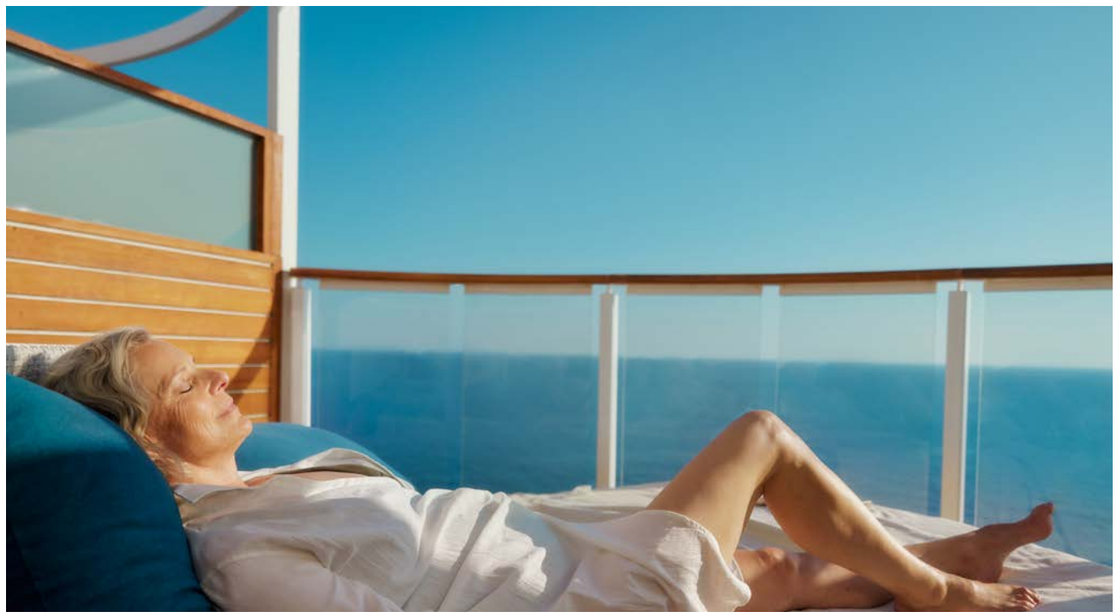
Oases of Calm

Relaxation lounges are oases of retreat offering even more privacy

Enjoy your privacy. Relax alone or with a partner and let your gaze wander over the sea.

You can book our **relaxation lounge**s and your **private SPA Suite** at the **SPA & Meer reception desk.**

	Mein Schiff 1	*Mein Schiff 2*	*Mein Schiff 3*	*Mein Schiff 4*	*Mein Schiff 5*	*Mein Schiff 6*	*Mein Schiff 7*
Relaxation Lounges	✓	✓			✓	✓	
SPA Suite			✓	✓	✓		



Relaxation Lounges (120 min.) 30 €
Enjoy a special spot all to yourself or for two. Basked in the sun with a fantastic view. Here, your thoughts can wander freely. Note: You can pick up the key at the SPA & Meer reception desk.

Our tip:
Feel free to ask about the popular “Auslauf-Spezial” or other offers.

Please note that the relaxation lounges are not identical on all ships.







Barrel Sauna

The Barrel Sauna is a peaceful retreat offering even greater privacy.

Sauna in an exclusive, intimate setting for up to 5 people. Can also be booked separately for families or for a longer period. **Ask us for details.**

To book: Collect the key from the SPA & Beauty reception around ten minutes before the start. Ideally, arrive in your bathrobe.

Exclusive outdoor Barrel Sauna (60 min.) 15 €
Enjoy pure relaxation in our exclusive Barrel Sauna for up to five people on Deck 19. Indulge in a special feel-good moment in a private setting with sea views under open skies. Perfect for families, friends or couples. Treat yourself to a truly special time-out.

Please note: Ask on board about family times and report to the SPA reception 5 minutes before the start. The sauna may be shared with other guests (max. 5 guests).





At a glance

Below, you can find an overview of all important information. Our staff in the **SPA & Sport area** will be pleased to answer any questions in person. We look forward to welcoming you.

Where can I book treatments, fitness services, classes and loungers?
Many of our paid sport, beauty and health services can be booked easily in your My Cruises on-board portal, in the *Mein Schiff*® app or on your smartphone, tablet or laptop at: meinereisen.meinschiff.de

You can, of course, also book directly in the SPA & Beauty or Sports & Health area.

What happens if I miss an appointment?
If you are unable to attend an appointment, please cancel it at least twelve hours in advance at the SPA & Beauty or Sports & Health reception, or in the My Cruises on-board portal or the *Mein Schiff*® app. Otherwise, we reserve the right to charge you for the time. The same applies in the event of non-shows. Exceptions are made for illness (medical certificate required).

What shoes do I need for the fitness area?
To use the fitness area, you will need sturdy, closed sports shoes and suitable sportswear.

Do I also need to sign up for the free fitness activities?
Please sign up in advance for all activities, either in the Sport & Health area, in the My Cruises on-board portal or in the *Mein Schiff*® app. Our tip: For exclusive services such as workshops, events, introductory sessions and group training sessions, you can secure your place even before your holiday begins.
If you are unable to attend, you can cancel free of charge up to 12 hours before the start.

Is there a minimum age for using the cardio equipment and taking part in fitness classes?
The minimum age for using the cardio equipment and taking part in fitness classes is 14.

From the age of 16, guests may also use the strength-training equipment independently.

An exception applies to competitive athletes or where training has been prescribed by a doctor (with written confirmation from the doctor or sports club). On presentation of this confirmation, personal training can also be offered from the age of 14.

In the Kids Club and in the teens lounge, children and teenagers can enjoy an age-appropriate programme with a range of different themes under professional supervision. Ask our on-board staff for details.

Can I use the SPA & Beauty area if pregnant?
For safety reasons, massages can not usually be provided for expectant mothers on board the *Mein Schiff*® fleet. Full-body scrubs and body wraps are possible from the fourth to the sixth month of pregnancy. Facial treatments, manicures and pedicures (without massage) can be given without restrictions.

Are the SPA treatments also available to children?
Children aged 8 to 11 may only enjoy well-being treatments in the SPA & Beauty area if accompanied by a parent or legal guardian. From the age of 12, treatments can also be provided without a parent or legal guardian (written consent required). We also offer special Kids & Teens treatments for our younger guests (up to the age of 17).

OPENING HOURS

SPA & Beauty reception:
08:00 – 21:30

Treatments:
08:00 – 21:30

Hairdresser:
08:00 – 21:00

Sports & Health:
Opening hours:
24 hours
Supervised hours: 07:00 – 19:00

Please check on board for the current opening hours, as they may vary.

UNSERE KOOPERATIONSPARTNER:

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BODY ATTACK™ SMART WORKOUT EMS FOR ME

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