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Regent Seven Seas Cruises® Reveals New Spa Experiences On Seven Seas Grandeur

Exclusive Serene Spa & Wellness™ Treatments Will Elevate Relaxation on the Ship that Embodies A Heritage of Perfection



Outside Lounge Area with Three Whirlpools



Serene Spa & Wellness Treatment Room

MIAMI, August 15, 2023 – Regent Seven Seas Cruises, the world's leading luxury ocean cruise line, has revealed new and exclusive spa treatments that will debut on board *Seven Seas Grandeur*™, setting sail November 2023. The ship's *Serene Spa & Wellness*™ experience will enhance relaxation at sea with an indulgent treatment menu that integrates best-in-class techniques and luxury ingredients from around the world, including new treatments utilizing the restorative power of an amber and quartz crystal bed, and an advanced treatment table for a *Zero Gravity Wellness Massage*.

In addition, a new treatment – the *Tahitian Hydration Ritual* – has been created exclusively for those staying in the palatial, 4,443 square foot Regent Suite, which can be enjoyed in the suite's very own private spa. Regent also revealed new details about the ship's *Serene Spa & Wellness* features and design, including a new relaxation room.

"We are thrilled to expand our *Serene Spa & Wellness* offerings exclusively for our valued guests on board *Seven Seas Grandeur*," said Andrea DeMarco, President of Regent Seven Seas Cruises. "Not only can guests enjoy the relaxation of *Serene Spa & Wellness* services already found across the world's most luxurious fleet, but they can now be pampered with new, innovative treatments, making their unrivaled experience even more lavish and indulgent."

New and Innovative *Serene Spa & Wellness* Treatments for *Seven Seas Grandeur*

Exclusively for *Seven Seas Grandeur's Serene Spa & Wellness*, two groundbreaking treatments harness the power of a pioneering amber and quartz crystal bed.

Guests seeking complete rejuvenation can book a *Hot Mineral Body Boost* to alleviate muscular pain and remove toxins by stimulating every cell in the body, while the *Poultice-Powered Muscle Release* works away sore, aching muscles with an invigorating treatment that targets tension areas with vibrational energy, finishing with a restorative facial massage. A nourishing amber balm used in the *Hot Mineral Body Boost* and the unique eucalyptus, juniper, amber and quartz poultice utilized in the *Poultice-Powered Muscle Release* works with the extraordinary amber and quartz crystal bed, energizing tired bodies and elasticizing the skin.

For a completely unique experience, the *Zero Gravity Wellness Massage* is the next generation of innovative wellness. Producing a zero-gravity effect, the body is suspended on an advanced treatment table that allows for ergonomic workflows and a seamless series of sophisticated techniques. Eight table positions enable effective and precise reach of every muscle group in a choreographed massage, focusing on the back and main muscles to release tension and improve body mechanics.

All three new treatments on board *Seven Seas Grandeur* are 75 minutes long and priced at $299 per guest.

For the ultimate in-suite spa experience, guests staying in *The Most Exclusive Address at Sea*™, the Regent Suite, will have access to a lavish new treatment. The *Tahitian Hydration Ritual* is a 75-minute treatment that transports guests to the South Pacific. Warmed monoi oil infuses frangipani flowers with pure coconut oil, and melts into the skin during the body wrap treatment. Elevating the standard of relaxing ambiance, *Seven Seas Grandeur's* Regent Suite features an impeccably designed master bathroom complete with personal sauna, steam room, treatment area and unlimited complimentary treatments.

Seven Seas Grandeur's Serene Spa & Wellness **Features and Design**

Serene Spa & Wellness on board *Seven Seas Grandeur*, designed by the award-winning Studio DADO, offers a multi-sensory experience choreographed to help guests relax at every turn. The spa's entry experience sets the tone by introducing a floral motif carried throughout the space. The delicate design suggests rebirth and rejuvenation, and the intricate, lacey details create a sense of elegance and intimacy found in the world's finest spas. Throughout, architectural details – metal canopies, lantern niches and the undulating lines of the walls – remind guests that, while this may be one of the most luxurious and relaxing experiences, they are at sea and surrounded by the ocean.



Relaxation Room

Treatment rooms are rich and inviting, while the relaxation room offers a sense of privacy and enchantment, as though guests are inside a topiary maze. Outside, three whirlpools and a lounge area provide contemplative and calming views in the fresh sea air.

As with her sister ships *Seven Seas Splendor*® and *Seven Seas Explorer*®*, Seven Seas Grandeur* also offers guests the healing, detoxifying and tension-releasing power of the *Serene Spa & Wellness Hydrothermal Suite*, allowing spa-goers to relax before or after spa treatments and enjoy Regent's multisensory aromatherapy steam room, chill room, infrared sauna and experiential showers.



Beauty Salon

Finally, guests can access time-honored beauty secrets enhanced by technology and innovation to deliver advanced hair and nail care in the beauty salon.

The Serene Spa & Wellness Experience

Emphasizing the unrivaled experience Regent is known for, *Serene Spa & Wellness* found on board all five, soon to be six, Regent ships, is a holistic journey of health and well-being that extends beyond the physical spa, with fitness classes, nutritious and delicious cuisine selections, plus wellness themed shore excursions.

Fitness experts at *Fitness by Serene Spa & Wellness* lead popular exercise classes, such as Pilates, yoga and meditation and are available to offer advice and demonstrate the use of fitness equipment. Equipment includes spinning bikes, dumbbells, treadmills, Technogym® strength machines, workout mats and step benches and one-on-one training.

Guests may savor the best of world cuisine with *Serene Spa & Wellness Selections* in many restaurants on board. These culinary dishes offer an extensive array of innovative options that inspire healthy living, featuring exquisite dishes influenced by a myriad of global fares including delectable plant-based cuisine.

On land, *Serene Spa & Wellness Tours* enhance wellness through immersive and restorative shore excursions where guests can, for example, soak in mineral-rich thermal springs in Rome, Italy, or balance themselves in a yoga class overlooking the picturesque seaside town of Taormina, Sicily.

For more information, please visit RSSC.com/ships/Seven_Seas_Grandeur, call 1-844-4REGENT (1-844-873-2381) or contact a professional travel advisor.

About *Seven Seas Grandeur*

Inspired by the past and stunningly reimagined for the future, *Seven Seas Grandeur* will exemplify Regent Seven Seas Cruises' *Heritage of Perfection* with unrivaled space, unparalleled service, epicurean indulgence, and transformative experiences for guests as soon as they step on board. With a gross tonnage of 55,500 and only 746 guests, *Seven Seas Grandeur* will provide among the highest space and staff to guest ratios in the industry. Designed by the award-winning Studio DADO, her refined style, matchless elegance, and breath-taking beauty will exceed the expectations of discerning travelers. On board, guests

will find captivatingly reimagined designs for signature restaurants Compass Rose and Prime 7 among the exquisite dining choices. From the palatial, $11,000-a-night Regent Suite, to the contemporary, yet timeless, Distinctive Suites, to the beautifully appointed Spacious Suites, *Seven Seas Grandeur* features 15 stunning accommodation categories. *Seven Seas Grandeur* will also be home to a multi-million-dollar art collection, the Pièce de Résistance of which will be a custom designed masterpiece - *Journey in Jewels* - the first Fabergé Egg to permanently reside at sea. *Seven Seas Grandeur's* inaugural season begins in November 2023 and discovers the Mediterranean and the Caribbean with a wonderful range of 18 sailings in the regions, including two transatlantic voyages. The ship's Godmother Sarah Fabergé, founding member of The Fabergé Heritage Council and great-granddaughter of Peter Carl Fabergé, will christen *Seven Seas Grandeur* at an elegant and exclusive gala event in Miami, Florida on December 10, 2023.

About Regent Seven Seas Cruises®

Regent Seven Seas Cruises® is the leading luxury cruise line, delivering An Unrivaled Experience™ for over 30 years. Carrying no more than 746 guests, the line's spacious and stylish ships - *Seven Seas Explorer®, Seven Seas Mariner®, Seven Seas Navigator®, Seven Seas Splendor®, Seven Seas Voyager®* and from 2023 *Seven Seas Grandeur™* - form The World's Most Luxurious Fleet™ and explore more than 500 immersive destinations globally. Offering Unrivaled Space at Sea™, guests enjoy sumptuous all-suite accommodations, nearly all with private balconies, which are among the largest at sea, as well as highly personalized service throughout lavish public areas and expansive outdoor spaces. Unique to Regent Seven Seas Cruises, unlimited complimentary shore excursions are available in every port, making it the only truly all-inclusive cruise line. Voyage fares also include round-trip business-class air on intercontinental flights from the U.S. and Canada, gourmet cuisine in a range of specialty restaurants and al-fresco dining venues, fine wines and spirits, entertainment, unlimited internet access, free valet laundry, gratuities, ground transfers and one-night, pre-cruise hotel packages for guests staying in Concierge-level suites and higher. For more information, please visit RSSC.com, call 1.844.873.2381 or contact a professional travel advisor. Regent Seven Seas Cruises is a wholly owned subsidiary of Norwegian Cruise Line Holdings Ltd. (NYSE: NCLH). To learn more, visit www.nclhltd.com.

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