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NORWEGIAN CRUISE LINE HOLDINGS LTD.

Regent Seven Seas Cruises® Unveils Largest-Ever Spa and Wellness Experience Aboard Seven Seas Prestige™

The ultra-luxury line introduces a range of innovations, including its first-ever in-suite gym, first-ever salt room, an exclusive range of AI-based Technogym design equipment, and a significantly expanded longevity-focused spa menu.

MIAMI, September 2, 2026: Regent Seven Seas Cruises®, the world's leading ultra-luxury cruise line, has unveiled its largest-ever wellness offering aboard *Seven Seas Prestige™*, the line's first new ship class in a decade, featuring the fleet's largest Serene Spa & Wellness® space, Regent's first-ever salt room, first-ever in-suite gym and an expanded menu of longevity-focused treatments when the ship debuts in December 2026.

Found on deck 4 and representing Regent's most ambitious wellness investment to date, *Seven Seas Prestige* will feature the largest Serene Spa & Wellness facility in the fleet's history, complete with wall-to-wall Technogym equipment from the brand's new Sand Stone Collection, making it one of the first ships in the world to showcase this new collection aimed at defining a new level of wellness luxury living. The offering also includes an expanded menu of advanced wellness and longevity treatments, as well as Regent's first-ever private in-suite fitness studio within the Skyview Regent Suite. Building on the active lifestyle offerings of the ship's recently revealed Solara Sports Deck, these enhancements create Regent's most comprehensive fitness, spa and wellness experience at sea.

"Wellness has become a cornerstone of the Regent experience for many of our guests, and our Serene Spa & Wellness offering aboard *Seven Seas Prestige* has been designed to honor this evolving trend," said Wesley D'Silva, president of Regent Seven Seas Cruises. "Every detail, from the technology guiding a single treatment to the philosophy behind the space itself, has been considered to help our guests feel truly restored and leave feeling renewed, refreshed and better than when they arrived."

Serene Spa & Wellness Spa Offerings

The ship's Serene Spa & Wellness facilities aboard *Seven Seas Prestige* will feature a total of 10 treatment rooms, including one acupuncture room, one medi spa room, and one couple's treatment room. A relaxing and complimentary thermal suite will be home to the line's inaugural salt room and also offer saunas, steam rooms, a hydrotherapy pool, aroma room, snow room, experience showers and heated loungers.

Rounding off a space truly built with wellness in mind, the salon will feature three hair stations, one barber station, and two pedicure and manicure stations. Treatments and services in the Serene Spa & Wellness will come at additional cost.

The ship's Spa space has also been elevated for *Seven Seas Prestige*, with the fleet's most advanced treatment menu to date. Designed as a sanctuary for relaxation, rejuvenation and discovery, the Serene Spa & Wellness experience combines globally inspired therapies, restorative thermal experiences and personalized wellness journeys. Drawing inspiration from wellness traditions around the world, guests can enjoy signature experiences including the *Around the World Massage*, *Brazilian Bamboo Massage,* and *Mediterranean Seaweed Wrap*, alongside an extensive menu of massages, facials, body therapies and beauty services.

The expansion builds on Regent's ongoing partnership with ELEMIS®, including the recently announced 2027 *Seven Seas Prestige* Spotlight on Wellness & Longevity with ELEMIS voyage, and now extending to the introduction of Cryotighten + Firm by ELEMIS®, an innovative cooling-and-warming body treatment, alongside ELEMIS® Red Light Face Mask Therapy.

For guests seeking more advanced wellness and longevity-focused services, Seven Seas Prestige will also debut Regent's most extensive Medi-Spa offering to date. With significantly expanded Medi-Spa offerings, guests can now experience clinical-grade dermal analysis alongside advanced aesthetic enhancements onboard. Those on a *Seven Seas Prestige* voyage can also indulge in sophisticated skin-tightening and body-contouring via Thermage® FLX and truSculpt® technologies, while a refined salon program introduces premium Keratin hair therapy and bespoke brow and lash artistry from Nouveau®.

New additions also include the Niagen® NAD+ Longevity IV, LED-enhanced acupuncture, and the exclusive Plated® Exosomes Serum, together placing Serene Spa & Wellness at the forefront of wellness innovation at sea. Also elevating the wellness journey, *Seven Seas Prestige* introduces the NEXA™ portable skin imaging system, an advanced diagnostic tool providing clinical-grade analysis of both surface and sub-surface dermal health, complemented by bespoke, aesthetician-led consultations.

The Serene Spa & Wellness Fitness Centre

At 6,006 sq ft, the Serene Spa & Wellness Fitness Centre will be the largest gym in Regent's history, underscoring the line's continued investment in expansive wellness spaces. *Seven Seas Prestige* will also be one of the first ships in the world to feature Technogym's new Sand Stone Collection wall-to-wall throughout the space, bringing the warmth of Mediterranean sandstone together with cutting-edge fitness technology across cardio, strength, functional training, and wellness equipment.

The gym also introduces Mywellness by Technogym to the Regent fleet, the revolutionary digital platform integrated within the Technogym Ecosystem, giving guests access to customized training programs, progress tracking and on-demand video classes. The Serene Spa & Wellness Fitness Centre has dedicated areas for yoga, Pilates, stretching and cycling classes, as well as dedicated cardio and strength training spaces featuring treadmills, dumbbells and more.

The Skyview Regent Suite: In-Suite Spa and Gym Services

Regent guests can now access a complete gym setup without ever leaving their suite. The Skyview Regent Suite, the world's largest all-inclusive, ultra-luxury cruise ship suite in

history, introduces a dedicated 161 sq ft private gym, outfitted with a curated selection of Technogym's most advanced wellness equipment, including the Technogym Bike Personal Live, designed by Antonio Citterio; the Kinesis Personal Vision, offering more than 200 exercises through its patented FullGravity Technology; the Technogym Bench, a compact functional training station; and the Technogym Visio, the gym display delivering guided, on-demand training.

The addition transforms the Skyview Regent Suite into the most exclusive address at sea, pairing its in-suite gym with an in-suite spa program offering two complimentary Serene Spa & Wellness services per day, available in the Skyview Regent Suite or at the spa itself.

Luxury travelers can experience the new Serene Spa & Wellness offering when *Seven Seas Prestige* launches on her maiden voyage on December 13, 2026.

For more information about *Seven Seas Prestige* or to book a voyage, please visit RSSC.com/Ships/Seven_Seas_Prestige, call 1-844-4REGENT (1-844-473-4368) or contact a professional travel advisor.

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About Seven Seas Prestige

Seven Seas Prestige will be 40 percent larger than previous Regent ships yet accommodates only 10 percent more guests, delivering truly *Unrivaled Space at Sea*®. At 77,000 tons with just 411 suites and 630 dedicated crew members, the ship offers one of the highest space-to-guest and crew-to-guest ratios in the cruise industry.

Beautifully appointed all-balcony suites usher in a new era of ultra-luxury accommodation with 12 distinctive categories, including four all-new suite types, among them the largest all-inclusive, ultra luxury cruise ship suite in history: the Skyview Regent Suite. Elegant public spaces are thoughtfully designed from the sophisticated, light-filled Starlight Atrium to the art-inspired Galileo's Bar.

Offering Regent guests the chance to indulge in Epicurean Perfection™ like never before, *Seven Seas Prestige* provides a curated culinary journey across 11 dining experiences with a further brand-new dining venue being revealed at a later date. These include Azure, a new mezze-style Mediterranean concept, and signature favorites like Chartreuse, Prime 7, and Pacific Rim.

Seven Seas Prestige's inaugural season will explore iconic destinations across the Caribbean and Europe with 13 immersive voyages. Her maiden sailing departs December 13, 2026, on a festive 14-night transatlantic journey from Barcelona to Miami. From there, guests can discover the sun-soaked charm of the Eastern and Western Caribbean, and the marvels of the Panama Canal, with embarkation ports in Miami, Florida; Los Angeles, California; and New York. The season culminates with elegant sailings along the Iberian Peninsula and the coast of France, including multiple overnight stays. With up to 97 included shore excursions per voyage and calls to boutique ports such as St. Lucia, Cartagena, and Bordeaux, the season offers the perfect blend of vibrant exploration and all-inclusive indulgence.

About Regent Seven Seas Cruises®

Regent Seven Seas Cruises® is the world's leading ultra-luxury cruise line, inviting guests to *Experience the Unrivaled*® since 1992. With a maximum of only 411 suites the line's perfectly sized ships - *Seven Seas Explorer*®*, Seven Seas Grandeur*®*, Seven Seas Mariner*®*, Seven Seas Navigator*®*, Seven Seas Splendor*®*, Seven Seas Voyager*®, and *Seven Seas Prestige*™, which is scheduled to be delivered in 2026 - form The World's Most Luxurious Fleet®. Offering immersive exploration in more than 550 destinations across seven continents, guests travel the world in luxurious space featuring sumptuous all-suite accommodations, nearly all with private balconies, which are among the largest at sea. Regent's heartfelt personalized service can be found throughout lavish public areas and expansive outdoor spaces, or while savoring incomparable culinary experiences in a range of specialty restaurants and al-fresco dining venues. Guests Cruise In All-Inclusive, Unrivaled Luxury™ as part of Regent's All-Inclusive Cruise Fares, offering amenities such as unlimited shore excursions, exquisite cuisine, beverages including fine wines and spirits, entertainment, Starlink Wi-Fi, free valet laundry, gratuities, a one-night, pre-cruise hotel package for guests staying in Concierge-level suites and higher, and more. For more information, please visit RSSC.com, call 1-844-4REGENT (1-844-473-4368) 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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