



A DESTINATION IS NEVER A PLACE, BUT A NEW WAY OF SEEING THINGS.

Travel is a therapeutic source of wellness. Through exploration, Windstar Cruises bridges our desires to unearth places that are uncharted, unknown, untouched.

Journey from destination to destination and discover a world of wonders.

Beyond these hidden treasures, find points filled with culture that inspire us to look deeper within our being.

From healing muds on the banks of Alaskan glaciers to the flora and fauna that beautify French Polynesia, the riches of the world are in the hands of our therapists – your guides to the nature and nurture at each port of call.

Immerse yourself in Windstar's destination-inspired experiences – a beautifully curated collection of wellness treatments from across the globe.

WANDER AND EXPLORE THE WORLD.





ALASKA

REMINERALIZING GLACIAL MUD BODY WRAP

Feed the skin with Alaskan glacial mud minerals and botanical extracts harvested directly from the remote waters of the Copper River. A warmed mineral-rich mud mask is applied to the body before being enveloped in a soothing wrap. The pure glacial clay will stimulate healthy skin cell regeneration all while nourishing and moisturizing the skin.

75 minutes / \$259

DESTINATION INSPIRATION: ALASKAN MUD

Hand-harvested glacial mud on the Copper River Delta in South Central Alaska retains more than 60 major and trace elements known to promote healthy cell regeneration and is the most mineral-rich and unique mud in the world. Nearly 100 million tons of buttery glacial mud deposits on the expansive delta each year, the largest contiguous wetland in North America. This glacial mud also contains micro-fine clay particles that absorb toxins and exfoliate dead skin, leaving soft, nourished and radiant.

ASIA

HIMALAYAN SALT STONE MASSAGE

Feel energized, recharged and ready for the demands of modern life. Himalayan salt resonates with the Earth's frequency to improve alertness and overall wellbeing. Warm salt stones are bathed in personally selected aromatics to contour the body, diffuse negative energy, reduce stress, and alleviate muscle tension. This rejuvenating service is completed with a scalp massage for a truly uplifting experience.

75 minutes / \$209

DESTINATION INSPIRATION: PINK HIMALAYAN SALT STONES

Pure pink salt stones offer 84 naturally occurring minerals and salts that replenish the body. Massage using salt stones integrate the philosophies of Eastern medicine as well as thermal and inhalation therapies to create an array of possible benefits, including: improved sleep, induced deep relaxation, and improved overall sense of wellbeing. The warm crystal stones ground the body's electromagnetic field, central nervous systems, and meridians, soothing stress and tension while balancing the mind and body.

BALTIC

NORTHERN LIGHTS MANICURE AND PEDICURE

Inspired by the lit up, midnight sky, LED lights create an unforgettable show. Following a seaweed soak with ingredients sourced from the Baltic Sea, this warm light will lessen signs of aging, improving the texture of the skin. Select from a spectrum of nail polish colors to add an extra glimpse of shine and highlight to a sight-to-be-seen performance for the hands and feet.

Manicure / 45 minutes / \$49

Pedicure / 60 minutes / \$69

DESTINATION INSPIRATION: AURORA BOREALIS

An aurora, also referred to as polar lights or northern lights (aurora borealis), is a natural light display in the Earth's sky, predominantly seen in high-latitude regions. Auroras are caused when the solar wind alters the trajectory of charged particles. The result emits light of varying color and complexity.

CARIBBEAN

COCONUT POULTICE MASSAGE

Nourish the skin with a lavishly hydrating body massage. Warmed and scented pure coconut compresses, rich in vitamins E and K, release natural emollients that moisturize the skin while an array of Eastern and Western massage techniques and acupressure movements relax muscles and ease tension. Skin is left exquisitely moisturized, intensely supple, and deliciously scented.

50 minutes / \$169

75 minutes / \$219

90 minutes / \$239

DESTINATION INSPIRATION: COCONUT

Coconut has long been associated with the Caribbean and tropical locations, but the tree is not a native species to this region. Although not indigenous, it has made the Caribbean its home. Coconut possesses anti-bacterial, anti-inflammatory and antioxidant properties. Ultra-moisturizing, coconut contains vitamin E and healthy fats, which help make the skin smooth.



ICELAND

FIRE & ICE MASSAGE

A customized, heated Basalt stone massage complemented by ice-cool gels to gently detoxify the body and address areas of concern, alleviating stress and easing aching muscles. While the body is in a pure state of blissful relaxation, melted paraffin on the back will enhance the warming sensation of this contrast therapy.

75 minutes / 189

DESTINATION INSPIRATION: COLD CLIMATE

Iceland's year round cold weather is the inspiration for the Fire & Ice Massage, a contrast therapy in which the body experiences a warm sensation followed by a cooling sensation. Contrasting therapies are used to relax and heal the body. The heat is alleviates aching muscles while the cold reduces inflammation. When combined, both techniques revitalize the body.

MEDITERRANEAN

ROSEMARY AND THYME MASSAGE

Inspired by an abundance of natively sourced Italian ingredients, a synergy of rosemary and thyme from the Mediterranean coastlines are worked into the body to ease tension and soothe muscles while helping to detoxify and hydrate.

75 minutes / \$189

DESTINATION INSPIRATION: ROSEMARY AND THYME

Popular culinary ingredients, this power duo, native to the Mediterranean, serve as key ingredients in body therapies. A rich source of antioxidants and anti-inflammatory compounds, rosemary is thought to help boost the immune system and improve circulation while thyme is an herb with known anti-septic and cleansing properties, which can also enhance your mood.

SOUTH PACIFIC

BODY NECTAR NOURISHING WRAP

Envelop the body in a lusciously fragrant, intensely moisturizing wrap that will transport you to the Far East. The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas and kept cocooned while the warm, mood-balancing aromatics and skin conditioning oils do their work. An emotionally-grounding experience for skin that has never felt silkier. Includes a 25-minute back or 50-minute full-body massage.

50 minutes / \$139

75 minutes / \$199

DESTINATION INSPIRATION: FRANGIPANI

From French Polynesia hails a divinely scented flower that deeply cleanses and rejuvenates the skin. Found in subtropical climates, exotic frangipani flowers deliver intense moisture even for the driest skins. Monoi oil is a macerated extract deriving from the Tahitian gardenia flower. When paired together, these flowers deliver ultimate hydration.

