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MIAMI (Nov. 10, 2025)

Crystal Unveils Its Third Annual Wellness at Sea® Retreat Voyages for 2026

A Holistic Celebration of Balance, Vitality and Tranquility at Sea Aboard *Crystal Symphony*

Crystal today announced its third annual Wellness at Sea® retreat voyages aboard *Crystal Symphony*, sailing August 2026 during National Wellness Month. The retreats offer guests a holistic journey of movement, mindfulness and culinary nourishment in the refined surroundings of one of the world's most exceptional ships. The first sailing runs Aug. 17–24, from Vancouver, to San Diego, followed immediately by a second voyage, Aug. 24–Sept. 5, from San Diego to Guayaquil, Ecuador; guests may book either individually or combine both back-to-back for a continuous Pacific wellness journey.



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Leading the program once again is Dalila Roglieri, Crystal's wellness ambassador and registered nutritionist, who has been instrumental in shaping the program's philosophy since its inception. Roglieri, whose expertise bridges nutrition science and Mediterranean lifestyle principles, will be joined by returning specialists Jenni Demus, yoga and mental well-being specialist; Mandi Appelberg, fitness and yoga specialist; and Magnus Appelberg, cold exposure expert, somatic therapist and yoga and meditation teacher. The team will also welcome Chef Abbie Gellman, MS, RD, CDN, a nationally recognized culinary nutrition authority, author and director of Teaching Kitchen and Culinary Medicine at SBH Health System in New York.

Guests will be guided through a series of immersive Wellness at Sea sessions including yoga and meditation, sound baths, functional training, and breathwork and mind-reset classes such as *Wake Me Up Breath* and *Master Your Mind*. The voyage also features a two-day detox at sea, encouraging digital mindfulness and deep restoration.

The program will once again include an educational focus on longevity science, with lectures exploring key topics such as aging well, maintaining a sharp mind and a strong, vital body and understanding the healing and harmful effects of emotions on the heart and health.

Culinary offerings take center stage with an expanded variety of plant-rich dishes crafted exclusively for the Wellness at Sea retreats. All recipes are created by Crystal's culinary team under Roglieri's guidance in nutrition science, highlighting flavor and nourishment in perfect harmony. Guests can enjoy hands-on wellness cuisine workshops and culinary demonstrations led by Gellman and Roglieri, blending nutritional insight with the art of gastronomy, as well as individual nutrition consultations and blind tasting sessions designed to engage all the senses. Daily offerings include wellness-focused juices and smoothies, nutritious toasts, soups, appetizers, dips, main courses and desserts. This innovative culinary approach earned Crystal recognition in the *Women's Health 2025 Travel Awards* for Best Healthy Food.



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Further complementing the wellness programming, Crystal will offer pickleball instruction led by an onboard coach. Classes are available for all levels, offering guests a fun and social way to stay active at sea.

“These voyages represent wellness at its most complete, where every sunrise, every movement, and every meal becomes part of a greater harmony. It’s an invitation to reconnect with yourself and the world, surrounded by the exceptional elements that define Crystal.”

DALILA ROGLIERI, CRYSTAL’S WELLNESS AMBASSADOR

The 2026 Wellness at Sea retreat voyages are now open for booking on crystalcruises.com. To view the full program, visit crystalcruises.com. Details for the 2027 Wellness Retreat will be announced in the coming months.

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 reimaged 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 partnership with Monte-Carlo Société des Bains de Mer (SBM), and world-class dining includes Umi Uma®, the only dining experience at sea by chef Nobu (Nobuyuki Matsuhisa), and the only Beefbar on the ocean, a collaboration with visionary restaurateur Riccardo Giraudi, and a specially curated Osteria d’Ovidio menu by three-time Michelin-starred Italian chef Massimiliano and celebrated restaurateur Raffaele Alajmo. 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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