

CRYSTAL



MIAMI (July 8, 2026)

Crystal Announces Four Wellness at Sea® Retreats for 2027

Dedicated voyages aboard *Crystal Serenity* and *Crystal Symphony* will feature expert-led programming focused on fitness, nutrition, mindfulness and longevity science

Crystal, the leader in exceptional cruise experiences, announced today four new Wellness at Sea® retreats for 2027. Curated by Dalila Roglieri, Crystal's Wellness Ambassador & Culinary Nutritionist, the program brings together renowned specialists aboard Crystal's award-winning ships.

Each sailing is built around four core pillars designed to support a holistic approach to self-care: culinary nutrition, physical activity, mental wellbeing and education in longevity science. Guests can participate in nutrition consultations, cooking demonstrations and culinary workshops; practice yoga, Pilates, strength training, dance, aqua fitness and pickleball; explore mindfulness through meditation, breathing classes, gratitude journaling and sound healing; and attend lectures focused on healthy aging and the latest developments in longevity science.

CRYSTAL

"Wellness is deeply personal, which is why every Wellness at Sea retreat is designed to offer a variety of perspectives and practices that support each guest's individual journey. From movement and nutrition to mindfulness and connection, these voyages bring together an exceptional group of specialists dedicated to helping guests invest in their wellbeing at sea and long after the journey ends."

DALILA ROGLIERI, CRYSTAL'S WELLNESS AMBASSADOR

Fort Lauderdale to Las Palmas, Canary Islands | March 20–April 2, 2027

Crystal Symphony

This transatlantic crossing focuses on building lifelong healthy habits. Guests will enjoy yoga, functional fitness, Pilates-inspired movement, culinary nutrition workshops and one-on-one consultations, alongside restorative practices including meditation, sound healing and breathwork. Lectures exploring balance, bone health and healthy aging complement the retreat, creating a comprehensive foundation for long-term wellbeing.

Panama to New York | Aug. 20–Sept. 3, 2027

Crystal Serenity

Making its Wellness at Sea® debut aboard Crystal Serenity, this voyage introduces an enhanced pickleball experience led by Fitness Specialist & Pickleball Player Kat Valos. Designed for players of all skill levels, the program includes on-court instruction, off-court conditioning focused on helping guests move better, play longer and perform stronger, as well as a friendly onboard tournament. The retreat also features yoga, strength training, sound healing, culinary nutrition workshops, mindfulness sessions and longevity-focused education.

New York to San Juan | Oct. 12–21, 2027

Crystal Serenity

This Caribbean retreat blends active movement with restorative wellbeing, creating a space for both performance and recovery at sea. Guests will once again have the opportunity to participate in Kat Valos' enhanced pickleball offerings alongside yoga, Pilates, strength training, meditation, sound healing, nutrition consultations, culinary workshops and educational discussions dedicated to longevity science.

CRYSTAL

Lisbon to Fort Lauderdale | Nov. 8–22, 2027

Crystal Symphony

This transatlantic voyage explores the intersection of food, wine and wellbeing through a sensory-led approach to mindful living. Led by Wendy Narby of Bordeaux Experts, programming includes mindful wine tasting, food and wine pairing discussions and sensory workshops. Additional experiences include yoga, fitness classes, culinary nutrition, mindfulness sessions and lectures centered on longevity throughout the voyage.

Specialists include Jenni Demus, Yoga and Mental Wellbeing Specialist; Minna McHale, Strength and Fitness Specialist; Lacey Cleland, Fitness and Dance Workout Specialist; Mandi Appelberg, Fitness and Sound Healer Specialist; Eva Estandler, Yoga and Sound Healer Specialist; Chef Abbie Gellman, Culinary Nutrition Specialist; Sabrina Sawall, Yoga and Sound Healer Specialist; and Mary Ann Adornato, Pilates Specialist and Doctor of Physical Therapy.

Day-by-day programming and specialist lineups for each Wellness at Sea® retreat are available online on each voyage's dedicated itinerary page. For more information, contact your travel advisor, visit Crystal's website or call Crystal Reservations.

###

About Crystal

For more than three decades, Crystal has been synonymous with exceptional, award-winning voyages. In 2022, AKTG (Abercrombie & Kent Travel Group) acquired the Crystal brand and its two vessels, Crystal Serenity and Crystal Symphony, ushering in a new era of being 'Exceptional at Sea' following a \$170 million refurbishment of the two ships. 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 reimagined 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

CRYSTAL

unrivaled service and commitment to sophistication and elegance at every touchpoint, once onboard guests feel as if they are perfectly at home.

Join our exceptional community at:

Facebook: @CrystalCruises

Instagram: @CrystalCruises

Twitter: @CrystalCruises

LinkedIn: @CrystalCruises

FOR MEDIA INQUIRIES:

USA/ The Americas

Mikaela Caldera, mcaldera@crystalcruises.com

Australasia

Michelle Mickan, mmickan@abercrombiekent.com.au

UK

Kate Selley, kate@kateselleypr.co.uk

A&K Travel Group:

James Treacy, jtreacy@abercrombiekent.com