



VOYAGES



LIVE YOUR MOST CENTERED LIFE AT SEA.

THE VIRGIN VOYAGES WELLNESS GUIDE

A smoothie for breakfast. An open-air yoga class. A deep tissue massage.
Whatever wellness looks like for you, we do it (in the most stylish way imaginable, obviously).

AN AWARD-WINNING (AND RESTORATIVE) EXPERIENCE

We'll say it: cruises are not always the first thing people think of when they imagine "relaxation." In our collective cultural understanding, cruise ships can be...chaotic environments. Sure, people flock to them for vacations, but they do so with the understanding that they'll be sharing space with strangers, that there will be kids running around, and that they sacrifice some of the comforts of home and routine for the excitement of stopping somewhere new every day.

Virgin Voyages is, quite simply, on another level. Every part of our onboard experience — from our adults-only ethos and our in-cabin mood lighting to our replacement of traditional cruise buffets with a slate of upscale, sit-down restaurants — was designed with care and precision. The goal? To create a genuinely, luxuriously relaxing environment on board.

Our wellness spaces range from a full-service spa to a specialty barber shop where your shave comes with a whiskey. Our onboard gym features state-of-the-art equipment available at any hour — and if you prefer your exercise with a side of community, we've got group classes led by incredibly qualified instructors. Shoot hoops in the sunshine, then retreat to the deck for a vitamin-packed juice, fresh-pressed. On board with Virgin, your day can look however you want it to — but the common thread between every onboard experience you have is the feeling of rejuvenation that results.

Don't believe us? Sea for yourself...



CONTENTS

OVERVIEW	002
ALWAYS INCLUDED LUXURY	004
THE WELLNESS SPACES	006
PLACES TO BE ACTIVE	007
PLACES TO BE RELAXED	008
PLACES TO BE NOURISHED	010
TESTIMONIALS	011





BE OUR (LUXURIOUS) GUEST.

When you're on board, with our Fair & Flexible Fares — gratuities, essential drinks, group fitness classes, and more are on us.

Once you're on board, you'll enjoy brilliant perks that put you at the helm of VIP treatment — never dimming your shine with unexplained charges.

So when it comes to wellness, that means:

I Essential drinks

Start the day with a drip coffee, quench your post-workout thirst with still and sparkling water, sip a non-pressed juice by the pool, find your favorite soda, and end the day with a bedtime tea. With essential drinks covered, you can recharge free of charge.

I Gratuities

Your post-massage relaxation bubble will never be punctured by the inconvenience of rooting around your bag for a tip. We cover gratuities in the cost of your voyage, so you can enjoy spa treatments without the customary awkward tipping ritual.

I Dining in 20+ eateries

Food is the centerpiece of our vision for how to be your best self on vacation. Michelin star-awarded chefs created our onboard menus, offering a mixture of healthy favorites with some downright decadent options mixed in. And everything is included.

I Wifi

Need to connect back home? It's good to unplug, but our approach to wellness includes providing free Wifi on board for staying in touch with your loved ones on land.

I All group fitness classes

Get your heart rate up in a HIIT class, or find your flow in our tranquil outdoor yoga space with 360-degree ocean views. The time you spend sweating it out with our talented onboard fitness instructors is included in the cost of your voyage.

I Entertainment

Balance out that tough daytime workout with a front-row (or middle-row, if the front isn't your thing) seat to a show in the evening. Music, comedy, and theater are all food for the soul — so kick back, relax, and enjoy the show.

OUR WELLNESS SPACES

A BREAKDOWN OF THE MANY PLACES ON BOARD YOU CAN GO TO FEEL GOOD.



B-Complex

Divided into two goal-oriented sections and decked with state-of-the-art Technogym equipment, the B-Complex has the very best at the ready — so that you can give your best when working out. There's a multipurpose fitness studio offering everything from Bungee classes to BARRE, a cycling studio where going for a spin doesn't cost a thing, bookable personal training, and dramatic ocean views to help you keep going when you feel the burn.



The Runway

Our signature Virgin-red running track forms a (255 meters-ish) halo-like vision over the ship, with different lanes that allow you to sweat, strut, or stroll. (Because for some of us, the only kind of running we do is... from our problems.) And don't forget the SPF — The Runway is outside, and the sun, unlike your problems, will catch up with you no matter how fast you run.



The Athletic Club

Designed with the aesthetic of the athletic social clubs of the past, The Athletic Club incorporates not only the Training Camp but also a Geezers Boxing ring, strength and gymnastics installations like you'd find in NYC sports clubs in the 1920s, MyBeast equipment, a basketball court, oversized table games, and even adult-sized seesaws.

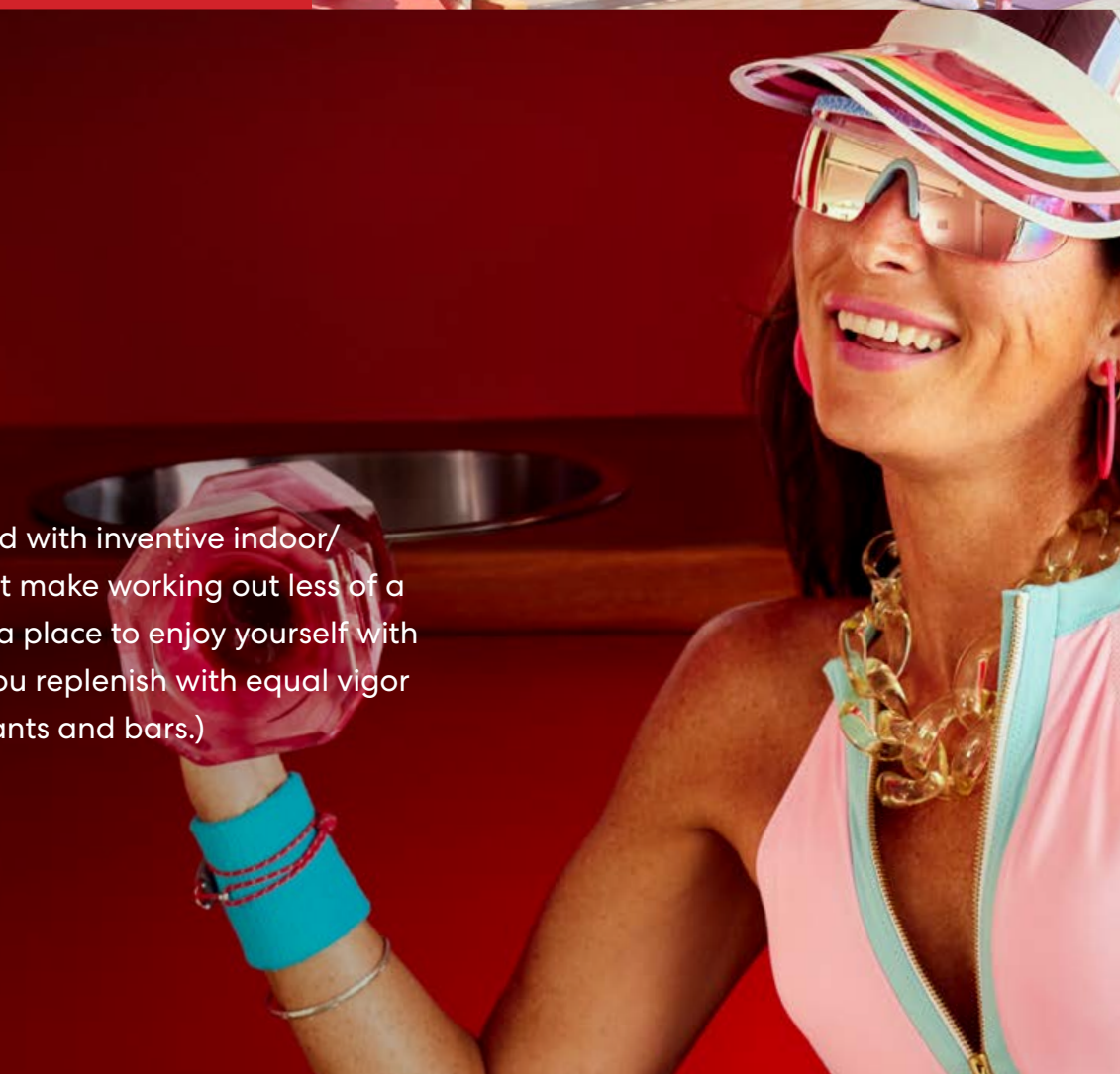
The Perch

Located at the top of the ship on Deck 17 (right above the Athletic Club), The Perch is our charming and serene outdoor space devoted to the pursuit of Vitamin Sea. Every morning starts with sunrise yoga, and when the day draws to a close, The Perch transforms into a space for intimate social gatherings where you can connect with other Sailors — with a sunset backdrop and a glass of champagne.



BE ACTIVE

Our ships are dotted with inventive indoor/outdoor spaces that make working out less of a chore and more of a place to enjoy yourself with vigor. (Make sure you replenish with equal vigor later in our restaurants and bars.)



BE RELAXED

We're not just "relaxing for a cruise."
We're relaxing compared to *anywhere*.

Redemption Spa

If your vacation isn't complete without the ultimate form of self-care, our onboard spa will be your second home. Its Thermal Suite includes a mud room, salt room, sauna, steam room, hot and cold plunge pools, and heated marble hammam benches. From the first quartz bed ever brought to sea to massages so good they'll rejuvenate your body and soul (plus a myriad of skin and scalp treatments), we call it Redemption for a reason.

Stubble & Groom

If your 'do is overdue for a trim, Stubble & Groom is the perfect place to refresh your look and refine your style. From Whisky with your Whiskers and authentic shaves to express haircuts and hip fades, this mid-century-styled haven nods to the British tradition of hanging out at barbershops to look and feel shipshape. Kick your feet up and put an extra pep in your step with a man-ly pedi at a place that feels like you've been going to for years — but with an ocean view.

Dry Dock

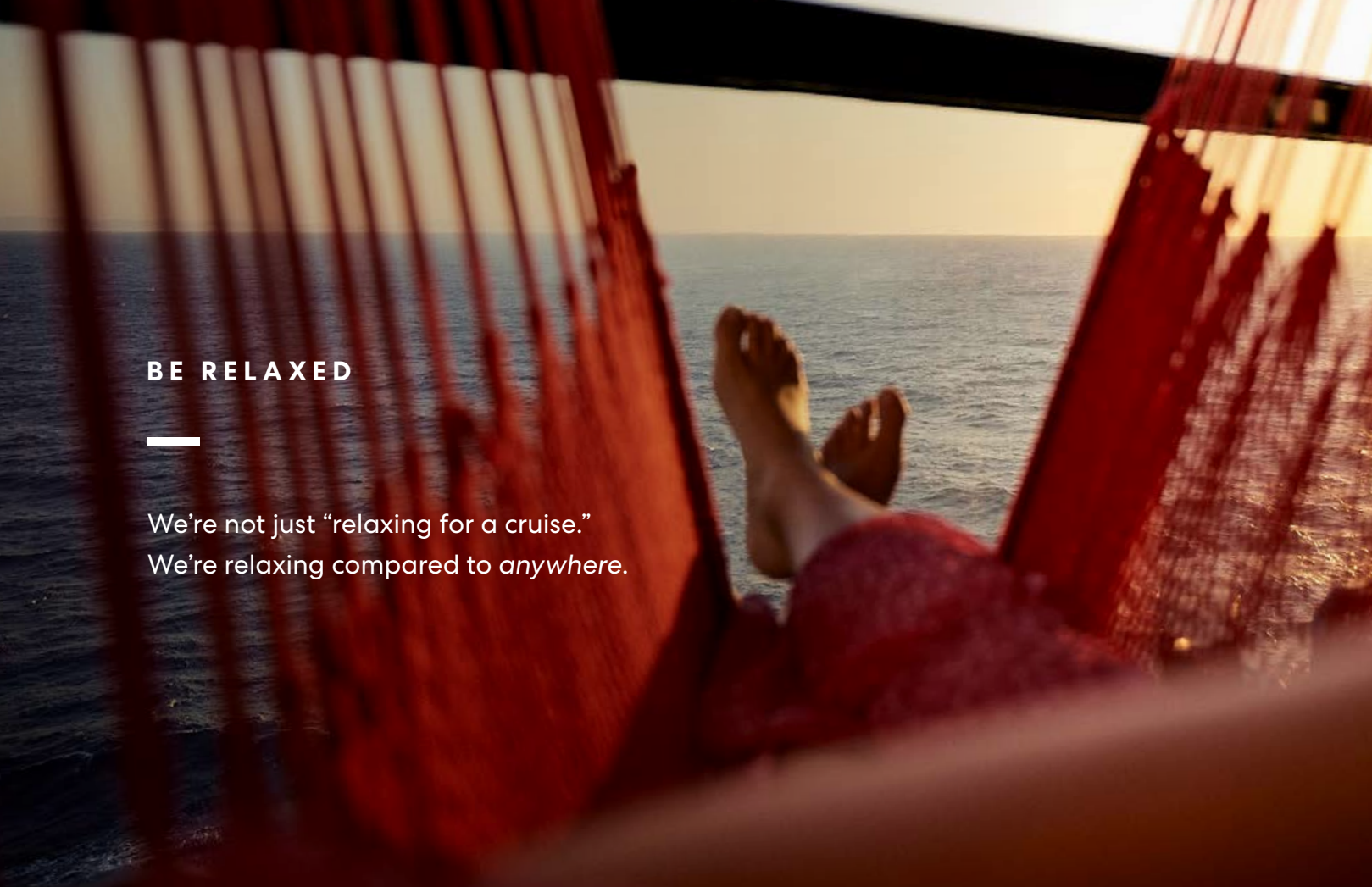
Coif, tease, dye, or curl your way to the mermaid locks of your seafaring dreams. From instant highlights, blowouts, and conditioning treatments to a brow bar, lash services, and full drag-overs, the glam whizzes at Dry Dock are there to enhance your natural beauty and have you looking as good as you feel.

The Tune Up

The Tune Up boasts a variety of luxurious manicures and pedicures, ranging from organic and invigorating soaks to more lavish and decorative nail art. And if you're looking for Medi-spa services like Botox, fillers, or IV therapy, you'll check in with us here and be taken to your therapeutic services.

Well-being Pool

Conveniently situated between Gym & Tonic and our MyBeast strength bars, the smaller Well-being Pool is the perfect place to cool off and hydrate after you've worked up a sweat. (Or work on finishing every last drop of your favorite daytime cocktail.)



BE NOURISHED

Our full-service onboard restaurants all feature healthy dishes, with gluten-free, dairy-free, and meatless options available everywhere. Outside of those, here are some other onboard hideaways to get refreshed.

Gym & Tonic

An open-deck oasis of fresh and cold-pressed juices, made-to-order shakes, and stirring Reset Cocktails that are healthy in spirit (like, by putting the spirit in healthy). Whether after working up a sweat or while relaxing at the Well-being Pool, there's no better way to thank yourself for taking care of your mind, body, and soul with a toast here.



Razzle Dazzle

The vegetarian-forward menu at this eatery makes it a consistent favorite for Sailors looking to dine healthily (without sacrificing an ounce of delicious flavor). Serving New American dishes reimaged with a twist (the mushroom "tartare" is life-changing), it's worth a visit for those abstaining from meat in their diets.

The Grounds Club

Enjoy the fresh flavors of Intelligentsia's direct-trade, antioxidant-rich coffee (with any alternative milk you can imagine), or drink in a cup of herbal (or caffeinated) wonder from premium tea company Jojo Tea. The Grounds Club is just like your favorite coffee or tea spot at home... but with views of the ocean that you can glimpse through its charming portholes.



REVIEWS AS SPECTACULAR AS OUR ONBOARD VIBES.

"The gym is well equipped and the outdoor amenities, including the track, are a great place to breathe in the ocean air and decompress after a fully booked day and night."

— Josh

"I tried the spa...the massage therapist did wonders on my shoulders and back. I wanted to bring her home with me. [My facialist] was amazing with the facial. I felt relaxed and rejuvenated."

— Pramada

"7-star fine dining experience in all the restaurants, even [The Galley] - great, tasty and very good quality and healthy food. A big emphasis on sports and wellness throughout the ship."

— Jamie



Experience what our Sailors are raving about for yourself, when you sail on the lady ships of Virgin Voyages.

Contact your Travel Advisor for more information or to book.

