



WindSpa: Relax and Rejuvenate at 180 Degrees from Ordinary

Certified Organic O SPA London Spa and Salon Services in WindSpa

Relaxing and rejuvenating the spirit 180 Degrees from Ordinary aboard Windstar takes many different forms, from an invigorating fire and ice ancient stone massage while cruising along the Cote D'Azur to kayaking along the coast in the Greek Islands.

Conscious of today's active, health-conscious traveler, Windstar offers a variety of innovative, therapeutic spa treatments and new fitness regimens featuring The OnboardSpa Company and their certified organic O SPA London products and services in the spa, salon, and fitness center onboard Windstar ships.

O SPA London is a completely certified organic spa experience designed for both face and body. The products used are created with time proven organic essential oils and extracts of aromatic plants and herbs. Earth and sea botanicals are designed to actively treat, soothe, nourish, revive and restore the skin and body. Drawing on the ancient practices from cultures across the world, the O SPA experience takes guests on an exotic, multi-sensorial journey of rejuvenation and relaxation. All ingredients are sourced from organic, sustainable sources, such as The Eden Project (the largest biosphere project in the world), Lisadell House, an organic medicinal co-operative on the West Coast of Ireland and Georgina Koomson's FairTrade women's co-operative in Ghana.

Guests have the opportunity to indulge in a variety of spa rituals. Body treatments feature the purist botanicals available, ancient stones, mythical crystals and exotic muds. Balinese, Swedish, classic, reflexology, sports as well as fire and ice ancient stone massages are available. Ayurveda and aromatherapy options rejuvenate and harmonize the chakras of the body. An assortment of specialty facials include an intensive eye masque experience. Guests can also take advantage of luxurious manicures, pedicures and body contouring. Classical acupuncture, a system of healing that has been practiced in China and other Eastern countries for thousands of years, is also offered.

In the salon, a skilled team of dynamic stylists provide professional hair care services including precision cuts, hair coloring, styling and treatments utilizing luxurious, French Kérastase hair care products.

For the ultimate in well-being, guests can partake in a Pilates Institute at Sea Program, yoga, personal training, meditation, and fitness classes led by a team of fitness professionals.

Situated atop *Wind Surf* on Star Deck, the gym has wrap-around windows for panoramic views while exercising on bikes, elliptical machines, stairclimbers, treadmills and free weights.

Aboard the 148-guest sister ships *Wind Star* and *Wind Spirit*, the gym features cardiovascular equipment such as elliptical trainers and recumbent bikes complemented by a ballet bar, free weights and flat screen TV for an overall mind-body workout.

Each ship has a water sports platform which is lowered from the aft, turning a pristine lagoon into a private marina where guests enjoy complimentary sailing, kayaking, windsurfing, ski-tubing and waterskiing. Guests can also check out complimentary snorkeling gear to use at local beaches. Snorkeling and scuba diving excursions are also available for a fee.

Cruising under billowing white sails to destinations off the beaten path, the casual elegance and pampering comfort of Windstar provides the perfect respite from the day-to-day stresses and routines of everyday life.