

The World Spa & Wellness Center

FORT LAUDERDALE, FLORIDA – When it comes to the mind, body and soul, each person has unique needs. Crafting the perfect combination of wellness, fitness, and beauty takes time and attention to detail. At The World Spa & Wellness Center a team of experts guides Residents on their long-term journey of health and well-being. To enrich Residents' experiences, the Spa offers results-driven products and the latest in hair, body and skincare techniques with the highest quality, handpicked ingredients.

Soothing Therapies and Reinvigorating Treatments

For the ultimate in pampering and revitalization, The World Spa features a full menu of treatments which can be customized to suit individual preferences:

- ❖ Body Massages – Swedish, deep tissue, hot stone, Thai, and foot and leg.
- ❖ Body Treatments – Natura Bissē After Sun Recovery, Magnetic Body Scrub, Bamboo Scrub, C+C Vitamin Scrub and Detox Marine Algae Wrap
- ❖ Facials – Luzern, Natura Bissē, Microdermabrasion and CACI rituals
- ❖ All Nail Treatments – Manicures, pedicures, shellac, acrylics and gels
- ❖ Hair Salon – Shampoo, blow dry, cut, color, conditioning, smoothing and straightening treatments and styling
- ❖ Gentlemen's Grooming - Hot towel shaves, beard trims, hairstyling, and barbers
- ❖ Grooming Treatments – Waxing, tinting, eyelash extensions, and St. Tropez tan application

Featured Products:

Natura Bissē

Bringing scientific innovation to the field of cosmetics, Natura Bissē has emphasized product quality since its inception in 1979. A leader in research and development with product lines that include anti-aging therapies for the face and body, their formulas are created to penetrate to the deepest layers of the skin with the maximum concentration of highly effective, cutting-edge ingredients.

Luzern

An unparalleled line of skin care formulated with Bio-Suisse organic anti-aging extracts. This oxygen skincare line delivers results, quickly, using Swiss Alpine plants found at the highest possible altitudes which have been subjected to strong temperature fluctuations and high UV radiation. These plants contain high concentrations of antioxidants. As a result of this unique Alpine 'protective factor' Swiss extracts are the gold standard in organic botanical extracts.



CACI

The award-winning CACI (Computer Aided Cosmetology Instrument) from CACI International has gained the reputation as the finest micro current system available. The driving force behind the world-acclaimed Non-Surgical Facelift system, CACI International has built a reputation as an industry leader and innovator. Its continuing investment in research and development enables CACI International to be at the forefront of new scientific and technological breakthroughs. Treatment systems deliver visible and corrective results, eliminating the need for surgery or invasive procedures. The dramatic results achieved using these exclusive technologies has attracted an impressive celebrity following and created huge demand for CACI treatments around the globe. These scientifically based treatments provide the answer to modern-day skin care concerns from aging to stressed and problematic skin.

Spacious, Secluded & Serene

Choose from a range of therapeutic or relaxing treatments delivered to the highest standard from our skilled therapists. The 7,000-square-foot Spa features:

- ❖ Four single treatment rooms
- ❖ Physiotherapy Room
- ❖ Nail Bar
- ❖ Hair salon
- ❖ Wet Room
- ❖ Gentlemen's Barber Shop
- ❖ Aqua Spa whirlpool
- ❖ Steam room and sauna
- ❖ Male and female lockers, changing areas and showers

Physiotherapy

The World offers year-round physiotherapy services by two qualified and highly experienced physiotherapists who work in conjunction with the Ship's onboard Doctor and Fitness Instructors. The program provides traditional physiotherapy assessments, hands-on treatment and therapeutic rehabilitation, including rehabilitative Pilates. All treatments and are aligned with the Ship's Wellness Program with sessions carried out in the physiotherapy room within The World Spa & Wellness Center, while certain rehabilitation sessions take place in the Fitness Center, Studio, Marina Pool, or occasionally, outside on deck. The program provides personalized and client-centered service that delivers cutting edge biomedical treatments and enhances the wellbeing, lifestyle and experience of each client. Special emphasis is placed on seamlessly continuing treatment on board and at home by effective communication with shoreside healthcare providers. Elite rehabilitation is provided by incorporating cutting edge software for client education, the use of the Fitness Center and hydrotherapy treatments.

Fitness Center

Whether looking for increased flexibility and mobility or improved strength and / or cardiovascular capacity, *The World's* Fitness Center offers a wide range of Techno-gym equipment, personal training, group and one-to-one exercise options for all fitness needs. Additionally, a variety of off-Ship fitness experiences are available, from hiking and biking to diving and kayaking.

Bringing Global Destinations to Life

To infuse the spirit of the Ship's destinations into its offerings, the Spa menu is adapted to specific ports of call. For example, treatments to moisturize the skin are featured in warm and dry climates,

while Ayurvedic services are performed by local therapists when *The World* is sailing through Asia and India. Further bringing an extraordinary destination to life, the Spa coordinates lectures where local experts come on board to discuss the origin of treatments and their purpose to enhance well-being.

About *The World*

Launched in 2002, *The World*[®] is the largest privately owned, residential yacht on earth with 165 luxury Residences. A diverse group of Residents from 19 countries own the homes onboard and share interests in world cultures, history and adventure, and exploring fascinating destinations. They circumnavigate the globe every two to three years following an extraordinary itinerary that they select. In-depth expeditions and one-of-a-kind experiences are complemented by world-class amenities and impeccable service. To learn more about this unique lifestyle call 954-538-8449 or visit www.aboardtheworld.com.

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April 2016