

The World Spa & Wellness Center **The Ultimate Experience in Pampering and Revitalization**

FORT LAUDERDALE, FLORIDA – When it comes to the mind, body and soul, each person has unique needs. Crafting the perfect combination of wellness 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 skin care 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 are customized to suit individual preferences. The Ship's Residents receive personalized treatments to achieve the best results desired and that meet their individual needs.

The Spa's extensive menu of services includes a number of unique offerings such as lipo-laser body contouring; multi-wave LED therapy for anti-aging / pain management; oxidative stress cell repair therapy and an innovative Vichy bed for enhanced full body hammam treatments. *The World* is only the second ship to offer this exclusive and unique massage bed. The Aqua Spa pool boasts state-of-the-art Cleopatra infrared heated relaxation beds and separated integrated steam and sauna rooms for complete tranquility. Other services include:

- Body Massages – Swedish Massage, Deep Tissue Massage, Hot Stone Massage, Bamboo Massage, Thai Massage (with and without oil), Shirodhara Indian Head Massage, Reflexology and Aromatherapy Massage.
- Body Treatments – Bamboo Body Scrub, C+C Vitamin Scrub and Detox Marine Seaweed Herbal Wrap and Human Cell Repair Therapy.
- Body Sculpting Treatments - Lipo Laser Body Contouring.
- Esthetic and Beauty Treatments – Luzern Customized Facial, Natura Bissè Customized Facial, CACI Customized Facial and Rituals, Biologique Recherche Customized Facial, Dermaplaning, Gentleman's Facial and Infrared LED Therapy, complemented by Face Masks, Microdermabrasion or Paraffin Wax Treatments.
- Nail Treatments – Classic Manicures, Classic Pedicures, Shellac, Acrylics and Gel Manicure and Pedicure Treatments complemented by a Paraffin Wax Treatment.
- Hair Treatments – All styling services including Shampoos, Blow Dries, Cuts, Colors, Customized Hair Conditioning, Smoothing and Straightening Treatments and Hair Up Styling services.
- Gentlemen's Grooming - Hot Towel Shaves, Beard Trims, Hairstyling, and Barber Services available.
- Grooming Treatments – Waxing, Tinting, Eyelash Extensions and Makeup Applications.
- Physiotherapy treatments – offered upon request by our resident physiotherapist.

Spacious, Secluded & Serene

Residents can choose from a range of therapeutic or relaxing treatments delivered to the highest standard from the Spa's skilled therapists. The 7,000-square-foot Spa features:

- Four single treatment rooms
- Physiotherapy Room
- Nail Bar
- Hair salon
- Vichy Shower Room
- Gentlemen's Barber Shop

- Aqua Spa whirlpool
- Steam room and sauna
- Male and female lockers, changing areas and showers

Featured Products and Services

Bringing scientific innovation to the field of cosmetics, **Natura Bissé** 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, formulas are created to penetrate to the deepest layers of the skin with the maximum concentration of highly effective, cutting-edge ingredients.

Luzern is an unparalleled line of skin care formulated with Bio-Suisse organic anti-aging extracts. This oxygen skin care 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. The 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.

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 it 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.

Founded in the late 1970s by a family of artisanal skin care experts, **Biologique Recherche** came about through the passion of biologist and physiotherapist duo Yvan and Josette Allouche. Their consummate savoir-faire and visionary approach underpin the brand's reputation for effectiveness and outstanding products. They devised an exclusive, customized methodology of cosmetic treatments adapted to every Skin Instant© and based on products with a high concentration of active ingredients.

Just like plants, our skin and other body tissues can absorb light and convert it into energy. **LightStim** LED light therapy delivers light energy in a similar way plants absorb light energy from the sun. LightStim emits UV-free, beneficial light energy to the skin. Each LightStim product uses different wavelengths, or colors, of light. When this beneficial light is applied directly to the skin it can reduce fine lines and wrinkles, temporarily increase blood circulation, and treat mild to moderate Acne. The Spa also offers LED LightStim MultiWave Therapy for Anti-Aging and LED LightStim MultiWave Therapy for Pain Management.

It is simply not possible to keep up with everyday cell damage. **NanoVi™** helps, non-invasively and without chemicals, and helps repair everyday cell damage caused by what you eat, what you breathe, what you are exposed to, and oxidative stress. Eng3's patented NanoVi™ technology produces the same biological signal your body makes to repair cell damage brought on by free radicals (also known as reactive oxygen species or ROS).

As with all great technology, there are advancements and the **Zerona Z6** is just that. Zerona technology maximizes coverage and offers a better overall treatment. It is the first and only non-invasive laser FDA (U.S. Food & Drug Administration) cleared for over-the-counter use. It is also FDA market-cleared for overall body circumference reduction and produces the highest result rate of any other fat loss laser on the market.

Gharieni offers the finest materials, superior quality, best functionality, modern design and exclusive innovations, coupled with the flexibility to respond quickly to customer requirements. More than just an equipment manufacturer, Gharieni strives to offer an exceptional wellness experience while also providing therapists with ergonomic and comfortable designs to minimize discomfort.

Chattanooga Clinic Traction provides clinically-proven pain treatment that gets to the root of cervical and lumbar pain, allowing clinicians to mimic the feel and effectiveness of hands-on treatment using fully programmable patterns.

Cleopatra Heated Beds are the ultimate expression of heat therapy, providing proven warm wellness for your body, mind and soul. The World Spa's heated lounge chairs and spa equipment are designed to offer maximum ergonomic support and freedom of movement. The silky smooth finish applied to the marble soothes the skin as pleasant warmth radiates throughout the entire body enhancing the effect of unparalleled relaxation. The adjustable tilt angle provides the pinnacle of relaxation with an almost zero gravity effect. The chairs offer the benefits of traditional therapeutic heat methods such as hot stone massage, infrared treatment and fang packs all in one. Wellness has never been so elegant and effective.

Other products used at The Spa include: Moroccan Oil, Keratherapy for Hair, Viviscal Advanced Hair Health, L'Oreal Paris, CND, OPI, Dazzle Dry Nail Lacquer and Revitalish Cosmetics.

Physiotherapy

The World offers year-round physiotherapy services by 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 and utilizes top-of-the-range equipment including a Teeter Back Traction Machine. All treatments 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 the latest software and equipment for client education, the use of the Fitness Center, and hydrotherapy treatments.

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 20 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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Media Contacts: For additional information or to request images of *The World*, please contact:
Jayne Alexander, +44 (0)20 3709 7809, jayne@dovetail-agency.co.uk
Joanna Merredew, +44 (0)20 3709 7809, joanna@dovetail-agency.co.uk

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