

DESTINATION:

# Wellness at Sea



Left: The Retreat, an exclusive resort space for suite guests. Right: relax in the Magic Carpet



Below: Hit the run-walk track - three laps equal 1km; the stunning Eden space; hi-tech treatments in the spa



## Ship Shape

**I Slept...** in a stateroom with a floor-to-ceiling ocean view. You can also opt for a two-story suite with private plunge pool. Maybe next time.

**I Ate...** sushi, steak, bagels and La Maison du Chocolat truffles. Plus, a sundowner or two on deck. So. Much. Choice.

**I Loved...** the ship's art and design, especially a darkened tunnel filled with shimmering sculptures. Is this what floating through space feels like?

**I Watched...** Stage Door - a live performance of Broadway and West End songs - at the theatre. It's also worth making it a late one for the fun shows at Eden.

**I Learned...** that Olympian and World Champ gymnast Simone Biles has been appointed as Beyond's Godmother - a tradition for new ships.

is the wellbeing advisor for Celebrity through its partnership with her brand goop (she and a team of wellness practitioners are hosting a goop at Sea cruise in September). The accommodation line-up includes AquaClass for the health conscious, with pillow menus, in-room fitness kit and access to an exclusive 'clean' restaurant. After sunrise savasana, I grab the signature goop smoothie (kale, coconut water, mango, mint, parsley, celery, chia, spirulina) to enjoy while exploring the ship. My afternoon highlight is a deep tissue massage in a spa that offers hi-tech facials, a Kerastase Institute and much more.

Disembarking after my two-night taster, I gaze up at the Magic Carpet - a lounge bar that 'floats' up and down 13 decks - and suspect I've only experienced a fraction of this ship. If this is what being in the cruise club feels like, consider me on board. **WH**



Edge series, *Beyond* is billed as the most spacious and luxurious. Sunrise yoga isn't my only fitness option on board. Along with a state-of-the-art gym where Peloton bikes come with an ocean backdrop, you'll find an F45 studio and outdoor inclined running track. Post-workout, why not recover in NormaTec compression boots? If you're not



already heading to one of the 32 food and drink offerings, that is - from a dedicated martini bar to Le Grand Bistro, where our tabletop comes to life via a tiny animated chef. Much of the focus here is on feeling good. Gwyneth Paltrow

## A luxe new ship is set to overhaul your idea of cruises - and nourish both your mind and body to boot

By Alex Davies



I'm wrangling with an issue I always have in yoga. My hands have become sweaty and I'm about to slip out of downward dog. After a quick T-shirt wipe, I regain my balance and move into the next pose, encouraged both by the instructor and a view of the sun rising over the sea through the window in front of us. The sight makes setting a pre-dawn alarm ahead of a busy day of cruising totally worth it.

Welcome to *Celebrity Beyond* - a cruise ship that'll make you reconsider your idea of cruise ships (there's not a giant water slide in sight...). I'm on the inaugural sailing of this 327m-long vessel, which offers Mediterranean and Caribbean itineraries depending on the season. While this launch is only taking us out into the English Channel

for two nights, official routes can take you to the soft sands of Aruba, the magic of the Greek islands and French Riviera, or the hot springs of the Azores. At the helm is Captain

Kate McCue, the first US female mega cruise ship captain, considered a pioneer in a male-dominated industry (70 per cent of her team are women, she tells us).

The third ship in Celebrity Cruises'



Above: Greeted by a crystal on entry to the spa; a spot to unwind in Eden; the ultimate gym with a view. Left: the 25-yard lap pool complete with in-pool loungers. Oh, and an impressive elephant sculpture



Alex was a guest of Celebrity Cruises. Visit [celebritycruises.com](http://celebritycruises.com) for more