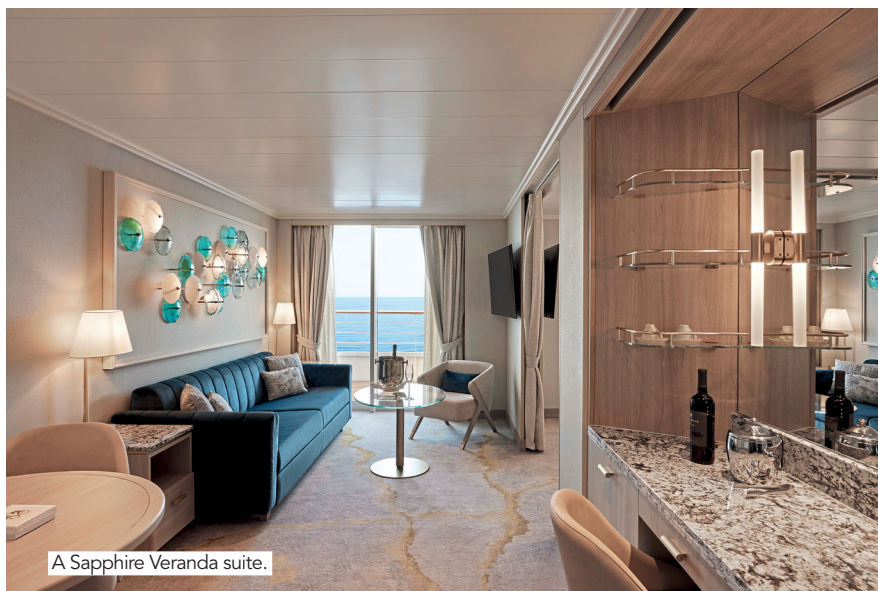




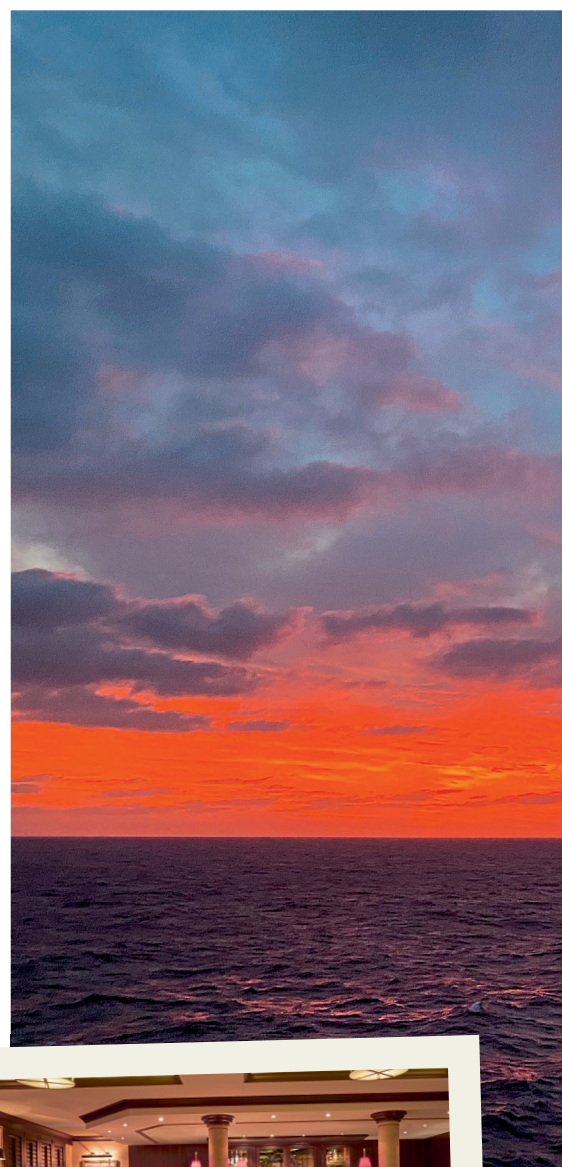
A Sapphire Veranda suite.



There are plenty of treatment options at the Aurora Spa.



Each restaurant is styled differently, with many cuisines on offer.



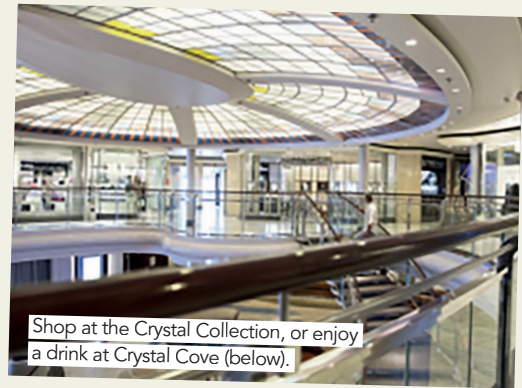
The Avenue Saloon piano bar.

DETOX AT SEA

The itinerary incorporated a workshop for guests to craft a strategic personal wellbeing plan during and after the voyage. Crystal's wellness retreat made it easier and enjoyable to embark on a three-day body detox – a feat not always easy on an all-inclusive cruise. Intermittent fasting involved fasting for 16 hours and then omitting breakfast.

With dedicated menus served in the Waterside Restaurant, meals

‘Crystal’s wellness retreat made it easier to embark on a three-day body detox’



Shop at the Crystal Collection, or enjoy a drink at Crystal Cove (below).



SAILING IN STYLE

The Crystal Symphony offers all-suite accommodation for 606 guests, with different categories including single occupancy for solo travellers. The style is contemporary, classy and chic with artisanal features and a high level of comfort. Many have floor-to-ceiling windows flooding the room with light, opening onto decked verandas. A butler service ensures personalised service with grace and attention to detail.

The ship has enviable speciality restaurants on board from Italian Osteria d'Ovidio, to Umi Uma – the only Nobu at sea – and Beefbar, the creation of visionary restaurateur Riccardo Giraudi. The main Waterside Restaurant and Marketplace are also excellent with dish presentations hard to resist.

included creative and delicious dishes such as baked mango-tamarind cauliflower, vegan fettuccine alfredo and even a Pimm's jelly cup for lunch. Dinner served courgette roll-ups with crisp vegetables and hummus, root vegetable bisque, butternut squash risotto and baked coconut rice pudding with blueberry compote.

Dr Christine Houghton, registered nutritionist, presented lectures on nutrigenomics, which is currently revolutionising the way we should consider our personal nutrition and addressed the age-old question of “Why am I always tired” with a focus on when and what we eat, the unnatural hunger cravings and weight fluctuations.

The Aurōra Spa lay on the top deck with a relaxation area, sauna and

steam room. The medi-spa treatments ranged from dermal fillers, micro-needling, an Aurōra LED and Cryo facial experience to ThermageÆ, the latest radio frequency technology. Healing services featured traditional acupuncture with LED light therapy as well as a seminar on traditional Chinese herbology.

Back on the top deck, cuddled in a blanket, gazing into space on my last evening, the crystals in the sky had multiplied. Was this real or the result of the deeper effect of an inner clarity I had gained being cocooned in luxury and submerged in the art of wellness at sea?

● Find out more about Crystal Cruises wellness retreats at crystalcruises.com.