



EXPLORA JOURNEYS UNVEILS OCEAN WELLNESS RETREATS



Geneva, Switzerland, 10 March 2025 – Explora Journeys, the luxury lifestyle ocean travel brand of the MSC Group, announces the launch of two exclusive Ocean Wellness Retreats, a series of immersive wellbeing experiences at sea. Designed to restore balance, elevate vitality, and inspire self-discovery, these new one and two night retreats blend the healing power of the ocean with expert-led practices in movement, mindfulness, and holistic rejuvenation.

Julanda Marais, Senior Lead Spa at Explora Journeys said: *“The ocean’s natural rhythm is vast, soothing, and deeply restorative. Our Ocean Wellness Retreats are crafted to reflect this, offering guests a journey of renewal and reconnection. Through movement, meditation, and immersive wellbeing experiences, we invite them to embrace the ocean’s flow—emerging refreshed, rebalanced, and revitalised.”*

The Ocean Wellness Retreats are an integral part of the Ocean Wellness experience aboard EXPLORA I and EXPLORA II, drawing inspiration from the ocean’s natural rhythms. Rooted in the invigorating and restorative power of the sea, this wellness philosophy harnesses its profound influence to awaken the senses and uplift the spirit. With a focus on energy, sleep, relaxation, mindfulness, and immunity, these immersive experiences enhance the ocean’s calming and revitalising effects. Each journey is designed to guide guests toward physical and spiritual renewal, ultimately embracing the Ocean State of Mind.

A Holistic Wellness Journey

Every Ocean Wellness Retreat is thoughtfully crafted to harmonise mind, body, and spirit, offering a comprehensive journey of renewal. Sailing through serene waters, guests will embark on a deeply personal experience, engaging in mindful movement, expert-led seminars, and transformative well-being rituals. From Chakra Healing Meditation to Gong Baths under the stars, each practice is designed to cleanse, restore, and awaken the senses. These retreats provide an unparalleled opportunity to realign, rejuvenate, and embrace a deeper state of balance, redefining the art of well-being at sea.

- **Mindful Movement** – Dynamic and somatic movement practices that cleanse, restore, and revitalise, including Surya Shakti Yoga, Pranayama and Breathwork, Qigong and Energy Flow, Core Revival and Strength, and Face Yoga techniques.
- **Rejuvenating Seminars** – Expert-led discussions covering stress management, the science of sleep, and wellbeing rituals for everyday life.
- **Transformative Wellbeing Events** – Immersive experiences in sound healing, breathwork, and energy alignment, such as The Joy of Reconnection, Exploration Ceremony, and Closing Circle.
- **Self-Reflection & Personal Growth** – Guided journaling, meditation, and manifestation workshops to cultivate clarity and positive intention.
- **Reconnect with Nature** – Open-water meditations, sunrise and sunset breathwork, and ocean sound healing harness the natural elements for deep restoration.

Led by wellness visionary Carlie Barlow, each retreat is designed to be a journey toward long-lasting wellbeing. Carlie Barlow is a highly regarded wellness practitioner specializing in holistic healing and mindful movement. With a deep expertise in breathwork, meditation, and energy healing, she empowers individuals to achieve balance and inner transformation. Her approach integrates ancient wisdom with modern wellness practices, creating profound and lasting well-being experiences.

Exclusive Retreats:

This exclusive transformative experience will be available to guests onboard EXPLORA II from 18 to 25 March 2025 and EXPLORA I from 2 to 9 April 2025.

- **Step Into Serenity – One-Day Retreat**
A transformative day of purification and renewal, blending yoga, pranayama, and reflective practices to cultivate serenity and inner calm.
Introductory Offer: USD 199 per person
- **The Depths of Exploration – Two-Day Retreat**
A profound two-day experience interweaving sound healing, meditation, and insightful seminars for deeper self-awareness and rejuvenation.
Introductory Offer: USD 359 per person

Every retreat includes: a bespoke wellness programme, a 100% cotton yoga tote, a lavender-infused eye pillow, mindful affirmation cards, an Ocean Wellness booklet, and a thoughtful evening turndown amenity.

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For press inquiries please contact press@explorajourneys.com

About Explora Journeys

Explora Journeys is the privately-owned luxury lifestyle brand of the MSC Group, headquartered in Geneva, Switzerland, created at the heart of Swiss luxury hospitality. The brand stems from the long-held vision to redefine the ocean experience for a new generation of discerning luxury travellers, drawing on the Aponte family's 300 years of maritime heritage. The brand's aspiration is to create a unique 'Ocean State of Mind' by connecting guests with the sea, with themselves, and like-minded others, while remarkable itineraries blend renowned destinations with lesser-travelled ports, for a journey that inspires discovery in all its forms.

A fleet of six luxury ships will be launched from 2023 to 2028. Explora Journeys introduces a new style of transformative ocean travel. EXPLORA I and II offer 461 oceanfront suites, penthouses and residences designed to be 'Homes at Sea' for guests, all with sweeping ocean views, private terrace, a choice of eleven distinct culinary experiences across six vibrant restaurants plus in-suite dining, Chef's Kitchen, twelve bars and lounges (eight indoor and four outdoor), four swimming pools, extensive outdoor decks with 64 private cabanas, wellness facilities, and refined entertainment. Inspired by the company's European heritage, Explora Journeys provides guests with an immersive ocean experience and respectful and intuitive hospitality.

EXPLORA I was delivered on 24 July 2023, followed by EXPLORA II on 12 September 2024. EXPLORA III will come into service in 2026 and EXPLORA IV in 2027 with both ships being LNG-powered. EXPLORA V and EXPLORA VI will enter service in 2027 and 2028, respectively.

To learn more about Explora Journeys, visit explorajourneys.com or follow us on [Instagram](#), [Twitter](#), [Facebook](#) and [LinkedIn](#).