



Daily Programme. Happy Mother's Day



From the Navigator.



After following her reciprocal track Narvik in the early hours of this morning, Queen Elizabeth headed back out into the Norwegian Sea. After disembarking the local pilot she followed the Nordland coast south towards Bergen. Later this afternoon, Queen Elizabeth will leave the Arctic Circle, passing the islands and skerries of Traena. These islands have been the site of a number of archeological discoveries, indicating that the island has been populated since the Stone Age.

Time change reminder.



Please be advised that early this morning at 2.00am, the ship's clocks were set forward by one hour.

Concert with Pianist Michal Wroblewski Classical and Contemporary Masterpieces.

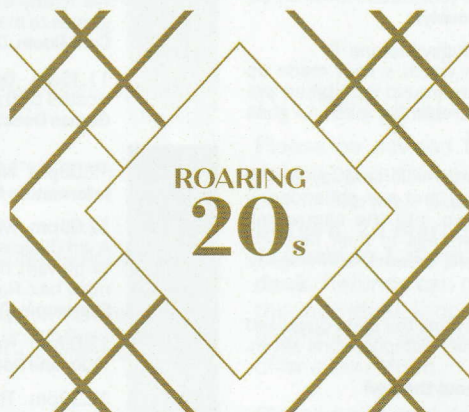


At 1.45pm,
Queens Room, Deck 2, Midships

?? Roaring 20s Quiz. ??

From Jazz-Age Flappers to Prohibition, this themed quiz will prove a test of your knowledge on the iconic decade that a century ago was rich in art, culture and revolution. Hosted by the Entertainment Team.

At 9.00pm,
Garden Lounge, Deck 9, Midships



Recall the era of flappers, jazz and fun with our playful take on the decadent culture of the 1920s. Step out in style in your elegant Gala Evening attire, where embellishments which embrace the spirit of the Roaring 20s are always welcome! Please refer to the ♦ symbol throughout for full details of the daytime and evening events.

Traditional Maritime Church Service.



Conducted by Captain Stephen Howarth. Collection boxes will be available at the Deck 2 entrances after the service.
At 10.00am, Royal Court Theatre,
Decks 1, 2 & 3, Forward

CUNARD INSIGHTS John Maclean FRAS.

At 11.00am

'The Winchcombe Meteorite.'

On February 28th 2021 a huge fireball blazed across the skies of the United Kingdom. This is the story of how the meteor that caused the fireball was detected, track and a very rare and scientifically important "Rock from Space" was recovered.

Royal Court Theatre,
Decks 1, 2 & 3, Forward

Tonight's highlight entertainment. The Revolvers 'Sounds of the Sixties.'

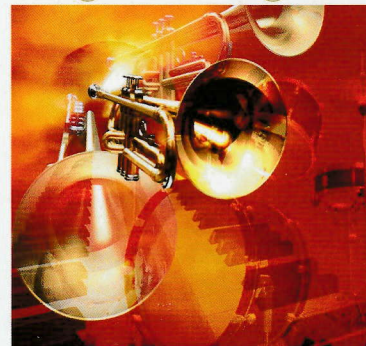
The Sounds of the Sixties, featuring The Revolvers is a theatrical experience featuring all of the very best songs from the most creative musical decade of all time. Presented by Entertainment Director, Sally Sagoe



At 8.00pm & 10.00pm,
Royal Court Theatre,
Decks 1, 2 & 3, Forward

Please be aware the Theatre doors will open 30 minutes prior to the performance. To ensure the well-being of all guests and crew, face coverings are required to be worn throughout the entire performance. Food and beverages are not permitted.

Big Band Night.



Tonight the Queens Room features a tribute to the golden era of Big Band. Dance to the music of artists such as Glenn Miller, Benny Goodman, Duke Ellington and many more. Featuring the combined Royal Court Theatre and Queens Room Orchestras.

At 8.45pm until late
Queens Room, Deck 2

Dining Times.

 Log into My Voyage to make reservations or join a virtual queue.	OR	 Call On Board Reservations on 38000.
Reservations are only required where indicated (*).		

Queens Grill (Deck 11, Stairway B).

Breakfast:..... 8.00am to 9.30am
 Lunch:..... 12.00pm to 1.30pm
 Dinner:..... 6.30pm to 9.00pm

Princess Grill (Deck 11, Stairway B).

Breakfast:..... 8.00am to 9.30am
 Lunch:..... 12.00pm to 1.30pm
 Dinner:..... 6.30pm to 9.00pm

Britannia Club (Deck 2, Stairway B).

Breakfast:..... 8.00am to 9.30am
 Lunch:..... 12.00pm to 1.30pm
 Dinner:..... 6.30pm to 9.00pm

Britannia Restaurant (Decks 2 & 3, Stairway C).

Breakfast:..... 8.00am to 9.30am
 Lunch:..... 12.00pm to 1.30pm
 Assigned Dining:..... 6.00pm (doors close 6.15pm)
 *Open Dining:..... 7.45pm to 9.00pm

Queens Room (Deck 2, Stairway B).

Afternoon Tea:..... 3.00pm to 4.00pm

Lido Buffet (Deck 9, Stairway B).

Continental Breakfast (Centre Buffet):..... 6.00am to 7.30am
 Breakfast:..... 7.30am to 10.30am
 Lunch:..... 11.30am to 2.30pm
 Pizzeria Lunch:..... 12.00pm to 4.00pm
 Dinner:..... 6.00pm to 9.00pm
 Afternoon Tea (Centre Buffet):..... 3.00pm to 4.30pm
 Dinner (Port Buffet):..... 6.00pm to 9.00pm
 Late Night Snack (Centre Buffet):..... 10.00pm to 12.00am

*Steakhouse at The Verandah (Deck 2, Stairway B).

Lunch:..... 12.00pm to 1.30pm
 Dinner:..... 6.00pm to 9.00pm
 Cover charges apply, \$25 per person for lunch and \$45 per person for dinner.

Bars & Lounges.

Café Carinthia (Deck 2, Stairway B):..... 7.00am to 11.00pm
 Light snacks served throughout the day.
 Commodore Club (Deck 10, Stairway A):..... 10.00am to 12.00am
 Garden Lounge (Deck 9, Stairway B):..... 9.00am to 11.00pm
 Golden Lion (Deck 2, Stairway A):..... 10.00am to late
 Traditional Pub Lunch:..... 12.00pm to 2.30pm
 Lido Bar, weather permitting (Deck 9, Aft):..... 11.00am to 6.00pm
 Midships Gin & Fizz Bar (Deck 3, Stairway B):..... 5.00pm to 11.00pm
 Yacht Club (Deck 10, Stairway A):..... 9.30pm to late

Retail and Services.

Art Gallery:..... 10.00am to 9.00pm
 Bookshop:..... 9.00am to 9.00pm
 Casino Cash Desk:..... 10.00am to late
 Casino Tables:..... 11.00am to late
 Port Shop:..... 9.00am to 9.00pm
 Royal Arcade:..... 9.00am to 9.00pm
 The Photo Gallery:..... 9.00am to 2.00pm
 Gala Evening Portrait, Royal Arcade, Deck 2 Fwd Grand Lobby, Deck 2, Midships and Queen's Room Balcony, Deck 3:..... 6.00pm to 10.00pm
 Internet Assistance in the Library:..... 9.00am to 6.00pm
 Library:..... 9.00am to 6.00pm
 Medical Centre:..... By appointment only, dial 8880
 from 8.00am to 11.00am & 3.00pm to 5.00pm
 In case of an emergency dial 999/911.
 Mareel Fitness Centre:..... 7.00am to 7.00pm
 Mareel Spa & Salon:..... 7.30am to 9.30pm
 Tour Office:..... 9.00am to 12.00pm & 3.00pm to 6.00pm
 Voyage Sales:..... By appointment only, please dial 33000
 The Kids/Teen Zone:..... 10.00am to 12.00pm,
 2.00pm to 5.30pm & 6.30pm to 11.00pm
 Lido Pool, weather permitting (Deck 9, Stairway C):..... 7.00am to 9.00pm
 Lido Jacuzzi (Deck 9, Starboard Side, Stairway C):..... 7.00am to 9.00pm
 Lido Jacuzzi (Deck 9, Port Side, Stairway C):..... 7.00am to 9.00pm
 Pavilion Pool, weather permitting (Deck 9, Stairway A):.....
 7.00am to 9.00pm
 Pavilion Jacuzzi (Deck 9, Starboard Side, Stairway A):.....
 7.00am to 9.00pm
 Pavilion Jacuzzi (Deck 9, Port Side, Stairway A):..... Closed
 Please be advised that the hot tubs and swimming pools are not supervised.
 Sports Equipment Available (open decks):..... 8.00am to 8.00pm

What to wear.

Monday, 28 March (Bergen, Norway)..... Smart Attire
 Tuesday, 29 March Smart Attire

Gala Evenings.

Dinner jacket, tuxedo, or dark suit with regular tie or bow tie for gentlemen. Evening or cocktail dress, smart trouser suit, or formal separates for ladies.

*Guests are welcome to embellish their Gala Evening attire to fit the applicable theme of the evening, for Black & White night, by dressing in simple, monochrome finery, for Red and Gold night, celebrate the best of Cunard, turn up the glamour with your finest red and gold evening wear, and for Roaring 20s night, go all out glamour or adorn a flourish which embraces the spirit of the decade.

Smart Attire.

Gentlemen, every night we request you wear trousers with a collared shirt; jacket and tie is optional. Ladies, blouses and skirts or stylish trousers and dresses are welcome.

Relax.

Feel free to dress casually as you visit any of the following venues: Lido Restaurant, Golden Lion, Casino, Café Carinthia, Garden Lounge and Yacht Club.

Non-ripped jeans are appropriate, but please refrain from wearing shorts, sports attire, swim wear or sleeveless t-shirts outside of the gym, spa and deck spaces.

Internet connectivity.

Please be advised that on our way and during our voyage, we are likely to have intermittent internet connectivity due to the ship's location. We apologise for the inconvenience and thank you for your understanding.

Smoking Policy.

In response to customer feedback we have recently updated our smoking policy. All public spaces are designated as non smoking areas within the ship, with the exception of our designated smoking areas, on the starboard side of Decks 3 and 10. Please be aware smoking is not permitted in the area/walkway above the canvas canopy linking the port and starboard side. Smoking is not permitted in your stateroom/suite or on your balcony. Electronic cigarettes and vaporising devices, including those which do not emit smoke/vapour, are permitted in designated smoking areas only. This change has been made for the safety and comfort of our guests and means that all guests will be able to enjoy full use of all areas of the ship, and their private balconies. Churchill's is a lounge dedicated to cigar and pipe smokers only. Thank you for your cooperation.

Alcohol Policy.

Guests under 18 years of age are not permitted to purchase or consume alcohol on board. Please be aware that proof of age by means of government issued photographic identification, may be requested. Guests under the age of 18 years are also not permitted in the Yacht Club after 11.00pm.

Noise in guest areas.

We kindly ask all guests to be respectful with regards to keeping noise to a minimum. Please try not to slam stateroom doors either into corridors or onto balconies, and be mindful when using the launderette facilities as guests around you may be resting. We are sure you will understand this small courtesy helps all to enjoy a relaxing voyage.

Jogging.

For those guests wishing to power-walk or jog, one lap around the outside Promenade on Deck 3 equals 1/3 of a mile. The track is protected from the weather at the forward end. Please only power-walk and jog on Deck 3 after 8.00am or before 8.00pm, as it disturbs guests who might be sleeping in the staterooms below.

Mobile phone roaming charges.

If you plan to use your mobile phone or device during the voyage, it is important to know that once we sail away, your phone may go into roaming mode and automatically connect to an at-sea Maritime network provider. Although, when we are near a shoreline or in port, your mobile signal will typically switch to a carrier from the country or island we're visiting. In both instances, roaming charges may apply and are usually costly. To avoid unnecessary and unexpected charges, we recommend you switch off 'roaming' on your personal device.



Today's activities.

6am

6.00am Good Morning Queen Elizabeth
With Entertainment Director, Sally Sagoe and guests (until 12.00pm). Followed by the movie 'Mulan (2020)' which will be repeated continuously throughout the day.
Stateroom TV, Channel 52

6.00am Cunard Insights Talk
An opportunity to see the recent talks presented from the Royal Court Theatre. Enjoy these talks from the comfort of your stateroom on Ch. 50.
Stateroom TV, Channel 50 (repeated continuously)

6.00am Roaring 20s Featured Movies: Buggy Malone ♦
Unusual spoof of old gangster movies in which a cast made up entirely of children sings and dances its way around Prohibition-era sets, substituting toy guns and whipped cream for machine guns and bullets. Rated: U. Duration: 93 minutes.

:The Great Gatsby ♦
Nick, a would-be writer, moves in next-door to millionaire Jay Gatsby and across the bay from his cousin Daisy and her philandering husband, Tom. Thus, Nick becomes drawn into the captivating world of the wealthy and as he bears witness to their illusions and deceits, pens a tale of impossible love, dreams, and tragedy. Rated: 12A. Duration: 144 minutes.

:Some Like It Hot ♦
When two musicians witness a mob hit, they flee the state disguised as women in an all female band, but further complications set in. Not rated. Duration: 121 minutes.
Stateroom TV, Channel 24 (repeated throughout the day)

8am

8.00am Sports Activities Open
Golf Nets, Shuffleboard, Paddle Tennis, Bowls, Croquet and Table Tennis are available for use. As a courtesy to your fellow guests, we ask that you please sanitise the equipment before and after each use. Our sports venues are located in various areas around Decks 10 and 11.
Games Deck, Decks 10 & 11 (until 8.00pm)

9am

9.00am Card and Board Games for Self-Checkout
Fancy a game to play? You may checkout a deck of cards or one of many board games from our selection from our library personnel. Keep as long as you like, but kindly return when finished playing.
Library, Decks 2 & 3, Port Side, Grand Lobby (until 6.00pm)

9.00am Christian Fellowship Gathering
Yacht Club, Deck 10, Forward

9.30am Early Bird Recorded Ballroom
♫ **Queens Room, Deck 2, Midships (until 10.45am)**

10am

10.00am Traditional Maritime Church Service
♫ **Royal Court Theatre, Decks 1, 2 & 3, Forward**

10.00am Roaring 20's Cocktail Masterclass
Pre-Book to avoid disappointment
Café Carinthia, Deck 2, Grand Lobby, Starboard Side

10.00am Beginners Bridge Lesson
With Bridge Instructor, Ron Hounsell
We kindly ask guests who wish to play other tile, board and card games to make use of the other public rooms.
Card Room, Deck 3, Port Side, Grand Lobby

10.00am Solo Travellers' Morning Coffee Chat
For all those guests sailing solo, meet your fellow solo travellers for an informal, coffee chat and gathering.
Britannia Restaurant, Deck 3, Port Side, Aft

10.00am Social Table Tennis
Led by your fellow guests.
Deck 9, Forward, Port Side

10.00am Pearl Seminar
First recorded in history by a Chinese historian in 2,206 BCE, pearls have been valued as gemstones for millennia. In ancient Vedic texts, the pearl is born of the Earth's waters and the Heaven's powers, fertilized by a flash of lightning. Join us today to discover more about this classic gem.
Fine Jewellery Boutique, Royal Arcade, Deck 3

10.00am Watercolour Art Class
All skill levels are welcome with Watercolour Artist, Patricia Langewis. Art kits are available at a cost of \$35. Space is limited.
Britannia Restaurant, Deck 3, Starboard Side, Aft

10.15am Morning Team Trivia ♦
Meet new friends and earn bragging rights in this fun and light-hearted quiz. Hosted by the Entertainment Team.
Garden Lounge, Deck 9, Midships

11am

11.00am Cunard Insights Talk: John Maclean FRAS
'The Winchcombe Meteorite.'
The fascinating story of the massive fireball that exploded across the skies of England in 2021. This will be broadcast live on stateroom television, on channel 49.
♫ **Royal Court Theatre, Decks 1, 2 & 3, Forward**

11am

11.00am Progressive Trivia ♦
Register your team and accumulate your points until the end of the voyage. Every point counts! Will your team reign supreme by the end? Hosted by the Entertainment Team.
♫ **Queens Room, Deck 2, Midships**

11.00am Intermediate Bridge Lesson
With Bridge Instructor, Ron Hounsell.
We kindly ask guests who wish to play other tile, board and card games to make use of the other public rooms.
Card Room, Deck 3, Port Side, Grand Lobby

11.15am Bowls Tournament ♦
Hosted by the Entertainment Team. For our guests 18 years or older.
Games Deck, Deck 11, Forward

12pm

12.00pm Navigational Announcement
Information from the Bridge over the public address system

12.00pm Movie: Mulan (2020)
A girl disguises as a male warrior and joins the imperial army in order to prevent her sick father from being forced to enlist as he has no male heir. Rated: 12A. Duration: 120 minutes.
Stateroom TV, Channel 52

12.00pm Recorded Ballroom & Latin Music
♫ **Queens Room, Deck 2, Midships (until 1.00pm)**

12.30pm The Winner Takes It All - Blackjack Tournament
Put your luck against fellow guests in an exhilarating Blackjack Tournament, open to all levels. The top seven scores will compete in the grand finale for a chance to win the cash prize. Purchase your ticket from the Casino Cashier, it's just \$10.00 to enter.
Casino, Deck 2, Forward

12.30pm Guitarist and Saxophonist Atanas Stavrev
Golden Lion Pub, Deck 2, Forward

1pm

1.45pm Pianist Michal Wroblewski
Classical and Contemporary Masterpieces.
♫ **Queens Room, Deck 2, Midships**

2pm

2.00pm The Fine Art of Investment
Join Clarendon Fine Art's Senior Gallery Manager, Sam, as he gives you an insight into the world of fine art as an investment. From why pieces sell for millions of pounds to how you can find the right investment piece for you, this is a fascinating insight into this globally growing market.
ConneXions 2 & 3, Deck 3, Port Side, Midships

2.00pm Quick Hit Music Trivia ♦
Join a member of the entertainment team as they test your knowledge on a variety of songs.
Garden Lounge, Deck 9, Midships

2.00pm Hobby Corner
Bring your needlework, crafts, projects or even just yourself for a fun and informal get together with your fellow guests. This event is unhosted.
Commodore Club, Deck 10, Forward

2.00pm Watercolour Art Class
All skill levels are welcome with Watercolour Artist, Patricia Langewis. Art kits are available at a cost of \$35. Space is limited.
Britannia Restaurant, Deck 3, Starboard Side, Aft

2.00pm Duplicate Bridge Tournament ♦
With Bridge Instructor, Ron Hounsell.
We kindly ask that guests wear masks during the tournament and make use of the hand sanitiser provided. No food or drink permitted.
Card Room, Deck 3, Port Side, Grand Lobby

2.00pm Movie: Freaky Friday
An overworked mother and her daughter do not get along. When they switch bodies, each is forced to adapt to the other's life for one freaky Friday. Rating: PG Duration: 97 minutes.
♫ **Royal Court Theatre, Decks 1, 2 & 3, Forward**

3pm

3.00pm Snowball Jackpot Bingo
Join us for a Bingo extravaganza for your chance to win one of four cash prizes every session. Don't miss out, pre-purchase your tickets from the Casino Cashier and get those dabbers at the ready.
Garden Lounge, Deck 9, Midships

3.00pm Afternoon Tea with Samart Rukpanya
We kindly ask that guests do not reserve seats due to limited seating.
♫ **Queens Room, Deck 2, Midships**

3.00pm Rotary Club Get Together
An informal meeting for all Rotarians.
Admiral's Lounge, Deck 10, Forward

3.00pm Chanel: The Story of and Icon
Her perfumes are sophisticated and timeless, from the legendary Chanel N°5 to the newer iconic fragrances; Chance and Bleu De Chanel. Visit us to discover our onboard collection and learn more about the history of this extraordinary character.
ConneXions 2 & 3, Deck 3, Port Side, Midships



Today's activities.

3pm

3.15pm Shuffleboard Tournament
Hosted by the Entertainment Team. For our guests 18 years or older.
Deck 10, Aft, Port Side

4pm

4.00pm Jonathan Shaw: Sweeping Skies
This afternoon we are proud to host a collection of original works from Jonathan Shaw. His expansive, sweeping skies offer the viewer a sense of complete freedom and it is clear to see why his works are displayed worldwide.
Clarendon Fine Art Gallery, Deck 3

4.00pm Beginners Spanish Lesson
Join International Host, Francisco to learn the basics of Spanish.
ConneXions 2 & 3, Deck 3, Port Side, Midships

4.15pm Afternoon Team Trivia
Test your knowledge for bragging rights and great prizes.
Hosted by the Entertainment Team.
Garden Lounge, Deck 9, Midships

4.30pm Friends of Bill W.
Please adhere to the social distancing measures and guidelines.
Admiral's Lounge, Deck 10, Forward

4.45pm Cunard Insights Up Close: Dr. Stephen Musgrave
Join featured Cunard Insights Talk speaker, Dr. Stephen Musgrave for more fascinating stories in this up close and personal chat.
Yacht Club, Deck 10, Forward

4.45pm LGBTQ+ Social Gathering
Please adhere to the social distancing measures and guidelines.
Commodore Club, Deck 10, Forward

5pm

5.00pm Social Croquet
Led by your fellow guests.
Games Deck, Deck 11, Forward

5.15pm The EOS Strings
Enjoy the classical and contemporary repertoire of our resident string trio.
Commodore Club, Deck 10, Forward (until 8.00pm)

5.30pm Solo Travellers' Evening Meet Point (Unhosted)
Join your fellow solo travellers for an informal chat.
Midships Bar, Deck 3, Starboard Side, Grand Lobby (until 6.15pm)

6pm

6.00pm Gala Evening Portraits
Our professional photographers will be located in the Grand Lobby and the Royal Arcade for this evening's gala portraits.
Grand Lobby, Deck 2, Midships

6.00pm Recorded Ballroom & Latin Music
Queens Room, Deck 2, Midships (until 7.15pm)

7pm

7.15pm Wipeout Trivia
The trivia with a twist. Will you keep all your points?
Hosted by the Entertainment Team.
Garden Lounge, Deck 9, Midships

7.15pm Guitarist and Saxophonist Atanas Stavrev
Golden Lion Pub, Deck 2, Forward

7.15pm Pianist Michal Wroblewski
Queens Room, Deck 2, Midships

8pm

8.00pm Tonight's Highlight Entertainment: The Revolvers
Royal Court Theatre, Decks 1, 2 & 3, Forward

8.45pm Staple Hill Duo
Enjoy the musical stylings of Jack Staples and Alice Ravenhill as they blend together the perfect mix of Guitar and Vocal harmonies.
Golden Lion Pub, Deck 2, Forward

8.45pm Piano Entertainer Jacqueline Waugh
A sophisticated blend of popular melodies, jazz standards and the subtle rhythms of Latin America.
Commodore Club, Deck 10, Forward (until 12.00am)

8.45pm Big Band Night
Queens Room, Deck 2, Midships (until late)

9pm

9.00pm Roaring 20s Quiz
From Jazz-Age Flappers to Prohibition, this themed quiz will prove a test of your knowledge on the iconic decade that a century ago was rich in art, culture and revolution.
Garden Lounge, Deck 9, Midships

9.30pm Recorded Music
Yacht Club, Deck 10, Forward (until 2.00am)

9.45pm Easy Listening Jazz
Easy Listening Jazz with members of the Queens Room Orchestra.
Garden Lounge, Deck 9, Midships

9.45pm Guitarist and Saxophonist Atanas Stavrev
Golden Lion Pub, Deck 2, Forward

10pm

10.00pm Tonight's Highlight Entertainment: The Revolvers
Royal Court Theatre, Decks 1, 2 & 3, Forward

10.45pm Staple Hill Duo
Enjoy the musical stylings of Jack Staples and Alice Ravenhill as they blend together the perfect mix of Guitar and Vocal harmonies.
Golden Lion Pub, Deck 2, Forward (until late)

Norwegian Tax Refund - Bergen.

Please be advised that guests are able to claim a Norwegian tax refund on certain qualifying purchases made ashore in our ports of call in Norway. **Guests are able to claim this refund on board in Bergen, 28 March 2022. This service will be available from 11.30am to 1.30pm in the Grand Lobby, Deck 1, at the Tour Office desk.** Refunds can only be made with a tax refund voucher, given by the individual shops participating in this scheme. These shops are identified by displaying the 'Tax Free Shopping' logo. Not all shops offer a tax refund.

Please be sure to get a tax refund voucher as a simple receipt does not qualify for a tax refund. Purchases must total a minimum of NOK 315.00 in the same shop. To claim your refund, you will need to present your passport, all your tax refund vouchers with your personal details (name address and passport number, etc) already completed on the back of each voucher. Refunds are generally made in cash or via credit card if details are entered on the back of the voucher. It is important to note, claims must be processed with the tax officials and whilst Cunard Line facilitates this process on board, we have no jurisdiction over the tax refund processes and administration carried out by the Norwegian officials. Queen Elizabeth can regrettably not assist with tax refund claims after sailing from Bergen, Norway.

MAREEL

WELLNESS & BEAUTY

Fitness classes.

- 7.00am Sunrise Stretch
- 7.45am Core Assets
- 9.00am Full Cycle (\$)
- 3.00pm Slow Flow Yoga (\$)
- 4.00pm Total Tone Pilates (\$)
- 5.00pm Sunset Stretch

Mareel Wellness & Beauty Fitness Centre, Deck 9, Forward

Well-being seminars.

- 10.00am Get the lift you are looking for**
Discover the most effective treatments in Facial Rejuvenation - Dysport® and Restylane®.
- 10.45am Acupuncture Introduction**
Acupuncture has been used for more than 5,000 years and proven effective for more than 100 conditions. Join our complimentary seminar and learn how our fully licensed Acupuncturist can alleviate your health concerns.
- 11.00am Detox for Health and Weight loss**
Are you trying to lose weight, remove cellulite, tone up, have more energy, or remove bloating? Detoxification may be the solution.
Yacht Club, Deck 10, Forward
- 12.15pm Switch your skin back on with Elemis**
One Lucky winner could win a Elemis express facial. This is your chance to try out and learn about our range of exciting products designed to treat sun-damaged skin, pigmentation, scarring, fine lines and wrinkles. Complimentary consults for all who attend.
- 2.00pm Improving Your Posture**
Learn how posture and body alignment can affect your back. We will share some simple techniques to help improve your posture, protect your back, and relieve a number of chronic or acute conditions including lower back, knee, hip and foot pain.
Yacht Club, Deck 10, Forward
- 2.00pm Five Minute make over**
Participate in this seminar and watch how California Sun Glow adapts to your natural skin tones. One puff and you will look radiant with health. A complimentary Sun Glow application for all who attend.
Yacht Club, Deck 10, Forward
- 3.00pm Back Pain Relief**
Come and learn how acupuncture can relieve your back pain with this safe, effective and time-tested ancient-healing method. Start feeling better today.

All seminars will take place in the Mareel Wellness & Beauty Spa on Deck 9, Forward, unless otherwise stated