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Beyond The Spa: Yacht Wellness 2.0

Forget basic spa menus, today's superyachts are trading out the traditional for immersive, future-forward wellness obsessions

STORY BY GEMMA HARRIS



Wellness onboard superyachts once meant a massage table tucked away on the lower deck, a few yoga mats for use or a treadmill out of sight, but today, it has evolved into much more — it is now a holistic and highly personalised experience that takes up dedicated space.

As the broader global wellness tourism sector surges and luxury travel takes on a rising health-conscious spin, the yachting world is quickly responding with new levels of innovation while redefining what wellness means on board.

NEW AND IMPROVED SPACES

“Yacht owners are prioritising health more than ever and increasingly spending more time onboard,” says Jim Dixon, managing partner and creative director at Winch Design. Where wellness spaces were once an afterthought, Dixon notes: “Spa and fitness areas have migrated to prime real estate: beach clubs, sun decks and even bow-facing suites; these elements are no longer isolated but spill out into adjacent spaces.”

Priorities and agendas have changed, and wellness is no longer reserved for tucked-away, self-contained zones but is becoming a prominent feature, as seen

in a recent 73-metre project by Zuccon International Project, where the owners planned the gym in the highest part of the yacht for panoramic workout views.

Other examples can be seen onboard the 85-metre *O’Plasia*, where the dedicated beach club features a wellness centre with amenities like a hammam, massage room and sauna. Alongside this example is the World Superyacht of the Year 2025, the 122-metre *Kismet*, featuring a dedicated gym and yoga studio, as well as a Balinese-inspired spa complete with a chromotherapy bathtub, sauna, hammam and cryotherapy chamber.

Kayleigh Westgarth, lead superyacht spa

consultant at Coral Spa Consultants, explains: “It isn’t about isolated amenities anymore; wellness has become about environments that can transform throughout the day.” Flexible, interconnected and multifunctional spaces now enable clients to incorporate various wellness experiences onboard.

“There is a clear trend towards flexibility and environments that can be transformed to meet needs,” says Bernardo Zuccon of Zuccon International Project. Dixon agrees: “There is a growing emphasis on multifunctional wellness areas, particularly among owners who want their yachts to feel like retreats.”



Above: Today’s superyachts feature dedicated and comprehensive wellness spaces.

WHAT'S TRENDING NOW?

Today's new builds and refit projects are outfitted to incorporate the latest wellness trends. Sophisticated spa areas, complete with hammams, saunas and wet and dry treatment rooms, now feature sensory showers and a range of infrared and cold therapies.

Emmeline Gee, founder of Angels On Board, which provides premium wellbeing services to superyachts, says: "Most trending at the moment is cold therapies like ice baths and cryochambers", as seen onboard the 75-metre *Flying Fox*, which features a cryo-chamber, and the 97-metre *Faith*, with its impressive snow room.

Winch Design has received an increasing number of requests for cryotherapy chambers, hydrotherapy pools, thermal therapy pools and experience showers — showers that combine different water effects with

industry has moved away from a one-size-fits-all approach; personalisation is now paramount," explains Dixon.

This personalisation of wellness experiences isn't reserved just for physical health but also focuses on mind-body balance. The purpose of a yachting vacation for many is no longer just to indulge and relax, but a deeper rejuvenation. "We are seeing increased demand for integrated experiences like yoga, guided meditation, breathwork and sound healing," adds Dixon.

Facilitating these wellness experiences are the experts on board. "Many owners now request additional cabins to accommodate wellness professionals," says Zuccon. "We have seen a big rise in charter clients requesting experienced and dedicated wellness therapists," says Gee, who is

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lighting and aromas. In a recent concept, the design house also incorporated salt-infused walls into the wellness area — a feature that's gaining popularity not only for its aesthetics but also its therapeutic benefits.

Meanwhile, Zuccon International Project has received requests to add snow rooms and full-sized padel courts. The design challenge of integrating wellness amenities onboard, like with any change of space, is to maintain a consistent balance between functionality, aesthetics and comfort on the yacht.

WELLNESS-FOCUSED EXPERIENCES

The space isn't the only thing evolving; the charter experience itself is also adapting. Guests are increasingly opting for a comprehensive wellness itinerary rather than a single massage service. "The

Clockwise from top right: The beach club on *Eternal Spark*; *Columbus Atlantique* 43 superyacht *Frette*; the flybridge on the *Numarine 37XP* explorer yacht.





From left: Spacious showers are a feature of the Numarine 37XP; comprehensive gyms, including this one on the Oceano Superleggera 80, are increasingly common place.

THE LONG GAME

Today, the concept of wellness is closely tied to longevity, emphasising the pursuit of longer and healthier lives. Westgarth comments: “More clients are looking at how they can maintain peak performance for longer, driving this shift towards onboard longevity programmes and equipment.”

There are various new strategies, also known as biohacks, fueling this longevity trend. The latest biohacking examples can already be found on yachts, such as cryotherapy and hyperbaric oxygen therapy. “Clients are also now asking for things like metabolic testing, bloodwork and skin analysis to be able to track the results of their wellness journeys,” adds Westgarth.

The recent partnership between yacht

brokerage TWW Yachts and Genevix Clinic, a leader in regenerative medicine, is highlighting this trend. Together, they offer medical-grade wellness charter offerings with a physician onboard providing bio-optimisation programmes based on vitality for each guest.

TECH-ENHANCED WELLBEING

This new age of wellness has evolved into a realm of advanced, technology-driven optimisation as well. Not only has technology enabled the development of more compact and less intrusive fitness equipment, but new tools have also emerged, such as VR meditation goggles and neurofeedback loungers, which Coral Spa Consultants has recently sourced



launching an ‘Elite Angels’ service, which will provide superyachts with world-leading physical therapists and Olympic-level trainers.

There has been a noticeable uptick in dual crew roles onboard to facilitate wellness, combining skills such as personal training, yoga and Pilates instruction with deck and interior roles. In the galley, there has also been some levelling up for wellness, with chefs offering specific diets to their repertoires or nutritionists being included in the crew profiles.

Yacht brokerages are also seeing a rising appetite for wellness itineraries. “Clients are very keen to understand what programmes can be offered to maintain their wellness routines while on board,” says IYC charter consultant Sofia Penvern. These types of charters aren’t necessarily about things that can be done onboard, but also about combining itineraries with outdoor adventures. “We are seeing clients request they combine the charter with an active and sporty lifestyle such as cycling or hiking ashore.”

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for a yacht project. “There is a lot more focus on the equipment that can be used without guidance, so you don’t necessarily need multiple therapists,” says Westgarth.

With companies already supplying robot massage beds and equipment that replaces the role of therapists, Westgarth affirms: “Nothing can replace hands-on touch; clients still need the expertise and manual work alongside these tools — they are quick fixes rather than a replacement.”

But perhaps the most notable shift in technology and shaping the future, like most other sectors, is Artificial Intelligence (AI) transforming the field of wellness, combined with biohacking data, that can now enable individuals to analyse how the body and brain are performing.

When asked to predict the future, Enrico Lumini, co-founder and design director of Hot Lab, explains: “We will see more focus on advanced biofeedback and immersive digital environments, with technologies like real-time health monitoring, personalised AI-driven coaching and virtual reality environments.”

Zuccon agrees: “Onboard wellness will continue to be holistic but also experiential, immersive spaces that adapt and respond to mood through smart technology.”

A NEW ERA

As superyacht wellness continues to evolve, combined with increasing technological capabilities, designers are placing more emphasis on multifunctional

wellness areas and innovative solutions that not only enhance wellness but also promote sustainability.

Zuccon comments: “I see a design vision where greenery will also play a role and innovative solutions like onboard greenhouses for food cultivation will emerge, promoting healthier lifestyles.” Winch prioritises owners who want their yachts to feel like retreats rather than static environments with its latest ‘Fusion’ concept: a double-deck beach house yacht featuring interconnected and flexible wellness spaces.

Wellness onboard superyachts is no longer a bolt-on, optional, nice-to-have extra; it has become a growing priority on clients’ agendas and is now a central part of the yacht design and experience. With health-conscious clients, a rise in personalised experiences and a future that looks endlessly customisable and immersive, relaxation onboard will continue to level up, and the next generation of superyachts promises not just luxury but restorative, mindful living.

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Above: Long-range explorer yachts like the Numarine 37XP often dedicate space for wellness and fitness.