



# explore & restore

IN PARTNERSHIP WITH  chopra



A DIFFERENT CLASS OF  
WELL-BEING VOYAGES

2024 SAILINGS



INTRODUCING

# Explore & Restore

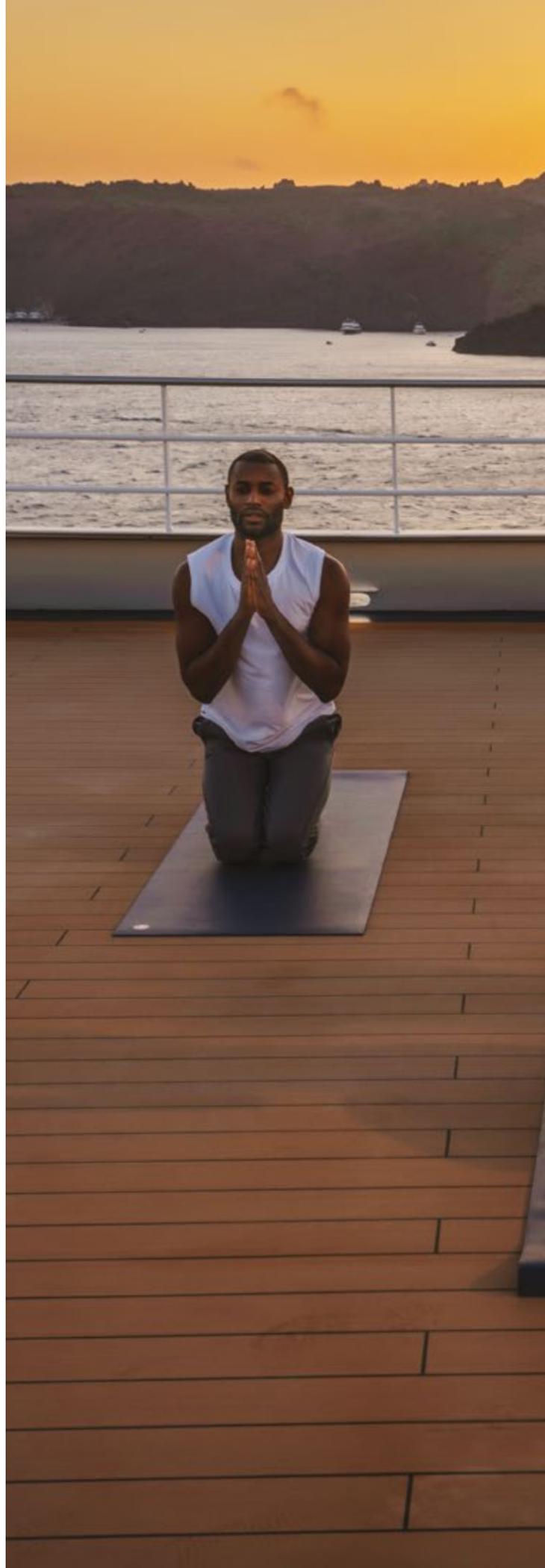
By Swan Hellenic

IN PARTNERSHIP WITH



Searching for a new level of clarity and connection? Swan Hellenic has teamed-up with Chopra, a leading integrative health company founded by world-renowned pioneer Dr. Deepak Chopra, to create Explore & Restore – an extraordinary new program of transformative well-being voyages.

This is holistic travel at its finest – gently strip away the layers of everyday life with daily yoga, self-reflective journaling and meditation sessions, and find your place in the natural world on awe-inspiring cultural expeditions. Prepare to awaken your spirit and unlock your inner explorer, as you tap into the growth, patience, and renewal that’s all around you!





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# Awaken within, journey beyond

Swan Hellenic and Chopra were drawn together by their mutual passion for inner and outer exploration – finding new ways to connect with one’s inner self and forge a deeper bond with the natural world.



## VOYAGES OF SELF-DISCOVERY

The design of Swan Hellenic's boutique ships immerse you in the environment, and offer intimate, informal spaces, which blends seamlessly with Chopra's approach to well-being. Inspired by the healing properties of the sea, the Explore & Restore programs are designed to take you on the ultimate voyage of self-discovery – ideal for anyone interested in learning more about themselves, their travel partners, or travelers simply searching for unforgettable experiences!



Inspired by Deepak Chopra's teachings on the four soul questions, this experience is an extraordinary journey of self-discovery and cultural immersion. Explore who you are and your unique talents, gain clarity about what you want and what is no longer serving you, and discover a roadmap to align your life with purpose. You'll cultivate a deeper connection to the world around you, develop lasting friendships, and return home with unforgettable memories and self-care practices you can integrate into your daily life.

WHAT TO EXPECT

# Mind & body balance

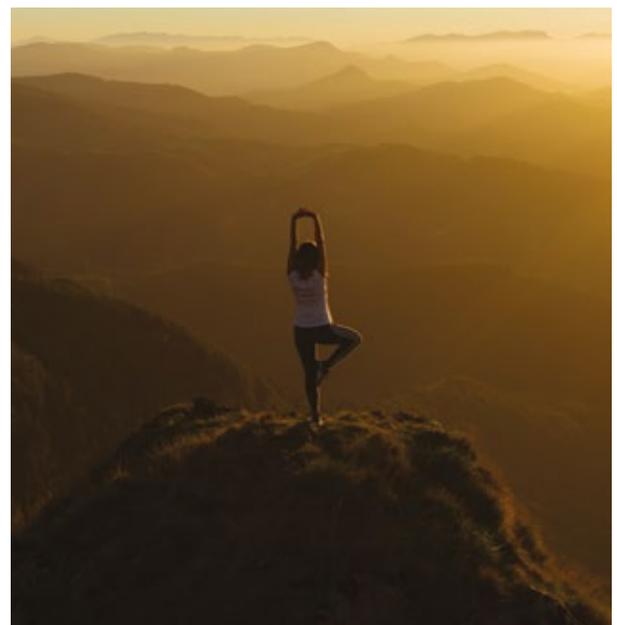
Travel is known to broaden our horizons, and this exciting new program of well-being voyages has been created to awaken more balance, passion and awareness in your life.





## DEEPER CONNECTIONS

Set off on an Explore & Restore cruise, and you'll be embarking on a special journey, designed to rejuvenate and nurture your whole self, unlock your purpose, and bring you closer to the wonders of life. With powerful expert-led workshops, and exciting exploration on land, you'll have the chance to reveal your place in the world and form a deeper connection with your authentic self.



# Reconnecting with nature

The immersive expeditions on Swan Hellenic's new Explore & Restore cruises are designed to help you connect with the natural world – and reconnect with yourself.



## THE POWER OF EXPLORATION

Get ready to tune in to life's magical flow, and embrace transformative experiences that enrich your personal development. Whether you're trekking through lush rainforests, kayaking along pristine coastlines, or observing wildlife in their natural habitats, each expedition on your Explore & Restore voyage is your chance to absorb the wisdom of nature and connect with the planet in a unique way.



## PERFECT FOR COUPLES AND GROUPS

Not everyone in your travel group needs to be into well-being to enjoy Explore & Restore. With world-class dining experiences, our luxurious boutique ships, and unique adventures are designed to give you real insight into the history, culture, wildlife and flora of the place you're visiting, there's something truly unforgettable for everyone to experience.

DID YOU KNOW?

# Perfectly paired with adventure

Outstanding food is all part of your boutique travel experience. From gourmet delights to Ayurveda-inspired dishes specially created to nourish your whole self, get ready to explore excellence as Swan Hellenic's world-renowned chefs take you on an international culinary journey. Our top chefs have come together to create a unique dining experience, with diverse menus of exceptional quality.



## CHEF'S TABLE

Enjoy a tailor-made menu from our executive chef, with wine pairing from our sommelier.

## CLUB LOUNGE

Freshly baked pastries and coffee, tapas style dining and freshly made pizza are the perfect accompaniment to signature craft cocktails and a panoramic view of the glittering ocean.

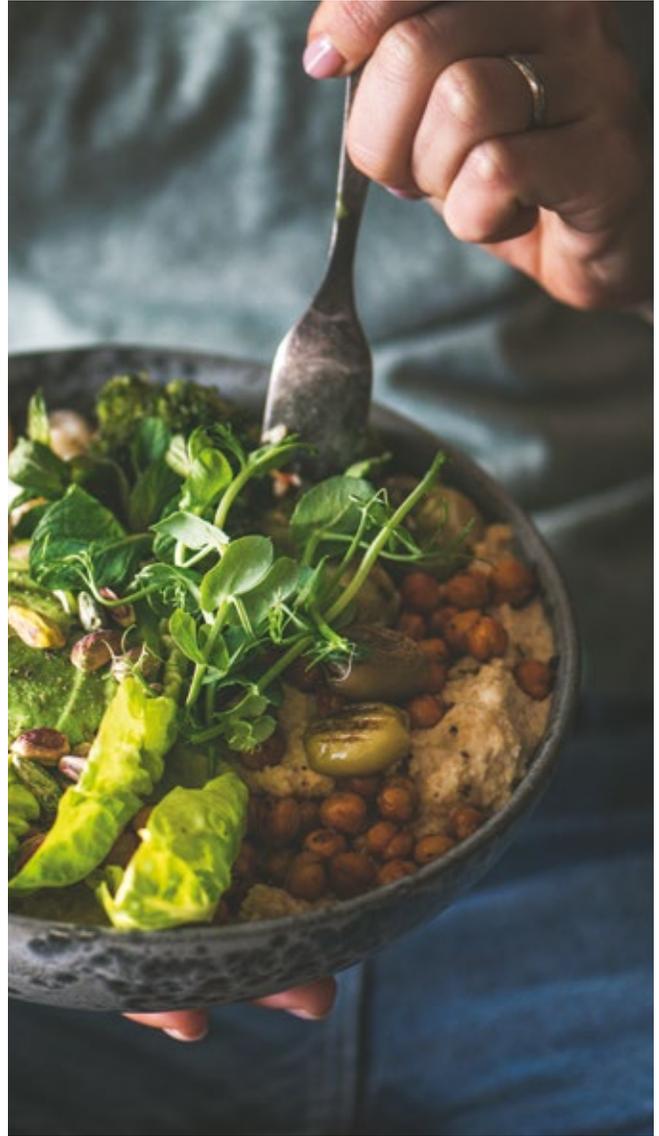
## AFTERNOON TEA

Turn tea into an occasion with savoury bites, finger sandwiches, scones, colourful tarts and desserts all paired with international teas or a cold glass of champagne.

## DELICIOUS, WHOLESOME AND HEALTHY

Sail with us and it won't be long before you discover exciting flavour combinations and new favourites. From the finest gourmet dining to Ayurveda-inspired meals, we pride ourselves on our incredible range of cuisines. Swan Hellenic's Explore & Restore cruises recognize the holistic importance of food, and our enlightening journeys are designed to nourish your body and soul with remarkable experiences and wholesome, healing meals.

Ayurveda (which translates to 'knowledge of life') is a natural system of medicine, which originated in India over 3,000 years ago. As part of your Explore & Restore journey, you'll have a chance to enjoy delicious Ayurveda-inspired dishes based on signature Chopra recipes. These light, savory meals have been created to nourish your whole self.



Our 5-star Chefs only use the best locally sourced, organic produce. So, as well as immersive expeditions, and daily yoga and meditation, the food you eat on your voyage will help you leave feeling better than ever.

VITALITY ON A PLATE

# Why choose an Explore & Restore cruise?

Ready to embark on an extraordinary voyage of self-discovery? Our new well-being voyages give you time to explore your inner and outer worlds, and space to understand and connect with your true feelings in awe-inspiring destinations. Explore & Restore cruises let you fully engage with your senses in the present moment, and welcome a deeper level of awareness.



## WHAT TO EXPECT

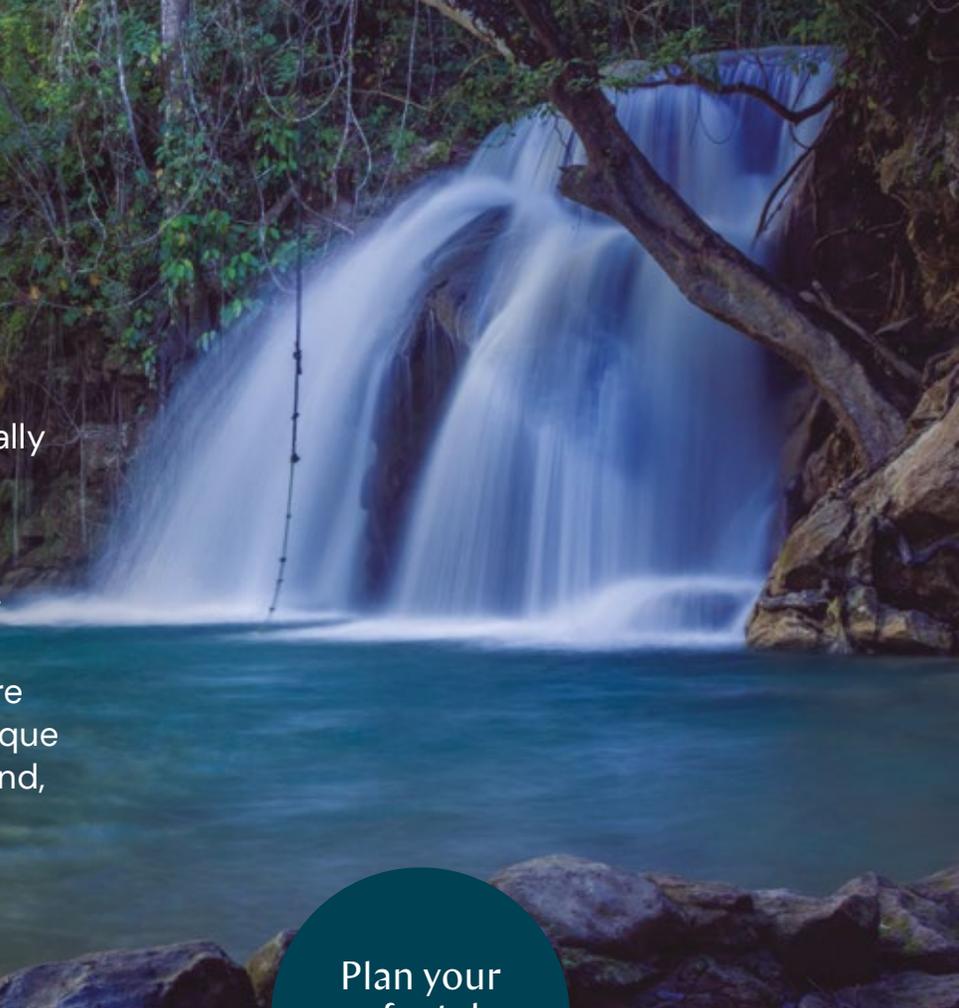
- Self-care practices to integrate into your daily life for lasting well-being
- A deep understanding of who you are and your unique talents
- Clarity about what you want, and what is no longer serving you
- A roadmap to align your life with purpose
- A deeper connection to the world around you



- An expanded mindset of other cultures and traditions
- A supportive community and lasting friendships
- Unforgettable memories
- Self-discovery while exploring the world
- Perfect for partners or companions who simply wish to explore the best of the world

# Unique experiences on land

Our itineraries have been specially selected to give you authentic, intimate, and unforgettable moments in extraordinary locations. Whether you're hiking in tropical rainforest, bathing in thermal springs or observing rare wildlife, each expedition is a unique opportunity to connect your mind, body and soul with the planet.



Plan your perfect day on land



## SUNRISE YOGA & MEDITATION

Breathe in deep and watch the breathtaking sunrise over the ocean as you stretch and set your mind to calm.

## HEARTY BREAKFAST

All the nourishment you need for your day ahead, from delicious Ayurveda-inspired recipes to other favorites that will set you up for a day of adventure.





## CULTURAL EXCURSION & EXPLORATION

Make the most of your destination. Discover locally sourced exotic herbs, a mesmerising traditional dance show, or sample intriguing local delicacies.

## GROUP CONNECTION

After your excursion, reflect on the day's events as you continue bonding with the group.



## SUNSET YOGA & MEDITATION

Enjoy flexibility and peace of mind from a specially chosen location where you'll be surrounded by natural beauty.

## WHOLESOME DINNER & PERSONAL TIME

After an elegant but informal dining experience, look out for shooting stars in the crystal-clear skies or take a moment to reflect in your journal.

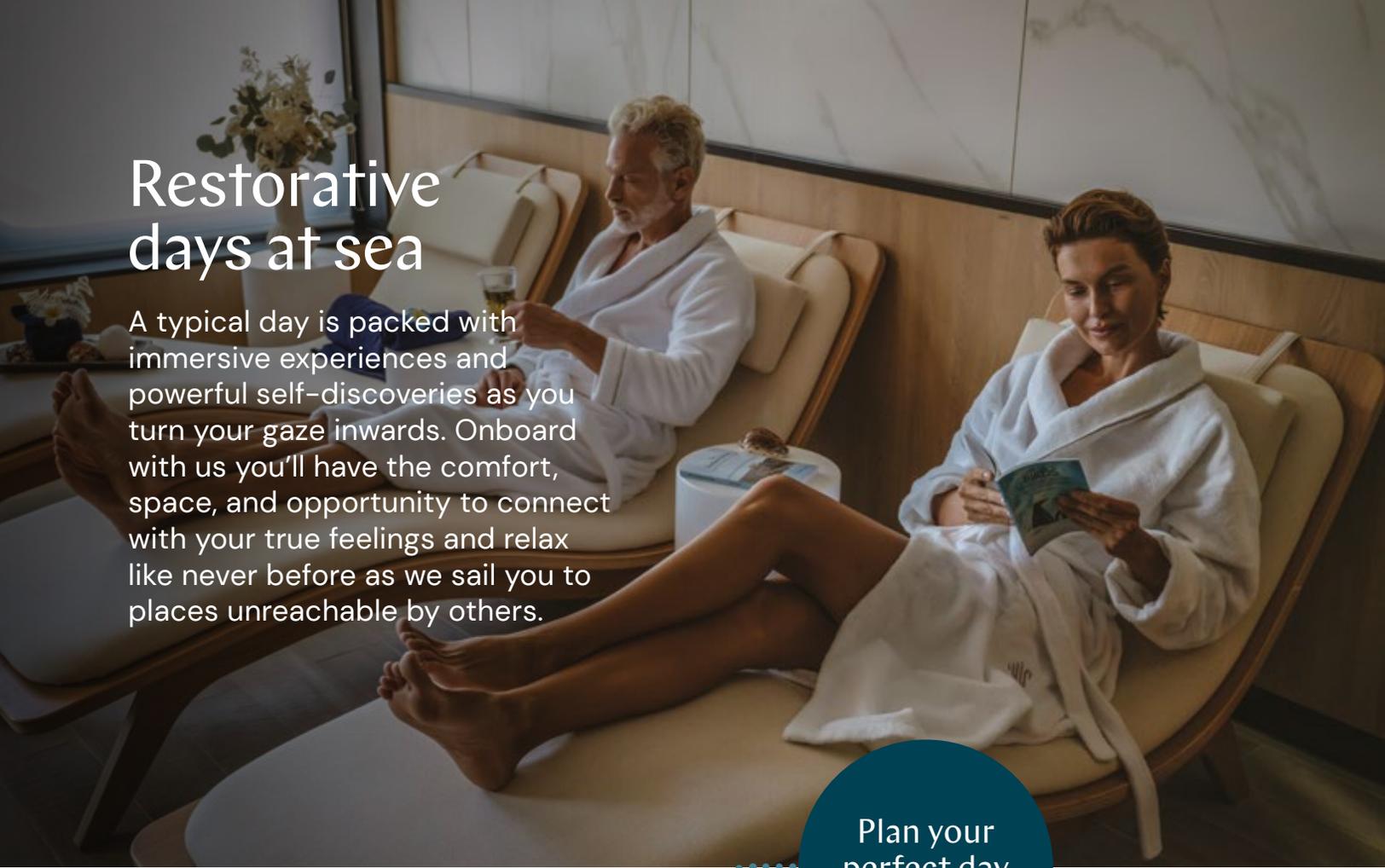


## EVENING WIND- DOWN PRACTICE

No matter how exciting your day has been, learn how to wind down and feel the most relaxed you've ever felt before you get a great night's sleep.

# Restorative days at sea

A typical day is packed with immersive experiences and powerful self-discoveries as you turn your gaze inwards. Onboard with us you'll have the comfort, space, and opportunity to connect with your true feelings and relax like never before as we sail you to places unreachable by others.



Plan your perfect day at sea



## SUNRISE YOGA & MEDITATION

This early morning session in the day's first rays of sunshine will leave you feeling energized, focused, and deeply relaxed.

## INSPIRED BREAKFAST

Be mesmerised by the spectacular ocean views as you delight in everything from healthy balanced Ayurveda-inspired breakfasts to hearty favorites prepared by our 5-star Chefs.





## MORNING SELF- DISCOVERY WORKSHOP

Find out the importance of self-discovery and reflection as you're guided through powerful exercises designed to reconnect you with yourself.

## UNFORGETTABLE LUNCH & PERSONAL TIME

With a mixture of Chopra approved recipes, as well as gastronomic delights, lunch is specially made for you to savor. Followed by free time, where you can relax in the spa, or take a dip in the pool.



## AFTERNOON SELF- DISCOVERY WORKSHOP

In comfortable surroundings, start asking the questions that will connect you with your deepest thoughts and feelings – and the future you want.

## EVENING MEDITATION & YOGA

Use nature as an inspiration for your daily life. Watch a spectacular sunset as you tune into your surroundings and find inner peace.

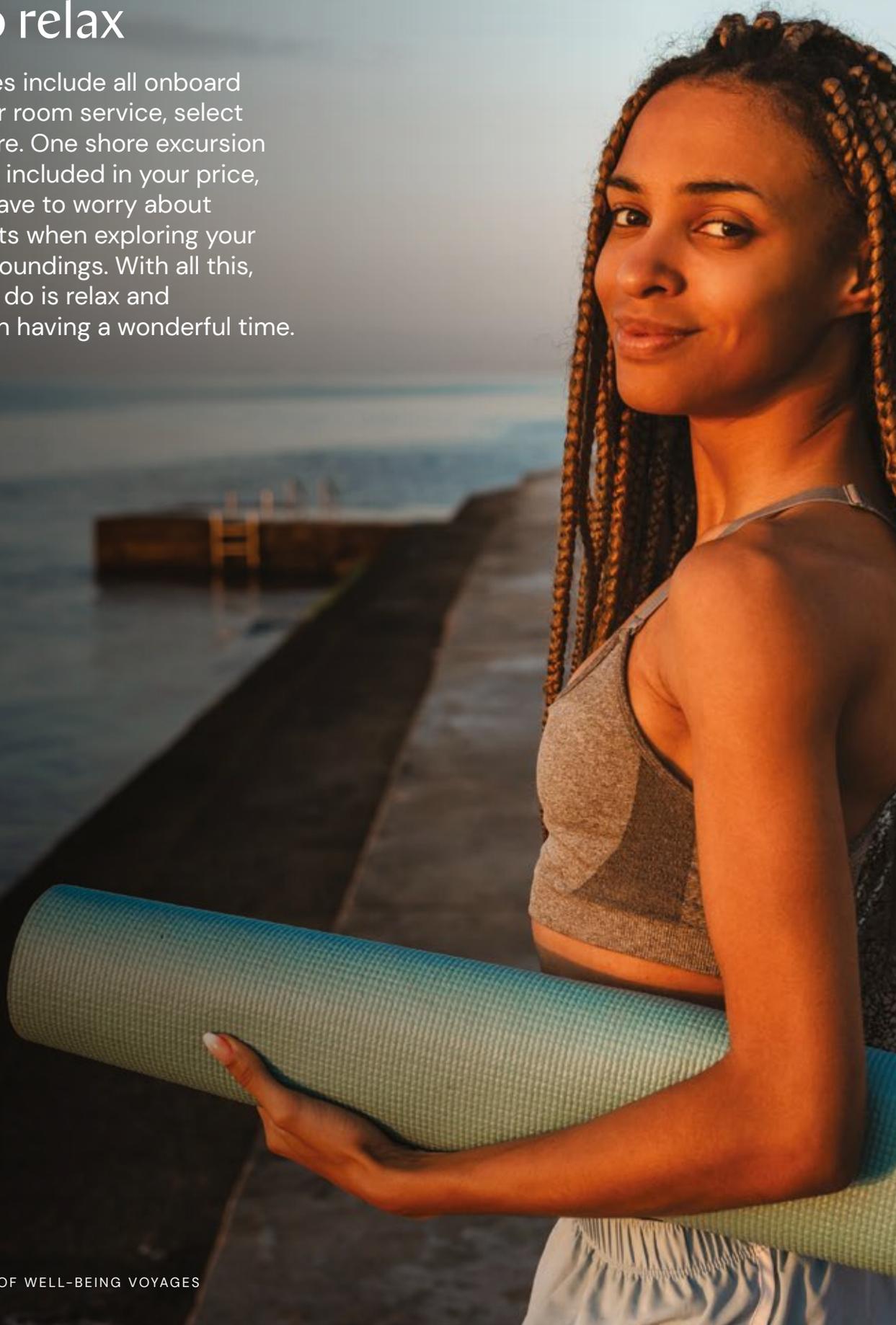


## DELICIOUS DINNER & FREE TIME

Enjoy a tasty and nutritious dinner, followed by free time to bond with new friends in one of our lounges, or relax in your sumptuous stateroom.

# Time to relax

Our cruise fares include all onboard meals, 24-hour room service, select drinks and more. One shore excursion per day is also included in your price, so you don't have to worry about escalating costs when exploring your incredible surroundings. With all this, all you have to do is relax and concentrate on having a wonderful time.





## INCLUDED IN THE PRICE

- Group transfer from the airport to the hotel the day before embarkation, from the hotel to the cruise port on embarkation day and from the cruise port to the airport on disembarkation day
- One night pre-cruise accommodation with breakfast in a 4/5-star hotel or onboard (excluding New York to Halifax)
- All meals on board
- Onboard accommodation in a stateroom selected category
- 24-hour room service
- Coffee, tea, soft drinks and selected alcoholic beverages available 24-hours per day
- Lecture programs by our experienced guest speakers
- One selected shore excursion per port of call
- Standard WiFi
- Onboard gratuities and port taxes
- Selected expedition activities led by our expedition team

## EXPLORE & RESTORE PROGRAM ENHANCEMENTS

- Daily meditation, breathwork and yoga sessions
- Interactive self-discovery workshops
- Ayurveda-inspired meal options
- Stunning locations with cultural expeditions and curated well-being experiences
- Community connection with like-minded seekers

EXPLORE & RESTORE EXTRAS

# Holistic Escape from Panama to Acapulco

On this expedition you'll experience some of Latin America's best kept secrets: private beaches, biodiverse marine eco systems, wild regions, lush rainforests and culturally diverse destinations. This is the perfect chance to immerse yourself in nature and its restorative powers as you explore inner and outer worlds in comfort.



- A memorable yoga session at the stunning Playa Panama
- Explore Isla San Carlos beach, and the shipwreck 'Barco hundido'
- Experience yoga like never before on Chahué Beach

EXPERIENCES ON LAND



# Panama City to Acapulco

SH Diana 6 nights

27 Mar – 02 Apr 2024

## DAY VISITING

- 1 Panama City, Panama
- 2 At Sea
- 3 Bahia Culebra, Playa Panama, Costa Rica
- 4 Amapala, Honduras
- 5 At Sea
- 6 Huatulco, Mexico
- 7 Acapulco, Mexico



# Balancing Your Body & Mind from the Bahamas to New York City

Setting off from the Bahamas' beautiful capital city, Nassau, your immersive voyage visits Charleston, one of the finest destinations in the USA. Full of old-world charm, you'll discover coastal islands, historic sites, vast gardens, cobbled streets and culture around every corner. Sail into NYC, past the iconic Statue of Liberty, for the breathtaking sights of Manhattan. With so much to experience it's little wonder this city never sleeps.



- Enjoy some restorative yoga on the beach before you set sail
- Practice yoga and enjoy a relaxing lunch at a historical plantation
- Take part in an exclusive session with Dr. Deepak Chopra

EXPERIENCES ON LAND



# Bahamas to New York City

🚢 SH Diana 📅 5 nights

🕒 10 May – 15 May 2024

## DAY VISITING

- 1 Nassau, Bahamas
- 2 At Sea
- 3 Charleston, SC
- 4 At Sea
- 5 New York City
- 6 New York City



### LEARN FROM DR. DEEPAK CHOPRA

Dr. Deepak Chopra will be joining us on May 15th to lead an inspiring session on personal expansion, merging ancient wisdom with modern science, to ignite your path forward.



# Inner Connection Cruise, sailing the Northeastern Seaboard

This immersive voyage sets off from NYC, with breathtaking views of the Statue of Liberty and the western side of Manhattan, sailing to Boston, Martha's Vineyard, Portland and more. Sail through the impressive Atlantic Intracoastal Waterway from Cape Cod to Buzzard's Bay, explore the historic town of Provincetown – the site of the Mayflower's landing in 1620 – and discover the fishing wharves and converted warehouses or Portland's charming Old Port waterfront. Your unforgettable journey ends in Halifax, Nova Scotia's beautiful capital, famous for its fascinating maritime museums and star-shaped, hilltop Citadel.



- Walking tour of Provincetown, gallery visit, stunning sunset yoga and delicious picnic on beach
- Bicycle tour to the lighthouse and clear your mind with a healing sound bowl session
- Explore your surroundings by bicycle and enjoy an Ayurveda-inspired evening meal
- Connect with yourself in new ways as you learn from Dr. Deepak Chopra
- Visit a mansion on Martha's Vineyard where you can practice yoga and bond over lunch

EXPERIENCES ON LAND



# New York to Halifax, NS

🏠 SH Diana 📅 6 nights

🕒 15 May – 21 May 2024

## DAY VISITING

- 1 New York City
- 2 Oak Bluffs, Martha's Vineyard
- 3 Cruising Cape Cod Canal  
Provincetown, MA
- 4 Boston, MA
- 5 Portland, ME
- 6 Yarmouth, NS
- 7 Halifax, NS



### LEARN FROM DR. DEEPAK CHOPRA

Dr. Deepak Chopra will be joining us on May 15th to lead an inspiring session on personal expansion, merging ancient wisdom with modern science, to ignite your path forward.



# From Magna Graecia to Greece

Imagine sailing through the sparkling waters of the Mediterranean, discovering ancient cities, charming islands, and stunning landscapes. Join us on an adventure that will take you from Palermo to Piraeus, where you'll experience all the wonders of the Mediterranean. With rich history, culture, 5-star Ayurveda-inspired meals, transformative activities and daily meditation close to nature, this is a cruise you will never forget.



- A one-of-a-kind yoga session looking out at a volcano
- Connect with nature in the Sila National Park where the mystic energy of Earth and Nature touch your soul
- Explore the Ionian Sea and take a dip in its restorative turquoise waters
- After your yoga session, taste the local honey which is said to have healing powers

EXPERIENCES ON LAND



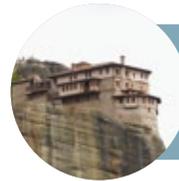
**OTRANTO**

A beautiful historic port town in Italy's Puglia that has miles of beaches and a historic Cathedral dating back to the 12th Century.



**TAORMINA**

This cliff-top town is home to the Ancient Greek theatre to Taormina, built in the third century BC and boasting panoramic views.



**PREVEZA**

Explore the nearby spiritual UNESCO World Heritage site of the Mystic Meteora Monastery.

# Palermo, Sicily to Piraeus

🏠 SH Diana 📅 8 nights

🕒 28 Aug – 05 Sep 2024

**DAY VISITING**

- 1 Palermo, Sicily
- 2 Lipari, Eoli Islands, Italy  
Cruising Stromboli, Italy
- 3 Giardini Naxos (Taormina), Italy
- 4 Crotone, Italy
- 5 Otranto, Italy
- 6 Sarande, Albania
- 7 Preveza, Greece
- 8 Itea, Greece
- 9 Cruising Corinth Canal, Greece  
Piraeus, Greece



# Embracing Your Inner Spirit and Thriving Caribbean Cruise

Embark on an unforgettable sensory journey around the jewels of the Caribbean as we take you off the beaten track to explore pristine sands, turquoise waters, exotic spices trails, lush botanical gardens, and culturally rich destinations. Connect with the islands and nature in way that changes how you see the world – and yourself.



- Paddle on crystal-clear waters as you experience Aqua Zen
- Visit Green Even Organic Farm in St Lucia for a lunch you'll never forget
- Relax and unwind at Saline Bay Beach Yoga Retreat and sample some local exotic fruits
- Discover the essential oils of Martinique in this fascinating guided tour

EXPERIENCES ON LAND

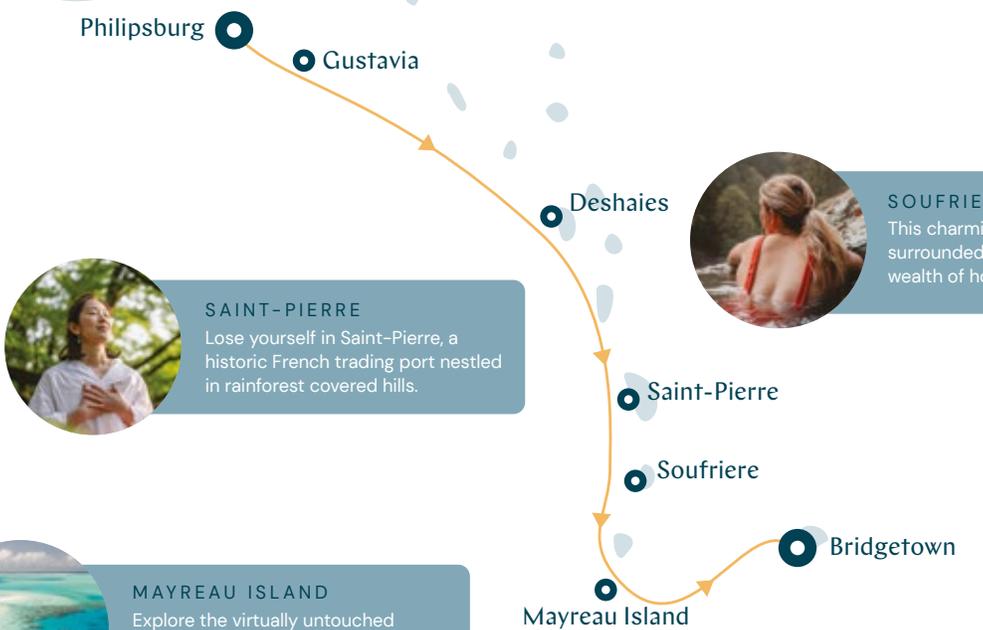
# Saint Martin to Barbados

SH Vega 6 nights

16 Oct – 22 Oct 2024

## DAY VISITING

- 1 Philipsburg, Saint Martin
- 2 Gustavia, Saint Barthélemy
- 3 Deshaies, Guadeloupe
- 4 Saint-Pierre, Martinique
- 5 Soufriere, St Lucia
- 6 Mayreau Island, Saint Vincent & the Grenadines
- 7 Bridgetown, Barbados



**SAINT-PIERRE**  
Lose yourself in Saint-Pierre, a historic French trading port nestled in rainforest covered hills.

**MAYREAU ISLAND**  
Explore the virtually untouched Mayreau Island, and enjoy its pristine beaches, forest and snorkeling.

**SOUFRIERE**  
This charming fishing town is surrounded by rainforest, and boasts a wealth of hot springs and mineral baths.

# Extraordinary South Africa

Explore the best of South Africa from the comfort of a boutique expedition ship as it visits ports along the Indian Ocean on our South Africa Discovery cruise. Between safaris, swimming, and sandy beaches, you'll be treated to incredible food, meet locals, and discover the architecture heavily influenced by all the cultures that make this place home. It's a unique voyage designed to strengthen your inner purpose and help you connect with your true self.



- Listen to the sound of waves crashing on the shore during this beach yoga session
- A trip like no other to see everyone's favorite animals at Elephant Park Safari
- Thrilling Zulu Nyala sunset safari with dinner and mesmerizing dancers
- Take a tour around a local market with an expert on herbs

EXPERIENCES ON LAND



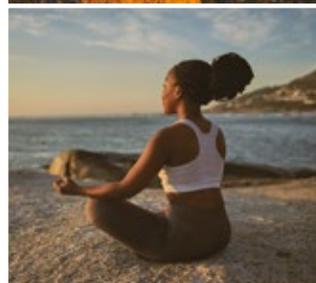
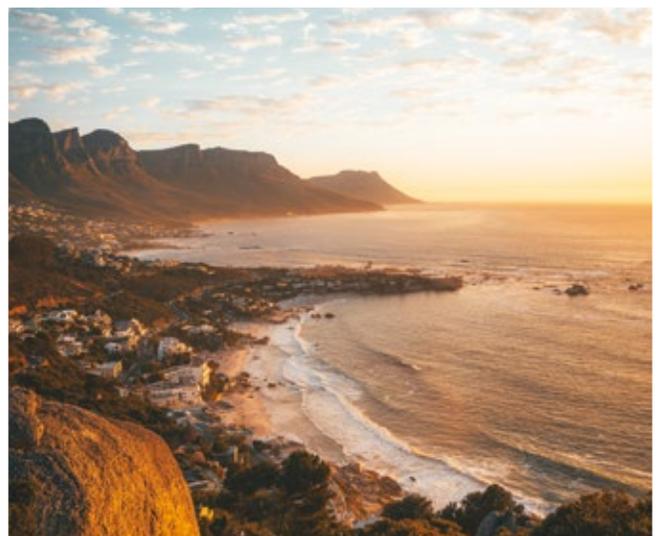
# Maputo to Cape Town

🏠 SH Diana 📅 7 nights

🕒 06 Nov – 13 Nov 2024

## DAY VISITING

- 1 Maputo, Mozambique
- 2 Portuguese Island, Mozambique
- 3 Richards Bay, South Africa
- 4 Durban, South Africa
- 5 At Sea
- 6 Port Elizabeth, South Africa
- 7 Mossel Bay, South Africa
- 8 Cape Town, South Africa



# SH Diana

The largest 5-star ship in our fleet combines cutting-edge technology with sophisticated design. This new-generation polar class ship features elegant interiors and dedicated expedition facilities, so you can explore the world in style and comfort.

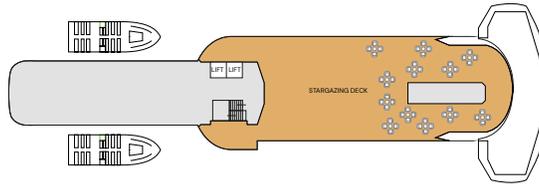
## Stateroom Category:

Oceanview D4:	6 (20m <sup>2</sup> )	●
Oceanview M4:	14 (20m <sup>2</sup> )	●
Balcony D5:	12 (28m <sup>2</sup> )	●
Balcony M5:	25 (28m <sup>2</sup> )	●
Balcony D6:	29 (28m <sup>2</sup> )	●
Junior Suite:	4 (35m <sup>2</sup> )	●
Suite:	4 (44m <sup>2</sup> )	●
Premium Suite:	2 (47m <sup>2</sup> )	●

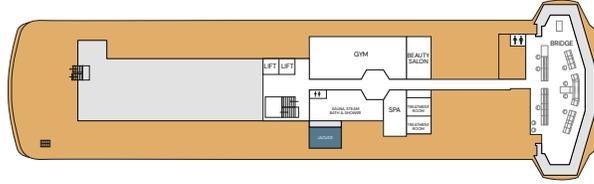
## Ship Specification:

Guest Capacity	192
Staff	140
No. of Decks	9
Staterooms	96
Length	411ft (125m)
Breadth	75ft (23m)
Tonnage	12,100
Cruising Speed	14.5 knots
3rd Guest Capacity	▲
Connecting Staterooms	↔
Wheelchair Accessible Staterooms	♿ 419, 635
Propulsion	Hybrid Diesel Electric, Polar Class PC6
Registered	Panama
Lifeboats	2
Zodiacs	11 MK V 2 MK VI
Tenders	2

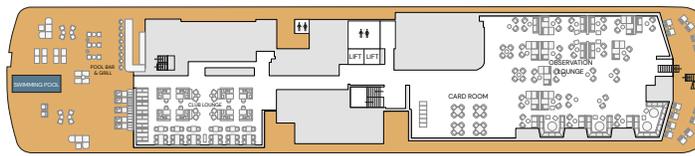
SHIP INFORMATION



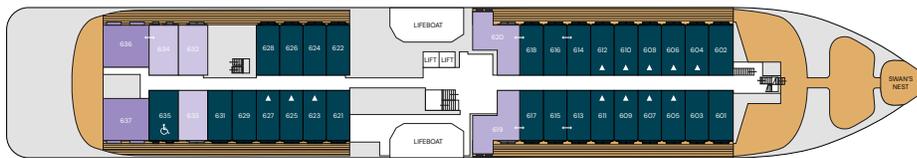
**Deck 9**  
Stargazing Deck



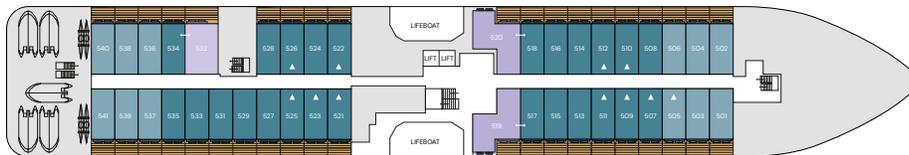
**Deck 8**  
Gym  
Sauna  
Jacuzzi  
Spa  
Beauty Salon  
Bridge



**Deck 7**  
Swimming Pool  
Pool Bar & Grill  
Club Lounge  
Card Room  
Observation Lounge



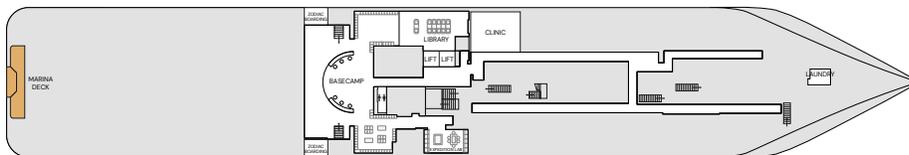
**Deck 6**  
Premium Suites  
Junior Suites  
Balcony Staterooms  
Swan's Nest



**Deck 5**  
Balcony Staterooms  
Junior Suites  
Suites



**Deck 4**  
Swan Restaurant  
Reception  
Oceanview Staterooms  
Launderette



**Deck 3**  
Marina Deck  
Zodiac Boarding  
Basecamp  
Library  
Expedition Lab  
Clinic  
Laundry

# SH Vega

Built in Finland's famous Helsinki Shipyard, SH Vega was made for wonderful cruising experiences. Enjoy welcoming spaces to relax on board, unobstructed views throughout the ship, and world-class restaurants, staterooms and amenities.

## Stateroom Category:

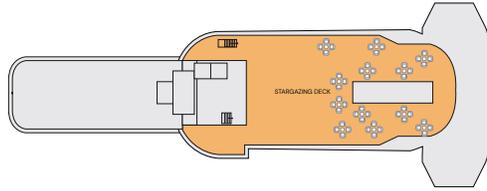
Oceanview D4:	4 (19m <sup>2</sup> )	●
Oceanview M4:	12 (19m <sup>2</sup> )	●
Balcony D5:	8 (28m <sup>2</sup> )	●
Balcony M5:	22 (28m <sup>2</sup> )	●
Balcony D6:	24 (28m <sup>2</sup> )	●
Suite:	4 (44m <sup>2</sup> )	●
Premium Suite:	2 (49m <sup>2</sup> )	●

## Ship Specification:

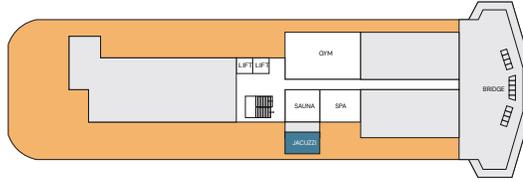
Guest Capacity	150
Staff	120
No. of Decks	9
Staterooms	76
Length	371ft (113m)
Breadth	75ft (23m)
Tonnage	10,500
Cruising Speed	15.5 knots
3rd Guest Capacity	▲
4th Guest Capacity	■
Connecting Staterooms	←→
Wheelchair Accessible Staterooms	♿ 415
Propulsion	Hybrid Diesel Electric, Polar Class PC5
Registered	Panama
Lifeboats	2
Zodiacs	11 MK V 2 MK VI

SHIP INFORMATION

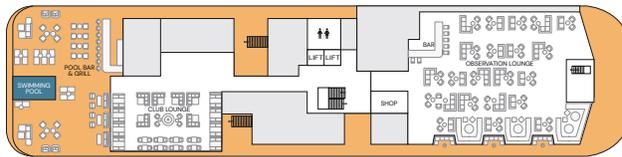




Deck 9  
Stargazing Deck



Deck 8  
Gym  
Sauna  
Jacuzzi  
Spa  
Bridge



Deck 7  
Shop  
Swimming Pool  
Pool Bar & Grill  
Club Lounge  
Observation Lounge



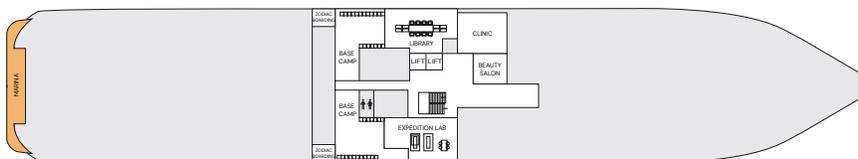
Deck 6  
Premium Suites  
Suites  
Balcony Staterooms D6  
Swan's Nest



Deck 5  
Balcony Staterooms D5, M5  
Suites



Deck 4  
Reception  
Launderette  
Swan Restaurant  
Oceanview Staterooms D4, M4



Deck 3  
Clinic  
Library  
Basecamp  
Beauty Salon  
Expedition Lab

# Your home away from home

Relax in the understated elegance of your stateroom or suite. A sophisticated blend of muted tones, natural textures and intuitive technology, the Scandi-inspired design seamlessly blends the natural world with exceptional comforts. The variety of lighting options and crackling holographic fire offer the perfect option for cozy evenings, and the floor to ceiling windows and balcony doors ensure that sunsets and surprise sightings won't be missed.

- A wellness ayurvedic and herbal juice
- Snacks
- Stocked minibar with soft drinks & beer
- Illy Espresso coffee machine with coffee pods
- Tea kettle and Kusmi tea bags
- Free Wi-fi connection, subject to satellite reception
- TV service
- Hair dryer
- Towels for cabin, swimming pool and gym

- Bathrobe & bedroom slippers
- high-quality toiletries by Lajatica, custom-made for our selection onboard. These include hand soap, shower gel, shampoo, conditioner and body lotion.
- Swan Hellenic backpack
- Swan Hellenic water bottle

## WELL-BEING GIFTS

- Chopra luggage tag
- Chopra ritual care journal
- Explore & Restore Workbook

CABIN AMENITIES



## PREMIUM SUITE

49m<sup>2</sup> (528ft<sup>2</sup>) | Sleeps 4

Premium Suites feature a king size bed and separate living room with a soothing, flame-effect fireplace, a luxurious ensuite bathroom with separate bath tub and walk-in shower, a spacious walk-in wardrobe and a 12m<sup>2</sup> (129ft<sup>2</sup>) private balcony.



## SUITE

44m<sup>2</sup> (474ft<sup>2</sup>) | Sleeps 4

Suites feature a king size bed and separate living room with a soothing flame-effect fireplace, a luxurious ensuite bathroom with separate bath tub and walk-in shower and a 12m<sup>2</sup> (129ft<sup>2</sup>) private balcony.



## JUNIOR SUITE (only on SH Diana)

35m<sup>2</sup> (377ft<sup>2</sup>) | Sleeps 2/3

Features a king size bed, separate living room area with homely flame-effect fireplace, luxurious en-suite bathroom and a 7m<sup>2</sup> (75ft<sup>2</sup>) private balcony.



## BALCONY

28m<sup>2</sup> (302ft<sup>2</sup>) | Sleeps 2/3

Balcony Staterooms feature two single beds or a double bed, bedroom with living room area, a luxurious bathroom and your own private 6m<sup>2</sup> (65ft<sup>2</sup>) balcony.



## OCEANVIEW

19m<sup>2</sup> (205ft<sup>2</sup>) | Sleeps 2

Oceanview Staterooms feature two single beds or a double bed with living room area and a luxurious bathroom.

# Where to find us

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