



Iona's Spa

A salt steam room, destination themed treatments and infinity whirlpools are just some of the new features that will appeal to guests seeking to unwind completely.

The addition of the salt steam room marks a first for the P&O Cruises fleet, offering an exclusive space based on the classic steam room but with the added advantage of a salt brine solution. Salt therapy is a top spa trend and just a 45 minute treatment in the salt room offers enormous health and relaxation benefits.

Also making its debut is the experiential retail boutique - a specialist spa shop dedicated to skin, body and hair care. It will be a haven for anyone looking for expert advice and a chance to explore and experiment with a wide range of products.

Another new feature in Iona's Spa will be a range of destination themed treatments. These locally-inspired therapies will bring the destination into the spa. Guests can choose from the Nordic Cleanse (a detoxifying treatment incorporating acupressure back massage and a warming body and face mask) or the Baltic & Ice Massage (a deep tissue massage using warm and cool stones). Both these treatments have been inspired by the Nordic heritage of hot and cold therapies.

Similar to other ships in the fleet, Iona will have a private open-air deck area, The Retreat, where cold flannels, chilled drinks, snacks and al fresco spa treatments are offered in the privacy of shaded cabanas. Iona's Retreat will also have two infinity whirlpools.

In Iona's state of the art gym there is a new range of classes to suit every interest and ability from meditation to high energy spinning.

