



Windstar Cruises Announces 2025 Mind, Body, and Spirit Collection Cruises with Wellness Expert/Host Debbie Dixon



Travelers can reset their health and wellness journey in the New Year on a Windstar cruise

MIAMI, FL, December 4, 2024 –In line with the trend of kicking off the new year with a health and wellness focus, [Windstar Cruises](#) has announced new wellness-themed cruises for 2025 – the Mind, Body, and Spirit Collection. Designed for travelers interested in embracing a holistic approach to transforming their lives, these select cruises combine immersive travel experiences, mindfulness, exercise, and healthy diet options.

Travelers who are embarking on a new healthful journey or wanting to continue their current path while on vacation have a new, seamless vacation option available to book just in time for New Year’s resolutions. Available on four diverse Windstar itineraries throughout the year that feature iconic destinations such as Panama Canal, Rome, Bermuda, and Lisbon, the new wellness cruises will offer guests travel experiences and amenities that combine the beauty and adventure of stunning global destinations with enriching new programs focused on health and well-being -- specialized additions to the small ship cruise line's existing wellness-focused programming and menus.

Featuring special guest [Debbie Dixon](#), a life coach, author and healer who has worked in the health and wellness industry for almost three decades, Windstar's new dedicated wellness cruises will include daily offerings of meditation, breathwork and yoga; daily inspirational and transformational talks focusing on mental, physical and spiritual health; a pop-up bar featuring a complimentary menu of elixirs that are intended to improve the mind and body; heart healthy food options with vegan and vegetarian meals and morning juice cleanses (offerings currently

available on all Windstar sailings); plus, the opportunity for private sessions with Debbie Dixon (additional fee applies).

Windstar's new Mind, Body and Spirit Collection cruises are available on four sailings throughout the world in 2025:

- *Star Pride*: Feb 8 to 15: [Panama Canal, Colombia and San Blas](#)
- *Star Legend*: Feb 23 to March 2 : [Europe's Winter Riviera](#)
- *Star Pride*: Oct 19 to 26: [Bermuda Bliss](#)
- *Wind Spirit*: Nov 4 to 18: [Ocean Crossing](#)

"Windstar Cruises recognizes the growing demand for wellness travel as a reset and escape from daily schedules and habits," said Windstar's Chief Operations Officer Stijn Creupelandt. "We are excited to introduce these dedicated theme cruises that allow our guests to nurture their minds and bodies while experiencing some of the world's most beautiful destinations with like-minded travelers. These wellness cruises build upon Windstar's commitment to guest well-being and offering transformative experiences that blend travel, wellness, and adventure."

Creupelandt emphasizes that for travelers incorporating health and wellness into their lives, a cruise vacation can offer the benefit of connecting guests to a new and exciting destination to explore ashore while also offering shipboard retreat space to relax and reconnect with their companion. Guests have complimentary use of the ships' fitness facility, whirlpools and sauna. A full service spa offers a wide range of treatments from massages, body treatments and acupuncture to a curated list of treatments featuring locally sourced ingredients in each region. Star Class ships additionally offer guests the complimentary use of heated loungers, a relaxation room and steam room, all located in WorldSpa by Windstar.

The new wellness cruises are part of the line's popular Pick Your Perk savings offer available for booking now through March 31, 2025 on most sailings through June of 2026. ["Pick Your Perk" options](#) include: one free hotel night (which can be used pre- or post-cruise) OR up to \$1,000 onboard credit, which can be used for Windstar's award-winning shore excursions and adventures, spa services, or even special celebratory cocktails. Premium suite guests are afforded a third option - an upgrade to the All-Inclusive Fare (valued at \$99/per guest, per day) which includes unlimited alcohol, Wi-Fi, and all gratuities.

To plan a small ship cruise with Windstar or learn about booking offers, contact a travel advisor, reach out to Windstar Cruises by phone at 866-258-7245, or [request a call](#) by a Windstar vacation planner. Access Windstar's [new online booking system here](#). Find more information on [Windstar Cruises here](#).

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About Windstar Cruises:

With a fleet of seven boutique all-suite and sailing yachts, each carrying between 148 to 342 guests, Windstar Cruises, voted #1 boutique cruise line, offers an intimate experience like no other. Guests can explore enchanting destinations across Europe, the Caribbean, Costa Rica and the Panama Canal, Alaska, Canada and New England, South America, Japan, and the South Pacific. Plus, Windstar operates year-round in Europe and will offer two unique ship experiences in Tahiti starting in 2027. Windstar will introduce two new ships to its Star Class beginning with *Star Seeker* in December 2025 and followed by *Star Explorer* in December 2026. At Windstar Cruises, it's not just about travel – it's about creating experiences that resonate with the soul. With port-intensive itineraries, iconic destinations, exceptional service, and an innovative culinary program, every moment with Windstar is an opportunity for discovery and delight.

Windstar Cruises is proud to be part of the Xanterra Travel Collection®, a distinguished group of global hospitality and travel companies with a legacy that spans over a hundred years operating our country's iconic national parks, including Grand Canyon, Yellowstone, Glacier, Death Valley, and many others. Xanterra Travel Collection®, is owned by The Anschutz Corporation, the ultimate owner of the Broadmoor, Sea Island, and entertainment giant AEG, Anschutz Entertainment Group.