

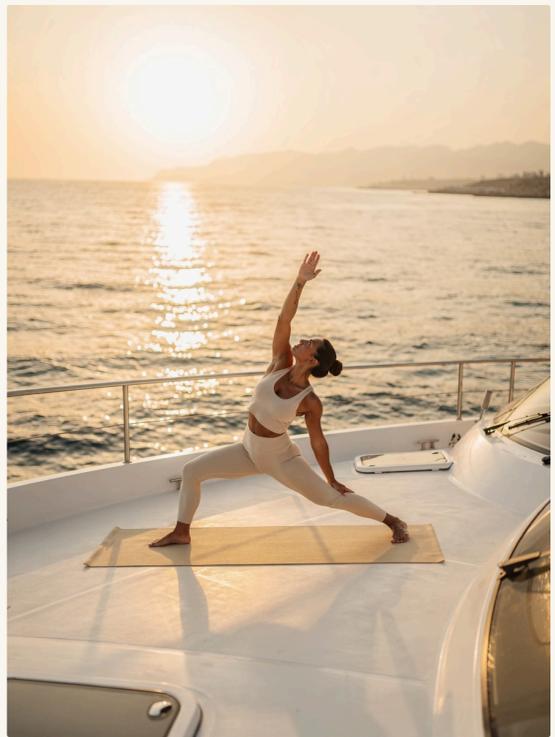
Pharaoh Wellness at Sea

7-Day Wellness & Movement Retreat

BOREAS FLOATING RESORT RED SEA

**Wellness shaped by ancient
land and the power of the sea.**

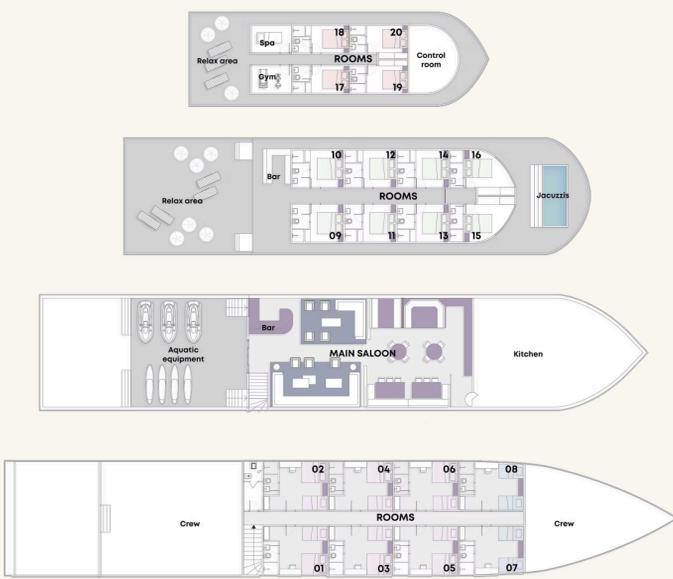
Pharaoh Wellness at Sea is a boat-based wellness retreat.



- Daily snorkelling, swimming, and yoga
- Guided snorkelling in known dolphin habitats
- Breathwork and sleep protocols
- Saltwater immersion as a natural support for circulation, skin, and recovery
- Healthy, balanced cuisine and functional hydration to support daily energy and digestion
- Beauty and wellness rituals inspired by Ancient Egyptian practices, adapted to modern safety and comfort standards

PRIVATE CHARTER - ONLY YOUR GROUP ABOARD, 2-40 PAX 20 HIGH COMFORT CABINS, 300M2 OF SPACE ABOARD

20 HIGH COMFORT CABINS ABOARD, SPA, GYM, YOGA AREA, 2 BARS, FLOATING POOL & SLIDE, VITAMIN DRIPS & BOOSTER SHOTS



- 2 to 40 GUESTS
- SPA, GYM, SEAPOOL, 2 BARS, 2 HOT TUBS
- VITAMIN DRIPS & BOOSTER SHOTS
- WATER FUN & TOYS
- BEST OF THE RED SEA
- LAND TOUR EXTRAS

YOU RUN THE SHOW

Ancient Egypt–inspired spa and beauty rituals:

<p>Egyptian-inspired massage One session included</p>	<p>Signature spa treatment One session included</p>
<p>IV booster session One session included</p>	<p>Personalised vitamin drips Optional, based on individual assessments</p>



Movement, Breath & Water Immersion



Daily Practices

- **Daily morning breathwork and meditation**
- **One daily yoga session** (sunrise or sunset; slow flow, yin, or restorative)
- **Daily guided snorkelling session with dolphins**
- **Open swimming and floating every afternoon**
- **Saltwater immersion** used as a recovery and movement-support tool
- **Sleep hygiene and evening wind-down protocol**

What This Supports

- Joint mobility and gentle muscle activation
- Nervous system regulation
- Recovery through natural water resistance and buoyancy
- Daily movement without performance pressure

Nutrition & Functional Hydration



Balanced Menus

Healthy, balanced, anti-inflammatory menus adapted to life at sea



Functional Cocktails

Daily detox-style functional cocktails



Herbal Infusions

Herbal infusions inspired by Ancient Egyptian plant traditions

Beauty & Wellness Rituals

Modern wellness, rooted in one of the world's oldest living landscapes.



Oil Anointing

Oil anointing and self-massage ritual

Honey Facial

Honey-based facial beauty ritual

Clay & Mineral

Clay or mineral skin ritual

Scalp Care

Scalp oil protocol for sun, salt, and wind exposure

Aroma Ritual

Aroma ritual inspired by kyphi traditions

Integration Circles

Integration and reflection circles during the week

Take-Home Routine

Take-home 15-minute daily preventive routine (departure day)

- Historical reference framing:** Ancient Egyptian wellness practices integrated beauty, hygiene, and daily care. Oils, honey, resins, and minerals are widely documented in cosmetic and domestic contexts.

RED SEA - NEW LUXURY DESTINATION



- Coral reef areas
- Dolphin snorkelling zones
- Island stops
- Short navigation times

Optional Land Extension

The Ancient Land of Pharaohs

Curated land journey through Egypt's most iconic sites.

- **Luxor** — Private evening access to a temple for guided meditation, set on one of the world's oldest sacred landscapes
- **Nile River Cruise** — Luxury relaxation whilst visiting key historical sites along the Nile
- **Cairo** — Pyramids-view experience and private visit to the Sphinx area

Reconnect you with yourself through contact with the oldest layers of human history.



Day-by-Day Programme

Day 1 — Arrival & Opening Ceremony (Saturday)

- Arrival and accommodation aboard
 - Functional detox welcome cocktail
 - Wellness self-assessment and orientation
 - Evening breathwork and relaxation ritual
 - **Ancient Egyptian music and cultural show (evening)**
 - Intention-setting circle
-

Day 2 — Body Reset (Sunday)

Theme: Skin, Sun & Sea Adaptation

Morning

- Breathwork, meditation, optional journaling

Late Morning

- Guided snorkelling session

Afternoon

- Oil anointing and self-massage ritual
- Open swimming and floating

Evening

- Yin yoga
- Short talk: skin barrier, sun, salt, wind
- Integration circle

Focus: Adapting the body to sea, sun, and movement.

Days 3–5: Flow, Calm & Nature

1

Day 3 — Flow with Nature (Monday)

Theme: Water, Breath & Marine Life

Morning: Breathwork and meditation

Late Morning: Snorkelling in coral gardens and known dolphin habitats

Afternoon: Free swimming and rest

Evening: Sunset yoga, functional detox cocktails

Focus: Reconnection with water and natural flow.

2

Day 4 — Calm State (Tuesday)

Theme: Nervous System & Sensory Balance

Morning: Paced breathing and slow yoga

Late Morning: Snorkelling in dolphin habitat zones

Afternoon: Aroma ritual inspired by Ancient Egyptian traditions, swimming and shade rest

Evening: Restorative yoga and sound session, integration circle

Focus: Downshifting and sensory regulation.

3

Day 5 — Nature Immersion (Wednesday)

Theme: Sea, Land & Movement

Morning: Breathwork and mobility yoga

Late Morning: Snorkelling in dolphin habitat zones

Afternoon: Open swimming, island visit with short optional hike

Evening: Yin yoga, journaling: personal preventive routine

Focus: Full reconnection with natural environments.

Days 6–8: Restore, Integrate & Celebrate

Day 6 — Renew & Restore (Thursday)

Theme: Recovery & Grooming Rituals

Morning

- Breathwork and upper-body yoga

Late Morning

- Final dolphin-area snorkelling session

Afternoon

- Scalp oil protocol
- Open swimming
- Relaxation with functional detox drinks at the Sea Club

Evening

- Restorative meditation
- Early night focus

Focus: Recovery, grooming, and deep rest.

Day 7 — Integration & Celebration (Friday)

Theme: Closure & Continuity

Morning: Breathwork and closing yoga sequence

Late Morning: Final guided snorkelling session

Afternoon: Light oil ritual, preventive routine design (15-minute daily home plan), feedback and sensitivities review

Evening: Closing evening party and celebration, social dinner and relaxed atmosphere

Focus: Integration and positive closure.

Day 8 — Departure (Saturday)

- Morning check-out and departure

Key Highlights

- Daily yoga, snorkelling, and swimming
- Dolphin-area snorkelling experiences from **Monday to Thursday**
- Strong reconnection with nature and marine environments
- Ingredient-driven beauty and wellness rituals
- Functional nutrition, detox hydration, and sleep protocols
- Non-medical, preventive wellness positioning
- Designed for flow, restoration, and enjoyment at sea