



ARGO

WELLBEING PACKAGE



Introduction

This presentation introduces our Wellbeing experience as a curated journey, not a predefined menu.

Each element is thoughtfully shaped around the guest, guided by personal rhythm, needs, and how they feel in the moment.

There is no fixed structure, no obligation, only space for the experience to unfold naturally.



Massage

We believe that true relaxation cannot be standardized. Each massage is thoughtfully tailored to the guest, honoring the fact that every body, every rhythm, and every need is different.

A short consultation with our massage therapist before each session ensures that the treatment evolves intuitively, guided by how the guest feels that day.



Commonly Requested

- Classic Massage
- Sports-Medical Massage
- Foot Massage
- Relax Massage
- Connective Tissue Massage
- Deep Tissue Massage
- Anti-Cellulite Treatments
- Aroma Relax Massage



Facial treatment

A restorative facial ritual combining cleansing and gentle exfoliation, lymphatic drainage, and targeted acupressure. A customized massage sequence (lifting, buccal, relaxing and scalp techniques) releases tension and enhances circulation, finishing with a nourishing facial mask for visible freshness and deep relaxation.





Movement & Mind-Body Practices

Movement practices are guided by the guest's individual rhythm, evolving intuitively rather than following a fixed structure.





Yoga

Rooted in Hatha Yoga, sessions focus on calming the mind, creating lightness in the body, and restoring balance for everyday life. Depending on energy and experience, practices may gently flow into more fluid, meditative, or physically engaging sequences, always introduced with care and intention.

Breathwork & Abdominal Awareness

Breathing exercises support relaxation and nervous system regulation, while gentle abdominal massage techniques are shared as practical tools guests can continue using independently.

Pilates

Pilates sessions emphasize controlled movement, core stability, and posture, carefully adapted to strengthen the body while maintaining ease and fluidity.

Strength & Functional Training

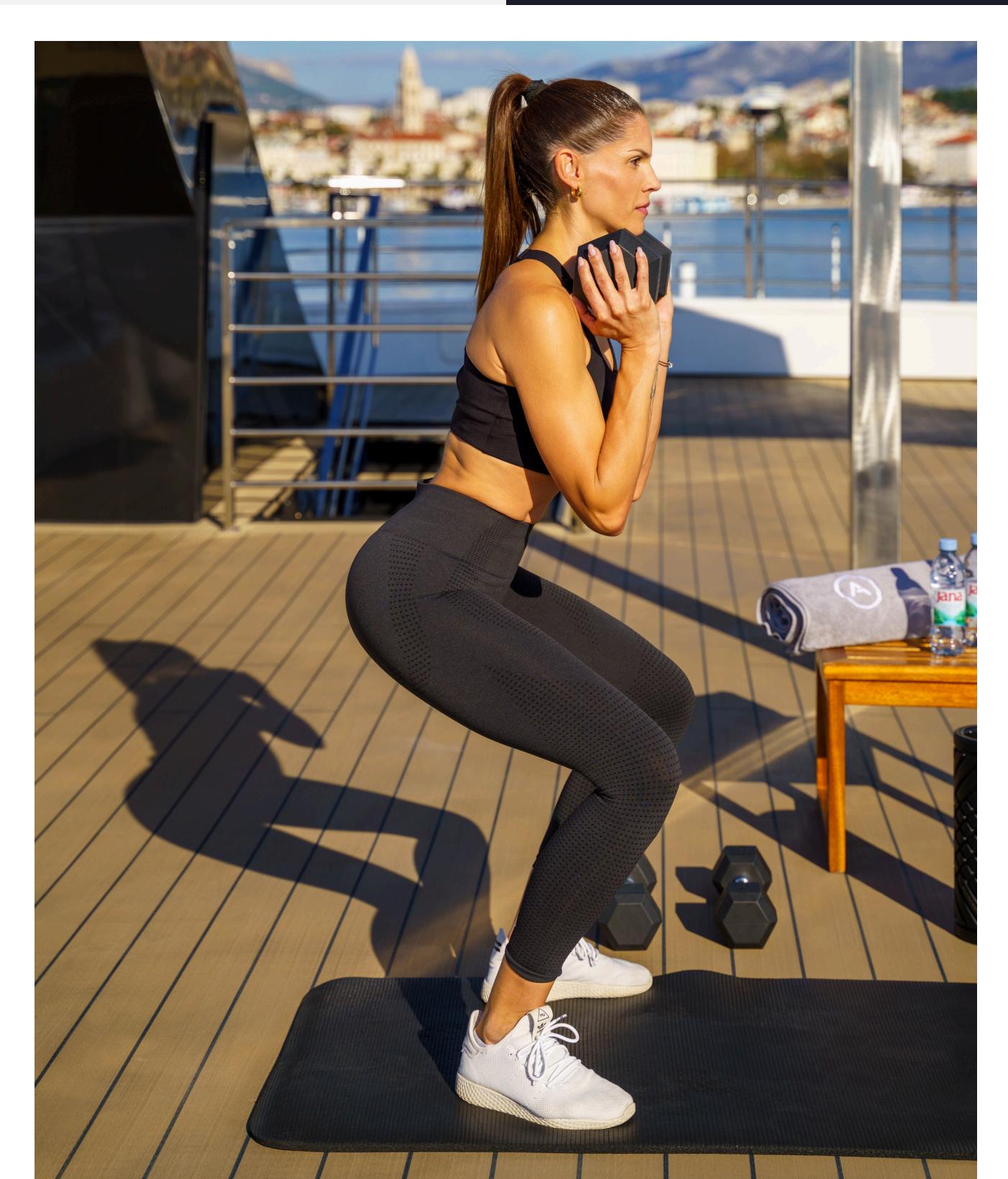
Strength-based sessions focus on building functional power, stability, and resilience. Exercises are selected to support everyday movement patterns, posture, and long-term physical balance, with intensity always adapted to the guest's experience and energy.

HIIT

High-intensity sessions are offered selectively and only when aligned with the guest's readiness and goals. Short, focused, and efficient, these sessions enhance cardiovascular capacity and metabolic activation without overwhelming the nervous system.

Mobility & Flexibility

Mobility and flexibility practices emphasize joint health, range of motion, and muscular release. Through mindful movement and stretching, the body is encouraged to regain ease, fluidity, and natural alignment.





Daily Training Availability

07:00 – 21:00

Up to 7 hours of training sessions per day, arranged flexibly and aligned with individual rhythm.

Daily Massage Availability

07:00 – 22:00

Up to 7 hours of massage sessions per day, arranged flexibly and aligned with individual rhythm.



2x Expert Massage Therapists

Argo, a 55-meter floating sanctuary is designed for absolute comfort and seamless service.

With accommodation for 26 guests, supported by a 15-member yacht crew and a dedicated team of 4 wellness specialists, every detail is thoughtfully curated to support a deeply personalized wellbeing journey.

Performance & Movement Specialist

Yoga & Mindfulness Expert

We look
forward to
welcoming
you aboard.

