



EXPLORA JOURNEYS DEBUTS ‘IN BALANCE: A JANNIK SINNER OCEAN WELLNESS PROGRAMME’ AND REVEALS EXCLUSIVE PRELUDE JOURNEY HIGHLIGHTS ABOARD EXPLORA III

GENEVA, SWITZERLAND - 18 March 2026 – Explora Journeys launches **In Balance: A Jannik Sinner Ocean Wellness Programme**, which is now open for reservation and will be available across all journeys from 24 April on EXPLORA I and from 18 May on EXPLORA II.

This marks a significant evolution of the brand’s partnership with Grand Slam champion and Global Brand Ambassador Jannik Sinner opening a new chapter in wellbeing at sea. The programme will be further brought to life through Jannik’s presence during a special segment of EXPLORA III’s Prelude Journey. Taking place before her Maiden Journey, thanks to the ship’s early delivery, this unprecedented five-night sailing from Genoa to Civitavecchia (Rome), from **24 to 29 July, 2026** will welcome Jannik aboard from **24 to 25 July**.

Developed in close collaboration with Jannik and his Performance Team, ***In Balance: A Jannik Sinner Ocean Wellness Programme*** translates the discipline of elite competition into a bespoke guest experience focused on long-term physical and mental vitality. Bookings for the full wellness programme debuting aboard EXPLORA I on 24 April, EXPLORA II on 18 May, are now live on Explora Journeys’ website.

“Jannik embodies the composure and meticulous focus that define our vision for ocean travel,” said Anna Nash, President of Explora Journeys. *“This partnership goes beyond wellness; it is about creating the space and providing the expertise for our guests to find clarity, balance and peace of mind at sea. “Welcoming Jannik aboard EXPLORA III for her first Journey adds a special sense of occasion, as we introduce both our newest ship and this new wellness programme to further enrich the Ocean State of Mind.”*

In Balance: A Jannik Sinner Ocean Wellness Programme

Rooted in the brand’s Ocean Wellness philosophy, the programme reimagines high performance through a holistic lens. Inspired by Jannik’s calm discipline and composed style of play that defines Jannik’s game – one that appears fluid and effortless yet is underpinned by years of rigorous preparation – the programme is structured around four foundational pillars:

Train : one-to-one workout session focusing on precision, control and balanced performance, adapting elite performance principles for a range of fitness levels.

Re-centre : guided breathwork practice, supporting mental clarity and nervous system regulation through calm, intentional breathing techniques.

Restore : a restorative treatment combining targeted muscle-release techniques with therapeutic touch to ease fatigue, enhance mobility, and promote deep relaxation.

Renew : programme concludes with a revitalizing wellness circuit in the thermal area of Ocean Wellness – The Spa, where alternating hot and cold therapies stimulate circulation, support recovery, and restore balance.

Every element has been thoughtfully designed to anchor guests in the present moment, allowing the Ocean State of Mind to extend well beyond their time at sea.

A Journey of Firsts: The EXPLORA III Mediterranean Prelude Journey

Offering an intimate behind-the-scenes ocean experience alongside the visionaries and leadership who brought the ship to life, EXPLORA III’s **Mediterranean Prelude Journey** departs Genoa on 24 July, calling at Marseille, Saint-Tropez, Villefranche-sur-Mer and Livorno, before arriving in Civitavecchia (Rome) on 29 July.

Jannik and his Performance Team will join guests onboard for the first leg, from Genoa to Marseille, participating in a carefully curated programme of onboard experiences:

- **Intimate Q&A Sessions:** Offering all guests direct access to Jannik, exploring the mindset, the discipline and philosophy behind his approach to elite performance.
- **Charity Gala Dinner:** An elegant evening at the French-inspired *Fil Rouge* restaurant, attended by Jannik Sinner and Explora Journeys’ leadership. This exclusive event supports both the *Jannik Sinner Foundation* and the *MSC Foundation*.
- **Private Coaching Sessions:** A limited number of guests will have the opportunity to participate in private coaching sessions, led by members of Jannik Sinner’s professional Coaching and Performance Team, with appearances by Jannik Sinner throughout the programme.

- **Wellness Sessions:** A limited number of guests will also have the opportunity to experience In Balance wellness sessions, guided by Jannik Sinner's dedicated Performance Team, with appearances by Jannik Sinner throughout the experience.

Following the Prelude Journey, EXPLORA III arrives in Barcelona on 1 August for her official Naming Ceremony. She then departs on her Maiden Journey from Barcelona to Lisbon on 3 August, marking the start of an inaugural season that spans Western Europe, the United Kingdom, Iceland and Greenland.

To learn more about *In Balance: A Jannik Sinner Ocean Wellness Programme* or the **EXPLORA III Mediterranean Prelude Journey**, please visit explorajourneys.com

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About Explora Journeys

Explora Journeys is the privately owned luxury ocean travel brand of the MSC Group, headquartered in Geneva, Switzerland.

Built on the Aponte family's 300-year maritime heritage, **Explora Journeys** redefines luxury ocean travel with its signature *Ocean State of Mind* – a philosophy that connects discerning guests with the sea, with themselves and with one another. Immersive itineraries balance celebrated destinations with lesser-known ports, creating Journeys that inspire curiosity and discovery.

Each private-yacht-inspired ship serves as a floating luxury hotel, whose address is the ocean, with all oceanfront suites, featuring private terraces, floor-to-ceiling windows and spacious European-designed interiors that evoke a sense of relaxed, contemporary elegance – a true Home at Sea.

Guests can choose from 11 distinct culinary experiences – including six restaurants, an experiential Chef's Kitchen, 12 bars and lounges, and 24-hour in-suite dining. 'Ocean Wellness – The Spa' is complemented by five heated indoor and outdoor pools, an extensive holistic wellness programme, generous outdoor deck spaces, and refined entertainment designed to deliver the perfect mood for every moment.

Inspired by its European roots and guided by elevated Swiss hospitality, **Explora Journeys** offers intuitive service and a modern, effortless approach to luxury.

The brand launched its first ship, **EXPLORA I**, in July 2023, followed by **EXPLORA II** in September 2024. The LNG-powered **EXPLORA III** will join the fleet in July 2026, with **EXPLORA IV** arriving in 2027. **EXPLORA V** and **EXPLORA VI** will follow in 2027 and 2028, each incorporating advanced environmental technologies as part of the brand's commitment to sustainability.

Discover more at explorajourneys.com or follow **Explora Journeys** on [Instagram](#), [X](#), [Facebook](#), [TikTok](#) and [LinkedIn](#).