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A scoping review of luxury yachting and wellness:
study trends and research prospects

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ABSTRACT

Purpose: This study aims to advance scholarship of yachting in the context of wellness by exploring the research question: *In what ways is wellness created and experienced by luxury yachting?*

Methodology: Since the extant journal literature from 2012-2023 in peer-reviewed journals is limited on the topic that links luxury yachting and wellness, we drew on other sources such as books and chapters in edited volumes. A third layer of material was drawn from the grey literature such as mass media and business websites. Following the PRISMA-ScR method, we examined 18 publications relating to the intersectionality of yachting and wellness.

Findings: Manufacturing and charter companies in the yachting industry are focused on creating and emphasizing features onboard that create a self-caring and wellness experience. The yacht design, spatial influences and the leisure time spent at destinations on anchor can also add value to wellness. This study enables us to understand the kinds of signals received by manufacturers and the media from yachting clients. These signals relate to the types of wellness needs and activities, as well as how crews and chefs create the best hospitality experiences for their clients.

Originality: Given the scarce and niche nature of research on yachting and wellness, this paper explores future research areas in wellness through luxury yachting which include hospitality aspects of creating and co-creating wellness experience on board the yacht and viewing yachting as a lifestyle necessity product for all levels of wealth and well-being.

KEY WORDS

Destinations; Leisure; Luxury; Tourism; Wellness; Well-being; Yacht.

INTRODUCTION and BRACKGROUND

Yachting and wellness are diametrically intertwined. Both crews and yachters experience yachting in a mixed way:

"...The yacht job was a really cool job. It paid well and was a lot of fun ... work hard play hard is commonly known in the yachting industry as the hours are long but we party a lot..." Anonymous Contributor 1 (MentalHealthForum.net, 2018)

"...Usually, we have comparatively fast exciting lives. Small pleasures are still key, even yachting about the world would become boring if you did it all the time..." Anonymous Contributor 2 (MentalHealthForum.net, 2016)

Anonymous Contributor 1 finds satisfaction as a crew member of the yacht despite the challenges of long hours and hard work as these are balanced with opportunities to party on board and also on land, especially after long stretches of time at sea when they want to escape the confinement of the boat. Anonymous Contributor 2 articulates a similar experience as a client yachter but suggests that doing one too many times could also lead to boredom. To capture these and other sentiments expressed in online forums and magazines in a scholarly study is difficult. Many questions arise on the crews' and yachters' wellness experience throughout the duration of their journey. This paper attempts to scope the literature and locate key topics in intersecting space in the overlap of wellness and yachting.

Originating from the 14th century Dutch word *jaght* (Modern Dutch: *jacht*), "yachts" and the associated activity "yachting" refer to the use of small boats, possessed by wealthy individuals and families, for pleasure during celebrations, holidays, and other leisure activities (Eijdenberg *et al.*, 2022). Before the Industrial Revolution, yachts were sailboats in European waters and used for pleasure by royals. The Industrial Revolution led to a modernization of yachts and they became faster, stronger, and more lavish, and it marked the time that yachts were also owned by non-royals such as wealthy industrialists and other pleasure-seeking self-made individuals (Bender, 2017; Herreshoff, 2007). While luxury yachts¹ can be of any size above 24 meters long (Ponticelli *et al.*, 2013), upsizing has been an increasing trend for decades and in the present day they are known as extravaganza pleasure boats that are shown to the public in places such as Dubai, Ibiza, Monaco and Portofino, for instance, the "Azzam" mega yacht that was built for Abu Dhabi's Sheikh Khalifa bin Zayed al-Nahyan (Boat International, 2022). As one may expect, spending downtime on a yacht—or yachting—is a highly enjoyable activity that can be characterized by the term "wellness".

Before unpacking the concept of wellness, it is useful to take one step back to look more closely at terminology. It can be safely concluded that wellness is strongly associated with *wellbeing* (or *well-being*, used interchangeably with wellness, see Prilleltensky, 2012), which is a broadly studied concept (cf. Finnis, 2011; Griffin, 1986; Nussbaum and Sen, 1993) that has undergone significant fragmentation by scholars who focus on different elements of the concept (e.g., an Aristotelian perspective of well-being, Kraut, 2009; subjective well-being

¹ Referring to same intended meaning, the adjective "luxury" to "yachts" and "yachting" is used interchangeably with merely "yachts" and "yachting".

[SWB], see the collected works of Diener, 2009; well-being defined as “life-satisfaction” by Sumner, 1996). In turn and with respect to many different types of well-being (e.g., emotional, mental, physical, see Fletcher, 2015), wellbeing reflects the quality of life, which is “an individual’s perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns” (World Health Organization, quote from website, 2022).

Wellness, however, is a relatively new term and historically not part of the English language (Cowen, 1991). Wellness can be described as:

“The simultaneous presence of two clusters of indicators. The first consists of earthy indicators such as eating well, sleeping well, and doing one’s mandated life tasks well—mindful of Freud’s notion of ‘Leben und Arbeiten’. The second, somewhat more ethereal, includes having a sense of control over one’s fate, a feeling of purpose and belongingness, and a basic satisfaction with oneself and one’s existence” (Cowen, 1991, p. 404).

Similar to aspects of wellbeing, wellness is a degree of life satisfaction or gratification in living (Cowen, 1991; Cowen, 1994). This goes hand in hand with leisure and tourism activities in which “connecting” and “healing” (e.g., festivals and massages; see Lea, 2006 e.g., sailing as a recreation; see Sevinc and Guzel, 2021) or “indulging” (e.g., yoga tourism, see Lehto *et al.*, 2006; bundled wellness services offered in an Alpine setting, see Pechlaner and Fischer, 2006) play a key role. Without a doubt, wellness revolves primarily around relaxation (Lee, and Kim, 2015), emotional connections and spirituality that is often circumscribed by physical and environmental settings (Smith and Kelly, 2006). One of these physical and environmental settings can be yachts and yachting on open water, a scholarly domain that is hardly studied (see Gladkikh *et al.*’s 2022 collection of contemporary works on luxury yachting as a growing but largely unknown space) yet increasingly relevant due to the revival of travel after the COVID-19 pandemic (Ajagunna and Casanova, 2022; United Nations World Tourism Organization, 2022) and increasing global wealth (Credit Suisse, 2022; McKinsey, 2021), which is clearly a fruitful combination of luxury yachting and wellness—as reported by Bloomberg (2022).

In fact, the superyacht market has been rising since 2014 from the upward demand for yacht charter and water-based luxury experiences (Deloitte, 2018; Global Industry Analysts Inc, 2017). In 2018, the so-called “megayacht” market grew by an average of 11% and with an aspiration to reach US\$ 74.7 billion by 2022 (Boat International, 2018). The global yacht market size was valued at US\$8.50 billion in 2021 and is expected to expand at a compound annual growth rate (CAGR) of 5.4% from 2022 – 2030 (Grand View Research, 2022). The increasing uptake of luxury yachting will only further fuel the growth of yachting tourism which has been traditionally dominated by North America and Europe. In recent years, there has been significant development and rapid growth in the Asia Pacific region, including China, where yachting tourism contributes revenue to the overall economy and creates new job opportunities (Chen *et al.*, 2013; Sariisik *et al.*, 2011).

According to Kalemдарoglu *et al.* (2004), yacht tourism is responsive to changes in tourist demand and hence has huge development potential in terms of offering more sophisticated,

nature sensitive experiences where feelings of freedom, exploration, being close to nature and history, sports and adventure prevail. Activities in the form of leisure or exercise can affect the mood of individuals (Strohle, 2009) and time spent on leisure contributes to the health of a nation (Khan *et al.*, 2012). In an earlier study, Lusby and Anderson (2008) examined the lifestyle of boaters living on yachts and those who chartered for leisure in the port community of Georgetown, Bahamas. They found that there is a community of self-help and social camaraderie which provided a sense of safety, trust and a sense of well-being. Given this combination, there is a need to take stock of what luxury yachting and wellness really mean. Hence, to further advance the study of yachting in the context of wellness, we conducted a scoping review of existing literature based on the following research question: *In what ways is wellness created and experienced by luxury yachting?*

In a nutshell, our findings point to a need to understand how industry stakeholders receive signals from yachters on the types of features favoured. The significance of this study is that it also guides scholarship on the hospitality aspects of creating and co-creating wellness experience on board the yacht and the off-shore excursion sites. The approach and analytical procedures of this study are outlined in the next section. Subsequently, the findings are discussed, followed by a conclusion that highlights the implications of this work and directions for future research in yachting and wellness.

RESEARCH DESIGN and ANALYTICAL APPROACH

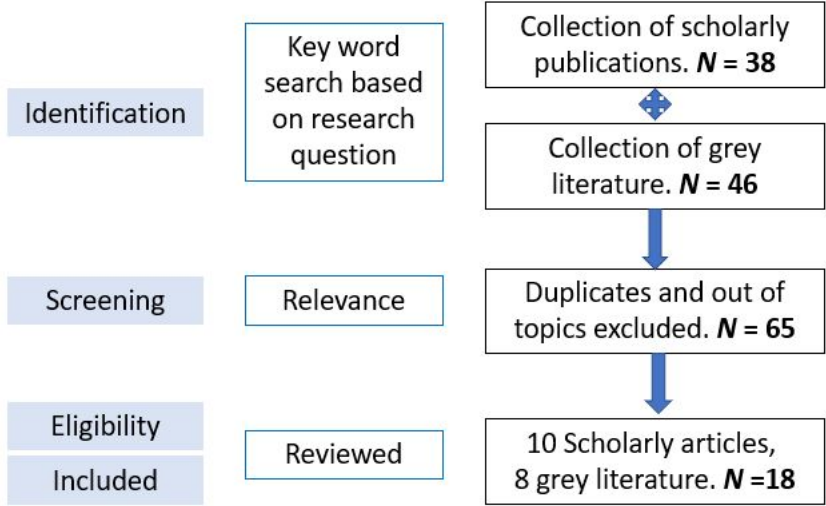
This study adopts a scoping review approach, which is a method that reviews existing literature in terms of the volume, nature and characteristics of the primary research (Arksey and O'Malley 2005; Peters *et al.*, 2019). In a scoping review "the intent is to synthesize the research in the topical area, by mapping or articulating what is known about key concepts, derived from an array of sources, such as results from research studies, grey literature, and expert opinion" (Peterson *et al.*, 2017, p. 13). In contrast to systematic reviews, scoping reviews usually have a more flexible approach to capturing a broad and diverse body of literature without critically assessing prior research (Arksey and O'Malley, 2005). Therefore, scoping reviews literally "scope" the current situation on a particular topic of interest (viz. the research question) and provide directions and suggestions for future research and practice. We refer to Pham *et al.*'s (2014) paper in *Research Synthesis Methods*, which provides an excellent in-depth understanding of scoping reviews as a scholarly method.

Regarding the analytical procedures, we used the protocol "Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews" (PRISMA-ScR) (Tricco *et al.*, 2018) based on Arksey and O'Malley's (2005) framework, which includes the following steps: 1) identifying the research question (as per the previous section); 2) identifying relevant studies; 3) selection of studies; 4) mapping the data; 5) summarizing and reporting the data; and 6) consultation, which in our paper is the study implications for research and practice as formulated in the concluding Discussion section.

The PRISMA-ScR method was used to identify the intersectionality of yachting and wellness literature collected from January 2022 to January 2023. The axis of the topic was developed by selecting closely related reference words such as "luxury yachting" and "wellness", "well-being", "rejuvenating", "reinvigorating", "happiness", "satisfaction", "pleasure", "calming,"

and “relaxing.” Where literature had an intersection of these words, they were picked up for careful relevance review.

FIGURE 1. SCOPING REVIEW BASED ON PRISMA-ScR METHOD



As our search for literature in the interlinked space of yachting and wellness produced very few peer-reviewed references, the team deployed searches that included books and edited book chapters, news media and magazines as well as yachting and wellness business websites to facilitate an in-depth analysis. As wellness is part of the research domain for tourism and leisure activities, this field has experienced an increasing number of scoping review studies on different topics such as glacier tourism (Welling *et al.*, 2015), sports tourism (Yamashita, 2022), marine tourism (Spinelli and Benevolo, 2022) and active outdoor recreation (Andkjær and Arvidsen, 2015). To add to convergence of the yachting leisure and wellness topics, a grey literature search was conducted using the Google, Edge and Opera browsers for yachting businesses, newspaper and magazine articles that promote or engage in some form of wellness initiative.

An initial total of 38 peer reviewed articles were extracted using aggregated databases called One Search, Scopus, JSTOR, ProQuest, and Google Scholar. We also collected 46 grey literature items in the form of media news and websites of businesses involved in yachting services. After carefully filtering the readings, we found 18 strongly linked articles. Ten of these from scholarly peer reviewed articles and another eight from news media and website presentations. The grey literature and academic publications were further reviewed for key themes, the development of an analytical framework and identification of gaps for future research studies and directions (Pawliuk, 2021; Triccoli *et al.*, 2018).

FINDINGS

The yachting studies that relate to wellness drawn from scoping the literature, can be segmented as follows:

- 1. Passenger experiences on board, water and offshore;

2. Employers or crews lived experiences when onboard;
3. Design and facilities of the yacht;
4. Provisions for offshore destination activities.

Table 1, 2 and 3 provide summaries of the selected sources.

TABLE 1. SUMMARY OF SELECTED ARTICLES

Publications	Area/country of study	Study contribution	Suggestions for future studies
Zhou (2020)	Marketing ocean tourism in the digital space	<p>A broad review of the internet of things and marketing ocean tourism.</p> <ul style="list-style-type: none">- Promoting marine leisure is a challenge due to more established land-based products and services.- Marketing marine leisure on the internet appears conducive and economically viable.	The effectiveness of marine leisure promotion as a wellness pursuit.
Jirásek & Hurych (2019)	Transoceanic voyage from New Zealand passing the Cape of Horn to the Falklands	Experiences on board during precarious and long voyages has different impacts on individuals, the spiritual (non-religious) lift in self-reflection and arriving at a eudaimonic experience.	Further investigate transcendental experiences with a new theoretical lens in situations where precarity and time is shared and spent with others on board in the context of secular and religious spirituality.
'Phil' Klaus, Tarquini-Poli & Alawad (2022)	Ultra-High Net Worth Individuals (UHNWI)	UHNWI owning superyachts are conscious of the intrinsic symbol of their status. Passion and a customised yacht plus onboard experiences account for their quality of life and pleasure.	Proposes a cross industry study that includes private jets owners and personalised services. Examine the experiential differences of UHNWI owning versus chartering a yacht. Cultural differences in experience perceptions is another area of study proposed.
Sevinc & Guzel (2021)	Turkey	<p>Satisfaction is derived through activities on board and taking one's mind off problems and being away.</p> <p>Happiness is derived from the challenges of managing the boat at sea.</p>	<p>Measure interest level and motivations of the boaters.</p> <p>Conduct a comparative study.</p>
Sevinc & Guzel (2017)	Worldwide	Address the factors contributing to sustainable yacht tourism practices. Sea activities may contribute to	Awareness creation of contribution to the environment. Comparative studies to develop a

		balances in melatonin and serotonin substances in the human body.	large sample to understand the variation in and dimensions of yacht tourism.
Kwon et al. (2021)	South Korea	Finds that recreation specialization (consistent engagement, and continuous participation) among participants in yachting and golf had a positive effect on leisure satisfaction, driven by stress relief and skill development. Pleasure can be experienced by improving professional yachting skills as well as via boating-related stress relief and freedom.	A follow-up study is needed with findings that can be generalized to the country's wider population as this study focuses on the city of Seoul. Second, a cross-sectional study of the relationships between leisure facilitation, recreation specialization, and leisure satisfaction of outdoor sports participants is needed, but the study's contributions could be extended by findings from longitudinal studies conducted over a longer period of time. Third, it does not analyse demographic variables such as education level and occupation of outdoor sports participants.
Park & Reisinger (2009)	Miami, South Florida, United States of America	Asian tourists are more likely than Hispanic tourists to enjoy luxury activities such as cruising on luxury boats and being treated for health and wellness by qualified specialists as well as playing golf on a PGA certified field. Western tourists, on the other hand, attach more importance to 'fine dining' and also 'health spa/wellness treatments' than Hispanic tourists. It seems that Western tourists are more likely to focus on up-scale luxury dining experiences when on vacation.	More attention should be paid to cross-cultural approaches to luxury shopping in tourism and different purchasing patterns, preferences, and practices of culturally different tourists.
Bionda & Ratti (2018)	N/A	As superyachts evolve into megayachts, the yacht design project is evolving more and more with 'soft' features for higher sensory expression such that yacht design may also be an experimental platform for interactive, connected and smart (ICS) materials.	There is scope to further examine the interaction of human senses with architectural design and the use of spaces to bring about high-quality comfort and wellness. Hence materials experience is a key notion in considering new practices relating to the

			interaction between yacht, sea and human behaviour.
Carmosino et al. (2021)	N/A	<p>New VR and AR environments have been gradually coming to the world of the leisure maritime industry, implying new possibilities and experiences for consumers.</p> <p>With emerging digital technologies and reactive materials, the cruise and yachting industry is rapidly evolving, marking a shift towards exclusive and tailored onboard experiences such as wellness centres, saunas and spas.</p>	<p>New technologies are breaking down the barriers to enjoying yachting experiences by expanding boundaries via immersive experiences and tailored onboard experiences.</p>
Yorulmaz & Sevinc (2021)	Turkey	<p>This study found that supervisor support and psychological resilience for yacht captains helps in mitigating work-family conflicts.</p>	<p>As this study was conducted during the pandemic, it would be useful to validate the positive relationship outcomes of good supervisors and captains during a non-pandemic period. Additionally, the study proposes a study of relationships between the captain and other crew members on board during the yachting voyage period.</p>

TABLE 2. SUMMARY OF NEWS MEDIA SOURCES

News media	Area/country of study	Key points	Future oriented
Boyd (2022)	Croatia	Superyachts not only provide a swimming pool, cinema and helipad but the design of luxury yachts increasingly includes a wellness centre	Charter luxury yachts increasingly offer a wellness centre to engender happiness and relaxation

Denison Yacht Sales, Inc. (2020)	United States of America and various countries worldwide	Charter or own? Wellness is now an integral part of spa, fitness and marine sports	Wellness vacation on board a yacht
Rautela (2012)	United States, Italy, Sweden, India	Super rich Indians flaunt their wealth through tactful bargains	Focuses on the relationship between European yacht sellers and their Indian clients.
Viking Yacht Company (2017)	Australian	Viking Yacht is investing in employee well-being health and wellness equipment to facilitate productivity and a healthy workforce.	A yacht company concerned for employee productivity, initiates a wellness program with accessible check equipment for regular health checks.
Daily Mirror, 2022	Croatia	Luxury superyacht opens for 'affordable' holidays sailing around Croatia. The superyacht 'Freedom' has a massage suite, cinema and wellness area, together with a sun deck, hot tub, plunge pool, bar and fitness room, and can be rented out by large groups.	The provision of health, fitness and recreational facilities attracts people who prefer this kind of life-style holiday

TABLE 3. SUMMARY OF PRACTICE AND MARKET COMPANY WEBSITES

Practice and company websites	Yachting destinations	Key points	Future orientation
Boat International: Accessed 19 December 2022	Operates globally in the Mediterranean, the Caribbean, the Americas, the South Pacific and	Designed in-house with fitness enthusiasts in mind and an onboard personal trainer, swimming pool, basketball court, tee-off area for golf, sea-sports and al fresco cocktails and dining in the evening with a masseur and hair stylist.	Attractive to most people who would like a different perspective while pursuing their life-style activities.

	the rest of the world		
Drift Travel Magazine: Accessed 19 December 2022	Greece	Treat the yachting journey like a wellness retreat for recreation. Provide welcome basket of Greek products individually selected for each charter group including personalised menus, spa facilities, sea sports, yoga and landing at natural healing hot springs in Milos and Santorini. Freedom of discovery with speedy motor yachts and space which typically means more onboard facilities and opportunities for recreational activities, and comfort.	The value-added is the ability to stop along the way at destinations that provide wellness and well-being facilities/activities.
Beverly Hills Magazine: Article by Suleiman, M.: Accessed 8 January 2023	Redang Island, Malaysia	This yacht has a distinctive, asymmetrical body built at a Chinese shipyard in 2004. It can accommodate 18 guests in 8 suites and has a helipad at one end. It also has storage for four Jet skis at the bow, ensuring lots of water sport fun for guests. There is also a minibar where guests can enjoy a variety of cocktails and beverages. The design, shaped like a bamboo outrigger canoe has solved issues common to luxury yachts such as noise, space, stability at anchor and stability while cruising.	Luxury yachts are found in the Association of Southeast Asian Nations (ASEAN) region and this bodes well for the industry in this region.

According to Sevinc and Guzel (2021), mental health is derived from wellness. In their study on sailing, they explore how being on a boat for leisure pursuit leads to well-being through the sailors' sense making of the experience. Further, others have suggested that sailors working in this maritime sector are able to improve their professional yachting skills because there is provision for stress relief and relaxation (Kwon *et al.*, 2021). Im (2018) recognized yachting as a process of 'traveling' that offers a variety of forms of satisfaction through active participation that in turn, bring about positive life changes. Additionally, Jang and Lee (2010) identified sense of unity with nature as an important element of satisfaction among respondents to a survey about yachting sub-culture.

Zhou's (2020) study explores the extent to which marketing in the digital space can provide an economic outcome for ocean tourism. Further, he argues that tourists prefer marine leisure in order to relax and unwind. In many instances, sailing forms an important part of the yachters' lives and this positive state of mind is achieved by enjoying the activities onboard the boat without having to worry about anything else. In this way, sailing as a leisure activity contributes to happiness and hence a sense of wellness. The idea that life satisfaction is derived only through relaxed and pleasurable experience may be a mainstream perception. A study by Sevinc and Guzel (2021) found that the experience of sailing activity itself can often be challenging and that this in turn, develops skills that culminate in happiness.

Jirásek and Hurych (2019) found that people sailing in small groups on a cross-ocean voyage, passing through treacherous sea conditions experience different levels of enrichment. Based on interviews, the study found that this kind of tourist voyage from New Zealand via Cape Horn to the Falklands provided space and time for reflection, building relationships based on trust and reciprocity and forms of spiritual transcendence. This study is relevant to the way we might categorise the experiences of yachters ranging from a long voyage to short coastal leisure trips because observations and interactions with nature and other guests onboard can provide indications of wellness arising from yachting related tourism. As Jirásek and Hurych (2019) suggest, the experience and the impact of these experiences can affect a yachter's approach to life upon returning to land.

Studying super-rich yachters, 'Phil' Klaus, Tarquini-Poli and Alawad (2022) found that they are motivated to customise their yacht to reflect their preferences and tastes. Additionally, the symbolic status of owning a yacht and the experiences it affords play an important role. Yacht captains are experts at steering the boat into calmer waters and their well-being is in turn affected by the ways in which owners treat them, especially given the psychological resilience needed to deal with work-life conflict (Yorulmaz and Sevinc, 2021; Mackenzie and Hodge, 2019).

Zhou (2020) observes that ocean and marine leisure space is expanding and that this yields industry, product and economic gain (Jang and Woo, 2018). Further, this points to a need to understand how industry stakeholders receive the signals from yachters in relation to the types of features/facilities and activities they prioritise. As noted earlier, the deployment of new technologies such as virtual reality (VR) and augmented reality (AR) offer exciting opportunities by expanding yachting boundaries via immersive and tailored onboard experiences. This brings together a virtual and real world in an ideal, relaxing environment for yachters. One media news outlet reported on haggling between Indian clients and their

Swedish yacht sellers (Rautela, 2012). This is also an example of what ‘Phil’ Klaus, Tarquini-Poli and Alawad (2022) said about the status of owning a yacht as it provides a life view of their position in society.

DISCUSSION

Luxury yachting is a relatively unexplored field of research (Gladkikh *et al.*, 2022) and this article has considered the question: *In what ways is wellness created and experienced by luxury yachting?* In brief, the findings illustrate that wellness is derived from the positive state of mind of yachters when they experience consistent engagement and on-going participation in marine and associated activities on board including beauty and wellness programs that in turn, have a positive effect on leisure satisfaction. Snorkelling, diving and island hopping as part of the yachting can be seen as an element of sea adventure tourism and according to Sevinc and Ozel’s (2018) findings, they have a positive impact on life satisfaction.

The findings of our scoping review provide a foundation for future research as the study points to the significance of creating and co-creating wellness experiences on board the yacht and at stop-over destination locations. Further to this, it would be helpful to capture the personal experiences and views of yacht crews in relation to wellness and how that it connected to work-life balance.

This study identifies five areas for further research on leisure yachting and wellness. First, there is a significant gap in terms of profiling yachters on leisure trips and more can be derived from studies that address motivation and the push-pull factors that determine these types of leisure holidays or excursions. When perceived as an adventure, yachting experience and the connection with nature (the sea) can create a psychological sense of well-being (Mackenzie and Hodge, 2019). This eudaemonic experience requires closer investigation to determine the attributes on board the yacht that directly or indirectly contributes to wellness. Such a study could theoretically link yachting to wellness while at the same time alert ship builders and leasing agents to their clients’ requirements. A third study prospect could be to focus on co-creating activities and relationships between crew members and clients that lead to favourable outcomes.

As with any study, our scoping review is bound by its limitations – it is an appropriate method to understand the depth and breadth of a topic (Peters *et al.*, 2019). However, for more critical, scholarly and systematized assessment of an emerging field of study, a systematic literature review is more appropriate (Mohammed Shaffril *et al.*, 2021; Xiao and Watson, 2019). Specifically, a systematic literature review can clearly identify potential areas of qualitative, quantitative or mixed-methods empirical investigation (Petticrew and Roberts, 2008; Thoemmes and Kim, 2011). In this context, we encourage others to undertake a systematic literature review on aspects of luxury yachting and wellness, as well as to undertake empirical study to expand this research domain.

SUMMARY

This review assessed the extant literature on luxury yachting and wellness to discern the related implications. It incorporates grey literature due to the absence of sufficient studies published in peer review journals. Existing studies and industry practice knowledge suggest

that the yachting experience when integrated with health and wellness amenities, satisfactory off-shore and sea-specific activities, can be of physiological as well as psychological benefit. The prospects for further research in these areas along with topics relating to the crews' responses and interaction with yachting participants will provide deeper insights on the overlapping space of luxury yachting and wellness.

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FIGURE 1. SCOPING REVIEW BASED ON PRISMA-ScR METHOD