

SALT THERAPY - SABRE



Builder: [SABRE](#)

LOA: 49' 0" (15.06 m)

Year Built: 2023

Beam: 14' 0" (4.47 m)

Model: 45 Salon Express

Max Draft: 12' 4" (3.75 m)

Price: \$1,250,000 USD Subject to change.

Cruising Speed: 27 Knots (31.07 MPH)

[See full listing on our website](#)

Location: South Dartmouth, United States

Max Speed: 32 Knots (36.83 MPH)

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OVERVIEW

Enjoy the elegant composure and sumptuous comfort of a traditional Downeast yacht, enhanced by intelligent helm controls that provide precise handling and brisk, exhilarating performance.

SPECIFICATIONS

Basic Information

Model Year:
2023

Country:
United States

Year Built:
2023

Dimensions

LOA:
49' 0" (15.06 m)

Max Draft:
12' 4" (3.75 m)

Beam:
14' 0" (4.47 m)

Speed, Capacities and Weight

Cruise Speed:
27 Knots (31.07 MPH)

Water Capacity:
160 Gallons

Max Speed:
32 Knots (36.83 MPH)

Fuel Capacity:
450 Gallons

Gross Tonnage:
29 Pounds

Accommodations

Sleeps:

4

Total Heads:

2

Hull and Deck Information

Hull Material:

Fiberglass and Plastic Yachts

Hull Designer:

Sabre Yachts

Deck Material:

Fiberglass

Interior Designer:

Sabre Yachts

Hull Configuration:

Modified V-Hull

Engine Information

Engines:

2

Engine Type:

Inboard

Manufacturer:

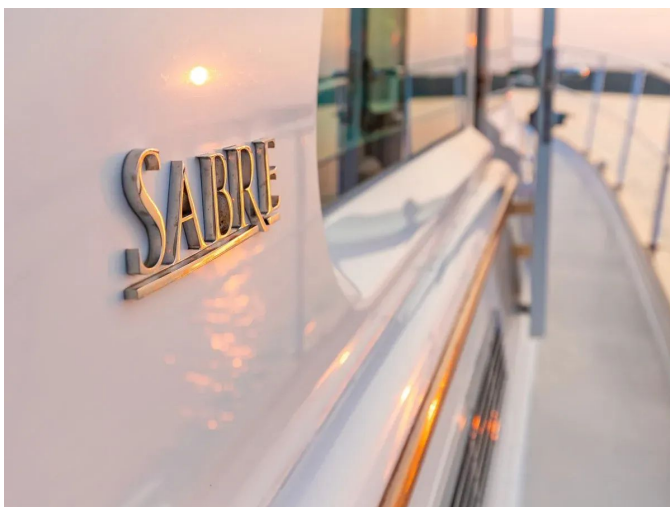
Volvo

Fuel Type:

Diesel

GALLERY















DETAILED DESCRIPTION

Introduction

Board SALT THERAPY, a 2023 Sabre 45 Salon Express that blends genuine bluewater capability with the refined finish Sabre Yachts is known for. Her modified Vee hull is designed to handle all sea states with confidence, while twin upgraded Volvo IPS 650 pod drives provide a smooth, quiet cruise at 23 knots. The Midnight Blue topsides, set off by a gold cove stripe and crisp white boot stripes, create a classic silhouette, and wide side decks with secure handholds make moving fore and aft effortless. Inside, sweeping 365-degree windows flood the pilothouse with light, showcasing a rich cherry interior and the timeless teak and holly cabin sole that reflect Sabre craftsmanship. Whether entertaining in the cockpit, making passage to your next anchorage, or retiring to one of two spacious staterooms, SALT THERAPY delivers comfort, capability, and enduring style.

Manufacturer provided description

Sabre Yachts has conceived a vessel that fuses the timeless refinement and comfort of classic Downeast styling with the responsiveness and higher-order performance of modern engineering. The cockpit, anchored by a graceful U-shaped settee, becomes an elegant, inhabitable haven—equally inviting for lively entertaining or for moments of quiet contemplation afloat. Thoughtfully laid-out side decks, each supported by strategically positioned handholds, raise the standard of safety and ease of movement to a level seldom experienced on yachts of this size.

The Sabre 45 Salon Express is arranged with two staterooms and two full heads, while the salon descends two gentle steps to a bright, half-up galley

that bathes the interior in natural light. A distinctive utility area placed between the engine room and the guest stateroom is dedicated to optional equipment installations—washer/dryer combinations, extra freezer capacity, or a wine chiller can be accommodated without compromise. By concentrating these working functions in a single space, onboard storage remains uncompromised and the cruising accommodations achieve the roomy, well-appointed feel typically associated with a substantially larger yacht.

Notable options

Thoughtfully appointed upgrades elevate performance, convenience and style throughout the yacht. Propulsion is provided by upgraded Volvo IPS 650s, with an additional Volvo B7 engine screen mounted at the helm on a cherry wedge base for immediate, intuitive monitoring. Precision navigation is delivered by a Garmin electronics suite with dual plotters and stand alone autopilot controls, while twin chrome horns announce your arrival in unmistakable fashion. A Northern Lights 12kW generator supports onboard systems, and a freshwater washdown keeps the decks immaculate. At anchor, comfort is enhanced by a Sureshade cockpit electric awning and a double aft facing cockpit settee, and a convenient helm door allows effortless access to the side decks. The utility room adds real world capability with a freezer, washer and separate dryer, complemented by a forward single Seagull water purifier. Exterior elegance is assured with Awlgrip Midnight Blue painted topsides, and tender operations are simplified by a Freedom tender lift carrying a 2024 Highfield aluminum RIB with steering console and outboard motor; when not underway the yacht is protected by a comprehensive canvas package including covers for the windshield, burgee, ensign, aft facing settee and U settee.

Mechanical features

Propulsion is provided by twin Volvo IPS 10 650 drives, each matched to D6 480D-G powerplants that turn Volvo T3 propellers to convert every throttle command into refined, efficient thrust. The Volvo Active Ride system smooths the vessel's motions for an exceptionally composed ride, while Volvo DPS delivers intuitive, precise station-keeping at the push of a button. Routine service is made easier by an integrated Reverso oil change system, onboard safety is strengthened with a Fireboy engine-room fire extinguisher, and an engine-room camera affords constant visual oversight of mechanical operations.

Electrical

Built for whisper-quiet reliability and refined power management, the electrical installation centers on a Northern Lights generator producing 12 kW, supported by a Victron Energy MultiPlus inverter/charger specified at 12 V/3000 W/120 amp and complemented by Victron Centaur chargers rated at 12 V 30 amp and 12 V 100 amp to deliver balanced charging across every bank. Shore power is supplied via a 50 amp cord stowed and deployed by a Glendenning Cablemaster electric reel, while 110 V receptacles are thoughtfully placed throughout the vessel and a 12 V dual AB charging plug is conveniently located at the helm console. The battery configuration includes two Group 31 AGM starting batteries, a Group 24 AGM dedicated to generator start, and a house bank composed of four six volt AGM batteries, all managed with four Blue Sea ML RBS remote battery switches, a Blue Sea parallel switch and a Blue Sea M2 battery monitor for precise system oversight. Protection and safe operation are assured by GFCI outlets, a Prosafe FS60 galvanic isolator, an ACME T2535173S isolation transformer, and a Furrion 50 amp F50 ATS automatic transfer switch that provides uninterrupted, automatic

source selection in all conditions.

Fuel system

Purpose-built to deliver dependable range and effortless performance, the fuel arrangement features two 225 USCG-compliant diesel fuel tanks mounted port and starboard that supply fuel through two Racor 900MA fuel filter/water separators equipped with integrated water-in-fuel probes to ensure clean, protected delivery. Refueling is straightforward via two 2-inch Diesel deck fill plates, and fuel status is conveniently displayed at the helm with a dedicated fuel level indicator.

Electronics

At the helm, twin Garmin GPSMAP 743 displays flank a Garmin VHF fitted with a GHS 11 handset, while an expanded Garmin suite—AIS 800, GXM 54, GMS 10 and a VHF 315 with external speaker—provides layered capability and redundancy to the navigation package. Long-range situational awareness is delivered by a GMR Fantom 54 open-array radar, and onboard monitoring is enhanced by a GC200 engine room camera and a GC 200 mast camera. Entertainment aboard is first class, with three Samsung flatscreen TVs routed through a 9X Glomex TV system, a Fusion stereo with subwoofer and distributed speakers, a Sirius XM receiver, and a Fusion MS-NRX300 for cockpit control. Seamless connectivity is provided by a Pep Wave WiFi booster and internet hotspot, while the Siren Marine 3 Pro connected boat system oversees shore power and high water sensors for additional peace of mind. To complete the refined aesthetic, the hardtop electronics are painted to color match for an integrated, polished finish.

Hull

A modified deep V planing hull, with 16° of deadrise at the transom and 23° amidships, has been engineered to offer a confident and efficient ride through a variety of sea conditions. The exterior is finished in ISO NPG white gelcoat backed with vinylester resin to maintain a lasting high gloss and resist blistering. The bottom, topsides and transom are constructed using VIP resin infused biaxial E glass laminated over a Corecell SAN foam core, while the stringer system follows the same biaxial E glass and foam core construction to deliver the required strength, stiffness and long term durability. A resin infused E glass swim platform with molded in anti skid ensures secure, ergonomic access at the waterline. Side rubbing strakes are protected by a white PVC rub rail capped in stainless steel, and the waterline is elegantly finished with a painted urethane double boot top and a recessed gold cove stripe that complete the yacht's purposeful refinement.

Deck and hardtop

The deck is engineered for durability and grace, finished in ISO NPG gelcoat atop a VIP resin infused biaxial E glass laminate with a balsa core to yield a strong yet lightweight foundation, while molded in anti skid surfaces ensure sure footing along the expansive side deck walkways. An anchored locker with a secure latch keeps ground tackle neatly stowed, and a large U shaped settee paired with a high gloss table creates an elegant alfresco lounge in the cockpit; an engine room access hatch in the cockpit sole provides straightforward service access. Premium hardware details enhance both performance and aesthetics, beginning with a 1.25 inch diameter type 316 stainless steel perimeter rail system and six 12 inch stainless cleats—positioned two forward and four at midship—balanced by two 10 inch aft bollard cleats. A stainless cleat to starboard of the windlass offers a

dedicated anchor rode tie off, while cast stainless skene chocks forward keep lines running cleanly. The bow is appointed with a custom stainless steel pulpit featuring dual anchor rollers, a Quick electric rope chain windlass and a Lewmar stainless plow anchor on a stainless swivel. Nautical accents include a flag staff with socket on the taffrail and a burgee staff on the bow pulpit, low profile hatches with screens and custom stainless steel opening port lights to bring light and air below, and varnished teak cap rails alongside a varnished teak cabin side eyebrow that speak to classic craftsmanship. Final refinements comprise a custom cast stainless SABRE logo, stainless steel transom gates, a saltwater washdown at the bow and Kahlenberg dual chrome air horns.

Helm

Take the wheel from an elegantly designed helm that opens through a hinged access door onto the starboard deck, where navigation is centered on two Volvo/Garmin seventeen-inch MFD glass-bridge displays accompanied by a dedicated Volvo/Garmin autopilot display. Maneuvering is effortless thanks to joystick steering seamlessly integrated into the helm armrest, while visibility in any condition is maintained by triple windshield wipers with multiple speed settings and freshwater-plumbed windshield washers. Sound and bearing are equally assured by a Kahlenberg dual chrome trumpet horn with its compressor and a precision Ritchie compass, and a bank of intuitively arranged switches places control of the horn, running lights, anchor light, engine room blowers, and bilge pumps within easy reach. Onboard comfort and refinement are evident in the Fusion radio and VHS communications, the custom teak steering wheel with tilt helm and Sabre logo, and twin Stidd N series helm seats upholstered in Ultraleather, all set beneath tri-color overhead helm lights — red, white, or blue — and supported by a robust NMEA 2000 backbone.

Forward master stateroom

A private door opens into the forward master stateroom, which includes its own ensuite head. An island berth occupies the center of the cabin and is fitted with a nine-inch latex mattress, framed with laminated trim. Cherry hull ceilings lend warmth to the space, while drawers discreetly built into the aft end of the berth provide useful stowage. To starboard, a large cedar-lined hanging locker awaits; to port, a four-drawer bureau offers additional organization. The outboard berth cabinets are fitted with Shoji inserts in the locker faces and feature integrated shelving that marries form and function. Underfoot, a teak and holly sole speaks to the yacht's pedigree, and sound-deadening soft headliner panels create a tranquil, hushed retreat.

Master head

Accessible only from the master stateroom via a space saving pocket door, the master head pairs refined workmanship with a highly considered layout. Custom tile runs seamlessly across the head and into the shower sole, while a solid surface countertop, anchored by a semi recessed sink, provides an elegant centerpiece to the vanity. Storage is discreet yet practical, with a vanity cabinet beneath the sink that incorporates a drawer and an additional cabinet above the vanity featuring a mirror set into its door. The separate shower stall is enclosed by a clear acrylic divider and is complemented by both an opening hatch and an opening port, with a storage locker positioned outboard of the shower for added convenience. An electric shower sump pump ensures efficient drainage, and an overhead deck hatch equipped with a blind and screen welcomes natural light and ventilation, supported by a dedicated ventilation blower. Polished stainless steel towel bars complete the space, and an optional Tecna electric toilet is available for enhanced comfort.

Guest stateroom

The guest stateroom is appointed with an adaptable double berth that, at the touch of an electric push-button slide mechanism, converts into two separate twin beds. Rich cherry hull ceilings and the timeless warmth of a teak-and-holly sole impart classic nautical elegance. A shelved storage locker offers neat, accessible stowage, while soft, sound-deadening headliner panels provide acoustic insulation for a peaceful, restorative cabin atmosphere.

Guest head/dayhead

Meticulously designed, the guest head/dayhead features custom tile underfoot in both the head and the shower, paired with a solid surface countertop and a semi-recessed sink set above a vanity cabinet for concealed storage. A cherry-trimmed mirror crowns the sink area with refined warmth, while a separate shower stall with a clear acrylic divider ensures privacy and functionality, accompanied by an outboard storage locker and an electric shower sump pump. Natural light and fresh air enter through an opening port to the side deck and an overhead deck hatch equipped with a blind and screen, and a dedicated ventilation blower maintains airflow. Polished stainless steel towel bars complete the appointments, with an optional Tecma electric-flush toilet available.

Mid galley

Positioned at midship for convenient access, the galley features a continuous solid surface countertop that serves as the centerpiece for a collection of high-end amenities: a stainless steel undermount sink with a fitted cover and a pull-out faucet for seamless food preparation and cleaning; a Vitfrigo stainless steel two-drawer refrigerator paired with a Vitfrigo stainless steel one-drawer

freezer for ample, efficient cold storage; and a Kenyon two-burner induction cook top alongside a convection microwave with a stainless steel face to provide flexible, professional-grade cooking options. Thoughtful storage solutions enhance the refined layout, with drawers and lockers beneath the counter, additional storage lockers outboard of the countertop, a discreet built-in waste basket, and ingeniously integrated step storage—all designed to keep the area immaculate, organized, and perfectly appointed for entertaining.

Main salon

An elegantly appointed L-shaped settee to starboard includes practical drawers beneath, while a full-length straight settee to port provides comfortable berthing. Forward of the port settee, a dedicated TV cabinet conceals an HDTV on an electric lift with a hideaway panel so the screen disappears cleanly when not in use. At the centre of the salon a high-gloss table mounted on a hi-low pedestal transitions effortlessly from relaxed coffee-table height to an intimate dining arrangement. Soft, sound-dampening headliner panels calm the ambience and a powered drop window in the aft bulkhead invites fresh sea air aboard. Circulation is intuitive, with a swing door at the helm granting access to the starboard side deck and a mirror-polished stainless-steel and glass door leading aft into the cockpit.

Cockpit

The cockpit is designed as a refined outdoor salon, featuring aft-facing bench seating for relaxed lounging and a forward-facing U-shaped settee surrounding a high-gloss table ideal for intimate entertaining. Two stainless-steel transom gates to port and starboard ensure secure boarding and effortless circulation. Practicality is discreetly incorporated with generous underseat storage beneath both settees, additional undersole lockers to port and starboard, and

an engine room access hatch set into the cockpit sole. A varnished teak flagstaff, finished to a bright sheen, provides the finishing touch of timeless elegance.

Fresh water system

Engineered to ensure dependable onboard comfort, the fresh water system holds 150 gallons and incorporates a Kuuma 11-gallon water heater fitted with a 120V temperature-control valve on the hot-water supply for precise, energy-conscious temperature management. A variable-flow, constant-pressure pump delivers smooth, uninterrupted water service throughout the yacht, while premium lead-free fittings maintain purity and a clean taste. Thoughtful conveniences include a shore-water inlet with an integrated filter, a hot-and-cold transom shower for rinsing after a swim, and a dedicated fresh-water spigot in the engine room to simplify maintenance.

Safety

A comprehensive safety package is built around a clean-agent engine-room fire extinguishing system capable of both automatic and manual activation, and engineered to trigger the automatic shutdown of the engines, generator and blowers. Portable fire extinguishers are positioned throughout every accommodation area. Corrosion-resistant Marelon sea valves are fitted, and a bonding arrangement comprising three connections protects against galvanic corrosion. Bilge security is provided by automatic twelve-volt electric bilge pumps—three Rule 2000 units equipped with floats—augmented by high-water sensors with audible alarm and a carbon monoxide detector. Safe movement on deck is ensured by stainless handrails routed beneath the hardtop along the sidedecks and above the hardtop, with additional rails for sidedeck access from the cockpit; stainless handholds line the cockpit

coamings to port and starboard and a dedicated handrail is located above the swim platform. An engine-room camera further enhances monitoring and oversight.

Broker's comments

Of all the Sabre 45's many virtues, the most memorable is the extraordinary quietness of her motion; when she is underway she moves with a composed, almost reverent silence that can only be truly appreciated by experiencing it firsthand.

CONTACTS

Shestakov Yacht Sales is a brokerage company specializing in the sale and service of yachts worldwide. The company offers services for buying and selling both new and used motor yachts, sailing vessels, and luxury superyachts. They also provide yacht registration, insurance, technical maintenance, crew selection, and charter organization services across the U.S., Canada, Latin America, the Caribbean, and the Bahamas.

The founder and lead broker of the company is Andrey Shestakov, a licensed and certified expert with extensive experience in marine engineering and shipbuilding.

The company has an extensive network of partnerships with major yacht manufacturers worldwide and provides services in multiple languages, including Russian, Ukrainian, Spanish, and English. The office is in Dania Beach, Florida, USA.

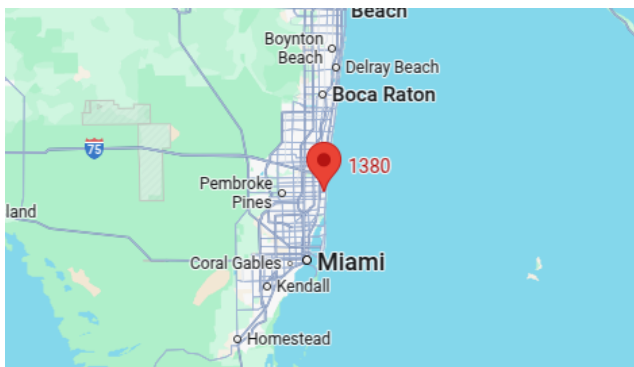
For more information and to view available yachts, you can visit the company's official website: <https://shestakovyachtsales.com>

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