



Queen Victoria's Cunard Royal Spa & Fitness Centre Ushers in New Level of Luxurious Spa Treatments, Health and Wellness

Queen Victoria's *Cunard Royal Spa & Fitness Centre* redefines the modern spa experience at sea. The luxurious 13,000 square foot spa is beautifully appointed and features a glass-enclosed health centre, affording ocean views. The spa offers a comprehensive health and wellness programme with a stunning Hydrotherapy Pool and Thermal Suite providing the centerpiece for the ultimate spa experience. Inspired by holistic, relaxing and stress-relieving treatments drawn from disciplines around the world, the *Cunard Royal Spa* offers among the most luxurious and exotic treatments available in any spa resort.

For health enthusiasts, the fitness centre provides a comprehensive wellness approach to keeping fit including six branded exercise programmes, acupuncture, nutrition consultations and a meditation programme. The centre also includes a **Stylespa** and **Nailsa** to provide comprehensive hair and beauty treatments.

"As a perfect complement to Queen Victoria's worldwide itineraries, our guests can take stimulating journeys with treatments inspired by asian, far eastern and exotic cultures. Guests can also enjoy a multi-dimensional lifestyle-wellness approach, through a comprehensive structured fitness programme," said Peter Shanks, president of Cunard. "Our guests want to live healthier lives and aboard Queen Victoria, they will be able to establish life-changing healthy routines under the direction of some of the world's most diversely trained fitness practitioners. We have truly found the perfect balance between pure indulgence and fitness," added Shanks.

Cunard turned to The Onboard Spa Company, a team comprised of experts from long-time UK-based Cunard partners Harding Brothers Spa and Multitrax Maritime. Together, they have created a unique programme of lifestyle pampering and fitness.

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Legendary Indulgence

Perhaps one of the spa's most sought-after features is the Thermal Suite and Hydrotherapy Pool. This relaxing space includes saunas, steam rooms, a meditation room, showers and relaxation area. Following the Thermal Suite experience, guests can enjoy a private 745-gallon Hydrotherapy Pool area with relaxation beds. Luxurious robes and slippers will be provided. Thermal Suite day passes are available for those guests not booking a treatment.

Spa treatment highlights include Aromasoul Signature Body Rituals, a collection of four massage therapies inspired by the techniques of ancient cultures. A multi-sensorial journey, these body rituals stimulate mind, body and soul through the combination of exotic oils, soothing music, unique room atomizers and traditional massage strokes. The 90-minute rituals include Arabian, Oriental, Mediterranean and Indian inspired treatments. At the conclusion, the therapist serves the guest a special herbal tea in the relaxation room. To rejuvenate and revitalize, guests will also enjoy age-defying facials, scrubs and mud wraps.

The Stylespa Salon is a full service hair and beauty facility that features four Kérastase Hair Rituals, each designed to address the specific needs of a guest's hair, as determined by the Kérastase Ambassador. A five-step process will rebalance, bathe, treat, revitalize and retexture hair.

For the Gentlemen

The spa includes a range of treatments and products specially designed for the distinguished Cunard gentlemen. These include a traditional shave and barbering experience, tailored skin programmes and revitalizing massages.

For the ultimate *Cunard Royal Spa & Fitness Centre* encounter, guests may opt for a Day Spa Escape package to *re:lax, re:lease, re:plenish, re:balance, re:shape, re:new* and *re:connect*.

Ranging from three-and-a-half to four-and-a-half hours, these packages combine an intuitive collection of complementary treatments for an unforgettable spa experience.

A Fresh Focus on Fitness

Queen Victoria's fitness centre includes a fully appointed work-out facility and aerobics studio. A half-dozen branded fitness programmes are featured, including the renowned **Pilates Institute at Sea**, as well as **Gravity**, a trainer-led programme using a glide board and body weight; **Yo'Fit**, a yoga programme; **Multitrax Indoor Cycling**; **Push and Lift**, a resistance workout programme; and **Zumba**, the world's hottest Latino-inspired dance aerobic workout.

To promote wellbeing, the spa also offers a guided meditation programme, one-on-one personal training, acupuncture by registered therapists of the British Acupuncture Council and an ionic detox programme, together with a complimentary programme of aerobics, step and conditioning classes. Guest lectures, with noted experts, including Michael King, the creator of the **Pilates Institute Method** are featured.

For more information about Cunard Line and Queen Victoria, contact your travel professional, call 1-800-7-CUNARD or go to www.cunard.com.

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About Queen Victoria

The 90,000-ton Queen Victoria will offer the very best of the heritage and traditions of Cunard Line, along with all modern day luxuries including some exciting innovations. These will include the first traditional West End-style private boxes at sea in the Royal Court Theatre, the first Cunard museum exhibit at sea, housing Cunard artifacts and memorabilia along with the first two-storey library at sea featuring an elegant spiral staircase. The ship will also feature the line's celebrated Queens Grill and Princess Grill accommodations and dining, further enhanced on Queen Victoria with an exclusive deck terrace and an al fresco dining option.

From the outside, her distinctive black and red livery will hint at the sophistication that differentiates a Cunard liner. This will be most evident in the ship's adherence to liner traditions of the past, with elegant public rooms, many on a grand scale, featuring rich wood paneling, intricate mosaics and gleaming chandeliers. There will also be a grand, colonial-style conservatory complete with a retractable glass roof.

As well as being the second largest Cunarder ever built, Queen Victoria's arrival in 2007 was particularly noteworthy as it marked the first time that three Cunard Queens were in service together in the company's 168-year history (she joined the world's grandest liner, Queen Mary 2 and the world's most famous and best-loved liner, QE2, retired in 2008 after more than 40 years of service).

About Cunard Line

Cunard Line, operator of the luxury ocean liners Queen Mary 2 and Queen Victoria, has long been synonymous with the quest for new discoveries and the epitome of British refinement since the company's first paddle-wheeled steamer, Britannia, crossed the Atlantic in 1840. Cunard voyages bring together like-minded travelers who relish the Cunard hallmarks of impeccable White Star Service™, fine dining, sophisticated adventure, the legacy of historic voyages and transatlantic travel.

Cunard is a proud member of *World's Leading Cruise Lines*. Our exclusive alliance also includes Carnival Cruise Lines, Holland America Line, Princess Cruises, Costa Cruises and The Yachts of Seabourn. Sharing a passion to please each guest and a commitment to quality and value, *World's Leading Cruise Lines* inspires people to discover their best vacation experience. Together, we offer a variety of exciting and enriching cruise vacations to the world's most desirable destinations. Visit us at www.worldsleadingcruiselines.com

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