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Fred. Olsen Introduces O-Spa London Range On Board

All four Fred. Olsen ships – *Balmoral*, *Braemar*, *Boudicca* and *Black Watch* – offer a superb range of health beauty treatments for guests on board. The largest ship – *Balmoral* – boasts an especially elegant onboard spa - The Atlantis Spa and Fitness Centre - with luxurious treatment rooms, some enjoying panoramic sea views, as well as a fully equipped fitness suite.

Now, to enhance the experience, Fred. Olsen is pleased to announce the introduction of **O SPA London** – a completely certified, organic spa experience, designed for both face and body. The products contain time-proven essential oils, extracts of aromatic plants and herbs. The earth and sea botanicals in O-Spa are designed to treat, soothe, nourish and revive the skin and body. O-Spa features AromaCollagen Marine at its core – a collagen-rich formula made from organic fruit and seaweed extracts, with almond oil and shea butter for deep moisture. All the ingredients are sourced from organic, sustainable sources, including the Eden Project and a Fairtrade women's co-operative in Ghana..

The treatments include a range of facials, such as Oxygen, rehydrating and rebalancing and massages – classic, Balinese, Swedish or sports – as well as specialist treatments like Fire and Ice Ancient Stones or the O Spa Thai Ritual* that combines yoga techniques and aromatherapy.

Another innovation is the introduction of O Spa therapeutic mud treatments for thorough detoxifying and cleansing of the body.

The O SPA London treatments and products are now available on *Balmoral*, *Boudicca* and *Black Watch* and will be introduced on to *Braemar* on her return from her Caribbean season in April 2010.

All O SPA London treatments can be pre-booked, or booked in person at the

spa during the cruise. Project Manager, Sue Sankey, said: "A key part of a cruise is to restore a sense of well-being and vitality and these treatments will enhance the experience in mind and body. We are delighted to be able to offer our customers these exclusive and high quality products and an extensive range of treatments, delivered by highly trained experts, that will make their cruises all the more special. The better you feel, the more you will get out of your cruise holiday."

For more details about all aspects of Fred. Olsen cruises visit <http://www.fredolsencruises.co.uk/>. To find out more about O SPA London visit <http://www.ospalondon.com/>.

* Only available on Balmoral.

Fred. Olsen Cruise Line operates in the UK with four intimately sized ships for a more personal cruising experience.

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