



Dec 13, 2012 17:20 GMT

## **Make it a SPArkling Festive Season with Fred. Olsen Cruise Lines!**

What better time to pamper yourself than at Christmas? And what better place than aboard a cruise with Fred. Olsen? Each of the cruise line's four, modestly-sized ships has an onboard spa, offering a wide range of treatments at very competitive prices, and using high quality ingredients. The spa teams are highly trained and happy to discuss each guest's specific requirements.

The choice of treatments covers facials, wraps and massages, as well as beauty treatments such as manicures and pedicures, waxing, tinting and a full hairstyling service.

Facial options start from a 30 minute 'Purify Ritual' priced at just £35; all treatments are tailored to the guest's particular skin type.

Massages range from the traditional 'Swedish Massage', perfect for easing aching muscles, to the increasingly popular 'Hot Stones Massage' or a 'Traditional Thai Massage' that harmonises the energy of the body and mind, in a unique style. Choices range from a simple 20 minute 'Foot and Ankle Massage', for just £15, to a luxurious 75 minute 'Sea and Senses Body Massage' using Marine Hot Stones, for a full exfoliating, decongesting and detoxifying experience at £66.

Additionally, there are full body wraps for detoxing, de-stressing or encouraging breakdown of fatty tissue, starting from only £33 for a 20 minute 'Friji-Thalgo Body Wrap' especially good for cellulite.

Guests can book treatments direct at the Atlantis Spa on board ship. There are also money-saving 'Spa Packages' that can be booked in advance. Each package is priced at just £50, saving £29 on the usual price :-

*Indulgence Spa Package for Her:-*

- Express manicure
- Shampoo & blow dry/set
- 30 minute purify facial

*Indulgence Spa Package for Him:-*

- Express pedicure
  - Shampoo and trim
  - 30 minute back, neck and shoulder massage
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Fred. Olsen Cruise Line operates in the UK with four intimately sized ships for a more personal cruising experience.

## Contacts



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