



P&O CRUISES  
PRESENTS

*Wellbeing and Lifestyle*

## Wellbeing and Lifestyle cruises

**P&O Cruises Presents: Wellbeing and Lifestyle, cruises focusing on the importance of wellbeing and looking after the body, face and lifestyle. Alongside our usual breadth of intriguing destinations, shore experiences and choice of exceptional dining, for a little extra, guests can enjoy entertainment in the company of wellbeing experts and well-known personalities.**

From visualisation techniques to help them picture a life they've always dreamed of to using acupuncture and reflexology to optimise their health, TV presenter Cherry Healey's sessions are packed full of tips and tricks for guests to improve their mind and body. Cherry's classes will also discuss the foundations of good skincare and how to improve sleep – guests will even learn how to use pressure points, massage and aromatherapy to get the best holiday snooze of their lives. More information around the experts Cherry's bringing on board with her will be revealed soon.

Whether guests are fashion enthusiasts or still finding their style, they're sure to find something useful in one of stylist, author and digital content creator Kat Farmer's three style masterclasses. From learning how to dress for your shape to loving the person looking back at you in the mirror, there'll be a range of exciting new things to learn from Kat's sessions.

**DOUBLE**

on-board spending money on  
Wellbeing and Lifestyle cruises

Up to **£640** per Sea view cabin  
to spend on board<sup>^</sup>

Book by 4 September 2023

Based on cruise G405.  
^T&Cs apply.

### Meet the stars



**Cherry Healey**

Cherry is a TV presenter and documentary maker and has spent over a decade making programmes for the BBC, as well as hosting 10 Years Younger for Channel 5. Through her work on social media and her editorial contributions, Cherry champions women and advocates for their good health and wellbeing.



**Kat Farmer**

Kat is a UK-based fashion stylist, author and digital content creator, empowering women to be positive in midlife and dress to feel good. She inspires people to dress in clothes that they love while investing in slow fashion wardrobe staples that last for decades.

## Which cruises are the stars joining?

### Spain, Portugal and Canary Islands



**IONA | G402 | 27 JAN – 10 FEB 2024**

Southampton – Madeira – Tenerife  
Gran Canaria – Lanzarote – Seville (from Cádiz)  
Lisbon (2 full days) – Southampton

### Spain, Portugal and Canary Islands



**IONA | G405 | 2 MARCH – 16 MARCH 2024**

Southampton – Lisbon (2 full days) – Seville  
(from Cádiz) – Lanzarote – Gran Canaria  
Tenerife – Madeira – Southampton

### Mediterranean



**ARVIA | K410 | 12 MAY – 26 MAY 2024**

Southampton – La Coruña – Valencia – Marseille  
Barcelona – Alicante – Seville (from Cádiz)  
Southampton

All three cruise holidays are included in the August pulse offer of double on-board spending money for booking Select Price by 4 September 2023.

The cruises will then be part of the September-November campaign starting on 7 September 2023 and ending on 4 December 2023.

They'll also be included in the September pulse offer of double on-board spending money for booking Select Price by 2 October 2023, starting on 11 September 2023.

Please be aware of the dates that each offer is applicable when talking to guests about the cruises.



### What to expect from Cherry's sessions

#### Body

In this one-hour session, guests will learn from an expert about the most effective toning and strength exercises, acupuncture, aromatherapy, reflexology and the latest food and drink health trends they can jump on to optimise their health.

#### Wellbeing

In this one-hour session, guests will discover brilliant techniques, such as visualisation, to help them picture the life they've always dreamed of. They'll also learn about sleep habits, the best products to improve sleep and the latest technology to encourage sleep and help them stay asleep. The session will teach guests how to use pressure points, massage and aromatherapy to help them get the best sleep of their life and head home from their holiday feeling fully refreshed.

#### Face

In this one-hour session, a celebrity makeup artist will teach guests all about the foundations of good skincare. The session will cover cleansing, the importance of vitamin C serum, which strength retinol to use and when, hyaluronic acid, SPF, facial toning exercises and facial treatments, as well as the latest beauty gadgets.



### What to expect from Kat's masterclasses

#### Finding your confidence

This session will help guests to understand that what we wear and how we look matters in the journey to feeling good, and why it matters. They'll learn that fashion is for everyone, and anyone can dress to feel fabulous at any age so that they can look in the mirror and love the person looking back at them.

#### Finding your style

Are you more Parisian Chic, Boho, Minimalist Elegant or a bit of 70s Magic? In this session, guests will look at nine style tribes and choose which one they identify closest with. With Kat's help, guests will have the chance to find their style and learn how to buy less and wear more of what they already have.

#### How to dress for your shape

Do our guests have a style that they love but don't know how to make it work for their body type? In this session they'll learn how to maximise their best assets and leave the class armed with tips and tricks to look and feel great, whatever their shape.