

P R E S S R E L E A S E

3<sup>rd</sup> October 2007

**Orion Expedition Cruises**

**Spa and treatments**

**[Pampering from top to toe onboard Orion](#)**

Massage, scrub, buff, polish, manicure, pedicure, spray tan, body wrap, exfoliate, facial, hairdressing .... If you have not yet experienced expedition cruising onboard Orion then prepare for exciting daytime adventures ashore balanced by a little well earned pampering back onboard.

We all know how good it feels enjoying a bit of sun and salt spray, but afterwards it is nice to know you can enjoy the benefits of professional beauty advice along with a range of 5 star facilities to help rejuvenate your body.

Orion's guests, male and female of all ages, can simply enjoy relaxing in the spa or sauna, or book in for a muscle melting massage, work out in the gym or join a morning stretch class to increase flexibility. On the pampering side there is professional hairdressing and make-up advice, pedicure and manicure and signature treatments for hair, face, neck, eyes, body and feet.

Our qualified hairdresser, make-up colour consultant, masseuse and exercise instructors can advise on a range of beauty, therapeutic and remedial treatments tailored to suit individual needs.

*Enjoy pampering from top to toe.*

*Exercises:* Morning stretch exercise classes take place on Deck 6. Is there any better way to greet a new day's dawn than by stretching the body to improve breathing, flexibility and core strength? Afterwards, enjoy a light breakfast in the Galaxy Lounge or head down stairs for breakfast in the Outdoor Café or in the Constellation Restaurant.

*Massages:* Orion's masseuses offer a range of massages and reflexology to stimulate meridians along back and legs, promote physical well being, promote lymph and blood flow and improve muscle tone. Prefer some deep tissue kneading, a heat pack or a salt scrub exfoliation? You can select from an entire menu of beauty and body rituals that include fragrant oil massages and the cleansing and purifying qualities of clay.

*Gym:* Workout in a gym with a view like no other. Featuring a step machine, treadmill, cross trainer, 2 bicycles, free weights and exercise mats this is the perfect place for your daily exercise routine.

*Hair, head, face and foot:* The well equipped hair salon offers a range of services from a simple shampoo and blow dry to a complete make-over including manicure and pedicure. It is also home for guests seeking professional beauty advice regarding colour matching, make up and skin care, with a range of products and treatments specially formulated for dry, oily and

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sensitive skins. And is there anything quite like an exquisite head, foot or neck massage, with the accompanying aromas of rare therapeutic oils, to release emotional and physical tension?

*Sauna:* The sauna is situated on Deck 6 opposite the Gym. This is a dry sauna with a very special outlook – the ocean. Stimulate your circulation, release toxins and rejuvenate the body with the heat of the sauna while you contemplate the beauty of the sea stretched out beyond the glass wall.

*Spa:* A popular meeting place, the spa is situated on Deck 6, adjacent to comfortable sun lounges and a refreshment bar. Constantly replaced fresh towels are available for use, and drinks are always just a mere hand motion away.

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