NEARLY TWO MILLION VACATIONERS A YEAR KEEPING SHIPSHAPE WITH CARNIVAL'S FLEETWIDE 'SPA CARNIVAL' PROGRAM

MIAMI -- Getting or staying in shape is an important component of a well-rounded vacation experience for today's health-conscious vacationers. And, to meet this growing trend, Carnival's fleetwide "Spa Carnival" program features some of the largest and most elaborate health clubs at sea, including 23,750-square-foot Cloud 9 Spa- the largest in the fleet- on the new 130,000-ton Carnival Dream.

Carnival's spa program, available on each of the line's 22 "Fun Ships," is so popular that nearly two million guests -- some 50 percent of those vacationing with Carnival -- are expected to take advantage of the spas' facilities in 2010.

"Over the past few years, we've seen a significant increase in the number of guests who want to start or continue a fitness regimen or enjoy some personal pampering while at sea, which is why we've gone to great lengths to equip our spas with the latest technology and treatments," said Gerry Cahill, Carnival president and CEO.

All of Carnival's "Fun Ships" house spas of at least 12,000 square feet and all Carnival ships offer a full gym complete with the latest exercise equipment and free weights, weight circuit classes, which challenge participants on the various machines, and at least three swimming pools. Also available are workout classes offered at different interest and activity levels, everything from high- and low-impact aerobics classes to step, aqua and senior aerobics or even specialized calisthenics, relaxation and stretching sessions.

Most recently, Carnival has added the new Generation YSPA program for teens, tooth-whitening services, and barber services and treatments just for men.

Additionally, ships feature a wide variety of sophisticated Keiser progressive resistance exercise machines, whirlpools, saunas and steam rooms. For those guests who want to exercise in the fresh sea air, Carnival also offers organized mile-long walks on the ships' upper decks or one-eighth-mile jogging tracks which are featured on the line's "Fantasy-," "Destiny-," "Spirit-," and "Conquest-class" vessels, as well as the Carnival Splendor and the new Carnival Dream.

But the spas aren't just a great place for working out. The facilities offer guests a variety of

ways to pamper themselves, including several soothing “European-style” therapies. Treatments range from the conventional -- full-body massages, seaweed wraps and mud packs -- to the exotic, with therapies such as the Ionithermie Superdetoxification Treatment, a 90-minute therapeutic slimming treatment that utilizes a cleansing algae concentrate, and La Therapie, a “bio-technical” facial that combines organic gels and creams with low-level electronic stimuli to leave guests feeling relaxed, re-energized and refreshed.

All treatments are administered by the spas’ trained experts who, in addition to leading workout classes, offer one-on-one wellness counseling sessions, tips on health and nutrition, and proper training techniques. The staff also holds familiarization talks to acquaint guests on the spas’ many services and activities, as well as conducts health evaluations and screenings utilizing sophisticated electronic testing equipment.

Several ships also feature “virtual bicycles” in which guests “tour” a variety of routes, including mountain pathways and snow-covered trails. Also available are hydrotherapy baths, which consist of a personal Jacuzzi-like tub where seaweed, aroma therapy, special oils and other ingredients create a soothing, rejuvenating sensation.

Continuing Carnival’s commitment to healthier lifestyles is the line’s Carnival Spa Fare, designated by a special menu symbol indicating that the dish is lower in fat, sodium, cholesterol and calories. Poultry and meats are broiled or roasted, salads are prepared with low-fat or fat-free dressings and desserts with sugar substitutes. Vegetarian dishes are available at each meal, as well.

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