

Pressrelease

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Well-being for body and soul on the Baltic Sea

Viking Line will be providing well-being for both body and soul before the summer kicks in. The Beauty & Wellness weeks May 3–June 1, 2014 treat passengers aboard Viking Grace and Amorella to relaxing spa experiences, delicious raw food and superfood, new training methods and Graceloppet, a unique running event.

The theme weeks on Viking Grace and Amorella offer relaxation and pampering, both physical and mental. Passengers will be indulged with freshly squeezed juices and the latest tea trends, such as bubble tea.

– Bubble tea originated in Taiwan, and its velvety consistency raises the tea experience to a higher level. There is a great interest in healthy foods, and we want to give our passengers the chance to give them a try, says restaurant manager Sari Launonen from Viking Line.

Other superfood drinks are also well worth a try. Tax-free shops and spas on board offer for example Instant Chaga, made from the chaga mushroom. These vegan liquids are easy to take along and they will mix in both cold and warm water.

Spa treatments and tax-free campaigns

The total wellness experience includes various spa treatments offered at special prices during the Beauty & Wellness weeks. After a relaxing treatment, both mind and body are in the perfect state to enjoy presentations focusing on health issues.

In May, the tax-free shops are jam-packed with the fashions and fragrances of summer. Victoria's Secret Beauty products and other fragrances, the legendary Converse sneakers and Björn Borg Sportswear items are just some of the special offers available on board.

Enjoy a run on deck

During the theme weeks, passengers can try out new training methods such as zumba picnic, with e.g. Maija Grace as coach. This method has been inspired by South American dance rhythms. As a counterweight to everyday stress, Viking Grace offers meditative training in the form of Senshin Do. Aboard Amorella the Fustra method provides relief for neck and back pain. For those wanting to get into shape for the summer, counselling and body composition measurement are offered.

The Beauty & Wellness weeks also comprise the first Graceloppet, a running event taking place on the upper deck of Viking Grace on May 18. The approximately one-hour run is

followed by an After Run event in Club Vogue where Raakel Lignell, winner of the Finnish version of Dancing with the Stars, will give a lecture. Her dance partner Jani Rasimus will offer a physical dance session.

If you're in need of some relief after the event, qualified beauticians in the spa aboard Viking Grace will be happy to provide relaxing treatments. The Graceloppet package also includes a dinner buffet in Buffet Aurora on the journey back.

For more information, please contact:

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