



Global Wellness Day Celebrated On Costa Cruises Ships

June 8, 2018

On 9 June, a series of wellness activities will be available free of charge to guests on board Costa ships to celebrate Global Wellness Day and promote a healthier lifestyle.

Genoa, 8 June 2018 - Costa Cruises will be a partner in the sixth Global Wellness Day, a non-profit project run in 100 countries around the world, which this year will be celebrated on 9 June. In keeping with the event motto of "One day, can change your whole life!", this day will be dedicated to wellness and spreading the notion that leading a healthy and sustainable lifestyle is the first step to loving and caring for yourself and others, respecting simple guidelines that can be followed by everyone.

With its fleet of ships, Costa Cruises will bring the Global Wellness Day to six different countries: Italy, Spain, Germany, Croatia, Sweden and Denmark. All guests on board will be able to take part in a variety of fitness classes, including yoga, stretching and pilates. There will also be workshops and seminars on inner and outer well-being, detox nutrition and much more. In addition, guests waiting to embark for their cruise at the Palacrocieri terminal in Savona will be wowed by two thrilling "themed" flashmobs!

To celebrate the occasion, a group of guests selected by the City of Savona, will have the opportunity to board the Costa Diadema, take part in the programme of activities on board and enjoy live the experience of a tour of the ship.

The Italian cruise company regularly offers the opportunity for its guests to keep fit on its ships even when they're on holiday. The ships are equipped with a spectacular sea view gym, jogging track and outdoor multi-sports ground, with group activities also available, including muscle awakening, aerobic exercise and dancing, as well as private training sessions with the personal trainer.

Wellness also means relaxation, for which nothing can be beat our onboard spas, including the Samsara spa, which offers massages, Tepidarium, Laconium, Turkish Aroma Bath, Rock Sauna, thalassotherapy pool and Tea House.

If it's true that we are what we eat, then food must also be an important factor for well-being. Costa Cruises has put food at the centre of its sustainable development strategy, with a particular focus on reducing food waste. The cruise company has therefore launched the 4GOODFOOD project, which aims to reduce food waste by 50% on board the Italian company's ships by 2020. Working with the University of Gastronomic Sciences of Pollenzo, Costa Cruises' menus have been reworked to ensure sustainability by selecting quality products and raw materials, considering the seasonality and proximity of the food used and prioritising respect for the nutritional principles of the Mediterranean diet.

There are plenty of opportunities to share all the fun and excitement with your loved ones: dining in one of the ship's magnificent restaurants, enjoying the theatre, sipping an aperitif at sunset or discovering new destinations thanks to one of the beautiful excursions available in each port of call.