



## **Princess Cruises Wins SHAPE Magazine Healthy Travel Award**

November 14, 2018

### **Cruise Line Recognized for Lotus Spa & Fitness Center Offerings**

SANTA CLARITA, Calif. (November 14, 2018) – Princess Cruises has been recognized by SHAPE magazine as a winner in its fourth annual Healthy Travel Awards, recognizing the cruise line's state-of-the-art Lotus Spa and Fitness Centers onboard its 17 cruise ships.

The SHAPE Healthy Travel Awards, featured in the November 2018 issue, represent the best wellness hot spots and programs to relax, refuel, get inspired, and reconnect while on vacation. Award categories include the best in hotel gyms, restaurants, and cruises, as well as healthiest amenities and family getaways.

"Part of enjoying a cruise vacation includes the ultimate relaxation – the act of keeping up with fitness goals, pampering yourself and getting the ultimate night sleep at sea," said Jan Swartz, Princess Cruises president. "We've made it a priority to keep our Lotus Spa and Fitness Centers current with the most popular exercise classes and equipment for our guests and we're proud to be recognized by SHAPE magazine, a foremost authority in fitness and wellness, in their annual Healthy Travel Awards."

Princess Cruises offers Lotus Spa and Fitness Centers aboard all 17 of its cruise ships, sailing to more than 380 destinations around the globe. With a vast selection of relaxing massages, facials and body treatments to choose from, as well as dynamic group fitness classes, including spinning, yoga and Zumba and state-of-the-art fitness equipment, guests can choose to relax and work out with ocean views to renew mind, body and spirit while on board.

"Today's consumer is looking for more from their vacations – they want to try new things, explore new areas, and feel rejuvenated, relaxed and newly inspired," said Elizabeth Goodman Artis, SHAPE Editor in Chief. "SHAPE has taken the driver's seat to fill the current void in the marketplace with expert advice to get the most out of your time off."

For more details about Princess Cruises Lotus Spa and Fitness Centers and wellness offerings, visit [www.princess.com/wellness](http://www.princess.com/wellness).

Additional information about Princess Cruises is available through a professional travel advisor, by calling 1-800-PRINCESS (1-800-774-6237), or by visiting the company's website at [www.princess.com](http://www.princess.com).

### **About SHAPE**

Launched in 1981, SHAPE women want to be on their game and SHAPE fuels her to take on every day. SHAPE energizes her with smart and creative ways to get real results—from nailing a kick ass routine to getting a bold look in minutes. With SHAPE, she will crush her goals and hit refresh for the next adventure. SHAPE magazine is published 10 times a year with a rate base of 2.5 million and an audience of 14 million, reaching women across all platforms, including the 17 million unique users on Shape.com and Fitnessmagazine.com, and through award-winning consumer events and innovative brand extensions, SHAPE delivers over 30 million active engaged women. Visit us online at: <http://www.shape.com/> | Facebook: <https://www.facebook.com/SHAPEmagazine> | Twitter: @Shape\_Magazine | Instagram: @shape | Snapchat: @Shape\_Magazine

### **About Princess Cruises**

One of the best-known names in cruising, Princess Cruises is a global premium cruise line and tour company operating a fleet of 17 modern cruise ships, carrying two million guests each year to more than 380 destinations around the globe, including the Caribbean, Alaska, Panama Canal, Mexican Riviera, Europe, South America, Australia/New Zealand, the South Pacific, Hawaii, Asia, Canada/New England and World Cruises. A team of professional destination experts has created more than 150 award-winning itineraries, ranging in length from three to 111 days and Princess Cruises has been continuously recognized as "Best Cruise Line for Itineraries."

Princess Cruises continues its multi-year, "Come Back New Promise" – a \$450 million-dollar product innovation and cruise ship renovation campaign that will continue to enhance the line's onboard guest experience. These enhancements result in more moments of awe, lifetime memories and meaningful stories for guests to share from their cruise vacation. The product innovations include partnerships with award-winning Chef Curtis Stone; engaging entertainment inspired shows with Broadway-legend Stephen Schwartz; immersive activities for the whole family from Discovery and Animal Planet that include exclusive shore excursion to onboard activities; the ultimate sleep at sea with the award-winning Princess Luxury Bed and much more.

Three new Royal-class ships are currently on order with the next new ship, Sky Princess, under construction scheduled for delivery in October 2019. Princess recently announced that two new (LNG) ships which will be the largest ships in the Princess fleet, accommodating approximately 4,300 guests with expected delivery in 2023 and 2025. Princess now has five ships arriving over the next six years between 2019 & 2025. The company is part of Carnival Corporation & plc (NYSE/LSE: CCL; NYSE:CUK).

**Newsroom:**

Additional media information is available at [princess.com/news](https://princess.com/news).

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