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P&O Cruises launches three new wellness cruises as Brits say everyone, including their boss, takes priority over their personal health and wellbeing

P&O Cruises has today announced three new Wellbeing and Lifestyle cruises with TV presenter and women's health advocate, Cherry Healey and stylist Kat Farmer. The three selected P&O Cruises holidays in 2024 to Spain, Portugal and the Mediterranean will focus on mind, body, sleep, face and other lifestyle advice.

Guests can learn tips and tricks to support health and happiness with workshop topics ranging from mind and body to skincare and wardrobe essentials, breathwork, stillness and meditation. Cherry and Kat will be joined by special guests including make-up artist to the stars, Hannah Martin, and fitness educator and presenter, Sarah Gorman.

Research released today by P&O Cruises revealed that everyone, even our bosses, takes priority over looking after our ourselves. Despite being tired, lethargic, feeling stressed and not getting a decent night's sleep, just one in five Brits (20%) are spending a brief 30 minutes a week on 'self-care'.

Cherry Healey said, "I'm so thrilled to be bringing everything I've learned over the past 15 years working in the wellness space to a series of workshops curated specifically for P&O Cruises guests. From how to get great quality sleep, to the best skin of your life, to knowing which of the latest supplements to take and why, we will be sending people home refreshed, rejuvenated and feeling their absolute best!"

Sarah Gorman said, "You have one body and it is your responsibility to treat it well. Look after the vessel that takes you through this life and it will look after you. My sessions will give you some of my favourite tips and advice to aid your holistic wellbeing."

Notes to editors:

P&O Cruises Presents: Wellbeing and Lifestyle cruises

[Spain and Portugal, 14-night cruise on Iona from £699pp](#)

P&O Cruises is offering a 14-night cruise on Iona (G402) from £699 per person for an inside cabin. Departing January 27, 2024, the price includes full board meals, entertainment and children's clubs. Departing from and returning to Southampton, ports of call are Madeira, Tenerife, Gran Canaria, Lanzarote, Seville (from Cádiz) and Lisbon (overnight in port).

[Spain and Portugal, 14-night cruise on Iona from £799pp](#)

P&O Cruises is offering a 14-night cruise on Iona (G405) from £799 per person for an inside cabin. Departing March 2, 2024, the price includes full board meals, entertainment and

children's clubs. Departing from and returning to Southampton, ports of call are Lisbon (overnight in port), Seville (from Cádiz), Lanzarote, Gran Canaria, Tenerife and Madeira.

[Mediterranean, 14-night cruise on Arvia from £999pp](#)

P&O Cruises is offering a 14-night cruise on Arvia (K410) from £999 per person for an inside cabin. Departing May 12, 2024, the price includes full board meals, entertainment and children's clubs. Departing from and returning to Southampton, ports of call are La Coruña, Valencia, Marseille, Barcelona, Alicante and Seville (from Cádiz).

The prices referenced are based on an Early Saver fare.

Guests booking an applicable Select Price fare on one of the Wellbeing and Lifestyle cruises by September 4, 2023 will receive double on-board spending money. Find out more, including T&Cs [here](#).

The Wellbeing and Lifestyle masterclasses are subject to availability. Additional charges apply.

For more information or to book, call P&O Cruises on 03453 555 111, visit www.pocruises.com or visit a travel agent.

Biographies (images available [here](#))

Cherry Healey is a TV presenter and documentary maker and has spent over a decade making programmes for the BBC, as well as hosting *10 Years Younger* for Channel 5. Through her work on social media and her editorial contributions, Cherry champions women and advocates for their good health and wellbeing.

Kat Farmer is a UK-based fashion stylist, author and digital content creator, empowering women to be positive in midlife and dress to feel good. She inspires people to dress in clothes that they love while investing in slow fashion wardrobe staples that last for decades.

Hannah Martin has 20 years' experience in the beauty industry and has created looks for industry giants such as L'Oréal and SpaceNK, as well as high-profile names including Helen Mirren, Nadiya Hussain and even royal brides. Her debut book, *'MAKEUP'* published in 2023 was an instant Sunday Times Bestseller, praised for its tips and recommendations for beginners and makeup pros.

Sarah Gorman is a fitness professional who has been working within the fitness industry for the past 20 years. She is a personal trainer, class instructor, fitness educator and presenter with a social media presence to influence and guide people on their fitness journey.

Research was conducted 12-17 July, 2023 by OnePoll, surveying 2,000 adults aged over 35.

Ends

About P&O Cruises

P&O Cruises is Britain's favourite cruise line, welcoming guests to experience holidays with a blend of discovery, choice, relaxation and exceptional service catered towards British tastes. Each of the seven ships has its own appeal from family friendly or exclusively for

adults. With over 200 destinations worldwide, P&O Cruises itineraries are carefully curated to inspire discovery and are varied to suit newcomers and experienced guests alike.

Arvia joined the P&O Cruises fleet in December 2022 as the second LNG-powered, Excel-class ship embodying the newest trends in travel, dining and entertainment. Arvia offers a Caribbean/winter season of fly-cruise holidays from homeport Barbados and Mediterranean holidays from Southampton during the summer.

P&O Cruises works with the best of the best including Gary Barlow who is music director of The 710 Club on Arvia and Iona and has delivered a number of unique musical moments on board. Crafted to Gary's creative vision, The 710 Club showcases an eclectic range of performances and offers an opportunity for up-and-coming musicians to get their break. Gary also joins guests for exclusive performances on Arvia and Iona holidays. Multi award-winning performer Nicole Scherzinger will be the creative force behind contemporary and breath-taking late night shows to be performed in SkyDome on board Iona and Arvia and P&O Cruises Food Heroes include chefs Marco Pierre White, Jose Pizarro, Shivi Ramoutar and Kjartan Skjelde who has created Norwegian speciality dishes, as well as award-winning drinks expert Olly Smith.

Recent awards for P&O Cruises include:

British Travel Awards Winner 21/22 – Best Cruise Line for Family Holidays.

Cruise Critic Editors' Picks Awards Winner 2022 – Best for Families.

The company is part of Carnival Corporation & PLC (NYSE/LSE: CCL; NYSE:CUK).

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