



## **Revive, rejuvenate and restore in 2012 with a wellness cruise on the Yangzi River in China**

December 2011

*Following the success of this year's wellness cruises on board the Sanctuary Yangzi Explorer, this unique itinerary combining a luxurious cruise through the scenic Three Gorges region in China with an exploration of traditional Chinese healing and medicine will be available again in June 2012.*

Considered by most Chinese to represent the single most scenic area in all of China, the Three Gorges region is an area unsurpassed in sheer physical beauty, enriched by over 3,000 years of culture and history. From the narrow Qutang Gorge, a mere 150 metres at its widest point, to the ghost temples of Fengdu and the controversial Three Gorges Project – the Sanctuary Yangzi Explorer's 660 kilometre journey through the towering peaks and remote villages is a cruise unlike any other.

This June, Sanctuary Retreats is again offering a very special Yangzi experience – in addition to the largest cabins and suites on the river, all with private balconies, as well as the highest crew to passenger ratio on the river of 1:1 – a cruise itinerary specially designed to enhance wellbeing.

In addition to private shore excursions, guests can learn about the benefits of acupuncture, cupping and other traditional Chinese healing methods in lectures and demonstrations. Those that want to try these treatments can book appointments in the spa. Chinese healing is about creating balance in the body. As such the teachings by the on board doctor are complemented by a special a la carte menu created by the head chef to cleanse and invigorate. There will also be cooking classes where guests can learn to make healthy recipes, including steamed dumplings, as well as a tea appreciation class.

Those that wish can start the day with the traditional Chinese exercise of Tai Chi on the outside observation deck area, or inside the Tang Theatre on cooler mornings, with a certified Tai Chi master.

PRESS RELEASE FOR IMMEDIATE ATTENTION



**Notes to Editors:**

**About the Sanctuary Yangzi Explorer**

Carrying just 124 passengers, compared to the 300 plus accommodated on other cruise ships, the Sanctuary Yangzi Explorer offers the finest and most personalised service on the river. With the largest cabins and suites on the river, all with private balconies, as well as the highest crew to passenger ratio on the river of 1:1, this is a cruise unlike any other. Onboard facilities include a la carte dining, a luxury spa, an observation deck, 24-hour room service, a two-floor theatre, library, and beauty and fitness facilities.

**About Sanctuary Retreats**

Sanctuary Retreats' collection of luxury safari lodges and explorer ships bring the boutique experience to guests with the added promise of authenticity. Located in some of the most stunning locations in the world, each property is completely individual in its design and operated around the philosophy of "Luxury, naturally". All have the same aim: to allow guests to experience a more natural kind of luxury in properties that have a strong commitment to conservation and responsible tourism. The Sanctuary portfolio includes safari camps and lodges in Botswana, Kenya, Tanzania, Uganda and Zambia as well as expedition cruising on the Nile, Yangzi and Galapagos Islands.

For more information about the wellness cruise onboard the Sanctuary Yangzi Explorer, please visit [www.sanctuaryretreats.com](http://www.sanctuaryretreats.com), email [info@sanctuaryretreats.com](mailto:info@sanctuaryretreats.com) or call +44 (0)207 190 7739.

High res images are available for download at [www.sanctuaryretreats.com/library](http://www.sanctuaryretreats.com/library)

**For UK-based media enquiries:**

Mission Media – Myka Volney  
Tel: +44 (0)207 845 7800  
Email: [myka@thisission.com](mailto:myka@thisission.com)

**For US-based media enquiries:**

Laura Davidson Public Relations –  
Ashley MontBlanc  
Tel: +1 212-696-0660  
Email: [ashley@ldpr.com](mailto:ashley@ldpr.com)