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**MEDIA RELEASE**

A-ROSA unveils spa offering on A-ROSA SENA

New A-ROSA ship offers expansive SPA and Gym with sauna, whirlpool, ice grotto and premium fitness machines

Rostock, 8 September 2021 – A-ROSA River Cruises has released the latest details and renders of its spa offering on board its newest ship, A-ROSA SENA, launching in May 2022. Setting the bar sky-high in both river cruise sustainability and on board innovations, this ship will feature an extra-large wellness area with a gym on Deck 1 that boasts a range of facilities many guests might not expect to find on a river cruise vessel.

The SPA-ROSA will feature a jacuzzi, a Finnish sauna, heated benches for relaxation between sauna sessions and an ice grotto with an ice fountain for cooling off. There are two treatment rooms where guests can enjoy a range of beauty treatments and massages.

The gym is much larger than on the existing fleet, enabling more group classes to be offered. There is space for up to six yoga mats, one of them with a TRX sling. The room is also equipped with eight premium fitness machines including rowing, cycling and running machines for endurance training plus strength machines for the upper and lower body.

With flexibility being the key at A-ROSA, guests using the gym can choose to work out independently, enjoying the ever-changing views that pass by or they can use the machines to access a library of workouts using 'Life Fitness on Demand' with guidance and instruction from trainers. In addition, guests can link the machines in the gym to their smartwatches to ensure their training activity onboard is logged.

Ensuring that all guests of the SPA-ROSA stay hydrated and fuelled between treatments and training sessions, refreshments such as drinks and wellness snacks will be available at a self-service bar. There is also a relaxation room with loungers, a sofa, armchairs and a fireplace and, of course, for those who want to relax outside, the sundeck boasts two pools and loungers.

Jörg Eichler, CEO A-ROSA Flussschiff GmbH, comments: "The SPA-ROSA on A-ROSA SENA is going to be a unique oasis of wellbeing and calm and a great place to visit after a day's exploring or for a bit of 'you' time. We pride ourselves in having a dedicated, professional spa on every ship, and this will be our biggest and most impressive yet with some incredible features. Self-care and relaxation are more important than ever in today's world and this ship offers the chance to combine a holiday and wellbeing in one."

Captions

A-ROSA-SENA_Spa-Area_Gym_c_A-ROSA.jpg

A-ROSA-SENA_Spa-Area_Recreation-Room_c_A-ROSA.jpg

A-ROSA-SENA_Spa-Area_Massage_c_A-ROSA.jpg

A-ROSA-SENA_Spa-Area_Bar_c_A-ROSA.jpg

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A-ROSA-SENA_Sundeck_Pool_c_A-ROSA.jpg
Graphics: A-ROSA River Cruises/JOI Design

About A-ROSA

A-ROSA is the creator of cruises with a difference that take in cities, towns and countryside along Europe's most beautiful rivers: the Danube, Douro, Rhine/Main/Moselle, Rhône/Saône and Seine. The current fleet is made up of 12 premium ships, all of which combine the amenities of a hotel (quality entertainment programme, modern facilities) with the benefits of a cruise. On board, Premium all inclusive rate guests can enjoy varied buffets, high-quality drinks and access to the SPA-ROSA, which features a sauna, massage room and gym. One of the highlights of the cruises is the opportunity to relax on the sun deck or balcony and watch the magnificent scenery drift by. The ships dock in central locations, close to the heart of European metropolises, renowned historical sites and famous cultural and natural attractions – providing unforgettable experiences. To ensure that the cruise is a hit with the whole family, there are generously sized cabins, a Kids Club and heated outdoor pools, as well as a programme to suit every guest's needs. What's more, children aged 15 and under travel free. A-ROSA Flussschiff GmbH is headquartered in Rostock/Germany and has sales offices in the UK and Australia.

Further information about the company as well as accompanying press material can be found at www.rosa-cruises.com/press