



Reset your health at



It's the newest ship in the Princess Cruises fleet, and with a wealth of Eastern influences on board, the Majestic Princess offers some unique takes on wellness, discovers Helen Foster

It's 8am and I'm quaffing turmeric. Admittedly, as a health journalist, this should be the case every morning, but normally I'm more of a five-cups-of-tea girl. Today, though, I'm on a cruise ship that asks you to try novel experiences, with the tagline 'come back new'. So I'm starting at the Ocean Terrace Juice Bar.

Zingy mix of mango, banana, ginger, turmeric and coconut water in hand, it's time to hit the gym. The walk to get there offers a mini workout in itself. At 330 metres long and 19 decks high, the cruise ship ensures that getting from A to B racks up the steps – my health app tells me I'm easily covering 5km a day.

Though tempted by a treadmill with a 180-degree ocean view, I instead hit the gym's virtual reality bike for a fantasy game. Pedalling as fast as I can to catch a flying dragon, I shriek my way through, relieved everyone in the gym is wearing headphones.

There's also an outdoor gym on board, filled with the kind of equipment you see in parks and playgrounds all over Asia. These no-impact machines see me twisting and turning to mobilise muscles. The side-to-side swing gives my back a lovely stretch and is so incredibly soothing. I could stay up there for hours.

With the reputation cruise ships have for edible excess, it's not surprising the workout areas on the ship are busy. However, I've realised the true secret to not coming back 3kg heavier is the World Fresh Marketplace. This buffet restaurant keeps you on the straight and narrow with crisp salads, freshly carved meats and hearty jacket potatoes.

At night, I head to Harmony, the Michelin-starred Cantonese restaurant. The US\$39 cover charge begins with a herbal soup designed to refresh and detox, and my favourite dish, a starter of jellyfish that pops in my mouth as I eat it. Jellyfish is known to

improve brain health and fight ageing (it contains collagen) so that ticks off another uniquely Eastern health boost.

Talking of collagen, you can get yours replenished at the spa by the ship's cosmetic doctor. Fillers and injectable wrinkle smoothers both feature on the spa menu here. Feeling unsure about the combination of sea swell and needles, I opt instead for the new Elenis Biotec Firm-a-Lift facial (US\$184) which uses unique muscle-toning technology to lift

facial contours and firm the skin leaving me looking and feeling refreshed. I also get a blissful bamboo massage, US\$158, which uses warmed wood to soothe areas of tension.

A few hours, one sugar-free cake and a soak in an on-deck hot tub later, it's almost sunset so I head for the Hollywood Conservatory at the front of the ship. An adults-only oasis of calm, it's dotted with trees and offers individual cabanas so you can relax in comfort and watch the world float past.

For those in need of something more focused, there's a wishin' wall of the kind found in Chinese temples. Here travellers can wade down their wishes and dreams for the world or themselves. My wish, unsurprisingly, is to stay on board forever – but sadly, the cruise fairy isn't listening and the next morning I head down the gangplank and back to the real world. But when Majestic makes Sydney her home port in 2018, I'll definitely hit the high seas again – there's a musical sleep-inducing pillow coming aboard that I need to try!

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