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ACUPUNCTURE GAINS POPULARITY WITH ADVENTURES ON THE HIGH SEAS

It's becoming a fact that Acupuncture is achieving greater popularity and acceptance all the time. Now, a major cruise line provider has recognized this trend and introduced Acupuncture as an on-board offering on one of its most exclusive luxury ships.

Cruising is no longer just about a week of partying, gambling and sightseeing, and one of the world's foremost carriers has come to this realization. "For many, a vacation offers the freedom to try something new," said Thomas Mazloum, senior vice president of Crystal Cruises. "Whether one is just curious or one wants to pursue new treatments, Acupuncture complements Crystal's myriad of onboard wellness activities."

Travelers will be able to receive Acupuncture treatments to help them with any problem or area of their life they might wish to improve. Offerings will include Acupuncture for weight loss, pain management, stress reduction, detoxification, smoking cessation, facial rejuvenation and even for sea sickness.

It's interesting that Acupuncture will only provide a portion of the ship's wellness offerings that surround Traditional Chinese Medicine. A series of shipboard seminars will give guests the opportunity to learn about and discuss the benefits of Acupuncture as a topic in a wellness series of lectures. Chinese herbal medicine instruction will also be featured. Some of the benefits of Chinese herbal remedies travelers will be able to experience include the activation of the body's fat-burning processes, the stabilization of blood sugar metabolism and relief from swollen or immobile joints.

Acupuncture has already made an appearance with some other cruise carriers. Celebrity Cruises was actually the pioneer of putting an acupuncturist on board a ship dating back to 2003. But, with its presence securely in place on one of the world's top carriers, and with more wellness travel planned by the organization for later this year and in 2009, it looks like this ancient Chinese art of healing has definitely gone mainstream!

Of course, you don't have to book a cruise and pay upwards of \$150 per treatment as the onboard price to benefit from Acupuncture. More and more trained, professional and licensed acupuncturists are in practice at numerous locations around the country. What used to be a treatment of last resort for people in the United States is now becoming a first choice solution for many satisfied Americans. Get your Acupuncture help on board the high seas or on firm land closer to home. Either way, the benefits are there for the taking.