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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Cruises For The Entire Family

By Kirsten Hawkins

Cruise ships are not commonly thought of as family vacation vessels. However, there are a fair amount of cruises, like Carnival's "fun ships" targeted at fulfilling just this purpose. Look at it this way: you know the kids are not going that far, unless of course they have gone overboard. Also, there is a little bit of something for everyone in all age groups. From adults, to teens, to kids, there is are coordinated activities as well as focused facilities for all of the different age groups. You can rest assured that no one will be bored on a family cruise.

For parents there are the usual activities. Your rest, relaxation and rejuvenation is certainly the focus and you can spend all the time you'd like lounging by the pool or on the deck, as well as making appointments for a massage or facial. There is plenty of evening recreation for once the kids are in bed, and it varies from ship to ship. There are also great opportunities for socializing and networking, and it is a good idea to have either a small notebook on hand, or at least copies of your card to give to new friends and contacts. There are also wine tasting groups, exercise rooms and nightclubs are on the adults only agendas for most family cruises.

For kids, there are all kinds of activities on board family cruises. From special times in the pool, to special gym classes, the kids are at least seemingly the focus on a family cruise. There are also children's centers focused on entertaining the kids and keeping them busy while the adults enjoy their alone time. There are craft activities and fully certified staff to work with your most precious commodities: your kids.

If you have older kids, there are also teen centers on board some cruise ships. This is becoming a more and more popular trend. In fact Coca-Cola recently teamed up with the Carnival cruise line to bring exciting new teen centers to their fun ships. These teen centers have been created out of extensive market research and include dance floors, jukebox listening stations, a mock bar with non-alcoholic specialty drinks and space for the teens to just hang out. This is a revolutionary concept, since teens are a previously untapped market in terms of cruise line focus marketing. Teens are also more likely to find things that they enjoy in the ports of call than will younger kids, simply because they are more independent.

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One reason that cruises are a great idea for family vacations is that most of the costs are included in the base price of the trip. While you are on the ship, things like meals and activities are for the most part covered. This is great because you do not have to give per diems to your kids and you can know up front how much your vacation is going to cost. Of course, you will want to have extra money on hand for when you leave the ship and get to do some real travel.

Kirsten Hawkins is a cruise and travel expert specializing in discount cruises and travel. Visit

<http://www.luxury-cruise-deals.com/>

for more information on how to cruise the world for little or no money.

A Cruise may be just what you need!

By Mike Yeager

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Do you ever want to escape from reality, just Get Away? Then finding cheap cruises and discount cruises from among several different cruise ships is what you need to do. Cruise ships come in all sizes and themes. It doesn't matter what your age is, what your background is, everyone can enjoy the fun and luxury of being on a cruise. Searching for cheap cruises and discount cruises can save you a lot of money when planning your vacation. After all, why not take the money you save on sailing and spend it on shore?

One of the unique aspects of cruising is that after spending a day sightseeing, shopping and visiting local sites, you can enjoy the luxury of coming back on board your floating, 1st class hotel. Shopping for cheap cruises and discount cruises is the way to go whether you're planning for Alaska cruises, caribbean cruises or cruises that take you around the world.

Mike Yeager Publisher <http://www.a1-travel-4u.com>



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