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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**The Cruise For You**

**By Kirsten Hawkins**

You may have heard stories from friends about their disappointing cruise experience because their kids were bored. Or your recently married cousin's honeymoon cruise was nerve-racking because she went during Spring Break when the cruise ship was populated with partying college kids. Deciding on the cruise for you takes a little time, but it is well worth the effort.

First of all, ask yourself what you want to get out of the cruise. Are you in it for the rest and relaxation? Are you looking for exotic destinations so you can explore to your heart's content when the ship docks? Will you be traveling with your children? Do you want to learn something fun a la Discovery Channel? Looking to dress up for dinner and go dancing every night? Or are you a real partier and want to meet singles or couples your own age?

That's a lot to think about, isn't it? If you are going on the cruise for just rest and relaxation and partake of the ship's activities, invest in a cabin that has windows or its own veranda. You'll want to enjoy the sea air sometimes without running into anyone else, so your own balcony is the perfect solution.

Kids need constant entertainment so if you want to travel with them, you need to find a cruise that will not only accommodate them but also give you some adult stimulation. Some of the cruise lines that cater to families have great rates and even offer special "kids cruise free" promotions. Prices often include the cost of meals, snacks for the kids, child care programs and other activities to keep kids occupied while the adults go play. Be sure that if you want to go on a cruise during the holidays to book at least a year in advance. Those are popular travel times and fill up quickly.

If you are the swinging single type or just want to party a lot, there are some cruise lines that cater to the young crowds. Typically filled with rebel rousers from eighteen years of age to mid-thirties, expect to not get a lot of sleep. A lot of the cruises are sunny, tropical destinations like Mexico and Bermuda.

Are you more of the adventurer type and want to head to the ancient ruins of Mexican cities like Chichen Itza? Or is exploring the Nile or Amazon Rivers more your style? Consider an enrichment cruise. Lectures offered by "National Geographic or Discovery" type experts are often on board and give you a closer look at these new worlds before you head off on adventures when your ship docks.

## The Cruise For You

No matter what you decide, there is a cruise just waiting for you! Are you a quilter or Elvis fan? Themed cruises are fun. If you are a smoker, there are cruise ships that allow it. Don't want to miss your workouts just because you are in the middle of an ocean? No problem! Many cruise ships offer gyms, swimming pools, rock-climbing walls and other activities to get your blood pumping.

Do your research! You can avoid those snafus that your friends and cousin experienced. And when you get back from your own cruise, you can brag about the great time you had.

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.

### **Plan Your Cruise For Convenience And Fun**

#### **By Barney Garcia**

In order to ensure that you have fun and relax on your cruise, it is essential that you plan your cruise meticulously. You go on a cruise to have fun on water. The cool sea breeze and the spectacular view of the vast expanse of water in front of you can really intoxicate you with pleasure. Since you spend so much on a cruise, you should ensure that you enjoy every minute of it. Planning is the first thing you should focus on if you are going on a cruise.

**Pick the Best Cruise Liner** The first step in planning a cruise is to choose the best cruise line and the destination. Study the offerings of the various cruise lines and base your decision on what you really want from the cruise. It is also important to decide the duration of your cruise.

You can choose from any of the world famous cruises such as the panama cruise, Mediterranean cruise, carnival cruise, Caribbean cruise, Europe cruise, Alaska cruise, and Norwegian cruise.

**Check with People Who Have Gone On Cruise** Check out with other people who have experience in such cruises and then decide on the cruise line. You should also check the facilities being offered by them and whether these are in consonance with your aspirations. The next step is to check if the cruise that you select operates to the destination that you want to visit.

**Booking the Cruise** Having selected the cruise line and the cruise, you should make the booking for the cruise either through a travel agent, or through online sources. You should also select the type of room that you would like to have and book the same with the cruise booking. If you want to avail of shore excursions or other off-ship activities you should also book these early.

A good planning will really stand you in good stead and you can have all the fun in the world on your

## The Cruise For You

cruise. A good planning will ensure that you come rejuvenated from the cruise and ready to face the realities of life once again.

Barney Garcia writes about many different topics. He is a proud contributing author and invites you to his websites.

<http://www.cruises-for-you.info>

and

<http://www.cruises-galore.info>

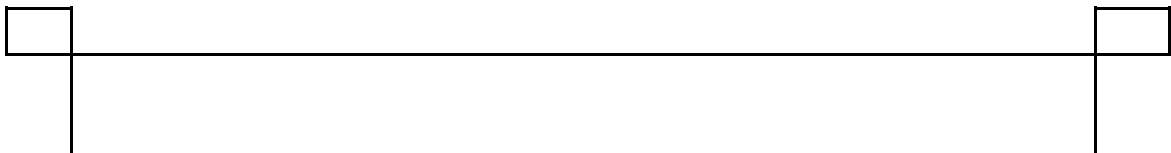
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