

**FISH SPA at sea on Viking Line's M/S Gabriella**

Viking Line is introducing a new form of foot therapy, the Fish Spa, on board the M/S Gabriella, which serves the Helsinki (Finland) – Stockholm (Sweden) route. It is a gentle, relaxing treatment in which the actual pedicure is performed by small fish that provide a light foot massage while removing lifeless areas of skin. The result is soft feet with increased blood circulation. The enzyme in the fishes' saliva is said to have a healing effect.

“There seems to be great interest in this form of treatment, which is especially popular in Asia. We started on a trial basis more than two weeks ago. Close to ten people have already tested the treatment in the vessel's Travel Spa,” says Eva Rehnström, Product Manager at Viking Line.

The Fish Spa treatment uses hundreds of toothless Garra Rufa (doctor fish), which cautiously suck and nibble away at dry and dead skin particles in the feet, while creating a relaxing, gentle massage. This form of treatment is simple. All that spa guests need to do after washing their feet is to immerse them in warm water containing these tiny fish. The result is soft, fine skin and increased blood circulation in the feet.

The process is harmless and completely clean. Each customer is provided with an individual small tank of water containing the massaging fish. The water in each tank is constantly circulated. It is filtered and sterilised up to eight times per hour. In addition to creating a pleasant sensation in the skin, the fish are said to have healing properties. The Garra Rufa fish secrete a natural enzyme, diathanol, in their saliva that remains on the skin and helps its regeneration.

The price of a 20-minute Fish Spa treatment is 25 euros, and 40 minutes costs 49 euros. It can be booked at [spa.gabriella@vikingline.com](mailto:spa.gabriella@vikingline.com) or by telephone at 0600-41577 (sales). Viking Line's spa partner is Smile Fish Spa ([www.smilefishspa.se](http://www.smilefishspa.se)) in Stockholm (pictured below).

**For further information, please contact:**

Eva Rehnström, Product Manager, Viking Line, tel: +358 40 553 52 71 [eva.rehnstrom@vikingline.com](mailto:eva.rehnstrom@vikingline.com)

Christa Blomqvist, Information Officer, Viking Line, tel: +358 9 123 52 42  
[christa.blomqvist@vikingline.com](mailto:christa.blomqvist@vikingline.com)

Johanna Boijer-Svahnström, Public Relations Manager, Viking Line, tel: +358 18 277 48  
[johanna.boijer@vikingline.com](mailto:johanna.boijer@vikingline.com)

**VIKING LINE**

# Press release

August 17, 2011

