

JOIN US on our ANNUAL Health Optimization Cruise sailing on one of the NEWEST & LARGEST Cruise Ships in existence!

January 5 - 12, 2025 7 - NIGHT CARIBBEAN CRUISE

Visiting Puerto Plata, DR, St. Thomas, USVI and Philipsburg, St. Maarten
A FUN Vacation you won't have to recover from!
The Future of Travel!



Escape 2 Sea Travel
Unforgettable Vacations Start Here!

Health Optimization Cruise



James F. Loomis Jr., M.D., M.B.A. is board certified in internal medicine and is a diplomate of the American College of Lifestyle Medicine. He is currently the medical director at the Barnard Medical Center in Washington DC. He is featured in the documentary "The Game Changers". Dr Loomis, along with chef Caryn Dugan, have started "The Doc and Chef" YouTube channel, where they translate nutrition science to your plate.

Caryn Dugan, CHWC, is the founder of the Center for Plant-based Living in St. Louis, MO. This is the nation's first fully plant-based nutrition and culinary education center. Caryn is a Physicians Committee for Responsible Medicine's (PCRM) Food for Life certified instructor. She teaches immune boosting, plant-based cooking classes at the Cancer Support Center of St. Louis for the benefit of others who have, like her, met cancer at the door.

This Annual January Event is the Most Health Focused Vacation / Retreat / Immersion in Existence! Featuring 100% <http://HealthyVeganFood.info> for both cooked and fully raw menus + challenging content presentations and activities from practicing Lifestyle Medicine Doctors, Chefs, and other leading health industry and exercise professionals! This FUN Annual Vacation Event focuses on the latest HealthSpan and Longevity findings that will challenge you to live your best and most enjoyable life. Health Optimization is defined as: fully balanced Health verified by the absence of non communicable disease

A CRUISE WHERE THE FOOD MATCHES THE LEVEL OF THE CHALLENGING EDUCATIONAL INFORMATION BEING PRESENTED BY THE PRACTICING BOARD CERTIFIED LIFESTYLE MEDICINE DOCTORS !!

FULL PROGRAM DETAILS <http://HealthOptimizationCruise.org>



Dr James Loomis Caryn Dugan, CHWC

CELEBRITY CRUISES EDGE SERIES. MORE SPACE. MORE LUXURY. MORE CONNECTED.

Welcome to a place where you can escape and experience all the things you've been missing for so long. Only now, those things are even better than you've imagined. This is a place where the everyday gives way to the extraordinary. A place with more space to lose yourself in and more luxury to love. Where the possibilities are as endless as the views. Where you can disconnect entirely while you reconnect with each other—and the world. This is the place!!

The revolutionary Edge® Series, takes our innovative outward-facing design further than ever, creating an even closer connection between you, the sea, and every exciting place on the horizon. Soak up the sun, salt breezes, and stunning scenery in newly expanded open-air spaces. Savor fine dining that rivals anything you'd find on land, and discover even more ways to relax and renew.

Inclusive group package features: accommodations of your choice, special vegan menu for 3 meals a day, zero proof drink package with 20% tips, basic Wi-Fi, port taxes and government fees plus greatest entertainment at sea that surrounds you on every turn. Prices per person based on double occupancy starts at \$1944.74 for inside, \$2036.74 for oceanview and \$2305.74 infinite veranda staterooms*. Interior staterooms for single occupancy is \$3430.74.

Special promotional prices not including the basic Wi-Fi and Zero proof drink package may be available for limited time. Price starts at \$1448.00 per person based on double occupancy.

*Only the passengers booked through ESCAPE 2 SEA TRAVEL will be able to participate in the on board special meals, meetings and events.



BOOK TODAY & SAVE!!

Reserve your spot today with \$450.00 per person deposit till June 24, being \$200.00 non-refundable. Final payment due September 09, 2024.

Please fill out the Cruise Group Registration and credit card forms on our website www.escape2seatravel.com under Forms tab. Your request will be processed on a first come first serve basis.

LIMITED SPACE! BOOK NOW!

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