

TAYLOR ARMSTONG HOSTS MEXICAN RIVIERA CRUISE FOCUSED ON WELLNESS

March 2013 Holland America Line® sailing from San Diego available through CruisesOnly®

Beverly Hills, Calif. (Aug. 2 , 2012) - Bon voyage on *Taylor Armstrong's Living Well and Loving It! Mexican Riviera Cruise* on Holland America Line® *ms Zaandam* cruise ship sailing from San Diego March 2-9, 2013. CruisesOnly®, America's Largest Cruise Agency, and Armstrong, star of Bravo's hit series [The Real Housewives of Beverly Hills](#) and *New York Times* best-selling author of *Hiding from Reality: My Story of Love, Loss, and Finding the Courage Within*, have teamed up to offer this cruise for fun in the sun and personal growth.

The week-long cruise hosted by Armstrong focuses on [wellness](#), fitness, empowerment, enhancing friendship, family ties and personal relationships and takes a look behind-the-scenes at reality TV and the Beverly Hills lifestyle. Each participating passenger will receive a complimentary copy of Armstrong's *Hiding from Reality*, personally autographed by Armstrong. Armstrong's interactive activities with participating passengers include discussions, readings from *Hiding from Reality*, workshops, small-group breakout sessions, group onshore excursion and cocktail reception. The once-in-a-lifetime cruise experience makes stops at exotic Mexican Riviera ports of call Puerto Vallarta, Mazatlan and Cabo San Lucas.

Armstrong said, "Come sail with me on this fabulous seven-day [Mexican Riviera cruise](#) aboard the *ms Zaandam* to work on our tans, learn how to get in shape, talk about last season on my TV show, enjoy the savory meals and activities onboard and actively discuss and explore our personal growth, so we're living well and loving it!"

"It is an exciting opportunity to work with [Taylor Armstrong](#) to offer participating passengers the chance to share in Taylor's experiences while focusing on many avenues of personal growth," said Jamie Unger, Group Sales Manager for CruisesOnly. "It is always rewarding to be able to plan and promote unique cruises, especially offering travelers "backstage" access to the world of Hollywood and the opportunity of empowerment to enhance relationships."

For more information and to book this cruise, visit [Taylor Armstrong's Living Well and Loving It! Mexican Riviera Cruise](#).

About CruisesOnly®

[CruisesOnly](#), America's Largest Cruise Agency, is the premier cruise brand of World Travel Holdings. World Travel Holdings (WTH) is the world's leading cruise agency and award-winning leisure travel company with a portfolio of more than 30 diverse brands. In addition to owning some of the largest brands distributing cruises, villas, hotels and luxury travel services, WTH has a vast portfolio of licensed private label partnerships comprised of top leisure travel providers, almost every U.S. airline, leading hotel brands and prominent corporations. The company's home-based division operates a top-rated travel agency franchise and the country's original host agency. Its global presence in the United Kingdom includes operating two cruise agencies and multiple private-label brands. WTH has offices in Long Island, NY, Wilmington, Mass., Ft. Lauderdale and Orlando, Fla., Virginia Beach, Va., and Chorley, United Kingdom. For more information, visit [WorldTravelHoldings.com](#).

About Taylor Armstrong

Taylor Armstrong was born in Kansas and raised in Oklahoma. After attending her undergraduate and graduate university programs, Armstrong made her way to Hollywood and Beverly Hills where she landed a starring role on Bravo's mega-hit series *The Real Housewives of Beverly Hills*, entering its third season this year. Armstrong is *The New York Times* bestselling author of *Hiding from Reality: My Story of Love, Loss, and Finding the Courage Within*. She continues her national speaking tour on personal growth, speaks at booksellers nationwide and appears in the national and local media. Armstrong is a commentator on relationship enhancement for CNN's *Showbiz Tonight*.