

# Wellness and Rejuvenation





# Antigua and Barbuda

Antigua and Barbuda provides a vacation escape that combines luxury and a range of wellness activities that include exceptional spa treatments, yoga retreats, hiking and camping.

## **Sugar Ridge Resort**

At this luxury boutique resort, guests can choose from a selection of spa services and packages. The Aveda Concept Spa's professionally trained staff will release stress, tone your body and exhilarate your senses.

One of the more popular spa packages featured is the Rosemary Mint Awakening body wrap that renews the body and mind with a revitalizing dry body wrap that cools and stimulates with essences of rosemary and peppermint. In addition to the spa services, guests can take advantage of the state-of-the-art fitness center.

## **Spa Indulge, Galley Bay Resort & Spa**

Spa Indulge is situated in serene gardens overlooking the calming waters of a natural lagoon and bird sanctuary. Spa Indulge provides treatments to promote relaxation, rejuvenation and refresh body and mind. The Spa has two natural air treatment pods and two air-conditioned treatment rooms, an entrancing open sundeck and a relaxation pool.

## **Curtain Bluff Spa**

The 5,000 square-foot Spa at Curtain Bluff is located on the bluff of one of the oldest and most elegant resorts in Antigua. There are open-air walkways, waterfalls, a relaxation room with a water view and a ten-person hot tub overlooking the ocean. Guests can relax on the outdoor veranda relaxation room overlooking the ocean. The concierge serves the Curtain Bluff lemongrass and ginger tea "shots" grown from the resort's own herb garden. Following treatments, guests can relax in the

outdoor Jacuzzi and refresh their palates with "Spa Bites".

## **Red Lane Spa, Sandals Grande Antigua**

The award-winning Red Lane Spa is a rejuvenation center with relaxing spa treatments including massages, facials, body and glamour treatments. Performed by trained professionals, these treatments focus on mind-body rejuvenation and overall well-being. Highlights include the Lavender Massage, the Caribbean Glow Treatment and Hot Stone Therapy.

The resort features a luxury, state-of-the-art fitness center, as well as beach volleyball courts and expansive tennis courts. Couples can enjoy yoga classes by the Reflection Pool or water aerobics in one of many of the resorts' pools.

## **Retreats, Workshops and Events in The Shed at Sugar Ridge**

Guests of Sugar Ridge can now enjoy free yoga in their brand new studio.

The Shed, which claims to be possibly the best yoga space in the Caribbean, offers yoga 6 days and 9 classes a week, events every month and extra yoga with nomadic yogis.

With retreats and related workshops running throughout the year, it is the perfect space to connect your mind, body, and soul. According to the Shed, Yoga Antigua simply adds a richness to an already beautiful space.

## **The True Business Antigua Retreat**

At this retreat, participants immerse themselves in the natural beauty of the island and are encouraged to pour creative inspiration and wellness into their True Business. The organisers say this way of business is deeply fulfilling and is richly rewarding financially, creatively and emotionally.

**Retreats Dates:** 1-8 December 2018; 9-16 March 2019.

## **Energie Retreat Centre**

Fitness and Wellness guru Shayne Van Beek is opening Energie, a modern, state-of-the-art-gym, studio, Thai massage and yoga resort in Falmouth Harbour, in October 2018.

Shayne has been a personal trainer, nutritionist and masseuse for six years and has put all of the knowledge and passion she has gained into perfectly engineering Energie to not only have the first retreat centre on the island, but also provide professional daily yoga, fitness and pilates classes for all levels.

## **Blue Bay Antigua B&B Homestay**

In an idyllic villa on the top of a hill facing a calm bay, Blue Bay is a uniquely charming B&B Homestay with a natural vocation for sustainability. Creative recycling, permaculture design, art, fermentation and clean homemade cooking with selected ingredients are core activities in this quiet location which hosts yoga weeks and retreats, with just nature around you.

## **Hike Caribbean**

Based out of Sugar Ridge Antigua, Hike Caribbean offers guided hiking tours across six islands including flights, transfers, expert guides and luxury, eco-friendly accommodation.

## **Wild Lotus Camp, Luxury Camping**

At this camp, so named because the tents look like the lotus flower, travellers have the chance to rejuvenate through a physical connection with the natural beauty of the beaches and wild life.

The camp will begin hosting Beach Yoga retreats in 2018. Guests can also take advantage of personal eco-tours designed to educate and enlighten.



# ANTIGUA AND BARBUDA

*The beach is just the beginning...*




## Vacation

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# The Bahamas

Infinite opportunities exist in the Bahamas for rejuvenation, wellness and restorative treatments. As the wellness tourism market grows, so does the appeal of the Bahamas. The islands are peaking the interests of wellness coaches and retreats from far and wide. What is special about the Bahamas is that it is segmented and the 16 different islands offer 16 unique experiences, and no two islands are the same.

Most major hotels have spa facilities and there are day spas that operate independent of a hotel.

**Mandara Spa at Atlantis Paradise Island** offers a world class full service menu. The 30,000-square-foot facility is a divine sanctuary that escapes the limits of time. Sumptuous massages, rejuvenating facials, soothing wraps and exotic scrubs headline the roster of tried and true therapies.

**Red Lane Spa at Sandals Royal Bahamian** offers quintessential rejuvenation for those seeking a truly Caribbean experience. This unique spa experience will take visitors to a remote private island to enjoy unmatched treatments.

**Lumina Point Spa on Stocking Island** is nestled in a quiet alcove, where they offer peaceful environments for a totally rejuvenating experience. Their services include a wide array of massages and facials that are aimed at promoting a healthier mind, body and spirit.

**Baha Retreat Anti-Aging Spa** is Bahamas' first anti-aging spa. Its colonial charm adds to its appeal. This spa has a full menu of services and is the only one to specialize in Indian eyebrow threading and body sugaring.

**Healing Hands Massage Services** is conveniently located

in the heart of George Town, Exuma. The facility offers massages, facials, body scrubs, body wraps, manicures and pedicures. For couples massages, manicure and pedicures, guests may have to book a few days in advance to ensure a therapist is available. Many brands bring their retreats to the Bahamas yearly, but the Bahamas is home to two special yoga retreats that one will find here year round.

**Atlantis Rejuvenation Center (ARC)** in Bimini is a yoga and detoxifying program. Their philosophy at The ARC is to create healthy plant based alkaline nutrition. They serve organic (where possible), vegan or raw vegan gourmet meals. All of the meals are gluten free, wheat free and sugar free. Their staff is trained in food combining and put great time and love into creating delicious healthy meals that even non vegans love.

This is a place for detoxifying the mind, spirit and body, and guests are fed accordingly.

**Sivananda Ashram Yoga Retreat** is located on Paradise Island. The retreat helps individuals heal on all levels, physically, mentally, emotionally and spiritually through the teachings of yoga, as well as by introducing healing methods and approaches from a variety of religious and spiritual traditions. This retreat too promotes plant-based meals and also offers training for yogis and aspiring instructors.

**The Island House**, a 30-room boutique hotel, delivers a unique vibe for wellness enthusiasts, offering quaint accommodations and integrating local elements, most notably, its farmers markets. The accessibility of local organic produce, endless oceans for a fresh catch, coupled with the vitality of this stunning property, promises to make the experience

that much more refreshing.

**Abaco Neem** was founded in early 1993 by a native Bahamian, Nick Miaoulis. He became attracted to the plant's ability to help control high blood pressure and diabetes, two diseases common in his family and prevalent in the Bahamas. In 1994, 120 acres of land near Casuarina Point, 13 miles south of Marsh Harbour, was acquired to establish the Abaco Neem farm. Today, there are 8,500 Neem trees on the Abaco Neem farm. The company produces over 23 products for the body, alternative preventative medicinal products, as well as home, garden and pet products. All of these are produced using their own certified organic neem leaf and oil, with a commitment to quality and environmentally friendly farming practices.

The Bahamas has become aggressive in combatting obesity and diseases caused by obesity that lead to premature death. Wellness ambassador and CEO of Elite Fitness, Ethan Quant, has a wide array of fitness and weight management programs to help people become healthier, happier and be more productive in their everyday lives. In addition to these services, Elite Fitness hosts the annual **Run Dirty Bahama Health Mud Run**. Elite is offering a training program leading up to the event to prep participants for a successful run.

**Marathon Bahamas**, a Boston Marathon qualifier run, is slated for January on an annual basis. With the lure of a big city and the ease of tropical utopia, Nassau is considered by many, including runners – Paradise! The 11th annual running of the marathon, half marathon or relay, takes place all along the northern picturesque shoreline.

# FIND YOUR INNER BAHAMAS



If serenity had an address, it would be right here – amid the soul-stirring splendor of The Bahamas. A place so magically in tune with wellness that traditional services and emerging trends coexist as harmoniously as sand and sea. Relax, recharge, and restore.

Find your wellness getaway at [Bahamas.com/pampering](https://Bahamas.com/pampering)







# Barbados

Barbados provides a refreshing mix of recreation and much-deserved relaxation, offering an unparalleled experience for health and wellness enthusiasts. Several properties on the island offer numerous health, wellness and nutrition experiences for the enjoyment of those who wish to relax, be refreshed and rejuvenated.

## Karma Spa & Salon

A soothing touch for body and mind awaits guests at Karma Spa at Bougainvillea Barbados and Sugar Bay Barbados.

Karma Spa offers a range of services including specialised massage treatments, facials and scrubs. The facilities include couples treatment rooms and a hydrotherapy massage shower.

Therapists exclusively use the award winning skincare line, Elemis, chosen especially for its rich blend of ingredients designed to hydrate and revive the skin. The Elemis products contain natural resources from the earth – botanical and marine actives infused with blended aromas.

## Naniki Wellness Experience

Naniki Barbados, located at Suriname, St. Joseph, on the east coast of the island, which has well-appointed one and two bedroom cottages, provides a 'home away from home' lifestyle. The facilities have magnificent views of rolling hills and the Atlantic Ocean.

Specially designed retreat offerings of healing therapies include yoga, reiki, and massages. The ozone sauna chamber detoxifies the body, while the trail hike clears the mind.

A carefully prepared healthy diet of local food caters to the most discerning palate and compliments the Naniki journey.

## Waves Hotel & Spa

This eco-chic wellness destination provides a healthy escape with a spa treatment included. Guests can choose from soothing treatments and rituals infused with island-inspired elements. They can enjoy a facial, wrap or salt scrub as part of their wellness journey. The Waves Hotel & Spa offers signature treatments, which feature award-winning Elemis products.

The hotel offers a complimentary steam room and sauna, and a range of free spa treatments, depending on the length of stay and room type.

## Coral Reef Club

The Spa at Coral Reef Club is housed within a beautiful colonial inspired building with clean, modern lines, set within a tropical garden paradise.

Therapists use the multi award-winning luxury brand, Natura Bissé, renowned for its innovative products which work in synergy with the skin's natural characteristics. To complement Natura Bissé, an exotic range of body treatments has been created exclusively for the spa, using locally sourced plant life and fruits.

The spa's facilities include a luxurious 'open sided' relaxation room, an outdoor hydro-pool with shaded cabanas for post treatment leisure, and a thermal suite with a serene crystal steam room.

The Spa hosts several Wellness Retreats including on October 19-26, 2018.

## Sandy Lane

Sandy Lane resort offers a relaxing and rejuvenating Spa & Wellness package. Guests can achieve a sense of mental, physical and spiritual balance in the luxurious 47,000 square-foot spa, which has 11 spacious treatment rooms.

A team of skilled therapists provide massage, facials, wraps and scrubs, with unrivalled expertise. Guests can indulge in the aroma and sensation of the signature Lemongrass and Ginger Rub, or invigorate their bodies with the Caribbean Calm Massage.

In addition, they can enjoy a personalised fitness assessment using FiTech technology and training in the state-of-the art gym.

## Barbados Fertility Clinic (BFC) Wellness Center

At its on-site Wellness Center, the BFC has seen that, by combining holistic treatments with traditional medicine, there has been a noted decrease in the stress associated with fertility treatments.

For over 15 years, the BFC has been helping infertile couples from around the world achieve their dream of having a child.

With a philosophy centred on superb success rates, great value and personalised care, the Clinic's team is committed to providing high-quality medical care with an established, success-proven, internationally trained medical team.

The BFC is based at Seaston House, an old Barbadian plantation house that has been completely renovated to provide a purpose built interior, incorporating all aspects of state-of-the-art medical facilities, and the use of cutting edge technology to increase a couple's chance of successful treatment.

The BFC strives to stay at the top of the fertility market by investing in the staff's on-going development and training, and annually attending international fertility conferences.

The company has established Satellite Units throughout the Caribbean including in Trinidad and Tobago, Antigua and Barbuda, and St. Maarten.



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# Belize

Visitors seeking R&R in a tropical setting, in a country steeped in a rich blend of cultures, should head to Belize where they can relax in the Mayan jungle, treat themselves to a mud massage or participate in a range of specialized yoga sessions. Guests can also enjoy world class snorkeling and diving spots, exceptional cuisine and exotic flora. Like the country's attractions, the numerous wellness and rejuvenation packages widely available are unique and varied.

Guests can enjoy a therapeutic session or create a personalized spa experience to bring them back in harmony with their surroundings, or experience serene solitude and rejuvenation at exquisite locations.

The aromatherapy and special treatments from professional therapists using natural ingredients from the Belizean rainforest, allow guests to unwind and pamper themselves in a laid back Belizean atmosphere that will nurture their health and well-being and leave them refreshed and rejuvenated.

## **Relaxing in the Mayan Jungle**

The Belize Boutique Resort & Spa is a peaceful and relaxing haven on the mainland, in the Mayan jungle. The lounge area and a meditation room, combined with the surrounding jungle, the serenade of birds and the soothing sounds of the waterfall pool, create the perfect backdrop for meditation and discovering yourself.

## **Mud Massage**

This is considered one of the top 10 things to do in Belize. The Belize Boutique Resort and Spa uses innovative ways to stimulate the senses and achieve optimal wellness. Natural mud is used to draw heat from the body, detoxify it and firm the skin. Mud massage relaxes the muscles, improves blood circulation

and oxygenation. Different color mud aids in stimulating the senses and leaves the skin silky smooth.

## **Women's Health Yoga Workshop**

This is an insightful retreat on how women can connect with their menstrual cycle through yoga and reconcile the two principles of understanding and feeling, with practices that help to harmonize their relationship with their bodies. Simple and grounded holistic medicine tools and yoga are used to generate and maintain health in the organs associated with most women's health. Participants explore topics on the intimate relation between movement, stillness, diet and sexuality.

## **Holistic Yin Yoga Training – Om Shanti Belize**

The Center & School for Yoga and Wellness offers this unique training that provides integral education in the practice of restorative Yin Yoga. The programme gives students in-depth knowledge of the human body, ranging from a bio mechanical perspective to a subtle energetic approach. This allows students to experience the different layers of the practice and teaching methods. Topics covered include: Functional Anatomy & Physiology, Subtle Anatomy, The Art of Teaching Restorative Yin Yoga and Holistic Health & Yin Yoga.

## **Rhythm of Change Belize (ROC)**

Rhythm of Change Belize is a year-round program that attracts yoga teachers and wellness practitioners from all over the world to participate in selfless service, designed to encourage disadvantaged youth and prison inmates, among many others, to main a healthy lifestyle while discovering the beauty of Belize.

## **Women Life Coach Retreats**

Yoga instructors at the Belize Boutique Resort and Spa are offering clients yoga packages that include overnight accommodation, meals, adventure tours, spa and yoga or acro yoga.

## **The Belize International Yoga Festival (BIYF)**

This annual event in December is the first of its kind in the region, designed to bring together people from around the world to enjoy soulful moments of wellness, healing, rejuvenation and reflection. The festival promotes positive interactions, vitally important for the well-being of those in Belize and beyond. International and Belizean presenters come together to share many styles of yoga, meditation, therapies and workshops.

## **Natural Handmade Soaps**

Bella Dee's natural therapeutic, handmade soaps are designed to give users an optimum level of wellness through a marvelous bath experience. Their products heal the skin, relax the mind and calm the spirit. Formulated with a synergistic blend of therapeutic plant and essential oils as well as herbs and plant extracts from the Belize rainforest, the soaps are wrapped in biodegradable packaging, making them excellent and practical gifts to meet the goals of lasting wellness and rejuvenation.

## **Detoxing with Natural Products**

Carpe Diem has produced products to take your senses to the most beautiful places Belize has to offer, by using ingredients from Mother Nature. Individuals can obtain an optimum level of rejuvenation through Detox using the natural products that leave the essence of Belize on your entire body.



# YOGA

in belize

CLASSES & WORKSHOPS

CERTIFICATIONS

RETREATS

HOLLISTIC SPA THERAPY

MASSAGES & FACIALS

MINDFULNESS



Om Shanti Belize is a registered Yoga Alliance® School facing the Caribbean Sea with Spa, Wellness Center and a Vegan/Vegetarian Cafe



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# Dominica

Abounding with healing therapies and natural products, Dominica embodies the true essence of health and wellness. From hiking the rugged terrain, to soaking in the countless numbers of natural sulphur hot pools, the island truly lives up to its name as the Nature Island.

## Bongo Baths

Step back 2000 years and experience the ultimate jungle chill-out in hot pools set in a romantic and magical rainforest setting. You will see giant tree ferns creating beautiful patterns of light and silhouette against the backdrop. If you are looking for a truly magical romantic experience, then look no further. If you are looking for privacy, Dominica wellness providers can create unforgettable moments for you and your family.

## Tia's Hot Springs

While hot springs on a hot Caribbean day may not sound soothing at first, the naturally warm waters at Tia's Hot Springs do wonders in relaxing guests, and offer visitors a great swimming alternative to the more traditional options. While Tia's is a natural hot spring, management has taken the time to enclose the springs and develop it enough that it is easy to step in and out.

## Ti Kwen Glo Cho

Nestled in the beautiful and mountainous village of Wotten Waven, Ti Kwen Glo Cho (creole for Little Corner of Hot Water) is a place of peace, tranquility and, of course, hot water. The hot water pools and tubs are filled with mineral rich sulphur waters that arise naturally from beneath the earth. This water has

been used for generations to soothe and relax the body, treat aching muscles, arthritic pain and even skin complaints. The hot water is mixed with the fresh cold water from the Kabwit waterfall on the property. Cold showers are available near the pools to compliment your hot water soak and provide a rejuvenating hydrotherapy treatment.

Mud pools are also available where one can scoop up the thick and enriching sulphur mud to use directly on the skin to smooth and tone your complexion.

Local wood and bamboo was used to construct the changing facilities and buildings. The gardens are filled with flowers, trees and songbirds and provide you with the many healing benefits of being nurtured by nature.



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