

The Caribbean Tourism Organization's

# CARIBBEAN

## GUIDE TO WELLNESS & REJUVENATION



2018



CARIBBEAN

Photo Courtesy: The Body Holiday via Saint Lucia Tourism Authority



# EDITOR'S NOTE

The Caribbean's appeal and reputation as a place for rejuvenation, revitalization and wellness are undeniable. Many of you may be familiar with the story of George Washington's visit to Barbados in 1751 – the only country outside the United States he is said to have visited. He was 19 then, and the future first US president's brother, Lawrence, who was suffering from tuberculosis, was advised to spend the winter in the tropics. They chose the Caribbean (Barbados) for recuperation, wellness and rejuvenation.

This is just one of the many stories of the power and attraction of the Caribbean in this regard, beyond the obvious. Similarly, the number of wellness and rejuvenation activities are endless, the variety, enticing and there's an event or activity for just about everyone.

With the Caribbean Tourism Organization declaring 2018 the Year of Rejuvenation – wellness being an integral part of it – we have compiled this Caribbean Guide to Rejuvenation and Wellness to help you plan that holiday to renew mind, body and spirit, or, if you're a travel writer, to serve as a repository of story ideas on the subject.

If aromatherapy is what you want, or the best spas, if you're in search of unusual wellness/rejuvenation activities, water therapy events, health walks or runs, yoga retreats, wanderlust festivals or fitness events, this guide takes you to the best and most fulfilling of them.

I do hope you find it useful.

A handwritten signature in purple ink, appearing to be 'Johnson', with a stylized, cursive script.

Johnson

# CONTRIBUTORS

The information presented in this guide was received from the Caribbean Tourism Organization's member countries in addition to independent individuals. While care has been taken in the compilation of the received information, such information is subject to change without notice. The Caribbean Tourism Organization accepts no responsibility for such changes.

# DISTRIBUTION

Apart from its distribution to a wide general audience, CTO's digital publications are distributed online to individuals including Caribbean tourism ministers and directors, tourism industry professionals and members of the international and regional media. We have an estimated readership of over 10,000 and growing.

# ADVERTISING SALES

For advertising sales queries, please contact Johnson JohnRose at [jjohnrose@caribtourism.com](mailto:jjohnrose@caribtourism.com).



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# 1 WHY THE CARIBBEAN IS IDEAL FOR WELLNESS & REJUVENATION



Photo Credit: Yensa Werth, The True Business Retreat Antigua





*Photo Credit: Anguilla Tourist Board*

# ANGUILLA

When relaxation and pampering is all that's required, Anguilla offers spectacular, powder soft, sandy beaches, restful, turquoise bays and idyllic views. Anguilla also has several luxury spas, qualified massage therapists, fitness instructors and beauticians, offering a range of programmes and treatments, many of which utilise indigenous ingredients sourced locally.

From the classic Zemi Thai House Spa featuring the island's only Hammam, to the expansive Venus Spa at The Reef by CuisinArt, to the luxury beachfront Spa at the Four Seasons Anguilla, and more, for relaxation and rejuvenation Anguilla is the place to unplug, de-stress and reconnect with yourself and your loved ones.





*Photo Credit: Pixabay*

# THE BAHAMAS

The allure of The Bahamas, for ages, has rested in the sun, sand, and its enchanting seas. The soft sand calls to you for beach yoga, and the setting sun for spiritual awakenings. Getting away to improve one's physical, emotional and spiritual well-being is an ancient concept, and the essence of the Bahamas beckons to you to be healed.

Therapeutic swims with wild dolphins, cleanse your aura with a dive into a blue hole, organic nutrition from farm to table and morning meditations as you greet the sunrise, the Bahamas is the perfect place to restore and rejuvenate. Here, where the sky kisses the sea.





*Photo Credit: Belize Tourist Board*

# BELIZE

Panoramic views of the turquoise Caribbean Sea, swaying palm trees, charming white sandy beaches, amazing crimson sunsets, ancient Mayan temples, effervescent culture, contagious hospitality, world-class snorkelling and diving spots, excellent cuisine, exotic flora, a paradise for adventure and fun, and an abundance of tropical sunshine, Belize has all the ingredients as a perfect destination for relaxation, wellness and rejuvenation.

Like the country's attractions, the numerous wellness and rejuvenation packages widely available are unique and varied. You can enjoy a therapeutic session, create a personalized spa experience to bring you back in harmony with your 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 will allow you to unwind and pamper yourself in a laid-back Belizean atmosphere that will nurture your health and well being leaving you feeling fresh, rejuvenated and splendid, both inside and out.





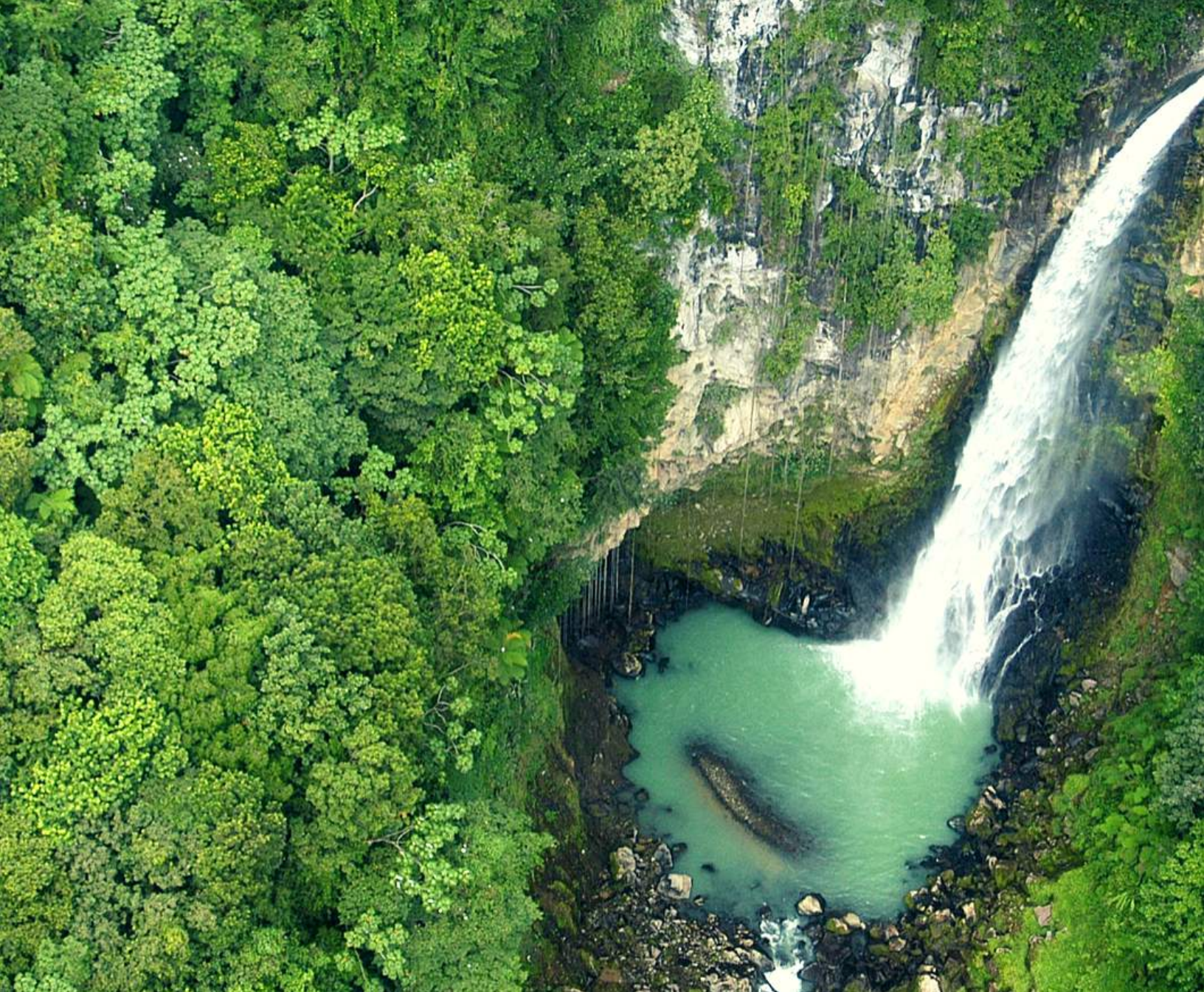
*Photo Credit: The Caribbean Club via the Cayman Islands Department of Tourism*

# THE CAYMAN ISLANDS

Offering endless opportunities to pamper, relax and rejuvenate, the Cayman Islands is more than beautiful beaches and crystal-clear waters. The destination allows visitors to revel in indulgent wellness offerings. Whether a revitalising massage at one of the destination's luxurious spas or reconnecting with nature through yoga or horseback riding, the Cayman Islands experience is one of relaxation in its purest, most refined form.

A visit to the Cayman Islands will leave visitors feeling refreshed and invigorated with a plethora of world-class spas and resort accommodations, along with numerous fitness events and wellness activities available across the island. Special events such as the Cayman Intertrust Marathon and Flowers Sea Swim also set the destination apart from its Caribbean neighbours. From moonlight kayaking and stand-up paddle boarding, to fitness activities that embrace the beauty and tranquillity of the island, those seeking a holiday that benefits their well-being are invited to energise their bodies, relax their minds and soothe their souls during an unmatched retreat in the Cayman Islands.





*Photo Credit: Discover Dominica Authority*

# DOMINICA

Known for its healing therapies, physical activities and natural products, Dominica is the land for wellness and rejuvenation. Water is abundant, with an array of waterfalls, underground springs and hot sulphur pools. There are several warm water spas around the island which provides a nature setting for meditation, relaxing sore muscles and therapeutic treatments. Come, experience what we have to offer.





*Photo Credit: Grenada Tourism Authority*

# GRENADA

Grenada's stunning scenery, natural topography, abundance of quality fruits and spices, and diverse mix of yoga studios and spas make the destination ideal for wellness and rejuvenation retreats and getaways. The natural environment is relaxing and encourages meditation, while local products made from organically grown spices and fruit heal and rejuvenate.

The volcanic topography is perfect for hiking, cycling, walking and other fitness activities, and the soothing properties of the crystal clear ocean will clear even the most stressed mind.

The refreshing pools of more than 10 waterfalls also beckon and never crowded beaches with powdery white sand provide an idyllic escape. The yoga and spa facilities are first-class, and utilise the beautiful scenery and natural elements of the destination to ensure an enriching experience every time.





*Photo Credit: Couples Resorts via the Jamaica Tourist Board*

# JAMAICA

Jamaica has long been ahead of the curve on the wellness tourism trend. A holistic and natural approach to health is truly a cornerstone of Jamaican culture, and that mindset has permeated the island's offerings for travellers. With hotel and resort amenities, farm-to-table dining experiences, digital detox retreats, holistic spa treatments, yoga centres and alternative healing, the island has it all to revitalise the body, mind and soul.

# 2

## UNUSUAL WELLNESS & REJUVENATION ACTIVITIES



Photo Credit: Belize Boutique Resort & Spa



# BELIZE

## Mud Massage

At Belize Boutique Resort and Spa, innovative ways are used to stimulate the senses and achieve optimum wellness. Natural mud is used to detoxify the body, firm the skin and draw heat from the body. Mud massage relaxes the muscles, improves blood circulation and oxygenation. Different colour mud aids in stimulating the senses and leaves the skin silky smooth. One of the top things to do in Belize.

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or email: [reservation@belizeresortandspa.com](mailto:reservation@belizeresortandspa.com)

[www.belizeresortandspa.com](http://www.belizeresortandspa.com)



Photo Credit: Belize Boutique Resort & Spa

# VISIT BELIZE



Photo Credit: Belize Tourism Board

To learn more about Belize, [www.visittravelbelize.org](http://www.visittravelbelize.org) or click on the following icon:





# BVI

## 108 Sun Salutation Challenges

This event, which takes place between 21 June, 2018 and 1 January, 2019 is a powerful community practice that inspires transformational change, challenges endurance and creates resilience. Come share peace, compassion and community. Accommodation for international guests and further immersion practices to be added over the weekend.

Call Cayley 1 (284) 340 2179 [info@yogabvi.com](mailto:info@yogabvi.com)

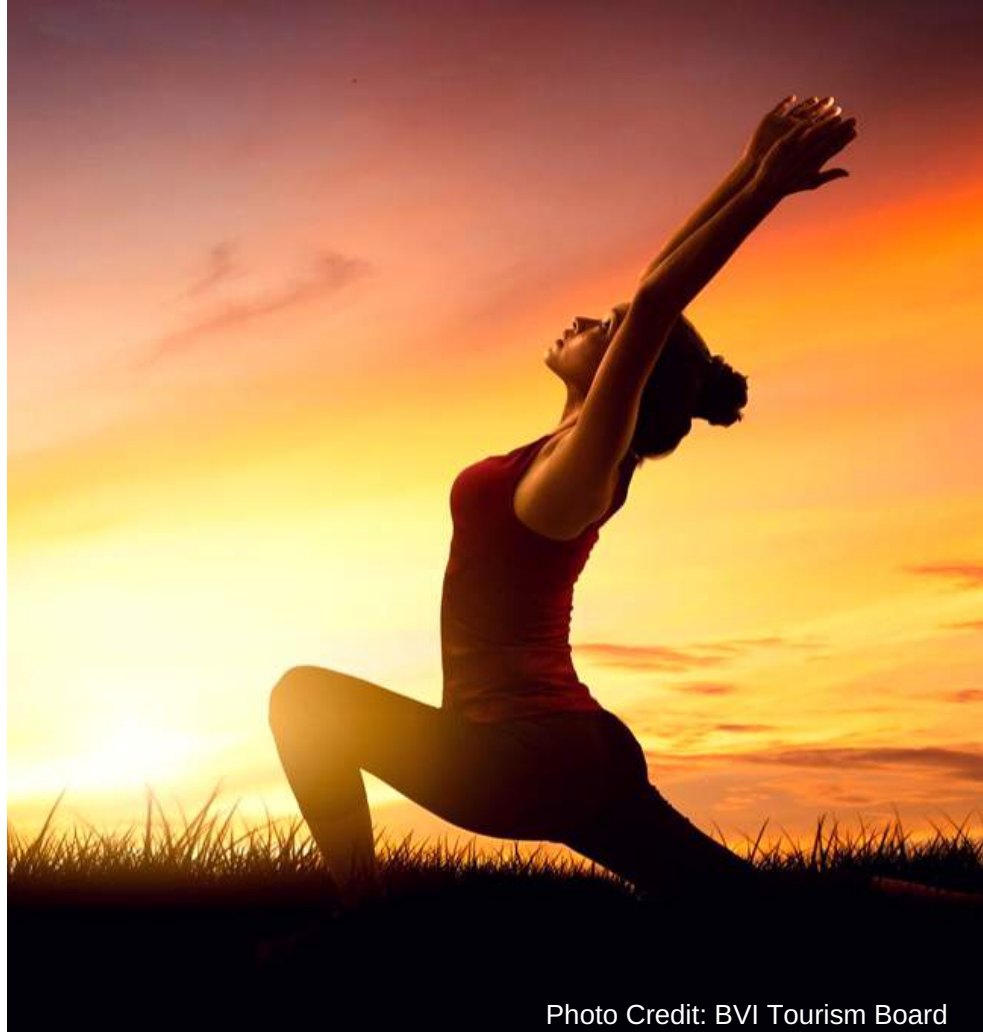


Photo Credit: BVI Tourism Board

# THE CAYMAN ISLANDS

## Horseback Riding

Visitors can experience morning, afternoon, sunset, or moonlight horseback rides along Cayman's most pristine remote beaches and nature trails. Guests can also go horseback riding on an uninhabited stretch of beach along Grand Cayman's northward shores. With programmes such as Pampered Ponies and Cayman Horse Riding, there's an island horseback riding experience for everyone. Visit [www.ponies.ky](http://www.ponies.ky) or [www.caymanhorseriding.com](http://www.caymanhorseriding.com) for more information.



Photo Credit: The Cayman Islands Department of Tourism



# THE CAYMAN ISLANDS

## Dark Night

Anchor & Den, nestled inside Grand Cayman Marriott Beach Resort, offers guests a unique experience to celebrate the celestial cycles of Mother Earth at Dark Night, offered on the Friday closest to the New Moon every month, following sunset. During this monthly event, guests are treated to magnificent light workers leading inspirational activities, including natural balance wellness exercises, chakra colouring activities, aromatherapy and stargazing on the beach. For more information, visit [www.anchorandden.com](http://www.anchorandden.com).



Photo Credit: The Cayman Islands Department of Tourism

# DOMINICA

## Sip & Paint

Something wonderful occurs when a group of people get together and feel free to have fun with paint. Add a glass of wine or beer and it is positively festive. Enjoy the casual atmosphere of the Indian River Visitor Facility for your Sip and Paint classes and just have fun! No painting experience necessary! Contact: Whitchurch Tours at 1 767 255 1167/ 1 767 448 2181 or [shipping@whitchurch.com](mailto:shipping@whitchurch.com)



Photo Credit: Discover Dominica Authority



# GRENADA

## Scuba Yoga

The perfect activity for all who want to combine their two loves of Yoga and Scuba or need to unwind or rejuvenate. There is something deeply calming about relaxing in the beauty of Grenada's underwater world beneath the waves. Scuba diving and yoga open up our senses, keep us present and focus on breathing. For more information, contact Aquanauts at [yoga@aquanautsgrenada.com](mailto:yoga@aquanautsgrenada.com)



Photo Credit: Grenada Tourism Authority

# NEVIS

## Nevis Thermal Springs (Nevis Hot Bath)

The temperature of this natural spring can reach up to 108°F (42°C) and is high in mineral content. It emerges from the underground source known as the Bath Springs. It is believed that bathing in these springs can relieve aching bones, rheumatism, muscle aches and tensions.

The springs are located on an open site in Bath Road is free to the public and is accessible 24 hours a day.



Photo Credit: Nevis Tourism Authority



# SAINT LUCIA

## Sulphur Springs, Soufriere

Sulphur Springs baths are rich with healing minerals of the earth. The baths are fed from the hot mineral-rich springs of Soufrière's volcano, and allows visitors to soak in the therapeutic powers of the waters. The waters flowing within the park are world renowned for their ability to reduce stress, cure rheumatism, psoriasis and other skin ailments. The area boasts a natural open air hot water pool, sitting area, hot and cold-water showers and changing rooms. You can feel free to dip your feet in this black mineral-rich pool or if you're more adventurous take a full bath in its 38.7°C (101.6 Fahrenheit) waters.

[http://soufrierefoundation.org/discover/attractions/sulphur\\_springs\\_park/](http://soufrierefoundation.org/discover/attractions/sulphur_springs_park/)



Photo Credit: Saint Lucia Tourism Authority

# TRINIDAD

## Artisan Chocolate Tour

Experience chocolate in its journey from bean to bar. Take a trip through history by way of a cocoa estate tour with a famous tour guide, Mr. Gomez. Polish dried cocoa beans using your feet and the power of dance. Let the artisan guide you through the chocolate production process. Finally, indulge in delicious, gluten free, vegan, dark chocolate that melts in your mouth, from the beautiful valley of Lopinot. For more information, visit <https://goo.gl/yn71zZ>, or email [lopinotchocolateco@gmail.com](mailto:lopinotchocolateco@gmail.com). Call 1 868 680 5424 or 1 868 - 466 3364. <https://www.facebook.com/Lopinot-Tourism-AssociationLtd-108896226125477/>



Photo Credit: Trinidad & Tobago Ministry of Tourism



# TRINIDAD

## La Brea Pitch Lake

One of the wonders of the world, this self-replenishing body of natural bitumen has the largest known deposits in the world. The lake was sacred to the Amerindians long before Sir Walter Raleigh used the pitch to caulk his ships on his visit to Trinidad in 1595. There is an interesting folk tale which would be revealed on tour across the lake's surface. Have no fear, it is stable enough for walking upon.

Website: <http://www.injoytours.com/> Phone: 1-868-753-2775 or 1-868-633-4733  
Email: [injoytours@hotmail.com](mailto:injoytours@hotmail.com)



Photo Credit: Trinidad & Tobago Ministry of Tourism

# TRINIDAD

## Asa Wright Nature Centre

Located at 1,200 feet in the mountains of the Northern Range, seven miles north of the town of Arima, in this lush part of this beautiful island, you will find the magical Asa Wright Nature Centre (AWNC). Situated on a former cocoa-coffee-citrus plantation, previously known as the Spring Hill estate. This estate has now been partly reclaimed by the secondary forest, surrounded by impressive rainforest, where some original climax forest on the steeper slopes has a canopy of 100-150 feet.

Website: <http://asawright.org/>  
Phone: 1-868-667-4655  
Email: [reservations@asawright.org](mailto:reservations@asawright.org)



Photo Credit: Asa Wright Nature Centre



# 3 WELLNESS & REJUVENATION RETREATS & CONFERENCES



Photo Credit: Spice Island Beach Resort via Grenada Tourism Authority



# ANTIGUA & BARBUDA

## The True Business Antigua Retreat

Immerse yourself in the natural beauty of the magical island of Antigua, a sacred space and time to listen deeply to your heart and pour creative inspiration and wellness into your True Business. This way business is deeply fulfilling, true to your purpose, makes a difference and is richly rewarding financially, creatively and emotionally. Breathe, feel the calm, peaceful expansion, create your True Business from here. Visit: [katbyles.com/Antigua](http://katbyles.com/Antigua) [kat@katbyles.com](mailto:kat@katbyles.com)



Photo Credit: Yensa Werth

# BELIZE

## 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 Belize and beyond. International and Belizean presenters come together to share many styles of yoga, meditation, therapies and workshops. This is a family, alcohol-free event.

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Website: [www.omshantibelize.com](http://www.omshantibelize.com)

[www.devharikaur.com](http://www.devharikaur.com)



Photo Credit: Jaen Nieto Amat



# BELIZE

## Om Shanti Belize- Yoga & Wellness Centre and School Ltd. Holistic Yin Yoga Training with Sofia Arajulo, August 2018

This unique training event comprehends an integral education in the practice of restorative Yin Yoga, providing students in-depth knowledge of the human body, ranging from a bio mechanical perspective to a subtle energetic approach, allowing 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, Holistic Health & Yin Yoga. (30hr Yoga Alliance)

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manager@omshantibelize.com

Website: [www.omshantibelize.com](http://www.omshantibelize.com)



Photo Credit: Om Shanti Belize



## GET CONNECTED.

Join the Caribbean Tourism Organization

Be a part of the community of Caribbean travel and tourism leaders.



CARIBBEAN

OneCaribbean.org



# BELIZE

## Women Life Coach Retreats

### Women Life Coach Retreats

A perfect location for yoga & acro yoga Retreats to Belize. Yoga instructor can attract clients with travelling yoga packages that include overnight accommodation, meals, adventure tours, spa and of course, yoga or acro yoga.

### Contact:

Melanie Nicholson

Belize Boutique Resort & Spa

US. 815 312 1237

BZ. 011 (501) 225 5555

F. 011 (501) 225 5506

Email: [reservation@belizeresortandspa.com](mailto:reservation@belizeresortandspa.com)

[www.belizeresortandspa.com](http://www.belizeresortandspa.com)



Photo Credit: Belize Boutique Resort & Spa

# BVI

## You Survived, Now Thrive

A yoga workshop examining ways to connect with how well you are coping. Learn strategies to overcome anxiety, deal with stress and find relief by creating peace and solace. Find a self care programme that suits you by exploring different ways to calm, strengthen and understand your nervous system. Contact Cayley 1(284)340 2179 [info@yogabvi.com](mailto:info@yogabvi.com)



Photo Credit: BVI Tourism Board



# THE CAYMAN ISLANDS

## Little Cayman Yoga & Healing Foods Retreat

This restorative and rejuvenating weekend is offered every January and late June/early July (holiday weekends in the Cayman Islands). Yoga instructor Danielle Gentilcore leads powerful, yet gentle classes ideal for all levels. With a focus on locally grown and healing ingredients, Chef Britta Bush prepares an inspiring and nourishing plant-based menu, along with workshop opportunities. To book: [Danielle@thrivefitcayman.com](mailto:Danielle@thrivefitcayman.com); 345-938-1113. For more information, visit [www.sauchaliving.com](http://www.sauchaliving.com) or [www.thrivefitcayman.com](http://www.thrivefitcayman.com).



Photo Credit: Little Cayman  
Yoga & Healing Foods Retreat

# THE CAYMAN ISLANDS

## Lagom Retreats

Taking place October 27 through November 3, 2018, the Lagom Retreat is a wellness retreat that encourages you to find balance and mindfulness in everything you do. It is a seven-day exclusive, customized women's only wellness retreat designed specifically for those wanting to find balance in their lives and find health, happiness, wellness and true-life contentment. For more information, visit [info@nadinedumas.com](mailto:info@nadinedumas.com); 1.345.938.0327 or visit [www.lagomretreats.com](http://www.lagomretreats.com) or [www.nadinedumas.com](http://www.nadinedumas.com).



Photo Credit: Daria Keenan Photography



# CURAÇAO

## Ayurveda Retreat

Ayurveda is one of the world's oldest sciences. It is a holistic healing system that is based on our health depending on the balance between the mind, body, and spirit. During this retreat, you will get a tour, cooking classes, yoga, massage and Ayurvedic meals. For more information, visit <https://www.anandacuracao.com/events> or email [sharon@ananda.cw](mailto:sharon@ananda.cw), +5999 864 2228

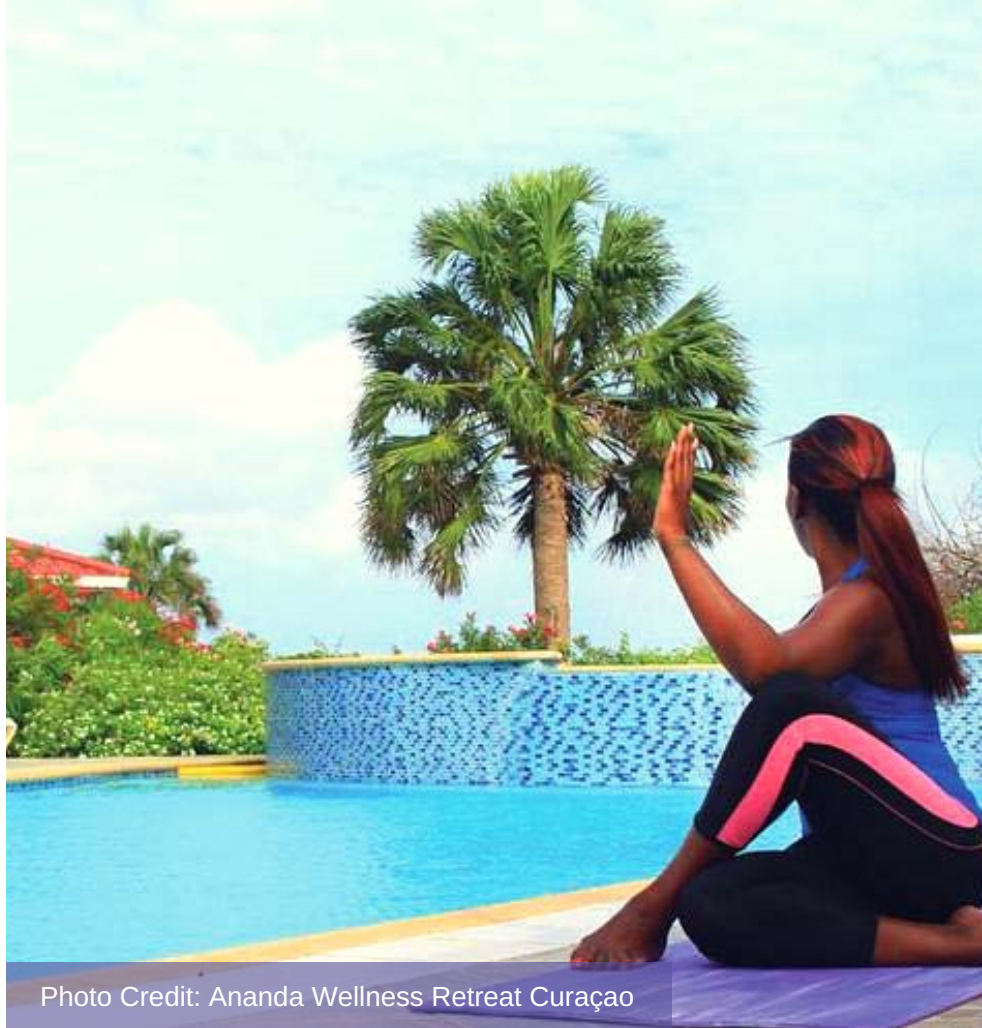


Photo Credit: Ananda Wellness Retreat Curaçao

# VISIT CURAÇAO



Photo Credit: Curaçao Tourism Board Europe

To learn more about Curaçao, visit [www.curacao.com](http://www.curacao.com) or click on the following icon:





# CURAÇAO

## Hello Skalo Youth Wellness Conference

This special health & wellness conference is dedicated to teens ages 12-16 to learn about all aspects of self love. During the free, three-day event March 26-29 teens are empowered to learn essential and practical skills as it relates to fitness, healthy diet, time management, self-confidence and more. For more information, email [helloaskalo@gmail.com](mailto:helloaskalo@gmail.com).



Photo Credit: Hello Skálo Facebook Page

# CURAÇAO

## Food, Mood & Move!

Hofi Cas Cora, Curaçao's first farm-to-table restaurant, is hosting the Food, Mood & Move wellness event for attendees to enjoy yoga, fitness lessons, mindfulness sessions and the restaurant's selection of healthy snacks. Every half hour, guests can participate in yoga and fitness lessons or sign up for a special health treatment, encouraging everyone to "Love your body, love your mind, love yourself!" For more information, visit [facebook.com/hoficascora](https://facebook.com/hoficascora).



Photo Credit: Hofi Cas Cora Facebook Page



# GRENADA

## Lunaris Luxury Wellness Retreat

Escape to a magical paradise away from the hustle and bustle of life. Replenish your soul in our Caribbean oasis while communing with nature alongside your fellow yogis. Visit <http://pages.lepharebleu.com/lunaris-luxury-wellness-retreat/> to book your spot for this retreat to be held at the beautiful Le Phare Bleu Boutique Hotel and Marina in March.

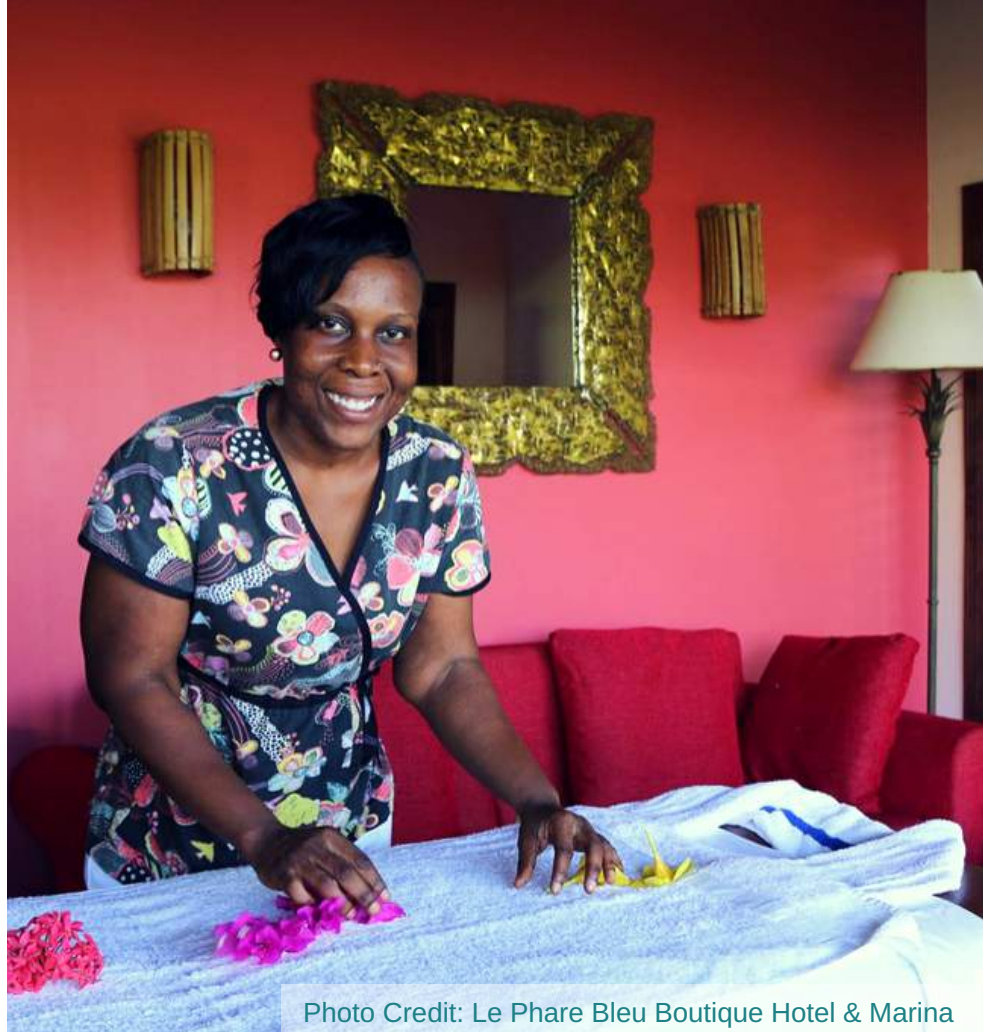


Photo Credit: Le Phare Bleu Boutique Hotel & Marina

# GRENADA

## Wellness at Spice Island Beach Resort

Pampered in paradise takes on new meaning at the full-service Janissa's Spa, Grenada's premier luxury spa located at the Spice Island Beach Resort. The spa offers the very best of the island, harnessing the restorative powers of local herbs and spices and incorporating them into the many treatments available. An open air yoga pavilion overlooking the world famous Grand Anse Beach completes the picture. Visit <http://www.spiceislandbeachresort.com> to book your wellness holiday.



Photo Credit: Spice Island Beach Resort



# SAINT LUCIA

## Retreats at The Body Holiday

The warmth and beauty of Saint Lucia, combined with first-class retreat programmes await you at the world's leading holiday of well-being, Body Holiday. There are five different themes to choose from: yoga, weight loss, cleanse & detox, Vedic, and de-stress & mindfulness. If you are feeling mentally, emotionally, or physically drained by a hectic lifestyle and work-life these retreats are for you. For more information please visit <http://retreats.thebodyholiday.com/>



Photo Credit: The Body Holiday

# SAINT LUCIA

## Ocean Horse Magic: A heart expanding retreat

Organised by horse lover and photographer Manuela Stefan, this replenishing, week long experience will help you connect with source energy with the help of horses and nature at Balenbouche Estate. You will have the opportunity to live extraordinary moments shoulder to shoulder with beautiful island horses, meditate by the ocean, take cleansing walks, while letting go of undesirable inner obstacles and allowing love in. [www.balenbouche.com](http://www.balenbouche.com)



Photo Credit: Balenbouche Estate



# 4 WATER THERAPIES, ACTIVITIES, & EVENTS



Photo Credit: Cayman Islands Department of Tourism



# ANTIGUA & BARBUDA

## floatfit®CARIBBEAN aquabase®

floatfit®CARIBBEAN aquabase® in partnership with Aquaphysical's innovative Aquabase mats is a Fitness "first" in the Caribbean exclusive to Elite Island Resorts locations (St. James's Club and Galley Bay, Antigua) : The floatfit®CARIBBEAN aquabase® class is a 20 minute HIIT workout including burpees, lunges, squats, mountain climbing, the plank, all on the oceans and pools at Elite Island Resorts locations. This low impact, cross training class gives a fun full body workout, and incorporates isometric exercises like the plank, plyometric exercises like burpees and stretching. It can be modified to include other routines including yoga. Classes are available for sign up daily. For more details, visit [www.eliteislandresorts.com](http://www.eliteislandresorts.com).



Photo Credit: Elite Island Resorts

# THE BAHAMAS

## Swimming with Wild Dolphins

A feeling of bliss and a childlike innocence is as healing to the body. Dive to depths and spiral upward with wild dolphins in the open sea. Swimming with wild dolphins is a uniquely therapeutic and freeing undertaking. Free yourself of toxic thoughts and energy as you play with these amazing creatures. Visit Atlantis Rejuvenation Centre or email [rawdolphins@live.com](mailto:rawdolphins@live.com) or call us in The Bahamas: 1-242-347-2483

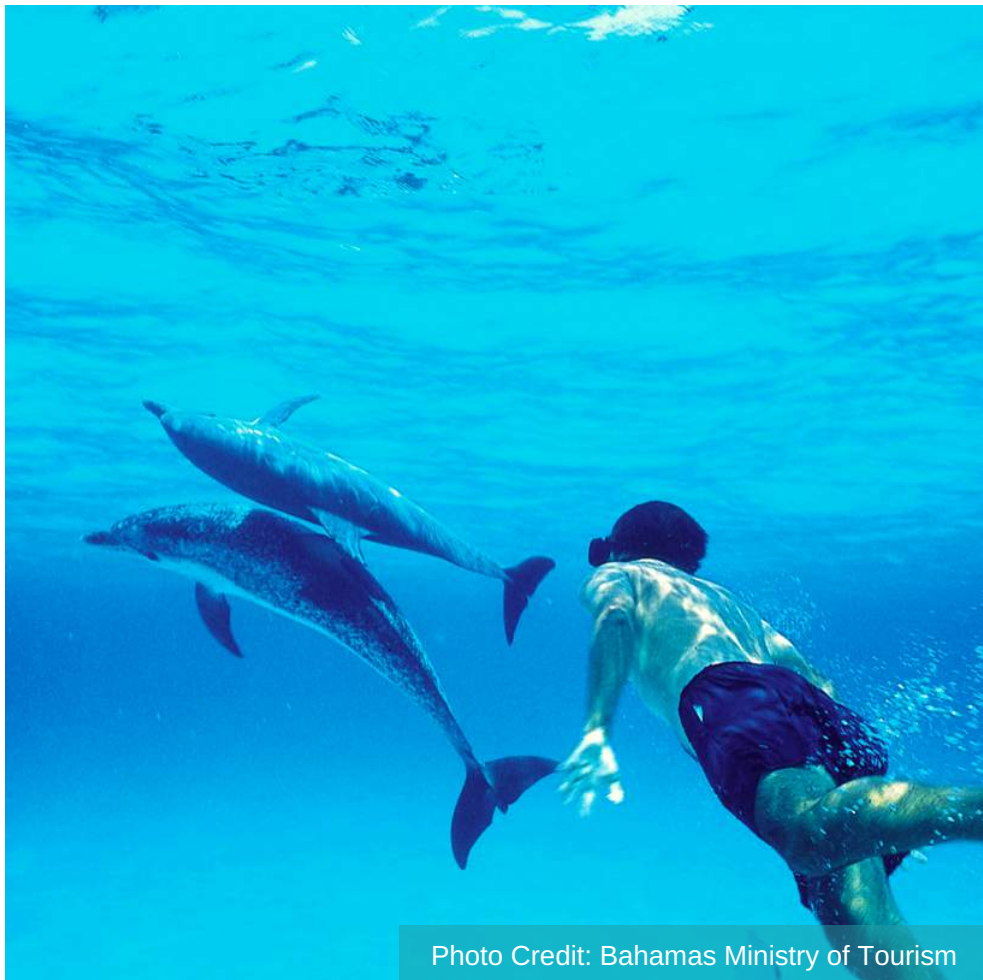


Photo Credit: Bahamas Ministry of Tourism



# THE BAHAMAS

## Healing Hole Experience

Tap into this fresh water spring and experience its magical healing powers. Let the natural mystic of this spring bath heal your heart, soul and body. Come alive as you wade in the cool water, feel it amid the warm salt ocean and be restored in it's supernatural being. Hidden in the east mangroves of Bimini, uncover the Healing Hole. For more information visit [www.Bahamas.com](http://www.Bahamas.com).



Photo Credit: Bahamas Ministry of Tourism

# THE BAHAMAS

## Dean's Blue Hole

There are things outside of us that breathe life within us. Submerge into the ocean and venture into the unknown. Feel the narcosis as you glide by coral reefs and brush the sandy incline then descend freely into the dark abyss. The unworldly experience will leave you in a state of euphoria as you behold the life therein. To dive this infamous Blue Hole visit [www.Bahamas.com](http://www.Bahamas.com).



Photo Credit: Bahamas Ministry of Tourism



# THE BAHAMAS

## Queen's Bath

Centuries of waves pounding against rocks has carved incredibly unique baths, warmed to perfection by the scorching sun. Be baptized in this relaxing waterbody and allow your spirit the freedom of cleansing. Soak in its magnificence! Breathe in the salt air! Hear the crashing sounds of the Atlantic. Be refreshed. For more information, visit [www.Bahamas.com](http://www.Bahamas.com).



Photo Credit: Bahamas Ministry of Tourism

# BRITISH VIRGIN ISLANDS

## BVI Spring Regatta

The 47th BVI Spring Regatta and Sailing Festival held, from March 26- April 1, 2018 hosts hundreds of sailors, families and friends from around the world, the Caribbean and locally. The British Virgin Islands gives us the luxury of racing in three bodies of water; the Sir Francis Drake Channel, the Caribbean Sea and the Atlantic Ocean. Having over 60 surrounding islands allows our race officers to use the inherent natural beauty of the Virgin Islands as racing marks to supplement the ordinary man-made buoys.

Credit-

Website: [www.bvispringregatta.org](http://www.bvispringregatta.org)

Contact: [info@bvispringregatta.org](mailto:info@bvispringregatta.org) 284-541-6732



Photo Credit: BVI Spring Regatta – Todd VanSickle





Photo Credit: BVI Spring Regatta – Todd VanSickle



# BRITISH VIRGIN ISLANDS

## Tommy Gaunt Kite Surfing / Anegada Kite and Paddle Festival

Anegada Kite & Paddle Festival on the secluded island Anegada is an action packed weekend bringing together water men & women to enjoy yoga, kitesurfing, paddleboarding, competing , learning and spread the stoke.

For more information, visit

<http://anegadakiteandpaddlefestival.strikingly.com>

Facebook:

<https://www.facebook.com/events/290492954709095/>



Photo Credit: BVI Tourism Board





# THE CAYMAN ISLANDS

## Water Biking

Hosted by Red Sail Sports in Grand Cayman, water bicycles are sure to give active travellers a workout while they enjoy the sights and sounds of being on the Caribbean Sea. The water bikes are available at Westin Grand Cayman and at Rum Point for 30-minute (\$30) or 60-minute (\$55) water biking sessions. For more information visit [www.redsailcayman.com](http://www.redsailcayman.com) or call (877) 506-6368 for reservations.



Photo Credit: Cayman Islands  
Department of Tourism

# THE CAYMAN ISLANDS

## Bioluminescent Kayak Tour

Offered during the New Moon, join Cayman Kayaks' guided night tour into one of the most amazing natural phenomena of the world. Inside the bay, watch how every stroke of your paddle leaves behind a glowing swirl of blue light. Learn how this unique ecosystem maintains a perfect balance of life, and how you can protect such a special place. For more information, visit [www.caymankayaks.com](http://www.caymankayaks.com) or call (345) 962-4467.



Photo Credit: Cayman Islands  
Department of Tourism



# THE CAYMAN ISLANDS

## Flowers One Mile Sea Swim

Flowers Sea Swim is Grand Cayman's flagship sporting event. The Flowers One-Mile Sea Swim, dubbed one of the world's top 13 open water swims, welcomes swimmers from all strokes of life to its flawless course conditions along Grand Cayman's Seven Mile Beach. Register for the 26th annual Flowers Sea Swim on June 18, 2018. For more information visit [www.flowersseaswim.com](http://www.flowersseaswim.com) or call (727) 495-0107 toll-free.



Photo Credit: Flowers One Mile Sea Swim

# VISIT THE CAYMAN ISLANDS



Photo Credit: Cayman Islands Department of Tourism

To learn more about The Cayman Islands, visit [www.caymanislands.ky](http://www.caymanislands.ky) or click on the following icon:





# THE CAYMAN ISLANDS

## Paddle Board Yoga

The Cayman Islands offers calm seas, warm water and crystal-clear visibility to see right to the bottom of the sea, allowing the ideal environment for paddle board yoga. As participants gaze into the clear horizon, breathing the fresh salt air and enjoying the soothing sounds of the sea, they will strengthen their inner peace leaving behind any worries. To practice paddle board yoga on Grand Cayman, visit [www.gentilcoreyoga.com](http://www.gentilcoreyoga.com) or (345) 938-1113.



Photo Credit: The Caribbean Club via the Cayman Islands Department of Tourism

# CURAÇAO

## Scuba Diving

Curaçao may only measure 172 square miles, but the island is home to 65 different dive sites and some of the most vibrant reefs in the world thanks to its constant trade winds. From 100-foot wreck dives to shallow reefs teeming with corals, sea turtles, fish and sponges, Curaçao's dive sites are ideal for divers of all certification levels. For more information, visit [www.curaçao.com/en/dive/](http://www.curaçao.com/en/dive/)



Photo Credit: Curaçao Tourist Board



# GRENADA

## Sulphur Springs Soak at Clabony

The Clabony Sulphur Springs are a natural volcanic feature nestled in the pristine rainforest of the Grenadian countryside. The sounds of birds, crickets, and frogs and the cool fresh mountain breeze are your companions as you soak and rejuvenate in the mineral rich, warm springs that do wonders for your skin and body. Contact the Grenada Tourism Authority at 473-440-2001 or visit <http://www.puregrenada.com> for information on tours or directions.



Photo Credit: Grenada Tourism Authority

# NEVIS

## Nevis Cross Channel Swim

The swim distance is 2.5 miles (4km) and starts from Oualie Beach on Nevis at 8.00am and goes across the 'Narrows' to finish at Cockleshell Beach on St Kitts. The 2018 swim will be the 17th annual Bente Weber Memorial Swim and it continues to offer both a race and a challenge to open water swim enthusiasts and adventurers alike. Registration: TEL (869)664-2843 – [windsurf@sisterisles.kn](mailto:windsurf@sisterisles.kn) - [www.nevistostokittscrosschannelswim.com](http://www.nevistostokittscrosschannelswim.com)  
Accommodation: [www.oualiebeach.com](http://www.oualiebeach.com)



Photo Credit: Nevis Tourism Authority



# VISIT NEVIS

To learn more about Nevis, visit [www.nevisisland.com/](http://www.nevisisland.com/) or click on the following icon:



## SAINT LUCIA

### Thalassotherapy at The Body Holiday

Thalassotherapy, from the Greek thalasso meaning 'sea' and therapia meaning 'treatment', uses the healing and beneficial properties of the sea and the marine environment for your health and well-being. This filtered seawater treatment which contains calcium, phosphorous and sodium ions, which are absorbed through the skin by using massage jets and specific series of fun exercises to increase blood circulation, stimulate muscle tone and aid in weight loss. For more information please visit <https://www.thebodyholiday.com/>

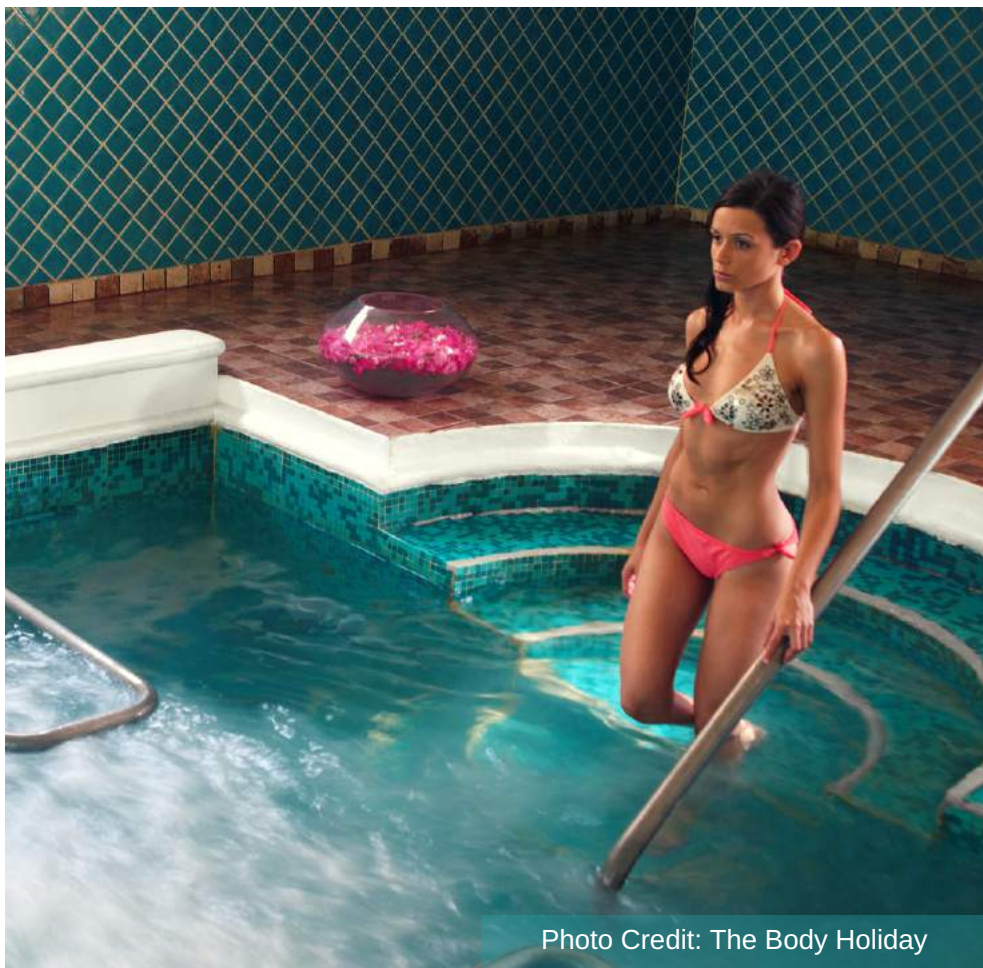


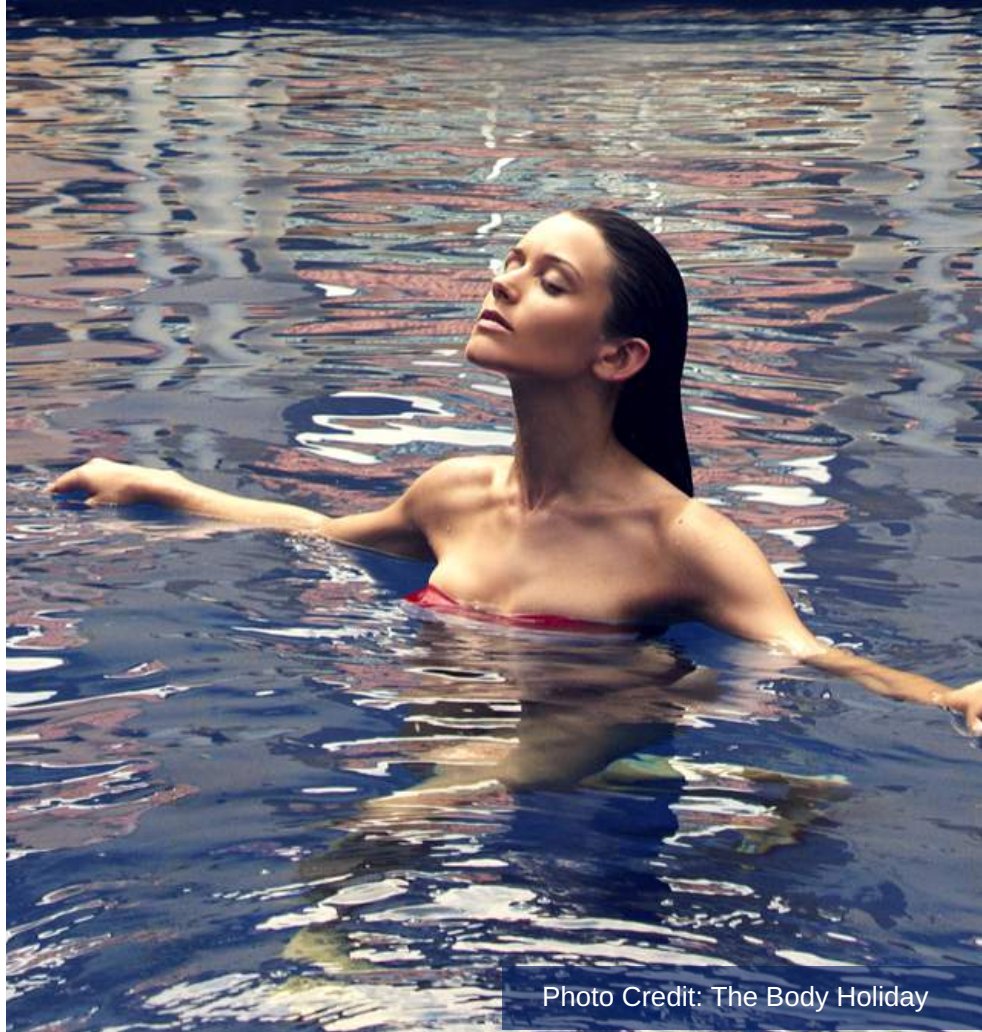
Photo Credit: The Body Holiday



# SAINT LUCIA

## SWIMFIT at The Body Holiday

SwimFit, a special four-day programme is for guests of The Body Holiday in Saint Lucia, of any swimming ability who want to improve their technique, efficiency, and speed. This is a fantastic opportunity to be personally coached by the world at Body Holiday. For more information, please visit <https://thebodyholiday.com>.



# SAINT LUCIA

## Waterfall Cycling Adventure

An adventure seekers' delight. Enjoy a thrilling mountain bike ride through the rainforest to Errard Waterfall where you can take a dip in its refreshing waters. Then, cycle through the forest where you'll learn about local crops grown on the island. End your tour with a relaxing drive through the quaint fishing village of Dennery. <http://www.islandroutes.com/caribbean-tours/saint-lucia/10/castries/267/waterfall-cycling-adventure/>





# 5 HEALTH WALKS/RUNS



Photo Credit: Grenada Tourism Authority



# BARBADOS

## Run Barbados/Marathon Weekend

This medley of races takes place in the first week of December and features events that range from 10K and marathon runs to walks for charity that afford athletes the opportunity to take in the sites of Barbados such as the UNESCO World Heritage Site, Historic Bridgetown and its Garrison.  
<http://www.runbarbados.org/>



Photo Credit: Barbados Tourism Marketing Inc.

# BELIZE

## Annual Cancer Awareness Walk

Annual Cancer Awareness Walk 2018 at 5 am from Ladyville, Belize. This 9.5 mile inspirational walk is an awareness activity used to sensitise citizens about adapting healthy lifestyle practices that will help to prevent and control cancer. We walk to demonstrate solidarity with those living with cancer and to honour the memory of those who have lost their battle with the disease.

Contact Information:

Email: [belizecancersociety@gmail.com](mailto:belizecancersociety@gmail.com)

Website: [belizecancersociety.org.bz](http://belizecancersociety.org.bz)

Phone: 501-223-0922



Photo Credit: Belize Tourism Board





# VISIT BARBADOS

Photo Credit: Barbados Tourism Marketing Inc.

To learn more about Barbados, visit [www.visitbarbados.org](http://www.visitbarbados.org) or click on the following icon:



# THE CAYMAN ISLANDS

## Intertrust Cayman Islands Marathon

The Intertrust Cayman Islands Marathon takes place the first Sunday in December on beautiful Grand Cayman, surrounded by tropical flora and magnificent views of the sea. The event consists of a full marathon, half marathon, four-person relay and a Kids Fun Run on a picturesque flat course through the financial district of George Town. Register for the 15th annual Intertrust Marathon on December 2, 2018. Visit [www.caymanislandsmarathon.com](http://www.caymanislandsmarathon.com) or contact [info@caymanislandsmarathon.com](mailto:info@caymanislandsmarathon.com) for more information.



Photo Credit: Intertrust Cayman Islands Marathon



# BELIZE

## Annual Cancer Challenge Ride

The Annual Cancer Challenge Ride highlights prostate cancer awareness, which is the leading cause of cancer morbidity and mortality among Belizean men. This two-stage, two-day ride takes place on 5th & 6th May 2018 and is one of the most challenging charity ride Belize has ever seen.

Contact Information:

Email: [belizecancersociety.org](mailto:belizecancersociety.org)

Website: [belizecancersociety.org.bz](http://belizecancersociety.org.bz)

Phone: 501-223-0922



Photo Credit: Belize Tourism Board

# GRENADA

## Hashing

Run or walk your way through Grenada's pristine rainforests, coastlines, breathtaking ridges and countryside on this exciting and refreshing group activity that happens every Saturday in the Spice Isle. Forge new trails with old friends or meet new ones and get your blood pumping as you experience the fresh air, greenery, and camaraderie of this unique activity. For more information visit <http://www.grenadahash.com>



Photo Credit: Grenada Tourism Authority



# GRENADA

## Pump It Up Fun Walk

Hosted annually by the Grenada Co-op Bank, this walk is geared toward promoting healthier lifestyles and the importance of exercise.

Locals and visitors of all ages gather together for this event and make their way through the south of Grenada following music trucks.

Dancing is encouraged! For the more information, visit <http://www.grenadaco-opbank.com> or call 473-440-2111.



Photo Credit: Grenada Tourism Authority

# NEVIS

## Nevis Marathon & Running Festival

The Nevis Marathon and Running Festival is likely the most beautiful race you'll ever run. It is a running festival in a world class, exclusive vacation destination. Go international, and run a truly competitive race in the Caribbean. It will be hosted on the beautiful Caribbean Island of Nevis on Thursday, 6 September, and Saturday, 8 September 2018. There is a distance to fit every athlete, and the event is also kid friendly. There are a full marathon, a half marathon, a 10K and a 5K.

### Key Event Info

- EVENT DATES: 6th & 8th September 2018
- LOCATION: Samuel Hunkins Drive, Charlestown, Nevis
- FULL MARATHON PRICE: US\$75
- HALF MARATHON PRICE: US\$65
- 10K PRICE: US\$50
- 5K PRICE: US\$30
- MARATHON RELAY: US\$300
- EMAIL: [gregphillip73@gmail.com](mailto:gregphillip73@gmail.com)
- CELL: 1 (869) 662-3976 / 1 (869) 765-9651
- <http://www.nevismarathon.com/>



Photo Credit: Nevis Tourism Authority



# NEVIS

## GM Walk at Nisbet Plantation Beach Club

General Manager Tim Thuell invites guests to greet the day with an endorphin-pumping walk on the tiny island of Nevis, home to Nisbet Plantation Beach Club. Known as the GM Walk (Good Morning/General Manager), three days a week, participating guests can start their day on this moderate five-mile hike. The invigorating trek transverses roads, paths and even fields where horses run freely. Donkeys mill about and verbant monkeys chatter as guests get to know one another. A breathtaking view of sister island St. Kitts awaits.

Contact:  
Nisbet Plantation Beach Club, Nevis  
NisbetPlantation.com  
reservations@nisbetplantation.com / 800-724-2088



Photo courtesy of Tina Thuell Photography

# NEVIS

## Pink Lily Cancer Care Celebrate Life, 10th Anniversary Walk-A-Thon

On Saturday 20th October 2018; at 6:00am from Chicken Stone to Pinney's beach, Nevis  
Join hands with Pink Lily to celebrate the lives of our loved ones lost to cancer, survivors who have championed cancer, those courageously living with cancer and Pink Lily's 10th Anniversary of serving St. Kitts & Nevis. For more information, call Nevis 1 869 664 3306 UK 011447795565073 or email [lea.pinklilycancerca@gmail.com](mailto:lea.pinklilycancerca@gmail.com).

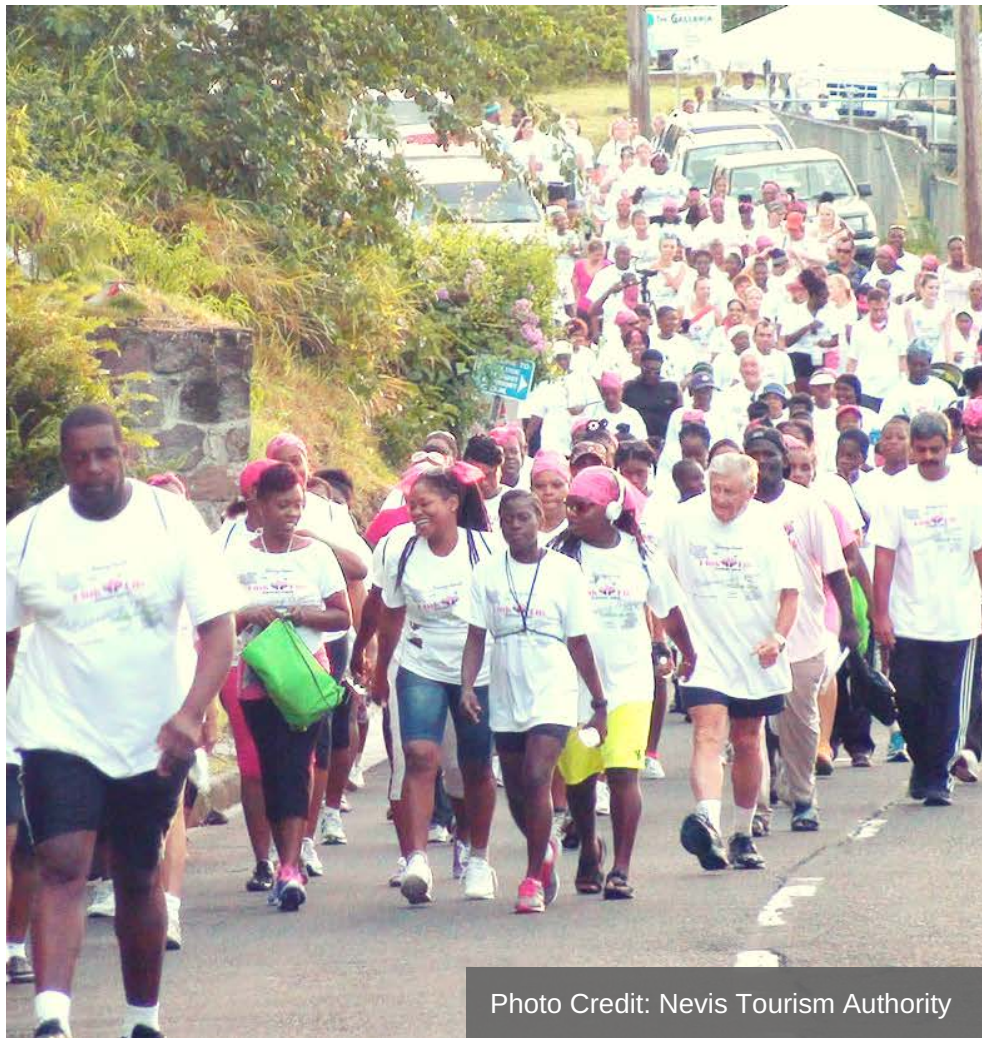


Photo Credit: Nevis Tourism Authority



# SAINT LUCIA

## WELLFIT TRAIL at The Body Holiday

Meandering across the Caribblue beach and up into the hills surrounding the resort, the one-mile trail is designed for every guest and any level of workout you desire. The course can be walked or hiked, or you can choose a more challenging route by running the trail and taking part in the activities set out along the 17 stations. For more information please visit <https://www.thebodyholiday.com/>



Photo Credit: The Body Holiday Saint Lucia

# ST. VINCENT & THE GRENADINES

## Glow Run 10k

Every 10 March the happiest 10k on the planet happens in Kingstown. Participants are given various glowing memorabilia and can walk, jog, run, or dance the night away. Prior to start off participant are treated to a cultural pre-event, offered health checks and a zumba style warm up.

Contact:

Keyon Constance

Tel: 1 784 532 0710

Email: [keyonconstance@hotmail.com](mailto:keyonconstance@hotmail.com)

Facebook: [keyon constance/islandwidefitness](https://www.facebook.com/keyonconstance/islandwidefitness)

Instagram: [islandwidefitness](https://www.instagram.com/islandwidefitness)

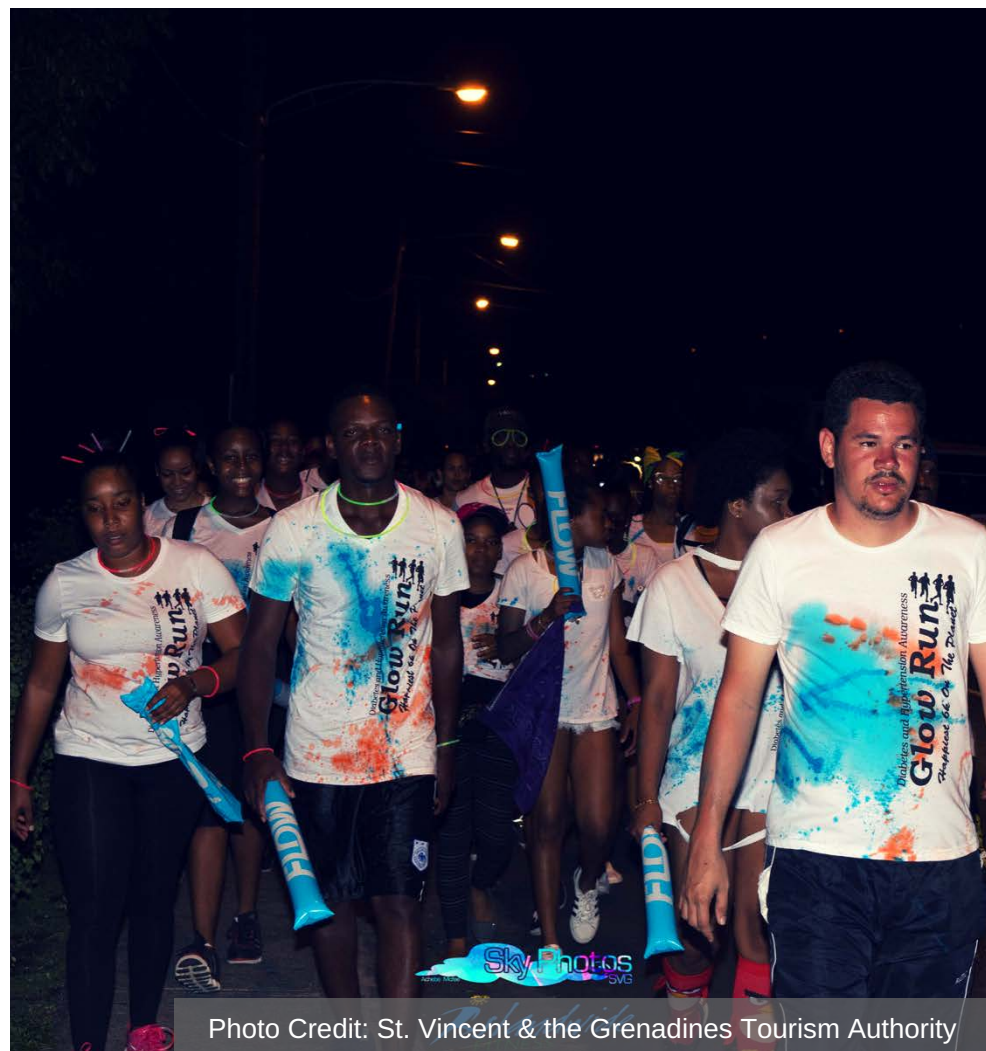


Photo Credit: St. Vincent & the Grenadines Tourism Authority



# 6 YOGA & ACRO-YOGA



Photo Credit: Bawa Yoga Barbados



# ANTIGUA & BARBUDA

## Yoga Antigua

Yoga Antigua's mission is to bring people together. We are striving towards creating a hub, a community where anyone feels they can find a class in Antigua and thus connect to like minded people. A tribe that is drawn together for the purpose of yoga, health and well being, with a wider spiritual space for ongoing physical and holistic health. With retreats and related workshops running throughout the year, it is the perfect space to connect your mind, body, and soul. Yoga Antigua simply adds a richness to an already beautiful space.

Contact info:

E-mail - [antiguananyogi@gmail.com](mailto:antiguananyogi@gmail.com)

Facebook Page - <https://tinyurl.com/y87db6rf>

Website – [www.yogaantigua.com](http://www.yogaantigua.com)

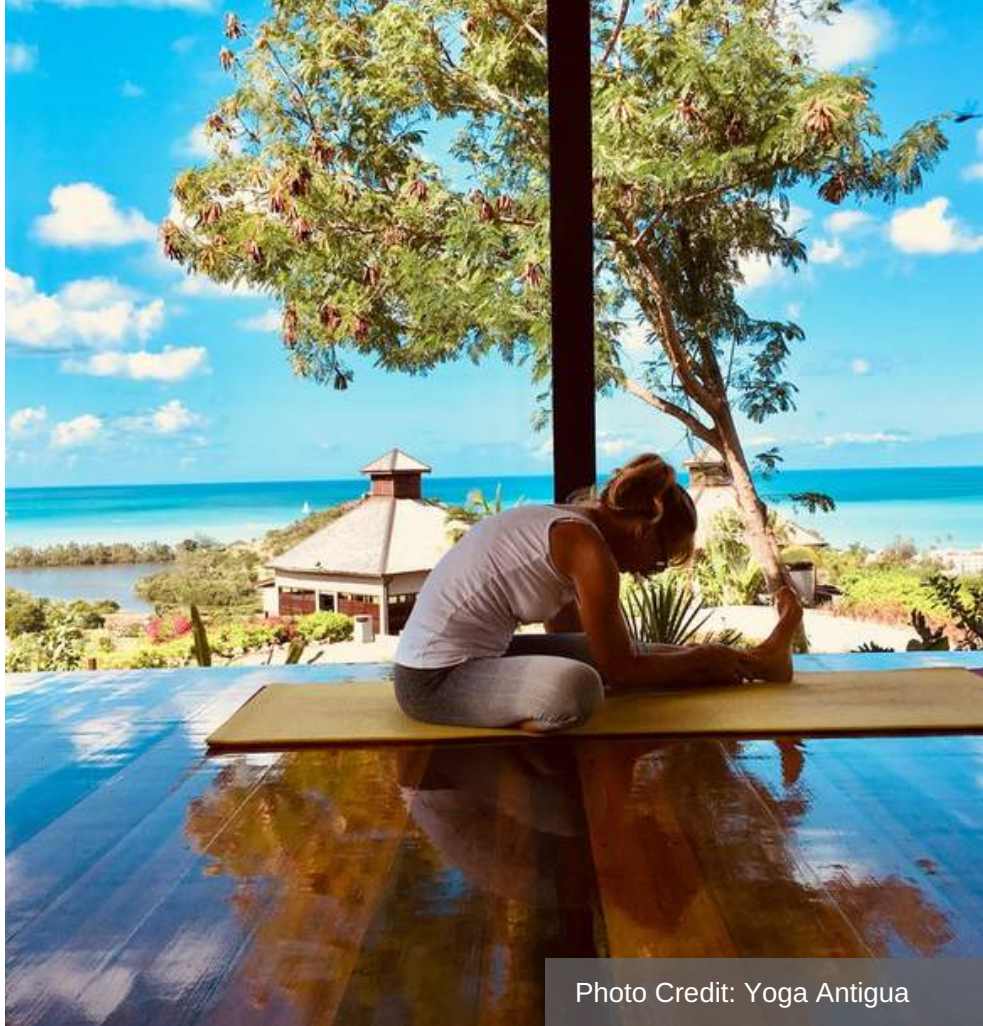


Photo Credit: Yoga Antigua

# THE BAHAMAS

## Sivananda Ashram Yoga Retreat

A sanctuary of peace and natural beauty, follow your Samudra to this restorative haven. Shanti! Absorb the pristine sand, crystal clear waters and acres of lush gardens. Open your heart to the sun, let it kiss your skin; radiate to your fingertips, find oneness with the ocean, the source of all life. So the new you emerge, the old will never return. Visit Sivananda Yoga Retreat, rejoice in the Atna within.



Photo Credit: The Bahamas Ministry of Tourism



# BARBADOS

## SUP Yoga

Converge on the shores of Carlisle Bay and prepare to embark on a relaxing journey with Paddle Barbados' yoga class on the sea.  
<http://www.paddlebarbados.com/sup-yoga-barbados/>



Photo Credit: SUP Yoga Barbados

# VISIT ANTIGUA & BARBUDA



To learn more about Antigua & Barbuda, visit [www.visitantiguabarbuda.com](http://www.visitantiguabarbuda.com)  
or click on the following icon:





# BARBADOS

## Bawa Yoga

Bawa Yoga is a blossoming yoga community in Barbados that specialises in guiding the body, mind and soul through the practice of yoga both on and off the mat. They focus on building strength within the body, serenity in the mind and acceptance of oneself.  
<https://www.bawayoga.com/>



Photo Credit: Bawa Yoga Barbados

# BELIZE

## Rhythm of Change Belize (ROC)

Rhythm of Change Belize is a year-round programme 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 maintain a healthy living while discovering the beauty of Belize. Volunteers immerse themselves in Belize's myriad cultures; meditate in our rainforest and on ancient Mayan temples and snorkel/dive in the magnificent Belizean waters.

### Contact Information:

Michelle Williams

Phone: (501) 610-0882, Belize

Email: [rocbze@gmail.com](mailto:rocbze@gmail.com)

Website: [www.yogahealsbelize.com](http://www.yogahealsbelize.com)

YouTube: [https://www.youtube.com/watch?v=Ty1BF\\_TH7I0](https://www.youtube.com/watch?v=Ty1BF_TH7I0)



Photo Credit: Rhythm of Change Belize





# BELIZE

## Om Shanti Belize- Yoga and Wellness Center and School Ltd.: Women's Health Yoga Workshop with Sofia Araujo, July 2018

An insightful retreat on how women can connect to their cycle through yoga and reconcile the two principles of understanding and feeling with practices that help to harmonise their relationship with their bodies. Simple and grounded holistic medicine tools and yoga will be used which generate and maintain health on the organs associated with most women's health. Explore topics on the intimate relation between movement, stillness, diet and sexuality.

Contact Information:

Michelle Williams

Phone: (501) 610 0802

[ashantia1973@hotmail.com](mailto:ashantia1973@hotmail.com) or

[manager@omshantibelize.com](mailto:manager@omshantibelize.com)

Website: [www.omshantibelize.com](http://www.omshantibelize.com)



Photo Credit: Om Shanti Belize



# BELIZE

## Om Shanti Belize Yoga and Wellness Center and School Ltd.: Children's Yoga Teacher Training with Asana Alphabet

This training combines fun games and activities with authentic and effective yoga techniques to create a well rounded, educational and fun experience. Participants will learn to teach from toddlers to teens and to children with special needs. Children's yoga benefits

include: enhances physical flexibility, refined balance and coordination, boosted self-esteem and confidence, strengthened the mind and body connection. Yoga is beneficial to children of all ages.

Contact Information

Michelle Williams

Phone: (501) 610 0802

Email: [manager@omshantibelize.com](mailto:manager@omshantibelize.com)

Website: [www.omshantibelize.com](http://www.omshantibelize.com)



Photo Credit: Om Shanti Belize

# BRITISH VIRGIN ISLANDS

## Yoga Wellness @Spring Regatta

Join our outdoor community class. Prepare for a day of giving back to the beautiful BVI. This gentle practice will have you ready for the Wombles beach clean up. A perfect combination of nurturing ourselves and protecting our environment. [info@yogabvi.com](mailto:info@yogabvi.com)



Photo Credit: Kieferpix



# BRITISH VIRGIN ISLANDS

## The Sangha BVI - Health & Wellness Yoga Retreat

Taking place Thursday 28th and 29th July, 2018 at Scrub Island Resort, this event will be used to promote health, lifestyle change, and fitness, and foster a sense of community. During this time participants will be exposed to various types of yoga such as power yoga, detox yoga and Thai yoga massage. These yoga sessions will be combined with health talks and nutritional advice to help promote lifestyle change. And as the name suggests, Sangha which means community Sanskrit this event will be open to the general public.

Dr. Calisa Cruickshank

Certified Sangha yoga instructor

Level 1 Thai yoga massage therapist

Founder/Owner The Sangha British Virgin Islands

Contact: 1 (284) 340-2034



Photo Credit: The Sangha BVI- Health & Wellness Yoga Retreat

# THE CAYMAN ISLANDS

## Yoga in the Cayman Islands

With an ideal climate and a resounding calm, the Cayman Islands' environment is on par with the restorative nature of yoga.

Experience hot, power, flow or Kundalini yoga during a time when you are already relaxed – on vacation in the Cayman Islands. There are several studios throughout the destination offering classes at advanced and beginners' levels, both indoors and beachside. For more information visit

[www.caymanislands.ky/activities/wellness/yoga.aspx](http://www.caymanislands.ky/activities/wellness/yoga.aspx).



Photo Credit: Cayman Islands Department of Tourism



# CURAÇAO

## 8 Day Deep & Transforming Yoga Retreat

Join this exclusive yoga and meditation retreat in Curacao. Isla de Curacao means healing island. Relax and unwind in a perfect spot secluded in a valley. The programme is designed to support and promote a deeper connection with your body, mind, and spirit. Alongside the daily classes, Ananda Wellness Retreat offers beach days, harmonizing workshops and events, and guests can relax and renew at the spa. For more information, visit <https://www.anandacuracao.com/events> or email [sharon@ananda.cw](mailto:sharon@ananda.cw), +5999 864 2228



Photo Credit: Ananda Wellness Retreat Curaçao

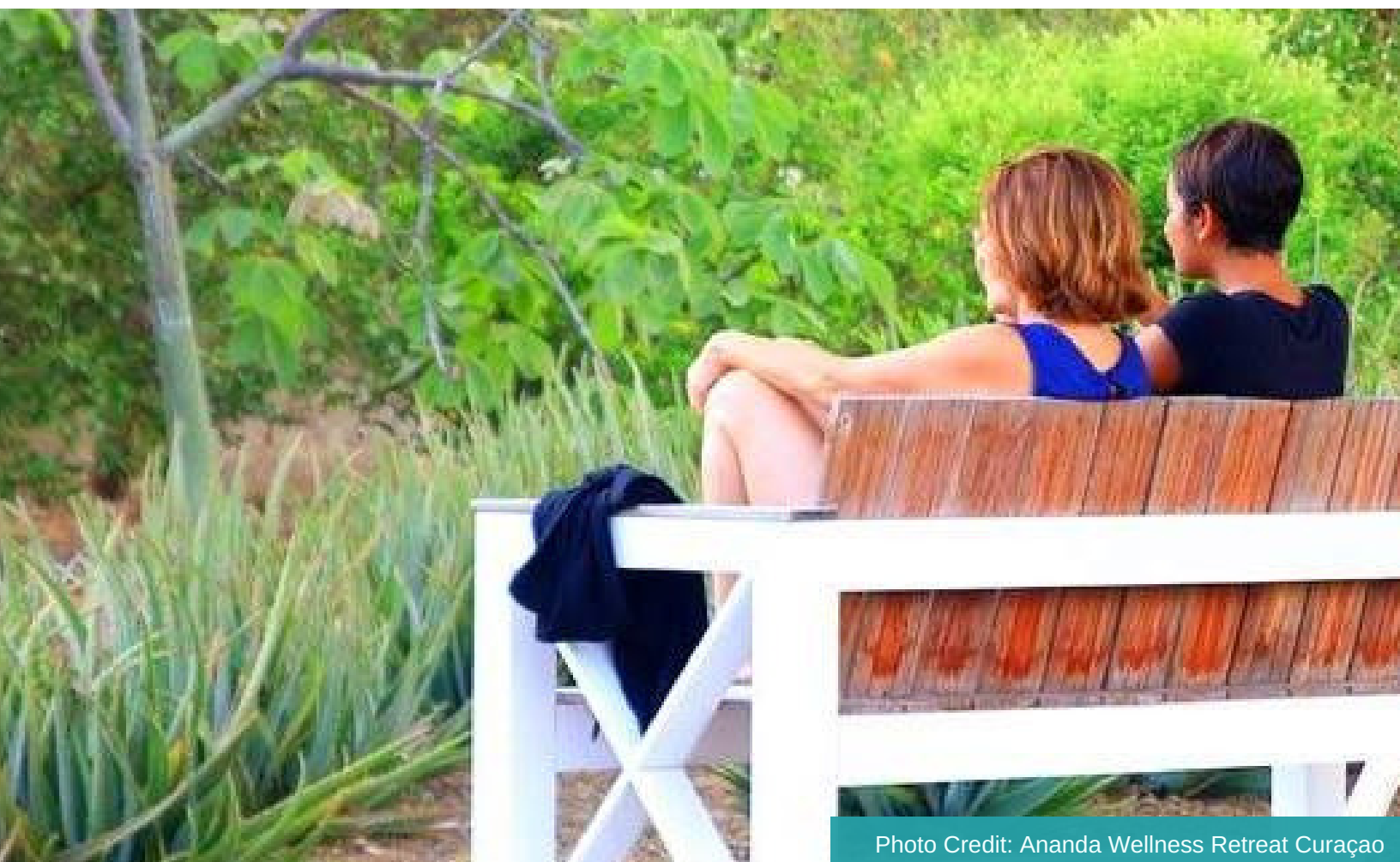


Photo Credit: Ananda Wellness Retreat Curaçao



# GRENADA

## Yoga at Sankalpa Yoga Studio

This lovely open yoga space follows the colourful and casual style of True Blue Bay Resort, where it's located. Taking advantage of the natural island breeze and spectacular views of True Blue Bay, Sankalpa is a vibrant and energetic space to practice yoga. Hatha, Vinyasa and Yin styles are practiced here, as well as others.

Visit <http://www.truebluebay.com> to get more information about yoga retreats and activities.



Photo Credit: True Blue Bay Resort



Photo Credit: True Blue Bay Resort



# JAMAICA

## STUSH Yoga Brunch

STUSH Yoga Brunch is held at STUSH in the Bush, an organic sustainable farm that offers intimate farm-to-table dining experience in the hills of Jamaica. Resident yoga instructor Kayla Hanson leads yoga classes for all levels, followed by a gourmet meets rustic vegetarian brunch.

Website: <http://stushinthebush.com/>

Phone: (876) 562-9760

Email: [contact@stushinthebush.com](mailto:contact@stushinthebush.com)



Photo Credit: STUSH in the Bush

# SAINT LUCIA

## OCTOBA YOGA at The Body Holiday

Between 30 September and 28 October, BodyHoliday becomes the ultimate yoga retreat. Designed for everyone from the beginner to the more advanced, the month-long programme of activities, led by experienced teachers and yogis, offers limitless lessons from sunrise to sunset—featuring Hatha, Ashtanga, Shanthi and Katti yoga and meditation classes. The holiday includes a dedicated menu of yogic foods and teas served at the various restaurants throughout the resort, as well as an array of special massage and therapeutic treatments at The Wellness Centre. For more information please visit <https://www.thebodyholiday.com/>

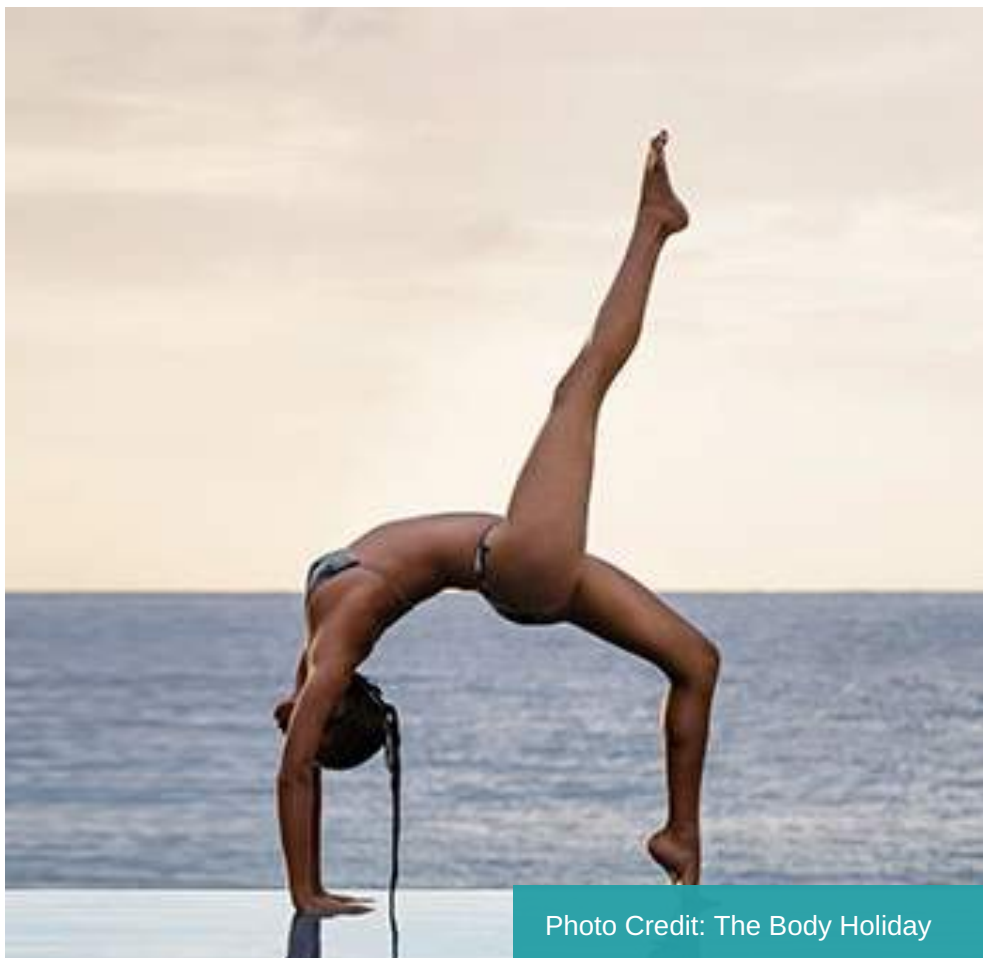


Photo Credit: The Body Holiday



# TOBAGO

## Castara Retreats- Yoga and Wellness Retreats

Reconnect to yourself and nature at Castara Retreats through joining one of our wellness and yoga retreats, hosted by experienced practitioners in yoga, meditation, health and nutrition. All retreats offer the opportunity to relax and rejuvenate, away from the hustle and bustle of daily life, with daily guided practice, along with beautiful accommodations and fresh, wholesome meals.

Upcoming retreats include:

6 – 14 July 2018– ‘Flowing with the Elements’ – Yoga Retreat with Davin Jones and Emese Fodor.

28 August – 4 September 2018: ‘The Power in You’ – Kundalini yoga retreat with Elspeth Duncan.

4 – 9 May 2019 – ‘Spread your Wings’ – Vinyasa and restorative yoga retreat with Karen Shelley.

Contact: +44 (0)7908-978-477 /

[www.castararetreats.com](http://www.castararetreats.com)



Photo Credit: Castara Retreats

# TOBAGO

## Kariwak Holistic Haven

Start the day right with early morning movement yoga sessions of many different styles of practice. Choose from a range of massage therapies, highly trained therapists are happy to tailor your individual session or design a treatment programme to meet your specific needs. Choose from a

Thai yoga massage, shiatsu massage:

Shiatsu, craniosacral osteopathy, bio photon light treatment, acupuncture

(seasonal), emotional freedom techniques and aromatherapy.

[www.kariwak.com](http://www.kariwak.com) / (868) 639-8442



Photo Credit: Kariwak Holistic Haven



# 7 FITNESS EVENTS - ZUMBA, SOCA DANCE CLASSES



Photo Credit: Zumba Grenada



# BARBADOS

## Zumba with Alicia Watson

Through combining all elements of fitness, – cardio, muscle conditioning, balance and flexibility, this Zumba workout promises a serious dose of awesome each time you leave the class.  
<https://www.zumba.com/en-US/class/alicia-watson/448374/2018-01-31>



Photo Source: Pexels

# BARBADOS

## Wukup Workouts

Through the use of Barbados' indigenous dance expression, enthusiastic instructors and up-tempo power soca, this workout allows participants to dance their way to their ideal bodies.  
<http://www.wukupworkout.com/>



Photo Credit: Wukup Workouts Facebook Page



# BRITISH VIRGIN ISLANDS

## Movement Immersion 5-6 May

Expert teachers, nestled in nature, nourished with homegrown healthy foods, enjoy movement classes, biomechanics discussions and outdoor activities. This weekend will help you develop a deeper knowledge of how movement starts in your body. Harness that understanding by incorporating it into your everyday routine. Whether you dance, run, play a sport, practice yoga, martial arts or love moving your body ; this weekend is for you. [info@yogabvi.com](mailto:info@yogabvi.com)

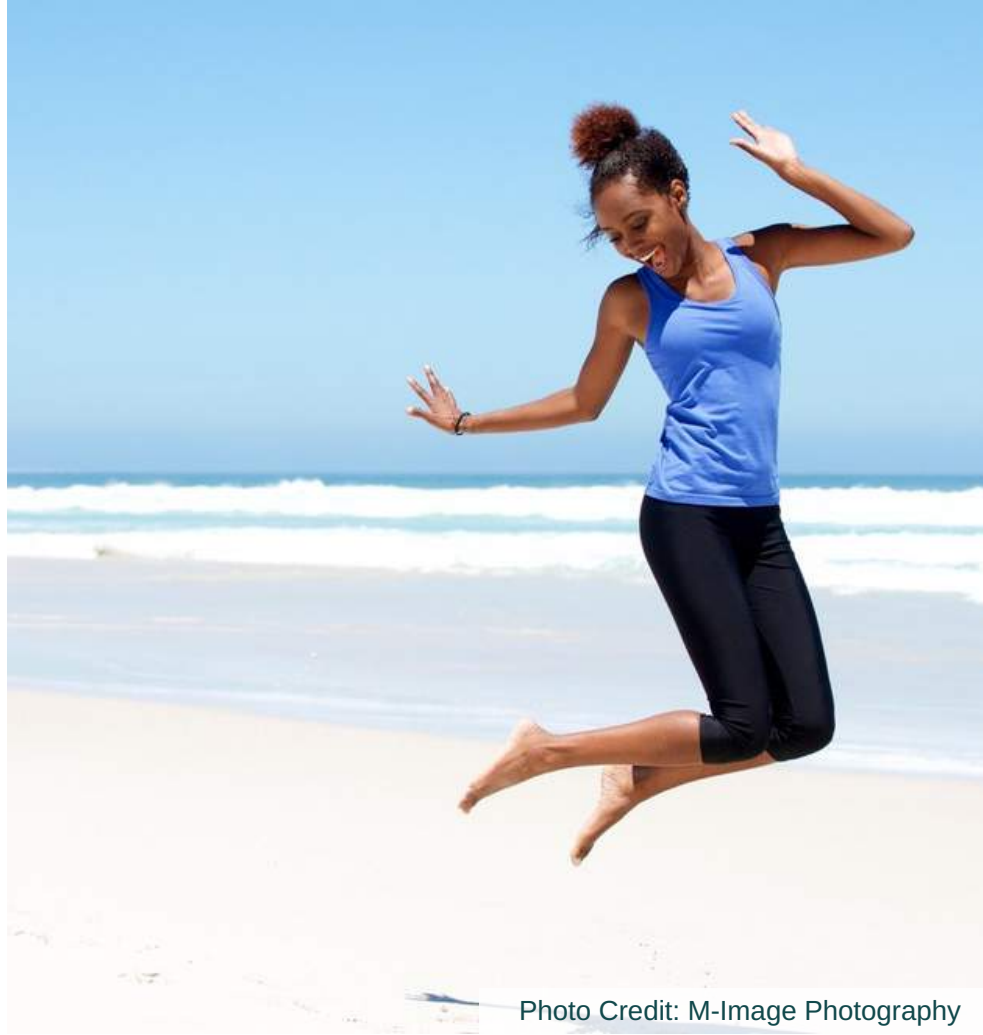


Photo Credit: M-Image Photography

# THE CAYMAN ISLANDS

## Purple Dragon Cayman

Purple Dragon Don Jitsu Ryu is modern in concept, yet ancient in character and blends well with many different martial art styles such as tae kwon do, judo, aikido, jujitsu, karate, weaponry and kickboxing allowing our students to become well rounded and "complete" martial artists. Get involved with one of the most unique, practical, disciplined and holistic schools today in Grand Cayman. Visit [www.purpiledragon.ky](http://www.purpiledragon.ky) or contact [purple@candw.ky](mailto:purple@candw.ky) for more information.



Photo Credit: Purple Dragon Cayman



# THE CAYMAN ISLANDS

## CrossFit on Grand Cayman

Offered in various places on Grand Cayman, including CrossFit Cayman and CrossFit 7 Mile, CrossFit is the principal strength and conditioning programme. These CrossFit destinations set out to create a place for locals and travellers to get fit together and have a great time doing it. Whether it's your first time or you are CrossFit champion, visit CrossFit Cayman or CrossFit 7 Mile today. Visit [www.crossfitcayman.com](http://www.crossfitcayman.com) or [www.7milestrengthandfitness.com](http://www.7milestrengthandfitness.com).



Photo Credit: CrossFit Cayman

# GRENADA

## Zumba Grenada

Led by the energetic and entertaining local personality, Msy Chrissy, these classes are a fitness party with a contagious blend of Latin, soca and international rhythms that provide a fun and effective workout to a global community. The classes are held four times weekly. Email [msychrissy@gmail.com](mailto:msychrissy@gmail.com) to sign up.



Photo Credit: Zumba Grenada



# VISIT THE BVI



Photo Credit: BVI Tourism Board

To learn more about the British Virgin Islands,  
visit [www.bvitourism.com](http://www.bvitourism.com) or click on the following icon:



## NEVIS

### Nevis Herbalized Fit Camp

The Nevis Herbalized Fit camp is held three days per week. The classes are one hour boot camps and offer full body exercise using the body weight instead of other weights. At the end of each class participants are treated to a protein shake.

Venue: Equestrian Centre, Cades Bay

Days: Monday, Tuesday & Wednesday

Time: 5:30 pm

Costs: Classes are free but the protein shakes cost EC\$15

Contact: Erika Guilbert 1 869 662 9118



Photo Credit: Nevis Herbalized Fit Camp



# SAINT LUCIA

## TRI Saint Lucia

A triathlon hosted in Saint Lucia with a week long festival of fun activities including an ocean Swim, an aquathlon (swim and run) and a beach run. Designed for all ages and fitness levels, these activities provide holidaymakers and locals with a taste of an overall triathlon. The course includes a swim in the beautiful clear waters of Rodney Bay, a tough hilly bike rides and finally a flat run to Pigeon Island and back. For more information, visit <https://www.facebook.com/TriStLucia/>.



Photo Credit: TRI Saint Lucia

# ST. VINCENT & THE GRENADINES

## Be Fit Movement SVG

Be Fit Movement SVG is founded by former national cricketer and fitness guru, Lindon James. It encourages healthier lifestyles by emphasizing the importance of diet/nutrition and physical fitness. Participants are challenged with modern, refreshing and fun workout programmes twice daily at 5:30 am and 5:00 pm Monday to +Thursday at the Arnos Vale Sporting Complex. Contact:  
Lindon James  
Tel: 1-784 494-4917  
Email: [befitmovementsvg@gmail.com](mailto:befitmovementsvg@gmail.com)  
Facebook: Be FIT Movement SVG  
Instagram: [befitmovementsvg](https://www.instagram.com/befitmovementsvg)



Photo Credit: Be Fit Movement SVG



# ST. VINCENT & THE GRENADINES

## IDance Latin SVG

IDance Latin SVG beckons anyone wishing to learn latin dances- from absolute beginners to improvers / intermediate. All dance activities are available to singles, couples and small groups and promise to increase flexibility, coordination and good posture. Participants are also enticed to demonstrate their new or improved skills at dance practice parties on Friday and Saturday nights.

Contact:

Cuthbert Tucker

Tel: 784-533-4375 / 455-4291

Email: [idancelatinsvg@gmail.com](mailto:idancelatinsvg@gmail.com)

Facebook: [idancelatinsvg](#)

Instagram: [idancelatin](#)



Photo Credit: IDance Latin SVG

# VISIT ST. VINCENT & THE GRENADINES



Photo Credit: SVG Tourism Authority

To learn more about St. Vincent & the Grenadines,  
[www. discoversvg.com](http://www.discoversvg.com) or click on the following icon:





# 8

## PERFECT PLACES TO MEDITATE



Photo Credit: Grenada Tourism Authority



# ANTIGUA & BARBUDA

## Blue Bay Antigua B&B Homestay

In an idyllic Villa on the top of a hill facing a calm bay you'll find Blue Bay Antigua, 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 will host yoga weeks and retreats, with just nature around you. Visit our website [www.bluebayantigua.com](http://www.bluebayantigua.com).

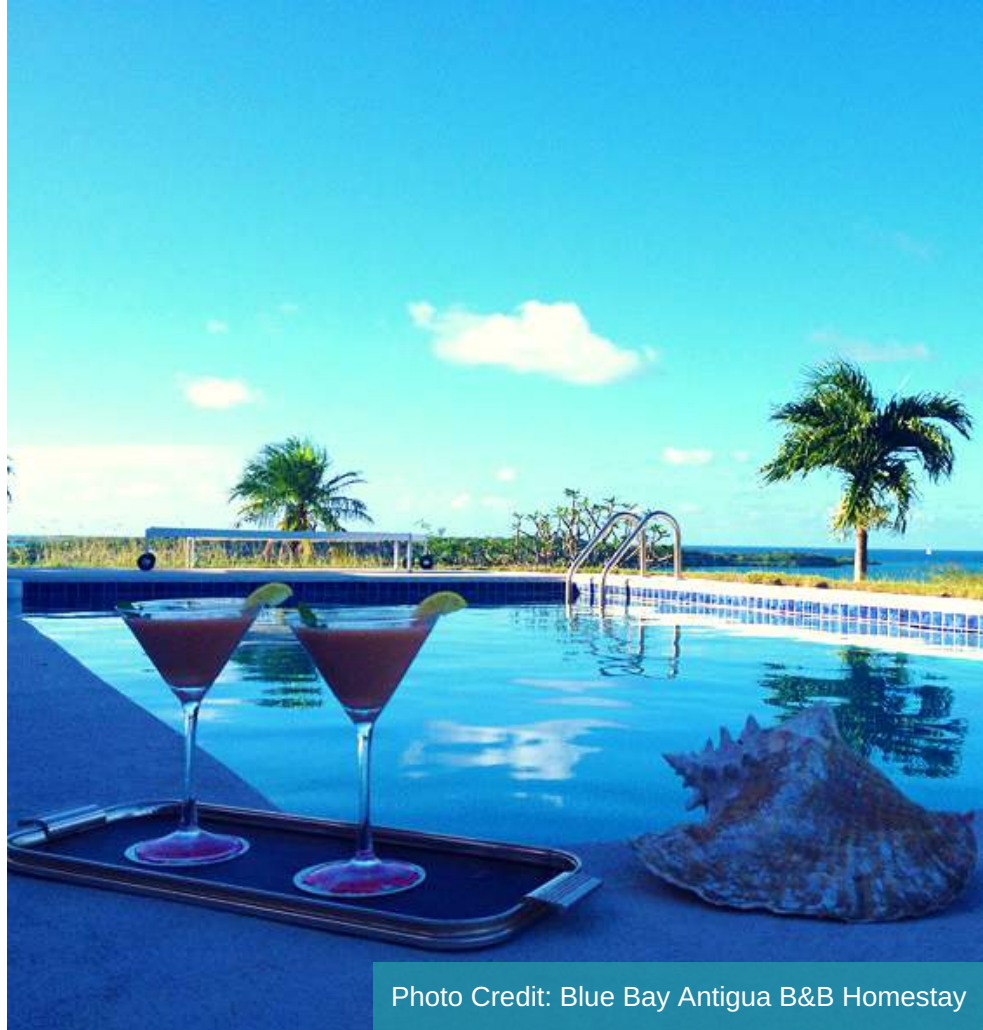


Photo Credit: Blue Bay Antigua B&B Homestay

# BARBADOS

## Drill Hall Beach

Drill Hall Beach is the meeting place for the peace seekers of mind, body, spirit as they meditate. Their meditations directly or indirectly balance the seven main chakra systems for health and vitality. <http://mindbodyspiritbarbados.com/meditation-class/>



Photo Credit: Mind. Body. Spirit. Barbados



# BELIZE

## Peaceful and relaxing environment at the Belize Boutique Resort & Spa

Belize Boutique Resort & Spa is a peaceful and relaxing haven on the mainland in the Mayan jungle of Belize. The lounge areas 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 rediscovering yourself or those close to you.

Perfect for those willing to embark on the journey to self-discovery.

Contact Information:

Melanie Nicholson

Belize Boutique Resort & Spa

US. 815 312 1237

BZ. 011 (501) 225 5555

F. 011 (501) 225 5506

Email: [reservation@belizeresortandspa.com](mailto:reservation@belizeresortandspa.com)

Website: [www.belizeresortandspa.com](http://www.belizeresortandspa.com)

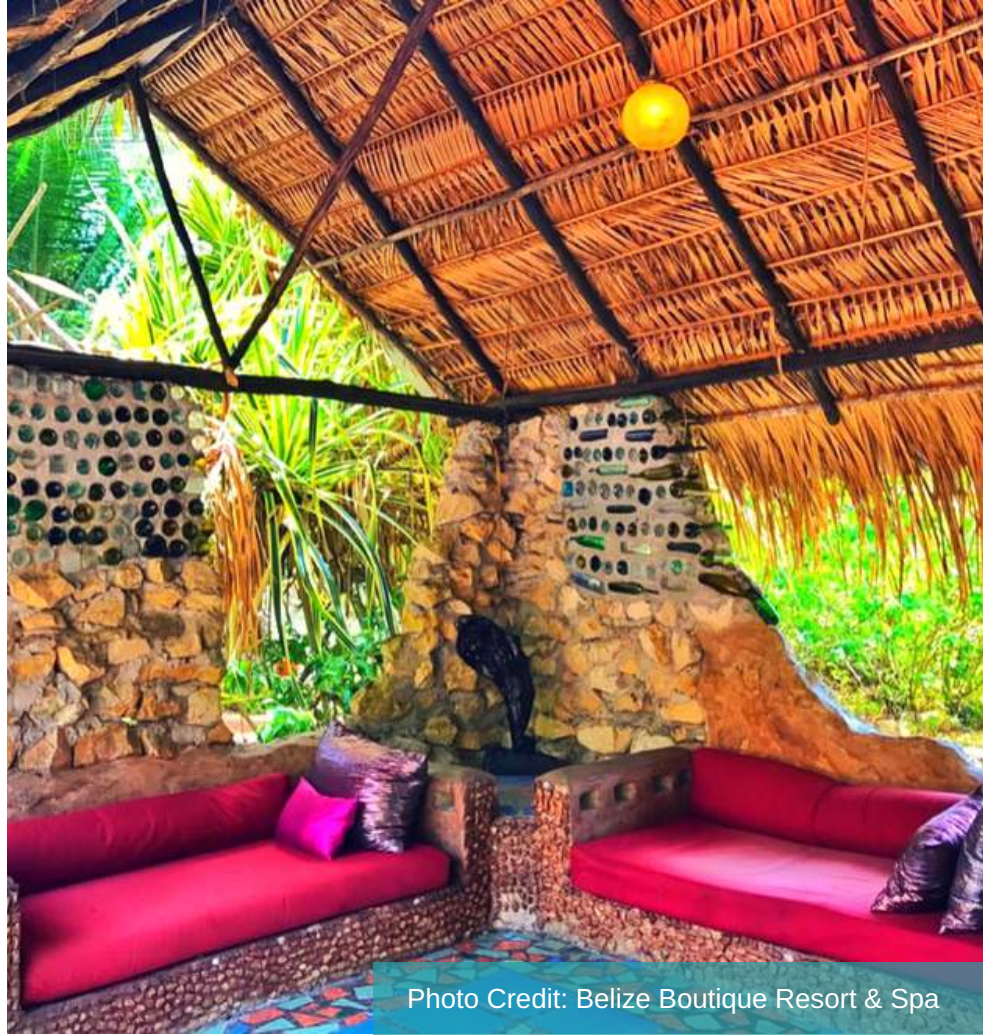


Photo Credit: Belize Boutique Resort & Spa

# THE CAYMAN ISLANDS

## No 11 Zen Garden

No.11 Spa believes that you can manifest a healthy external self by committing to a healthy internal self, and that peace, wellness, and calm can be achieved anywhere. The spa's peaceful Zen Garden will inspire you to look inward. Take in the surrounding nature, close your eyes and transport yourself to somewhere you feel light and free. Book your visit at [www.no11spa.com](http://www.no11spa.com).



Photo Credit: No. 11 Spa Cayman Islands



# CURAÇAO

## Ananda Meditation Resort

Ananda Wellness Retreat Curaçao is located on the western side of the island, secluded in the valley of Villapark Fontein. Ananda Wellness Retreat is a luxurious property with 8 private villas, 6 villas with a maximum of 4 to 5 persons and 3 for a maximum of 6 persons. Some villas include a meditation/ siesta private room. The property includes yoga and meditation platforms, a labyrinth in a tropical medicinal garden with swings, large outdoor swimming pool and jacuzzi and an open kitchen for group retreats. They also serve vegan, vegetarian, organic, ayurveda and farm to table dishes. For more information, please visit <https://www.anandacuracao.com> or email [sharon@ananda.cw](mailto:sharon@ananda.cw), +5999 864 2227.



Photo Credit: Ananda Wellness Retreat Curaçao



Photo Credit: Ananda Wellness Retreat Curaçao



# DOMINICA

## Natural Meditation

Nestled in the beautiful and mountainous village of Wotten Waven is the Ti Kwen Glo Cho. An array of hot sulphur pools provide a peaceful and tranquil atmosphere for relaxation and meditation.

Contact: 1767 295 4432 or 1 767 285 9131 or visit: <https://tikwenglocho.com/>

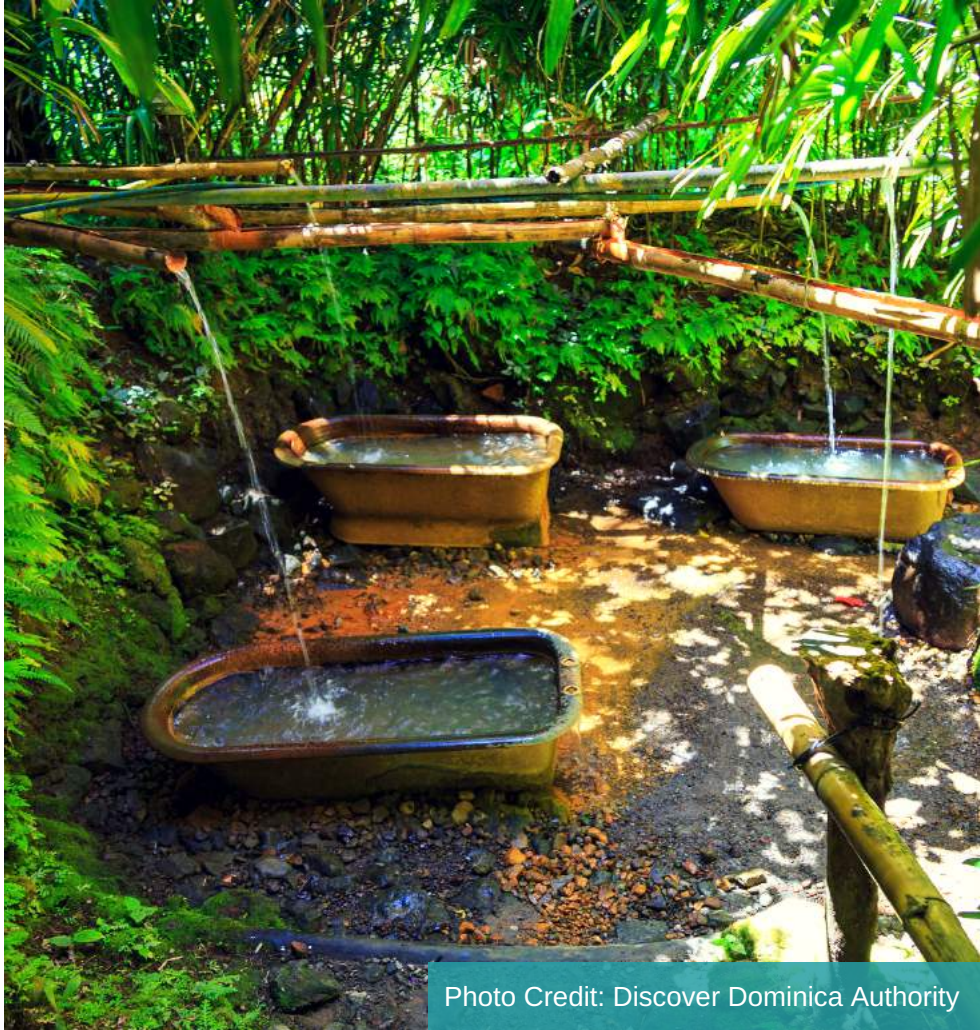


Photo Credit: Discover Dominica Authority

# DOMINICA

## Serene Meditation

The Freshwater Lake is located 6.1 miles from the City of Roseau and is a wonderful place to meditate and relieve all your stresses. This lake offers amazing views especially at the beginning and end of the day. Kayaking and rowboat tours are also offered at the lake and serve as a good way to rejuvenate, relax and meditate.

Contact: Claudette Rolle at 1 767 245 7061 or [dctai@outlook.com](mailto:dctai@outlook.com)



Photo Credit: Discover Dominica Authority



# GRENADA

## Spice Isle Meditation

Let the pure natural beauty of Grenada clear your mind as you meditate in the most calming places on the island. Hike up to the Welcome Stone and take in the breathtaking views during your meditation rituals. Or use a gazebo at the quiet Grand Etang Lake and let the sounds of nature and the smooth surface of the lake soothe your soul. Whatever kind of environment you seek for your meditation, you are sure to find it in Pure Grenada. Call the Grenada Tourism Authority at 473-440-2001 to get more locations.



Photo Credit: Grenada Tourism Authority

# VISIT GRENADA



Photo Credit: Grenada Tourism Authority

To learn more about Grenada, visit [www.puregrenada.com](http://www.puregrenada.com) or click on the following icon:





# GRENADA

## Grenada's Waterfalls

The crystal clear pools of Grenada's waterfalls provide the perfect place to dive in and immerse your senses in the beauty of your natural surroundings. Clear your mind and meditate under the refreshing cascade of water as you escape into your own world. Contact the Grenada Tourism Authority at 473-440-2001 or visit <http://www.puregrenada.com> for information on tours or directions.

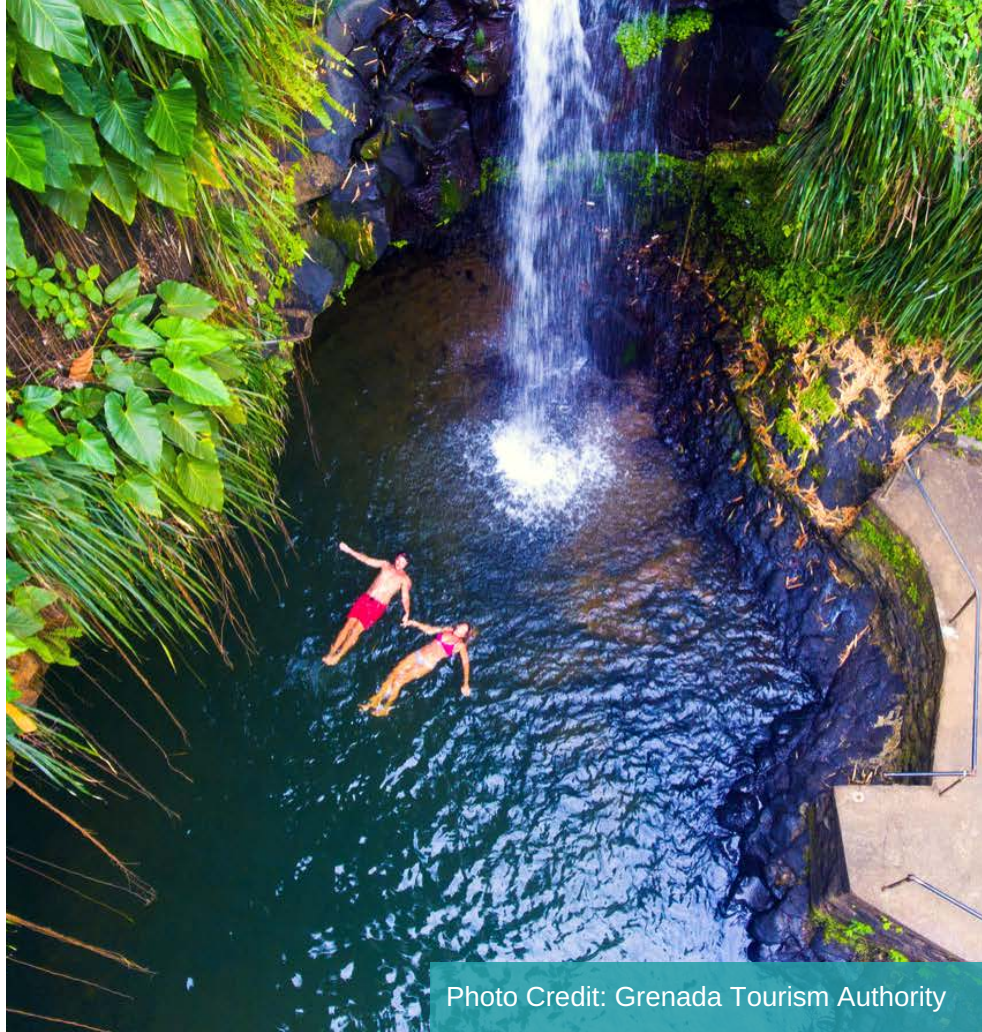


Photo Credit: Grenada Tourism Authority

# GRENADA

## Grenada's Beaches

You have a choice of relaxing on one of Grenada's 40 pristine white sandy beaches. Soak up some fine Grenadian sunshine, take a tan, curl up to read your favourite book, take a relaxing evening nap or just sit on the sand and enjoy the breeze or unwind. Our turquoise waters await to envelope you in its soothing embrace. Contact the Grenada Tourism Authority at 473-440-2001 or visit <http://www.puregrenada.com> for information on tours or directions.



Photo Credit: Grenada Tourism Authority



# NEVIS

## Lovers Beach

Lovers Beach is a quiet and secluded beach on the north coast of Nevis. The beach is almost always empty which provides the opportunity to relax and meditate without constant interruptions. All you hear is the waves lapping the seashore, which provides that calm feeling. The beach is open and free to the general public.



Photo Credit: Nevis Tourism Authority

# NEVIS

## Saddle Hill

Once a lookout point to British Admiral Horatio Nelson, Saddle Hill is located about 800 ft above sea level. The views from on top of Saddle Hill are breathtaking and leave visitors wanting to just relax and take in all that nature has to offer. Saddle Hill is an open and free attraction and involves about 30 minutes' walk to its summit.



Photo Credit: Nevis Tourism Authority



# VISIT SAINT LUCIA



To learn more about Saint Lucia, visit [www.stlucia.org](http://www.stlucia.org), or click on the following icon:



## SAINT LUCIA

### Deep Self-Reflection at Balenbouche Estate

Experience the ultimate awakening retreat at the gorgeous and magical Balenbouche Estate. Yoga each day and various opportunities for deep self-reflection as well as connection with others will inspire you to blossom into your biggest, beautiful self. Our carefully balanced and nutritious meals will cleanse and invigorate you physically. You will leave this retreat ready to step into the life you have always wanted <http://www.balenbouche.com/>.



Photo Credit: Balenbouche Estate



# 9 HIKING, MOUNTAIN/ROCK CLIMBING EVENTS



Photo Credit: Hike Caribbean



# ANTIGUA & BARBUDA

## Hike Caribbean

Based out of Sugar Ridge Antigua, but also covering St. Kitts and Nevis, Guadeloupe, Montserrat and Saint Lucia, Hike Caribbean shows you a different side to the Caribbean islands. We offer guided hiking tours across six islands including flights, transfers, expert guides and luxury, eco-friendly accommodation. Let us help you discover the natural beauty of the islands and help support our natural environment. Take nothing but pictures leave nothing but footprints, kill nothing but time. Contact info Antigua - Aidan McCauley (268) 736-9396 UK - Rob Davies +44 7849 244302 Email [robert.davies@sugaridgeantigua.com](mailto:robert.davies@sugaridgeantigua.com) Web-site – [www.hikecaribbean.com](http://www.hikecaribbean.com) (launches in April)



Photo Credit: Hike Caribbean

# BARBADOS

## Hike Barbados

Hike Barbados takes you through cane fields, gullies, tropical forests and coastal communities to explore the unique geological and social structure of Barbados. Hikes take place at set times in the morning, afternoon and even under the stars for a range of skill sets. <https://barbados.org/hike.htm>



Photo Credit: Barbados Tourism Marketing Inc.





Photo Credit: Hike Caribbean



# BARBADOS

## Coco Hills

Coco Hills is a beautiful rainforest that features birds, fresh water springs, tree ferns, bamboo groves, majestic Royal Palms and many fruit trees, spices and herbs. The highest point on the forest is at 1085 feet and overlooks the rugged east coast with amazing panoramic views.

<https://oceansprayapartments.com/cocohills/>

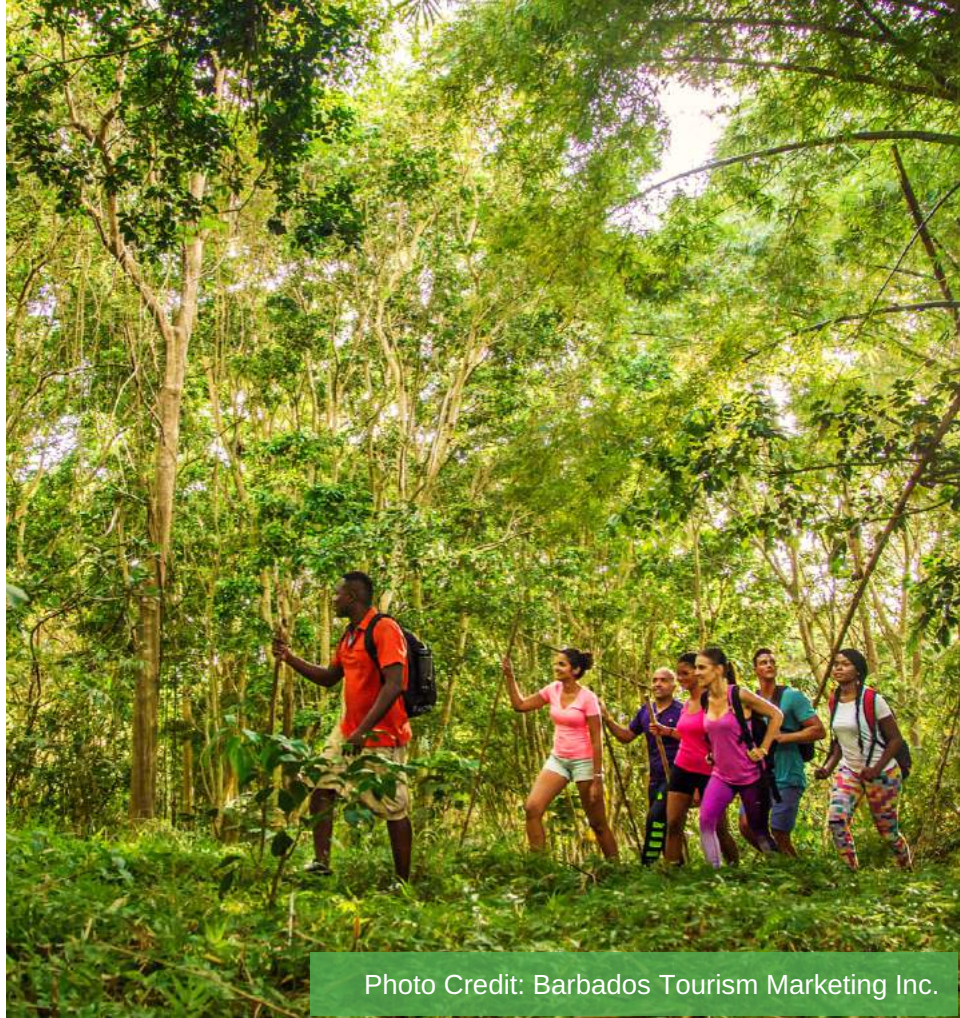


Photo Credit: Barbados Tourism Marketing Inc.

# THE CAYMAN ISLANDS

## Mastic Trail

The Mastic Reserve on Grand Cayman protects part of the largest contiguous area of untouched, old growth dry forest remaining on the island. This area represents some of the last remaining examples of the Caribbean's dry, subtropical, semi deciduous dry forest. Mastic Reserve is home to a wide variety of animals, plants and trees unique to the Cayman Islands. Schedule a Mastic Trail tour by visiting [www.nationaltrust.org.ky/mastic-trail-tour](http://www.nationaltrust.org.ky/mastic-trail-tour) or contact [smailer@nationaltrust.org.ky](mailto:smailer@nationaltrust.org.ky).



Photo Credit: Cayman Islands Department of Tourism



# CURAÇAO

## Christoffel National Park

Curaçao's most exhilarating fitness experience comes by the way of Christoffel National Park. Offering eight hiking trails, the park is teeming with more than 450 species of local flora and fauna, including orchids and cacti. The most challenging trail includes a two-hour hike up to the peak of Mount Christoffel, which rewards hikers with breathtaking views from its 1,227-foot vantage point. For more information, visit [christoffelpark.org](http://christoffelpark.org).

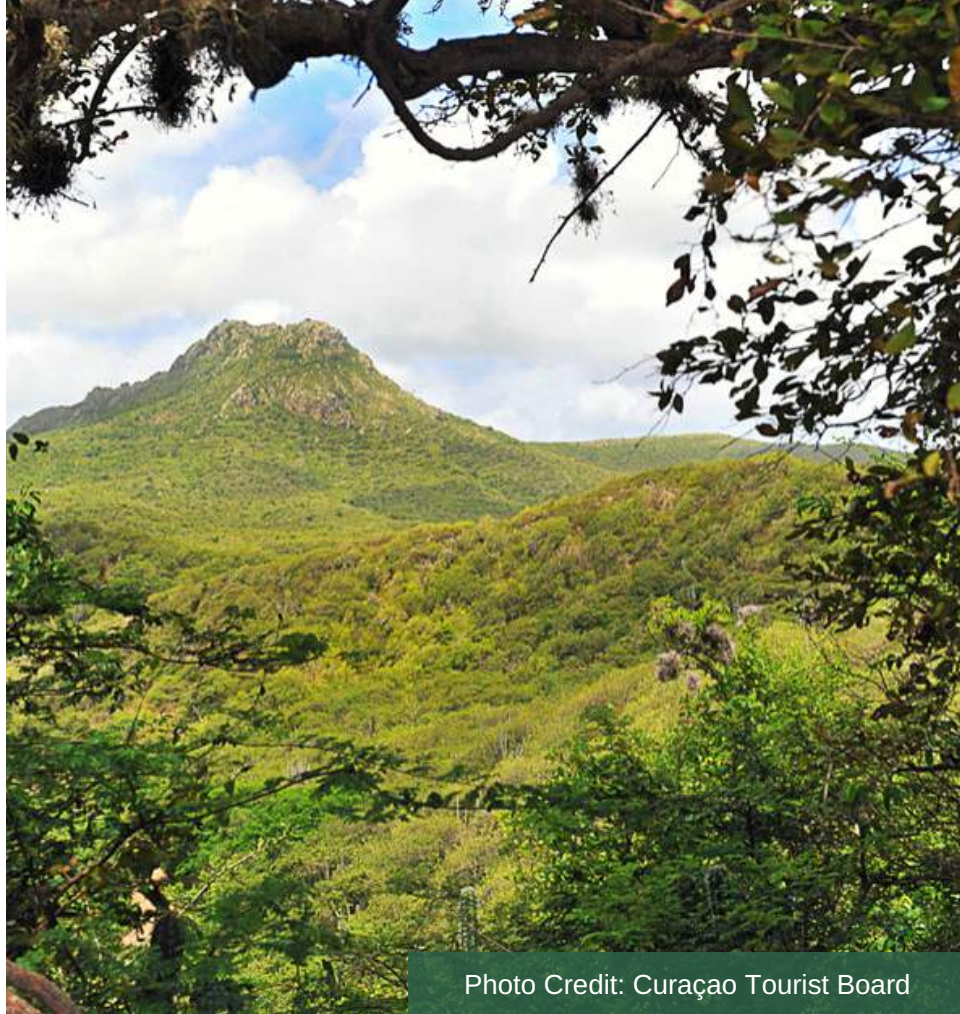


Photo Credit: Curaçao Tourist Board

# DOMINICA

## Middleham Falls

An hour-and-a-half intermediate hike will lead you into the rainforest of the Morne Trois Piton National Park. The falls are striking, with a narrow stream dropping about 200 ft. from a keyhole notch in the lip of the cliff. The pool beneath offers a refreshing swim.

Contact: Whitchurch Tours at 1 767 255 1167/ 1 767 448 2181 or [shipping@whitchurch.com](mailto:shipping@whitchurch.com)

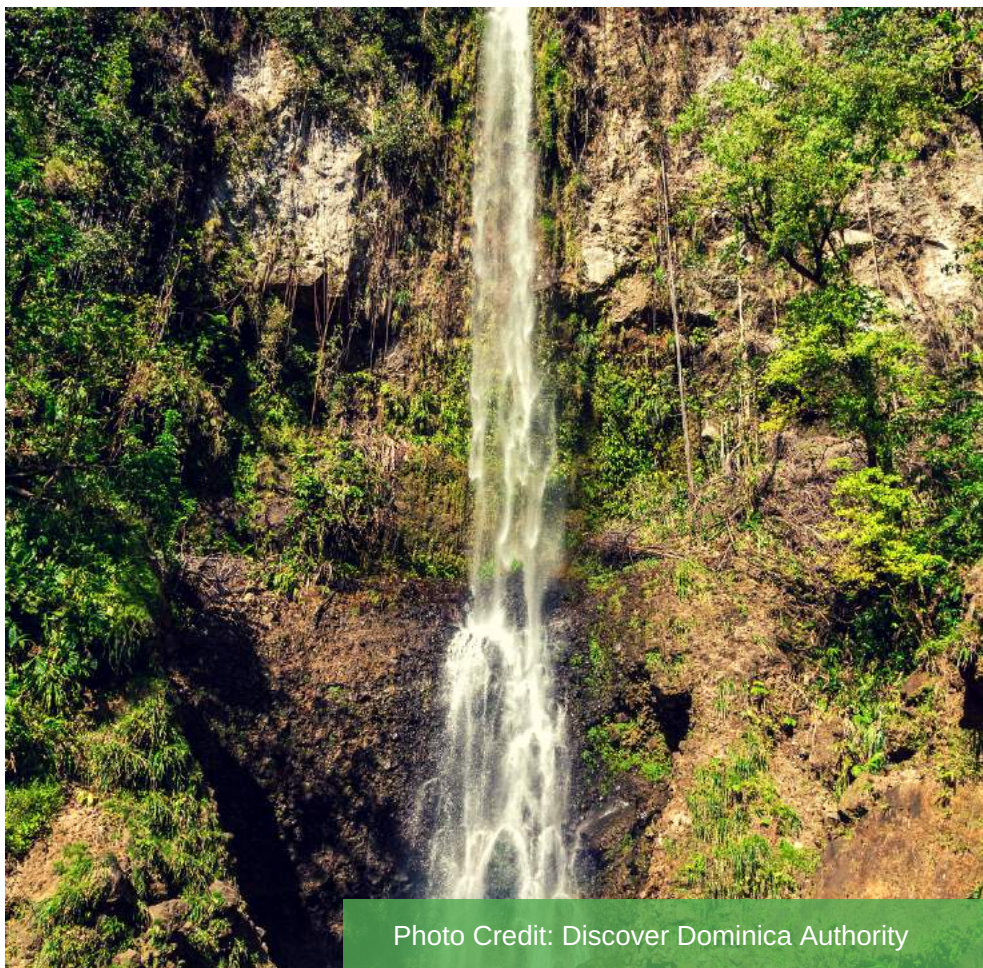


Photo Credit: Discover Dominica Authority



# DOMINICA

## Synidate Nature Trail

The Syndicate Nature Trail is a relatively simple route where the trail loops through the forest. There are great lookout points and the best place to spot the Jaco and the Sisserou Parrots and a variety of hummingbirds.

Contact: Whitchurch Tours at 1 767 255 1167/ 1 767 448 2181 or [shipping@whitchurch.com](mailto:shipping@whitchurch.com)

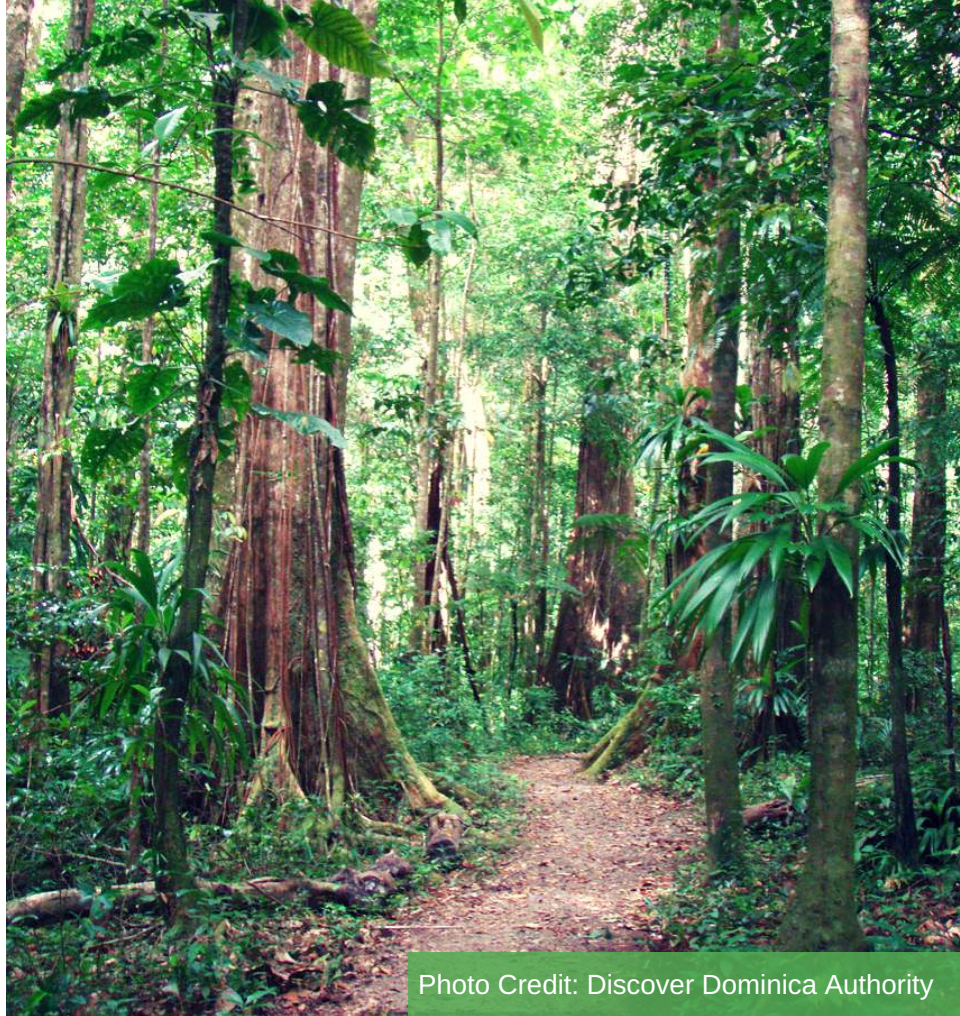


Photo Credit: Discover Dominica Authority

# DOMINICA

## Boeri Lake

The Boeri Lake is the highest lake in Dominica at an altitude of 2,850 ft. (869 m) and as such is often shielded in mist. Located on the slopes of Morne Micotrin in Morne Trois Pitons National Park, it can be reached by a trail a little over 1 mile (45 minutes' walk) from the Freshwater Lake.

Contact: Whitchurch Tours at 1 767 255 1167/ 1 767 448 2181 or [shipping@whitchurch.com](mailto:shipping@whitchurch.com)



Photo Credit: Discover Dominica Authority



# DOMINICA

## Waitukubuli National Trail Segment 5

Leaving from Pond Casse (also known as the 'roundabout' at the center of the island), Segment 5 of the Waitukubuli National Trail skirts the Morne Trois Pitons National Park, which is a UNESCO World Heritage Site. Heading east through rugged terrain where runaway slaves hid, you will arrive in Castle Bruce to the sounds of the Atlantic Ocean's waves crashing on the shoreline. Contact the trail office at 1-767-285-1408, [jilliannerobinson@gmail.com](mailto:jilliannerobinson@gmail.com)

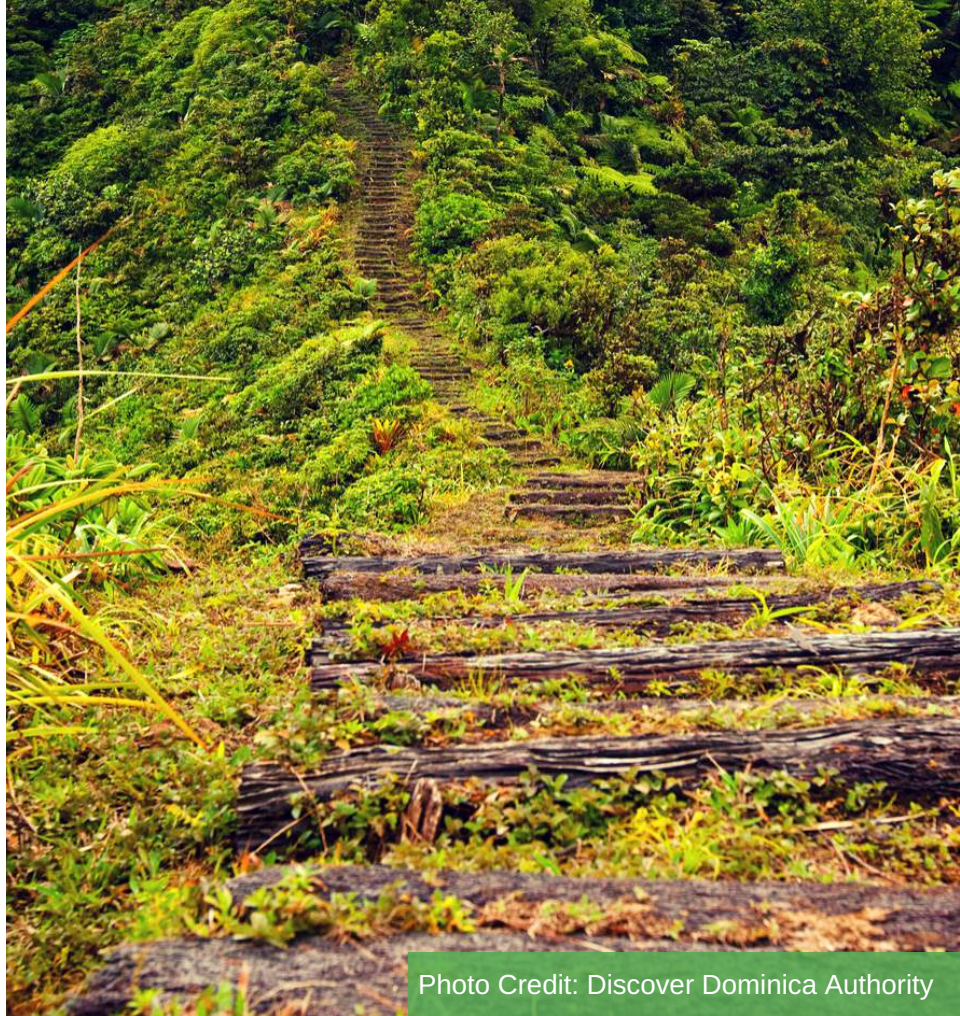


Photo Credit: Discover Dominica Authority

# GRENADA

## Grenada High Wire

Experience Grenada's newest eco attraction. Grenada High Wire is a canopy obstacle course that allows you to enjoy the spectacular scenery within the forest canopy as well as views of the river and Seven Sisters waterfalls. On your way to the attraction enjoy an invigorating hike and breathe in the fresh air. Challenge yourself and get that natural "high". Online bookings are taken at <http://www.grenadahighwire.com>



Photo Credit: Grenada Tourism Authority





Photo Credit: Grenada Tourism Authority



# GRENADA

## Hidden Treasure Tours

Born out of a television series that uncovered some of Grenada's well-kept natural secrets, Hidden Treasures Tours relaunched at the beginning of 2017 with so much to offer. Tours take you off the beaten path through coastal respites, interior high and middle range hikes, hidden waterfalls and breathtaking ridges to free your mind and spirit. Contact Hidden Treasure Tours at Telephone: (473) 459-1582.



Photo Credit: Grenada Tourism Authority

# NEVIS

## Nevis Peak

Your hike begins and ends in the quiet village of Zetlands. This hike travelling up to the Nevis Peak 3232ft provides one of the greatest first hand opportunities to see the interior of this relatively undeveloped mountain. This hike travels up and down the same side of the slope.

Perfect for all levels of climbers, though with a few challenging and adventurous sections, there is an abundance of natural vegetation providing a wide canopy and unparalleled views over a wide expanse of the island.

Views as far as Rawlins Village, Indian Castle, Saddle Hill, Long Point and Charlestown our Island's capital, and on a clear day neighbouring islands such Montserrat, St. Kitts and Antigua can also be seen. This is perfect for intermediate and experienced hikers.

Contact Reggie @ Nevis Adventure Tours  
Phone: 1-869-765-4158 or 664-0992  
Email: [greenedge2011@hotmail.com](mailto:greenedge2011@hotmail.com)



Photo Credit: Nevis Tourism Authority



# NEVIS

## Russell's Rest Nature Trail

Take a moderately challenging hike to Russell's Rest Nature Trail. Your tour begins at the ruins of the old Russell plantation in St. James parish which dates back to the 1650's. This tour is on the Atlantic side of the island.

Along the route see remnants of Nevis' past sugar history and learn about the site's origin. Walk through an abundance of natural vegetation providing a wide canopy overhead, lush tropical rain forest, enchanting ravines and waterfalls forming the water source in St. James. Also, view the diverse flora and fauna, monkeys, cocoa trees and a variety of fruit trees. Enjoy breathtaking vistas of the Atlantic Ocean. This tour provides a great first hand exploration into the beautiful, relatively unexplored interior of the island. Contact Reggie @ Nevis Adventure Tours  
Phone: 1-869-765-4158 or 664-0992  
Email: [greenedge2011@hotmail.com](mailto:greenedge2011@hotmail.com)



Photo Credit: Nevis Tourism Authority

# SAINT LUCIA

## Tet Paul Nature Trail

Explore the Saint Lucia Tet Paul Nature Trail, Saint. Lucia Outback, a living testament to St. Lucia natural beauty and unique cultural heritage. Tet Paul Nature Hiking Trail gives visitors a rarely seen glimpse of Saint Lucia. The views from the Tet Paul scenic trail have been described as absolutely heavenly. There's something for everyone on the Tet Paul hike. Culture, history, exotic horticulture and spectacular landscapes can all be found on this tour.

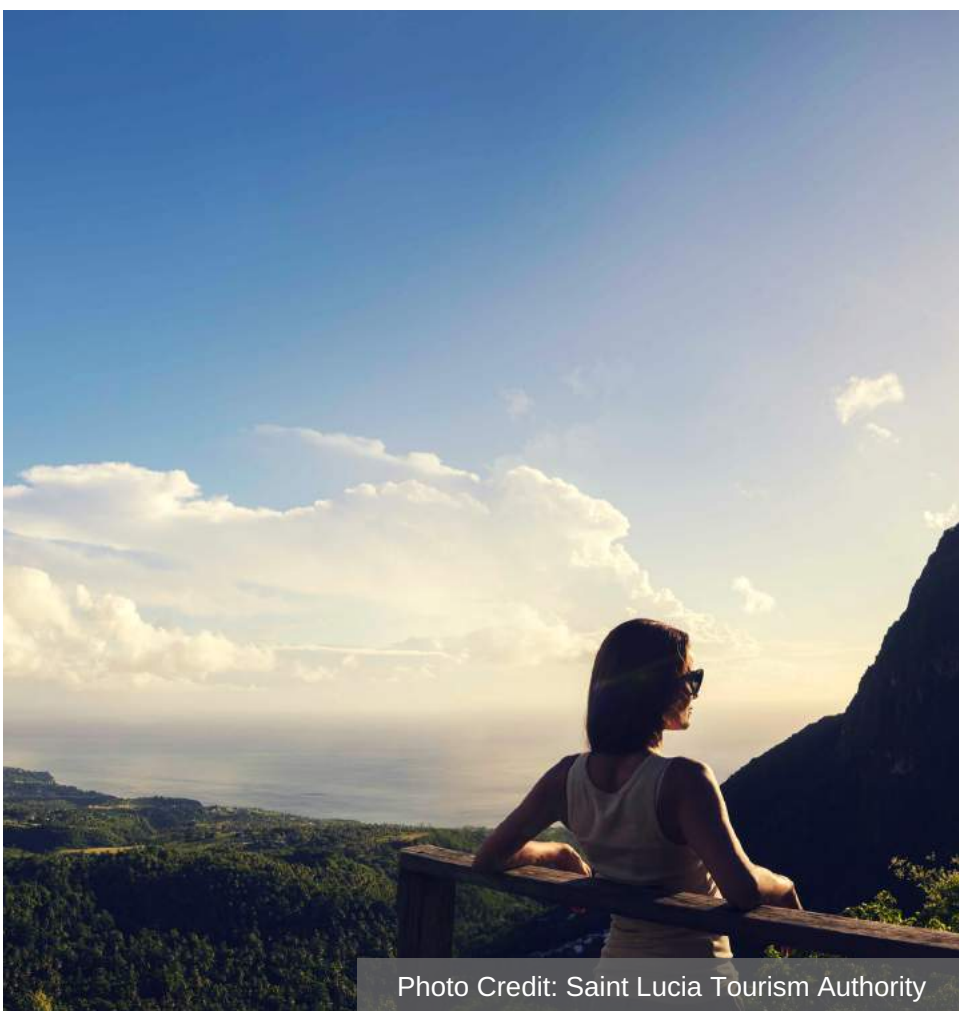


Photo Credit: Saint Lucia Tourism Authority



# SAINT LUCIA

## Gros Piton Hike

Towering nearly 3,000 feet above sea level, the majestic peak of Gros Piton, along with its twin peak Petit Piton, dominates the western coast of Saint Lucia. Enjoy an exhilarating climb to the summit, accompanied by a knowledgeable guide, as you ascend the rugged trail which winds around the mountain with panoramic views in every direction. <http://www.grospiton.com/>



Photo Credit: Saint Lucia Tourism Authority

# SAINT LUCIA

## Marigot Bay Ridge Climb- Capella Marigot Bay Resort & Marina

The Marigot ridge trail is located across the bay and offers spectacular views of Marigot Bay. We'll ferry you across to start your moderate to strenuous climb. You'll see the island's tallest peak, (Mount Gimie, which measures 950 meters or 3117 feet in height), and the many celebrity villas and mansions dotted around the hillside. At the highest point of the ridge trail you will find a meditation platform, Follow along the trail to the western edge for a spectacular view of the neighboring Island of Martinique and the Caribbean Sea. Contact 1-758-458-5300 [res.marigotbay@capellahotels.com](mailto:res.marigotbay@capellahotels.com) <https://www.marigotbayresort.com/>



Photo Credit: Saint Lucia Tourism Authority



# TOBAGO

## Nature walks through the woods surrounding the Cuffie River Estate

Embrace the flora, fauna and bird life as you acquaint yourself with Tobago by visiting our old sugar mills, taste cocoa picked from the trees for your enjoyment, chew on sugar cane that we cut for you and drink fresh, sweet coconut water straight from the nut. And, of course, bird watch with a trained and experienced guide and view species both rare and lovely.

Contact: [nature@Cuffie-River.com](mailto:nature@Cuffie-River.com) / +868-660-0606 /  
North American - Janine Taylor Tel No 1-774-274-2385  
Email [janine.o.taylor@gmail.com](mailto:janine.o.taylor@gmail.com)  
UK & Europe - John Cook Email  
[cuffirivinfo@btinternet.com](mailto:cuffirivinfo@btinternet.com)



Photo Credit: Tobago Tourism Authority

# TRINIDAD

## Volcano Mud Baths

Hike through an abandoned sugar cane plantation and teak forest which consists of undulating hills with gentle inclines (you will be exposed to the sun). The mud volcano is a large circular pool of clayfilled material. At the centre, there are active vents which can be identified by the bubbles at the surface. It is said that the mud from the volcanoes cleans and rejuvenates your skin.

Contact:

Island Experiences

Website: <http://www.islandexperiencestt.com>

Phone: 1.868.621.007

Email: [admin@islandexperiencestt.com](mailto:admin@islandexperiencestt.com)



Photo Credit: Trinidad & Tobago Ministry of Tourism





Photo Credit: Trinidad & Tobago Ministry of Tourism



# 10 WANDERLUST FESTIVALS



Photo Credit: Barbados Tourism Marketing Inc.



# BARBADOS

## Barbados Beach & Wellness Festival

This year we will host the second installation of the Barbados Beach and Wellness Festival. Slated for September, this festival will feature a medley of health and wellness activities right on the beach in true island style. Last year saw scores flocking to partake in yoga, cross fit, SUP yoga, bowspring, tai chi, beach tennis and many other classes, against the backdrop of the beautiful Caribbean Sea. Also featured were delicious health food stalls, clothing, jewellery and entertainment into the night.

This year's festival promises to be even bigger and better, incorporating the Year of Culinary Experiences 2018. For more information, see: <https://www.visitbarbados.org/the-barbados-beach-and-wellness-festival>



Photo Credit: Barbados Tourism Marketing Inc.

# CURAÇAO

## VegFest

Avila Beach Hotel is going green this spring with Vegfest, a day dedicated to foodies and delicious plant-based meals. On 7 April, attendees can enjoy a series of live cooking demos using natural homemade products and organic produce, along with workshops, massages, yoga classes and live entertainment. The event takes place from 4-9 p.m. and is open for guests of all ages. For more information, visit [AvilaBeachHotel.com/events](http://AvilaBeachHotel.com/events).





# GRENADA

## Pure Grenada Music Festival

Music feeds the soul and the rich blend of music at the Pure Grenada Music Festival will have you immersing yourself in the sweet sound of reggae, soca, soul and world music. The Port Louis grounds provides a stunning venue set against the backdrop of Grenada's picturesque Carenage harbour and the atmosphere of one love will have you unwinding, relaxing and dancing the night away. For more information, visit <http://www.grenadamusicfestival.com/>

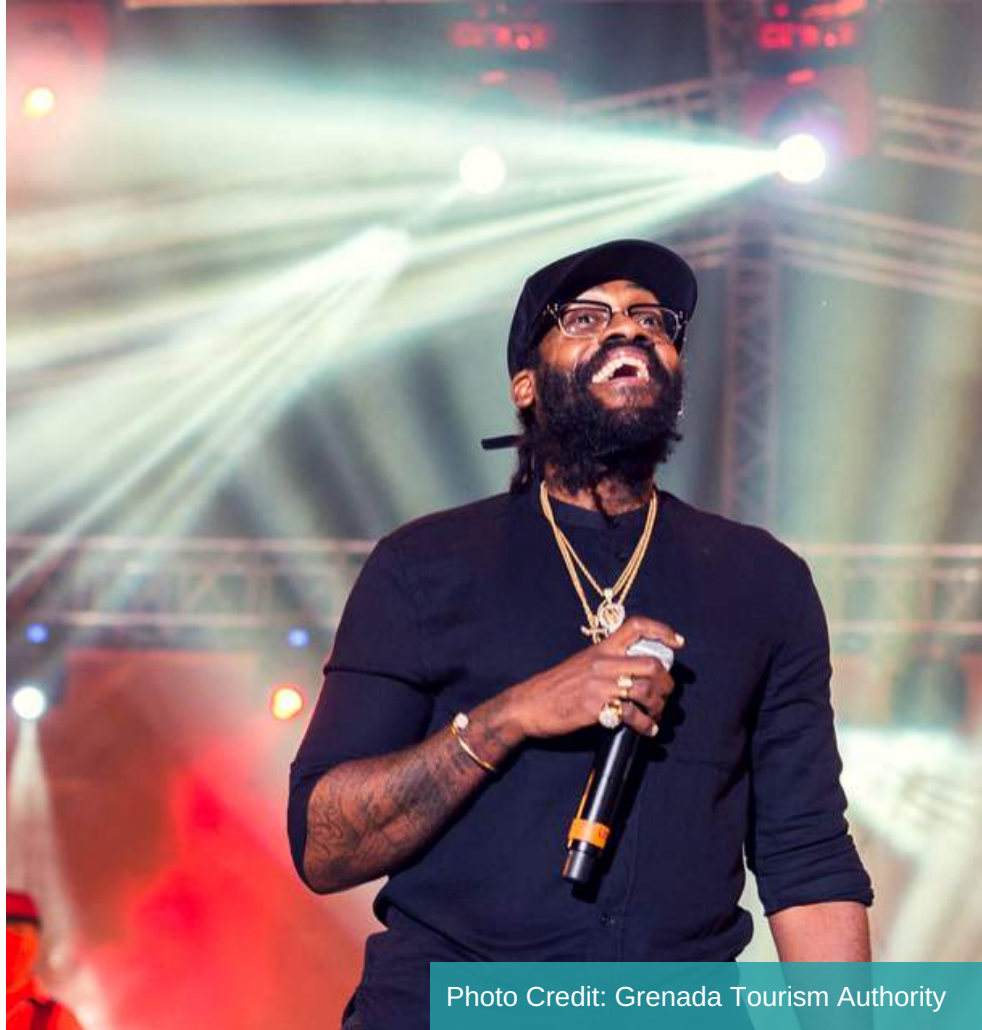


Photo Credit: Grenada Tourism Authority

# NEVIS

## Nevis Mango & Feed Festival

A Caribbean food festival which is 100 per cent unique. It happens in Nevis and combines two of the island's key selling points: its exceptional culinary scene and its over 40 varieties of mangos. The essence of the festival is a creative challenge presented to all participating chefs. Their brief is that every course of every meal must have Nevis mangos incorporated into them. This presents a unique experience for the diners as everything they eat at the festival will be a new and delicious experience not before experienced and unlikely to be replicated.

Nevis Tourism Authority  
Tel: 1 869 469 7550/1042  
USA: 1 407 287 5204  
Canada: 1 403 770 6697  
UK: +44(0)1305233107  
Email: [info@nevisisland.com](mailto:info@nevisisland.com)  
Website: [www.nevismangofest.com](http://www.nevismangofest.com)  
[www.nevisisland.com](http://www.nevisisland.com)



Photo Credit: Nevis Tourism Authority





Photo Credit: Grenada Tourism Authority



# TRINIDAD

## Poui Festival

Trinidad and Tobago's 2017 Junior Minister of Tourism will celebrate the beauty of the Poui tree, by hosting a Poui Festival.

The one-day festival will be held in April, at Trinidad's Queen's Park Savannah, which boasts the largest roundabout in the western hemisphere.

This Poui Festival will showcase the talent and creativity of Trinidad and Tobago, as well as preserve, protect and celebrate our diverse culture. The Poui Festival will be a relaxing and rejuvenating experience, encouraging patrons to wind down from the excitement and stress of the carnival season. It will also promote healthcare through the sale of organic local products.

Contact: [mintourism@tourism.gov.tt](mailto:mintourism@tourism.gov.tt)



# VISIT TRINIDAD & TOBAGO



Photo Credit: Trinidad & Tobago Ministry of Tourism

To learn more about Trinidad & Tobago,  
visit [www.tourism.gov.tt](http://www.tourism.gov.tt) or click on the following icon:





# 11 OBSTACLE COURSE CHALLENGES



Photo Credit: Bay Gardens Resort



# BARBADOS

## The Barbados Ninja Throwdown

The Barbados Ninja Throwdown features a breathtaking obstacle course which has been built by professionals to international standards.

<https://www.facebook.com/barbadosninjathrowdown/>



Photo Credit: Barbados Ninja Throwdown Facebook Page

# SAINT LUCIA

## Splash into shape with Bay Gardens Resorts Obstacle Courses

Maintain your physical fitness and wellness whilst vacationing at Bay Gardens. Splash Island Water Park, the Caribbean's first open water sports park, features dozens of obstacle courses including trampoline challenges, climbing walls, slides, swings and more, perfectly designed for a fun and fit retreat in the Saint Lucian sun. Best of all, receive up to six complimentary passes when you book your stay at Bay Gardens properties. For more information, call (758) 457-8532, visit [www.baygardensresorts.com/splash-island](http://www.baygardensresorts.com/splash-island) or email [marketing@baygardens.com](mailto:marketing@baygardens.com) to book TODAY!

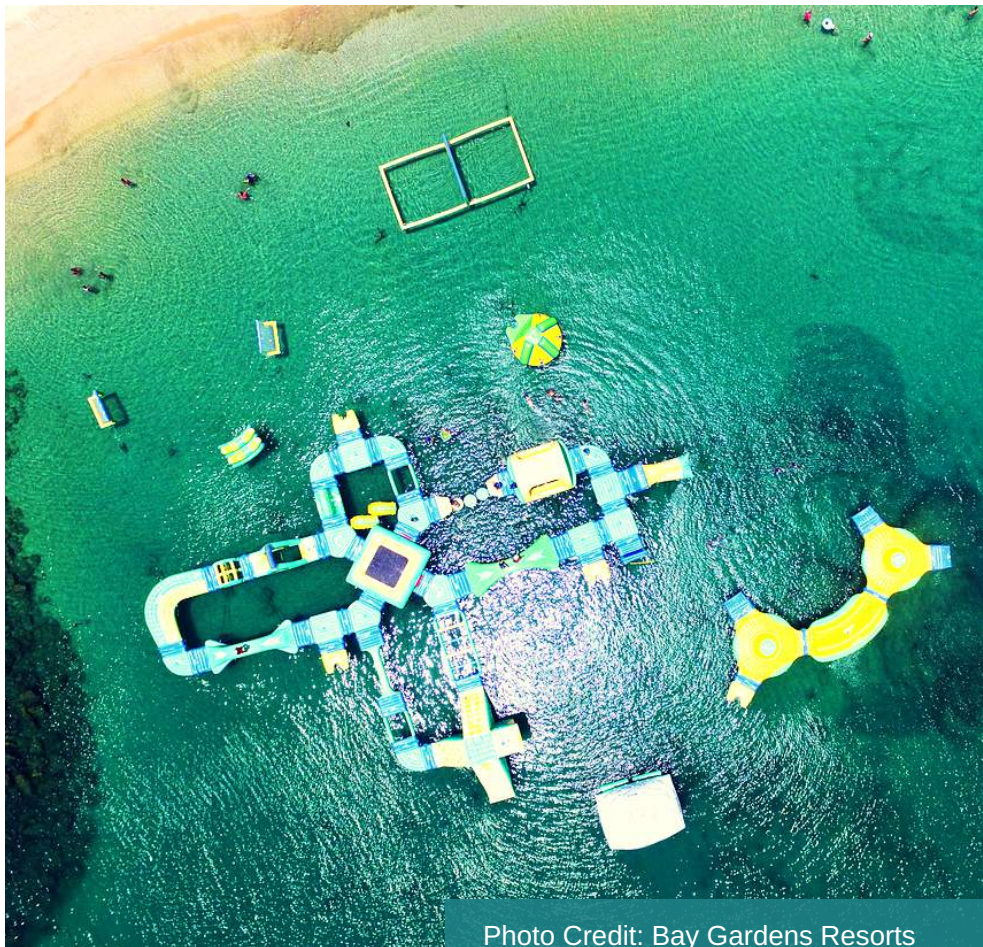


Photo Credit: Bay Gardens Resorts



# ST. VINCENT & THE GRENADINES

## Obstacle Trail blazer

The 2018 Obstacle trail blazer takes place in September. This trail is located in the forested Mt. Wynne area on the leeward side of St. Vincent and promises a lesson in endurance for anyone that is up to the challenge.

Contact:

Keyon Constance

Tel: 1 784 532 0710

Email: [keyonconstance@hotmail.com](mailto:keyonconstance@hotmail.com)

Facebook: [keyonconstance/islandwidefitness](https://www.facebook.com/keyonconstance/islandwidefitness)

Instagram: [islandwidefitness](https://www.instagram.com/islandwidefitness)



Photo Credit: Island Wide Fitness



## VISIT DOMINICA

Photo Credit: Discover Dominica Authority

To learn more about Dominica, visit  
[www.dominica.dm](http://www.dominica.dm) or click on the following icon:





# 12 REVIVE & RECUPERATE PLACES



Photo Source : Pixabay



# THE CAYMAN ISLANDS

## DaVinci Wellness Centre (Grand Cayman)

The DaVinci Centre on Grand Cayman is an exclusive wellness and alternative therapies centre specialising in the art of preventative and regenerative medicine. The centre is dedicated to offering peaceful and relaxing services which include massage therapy, acupuncture and Chinese medicine, Reiki, hypnotherapy and more. Schedule an appointment at [www.davinciwellnesscentre.com](http://www.davinciwellnesscentre.com) or contact [info@davinciwellnesscentre.com](mailto:info@davinciwellnesscentre.com).

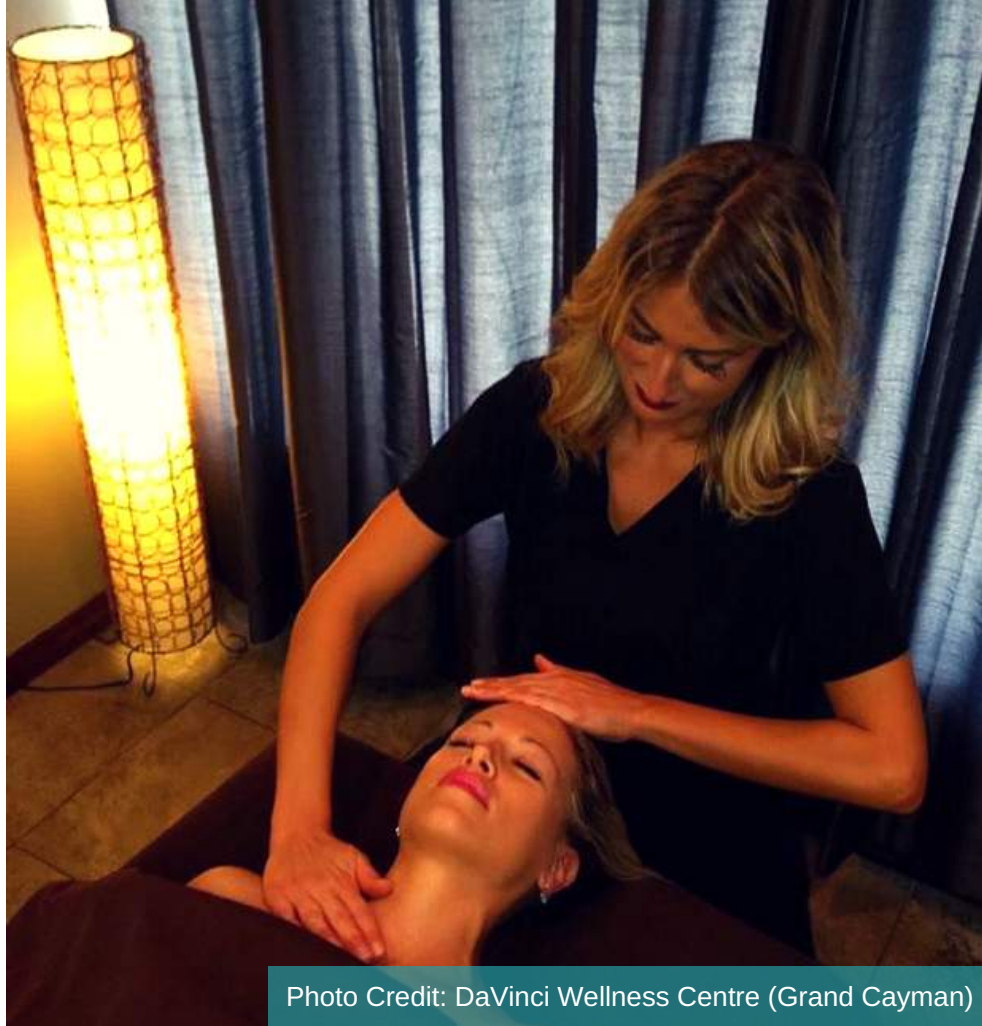


Photo Credit: DaVinci Wellness Centre (Grand Cayman)

# JAMAICA

## Jackie's on the Reef

Located in the West End of Negril, Jackie's on the Reef is a hidden oasis providing morning yoga and meditation classes, spa treatments, workshops, and retreats on an open veranda facing the Caribbean Sea.

Website: <http://www.jackiesonthereef.com/>

Phone: (718) 469-2785/ (876) 957-4997

Email: [jackiesonthereef@rcn.com](mailto:jackiesonthereef@rcn.com)



Photo Credit: Jackie's on the Reef Facebook Page



# 13 SPA ACTIVITIES & PARTIES



Photo Credit: No 11 Spa



# ANGUILLA

## Zemi Thai House Spa, Zemi Beach House Hotel & Spa

Housed within an authentic 300-year-old Thai house, the serene and luxurious Zemi Thai House Spa features Anguilla's only hammam, as well as five multifunction treatment rooms with showers, relaxation areas with beautiful views, a fresh juice bar and a wellness boutique. Our holistic therapies are inspired by the wellness rituals of the ancient Taino people who once inhabited Anguilla.

P. +1 (264) 584-0001

US Toll Free +1 (844) 363-5465

[www.zemibeach.com](http://www.zemibeach.com)



Photo Credit: Zemi Beach House Hotel & Spa

# ANGUILLA

## Venus Spa, The Reef by CuisinArt

Bathed in the elements of sun, sea, wind and earth, your passage to rejuvenation begins with the elegant Venus Spa, offering the latest in therapeutic treatments and spa technology, and delivering the highest standards of customer service. Treatment Rooms include Couples and VIP suites with outdoor terraces and showers. Services include customized facials, hydrotherapy, aromatherapy massages, anti-aging treatments, and more.

Contact: Catherine Phillips | Spa Director

P: 264-498-2000 ext 3850

E. [cphillips@cuisinart.ai](mailto:cphillips@cuisinart.ai)

[www.thereefbycuisinart.com](http://www.thereefbycuisinart.com)



Photo Credit: Venus Spa, The Reef by CuisinArt



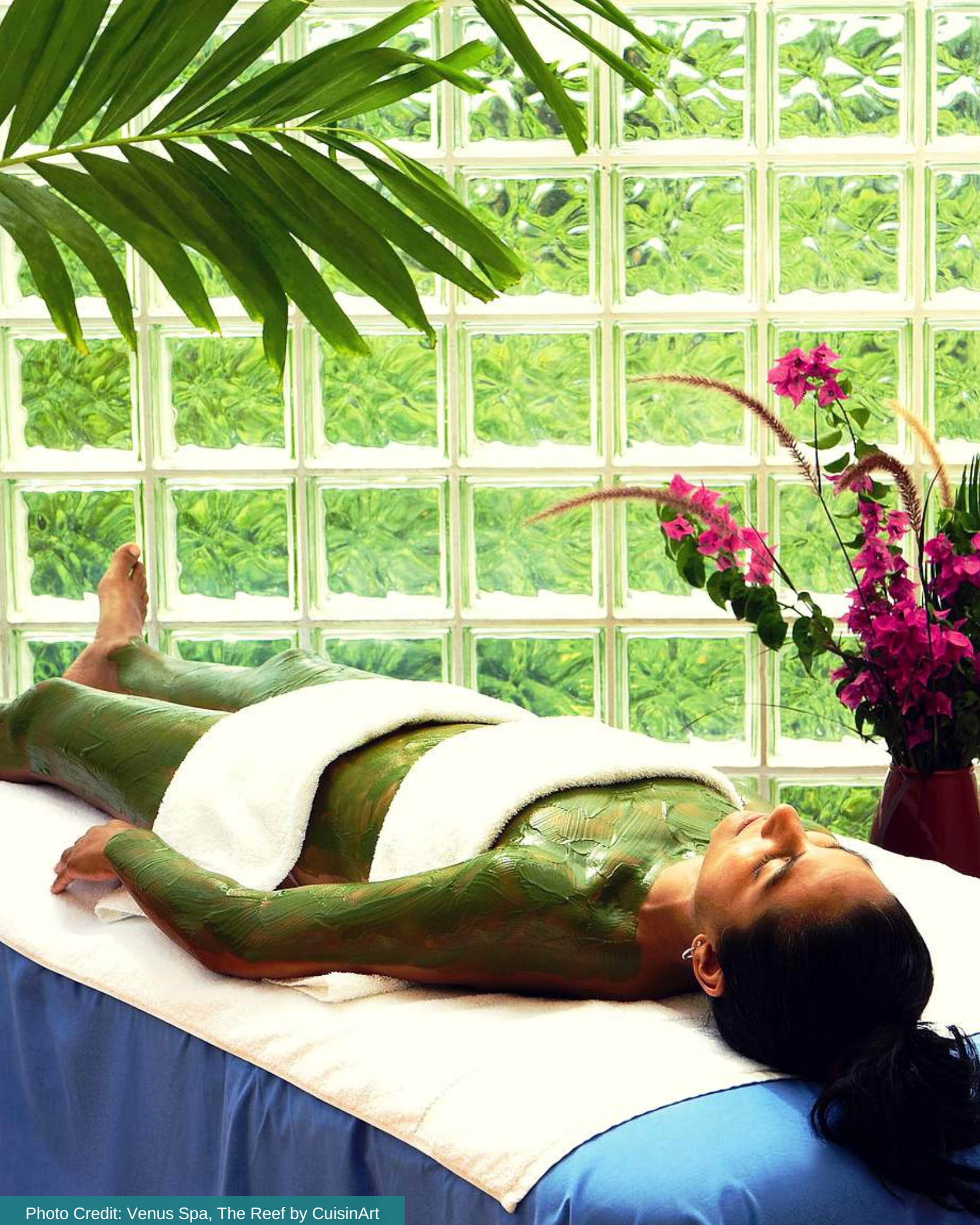


Photo Credit: Venus Spa, The Reef by CuisinArt



# ANGUILLA

## Spa at Four Seasons

The Spa at Four Seasons offers transformative wellness experiences for every part of you, including your inner being. Our luxury beachfront spa, overlooking the Caribbean Sea, features individual and couples' treatment rooms, salon services and an outdoor infinity pool. Our signature Double Rainbow treatment performed by two therapists begins with a skin-illuminating facial followed by a relaxing massage.

Contact:

US Toll Free +1 800 201 9580

E. [www.fourseasons.com/anguilla/](http://www.fourseasons.com/anguilla/)



# ANGUILLA

## Malakh Day Spa, Shoal Bay East

For a truly unique Anguilla beach spa experience, Malakh offers an extensive array of spa services, including massages, reflexology, nail treatments, facials and body wraps for individuals, duos and larger groups. Special services include the Wedding Bliss, specifically for the bride and groom; Caring Companions for two friends, sisters, mother-daughter or any other duo; and beach Yoga sessions (by appointment).

Contact:

P: 264-584-7857

E: [marissia@malakhdayspa.com](mailto:marissia@malakhdayspa.com)

W. [www.malakhdayspa.com](http://www.malakhdayspa.com)





# BAHAMAS

## Island House Resort & Spa

Trade the denim for Asana and get into the vibe of total wellness. De-stress and decompress at this quaint hideaway as you are certain to tap into another frequency. Every sense is heightened in its serenity. Recharge as the organic dishes bring back your vitality and take in the green virtue of the farmer's market. To experience it for yourself, visit The Island House

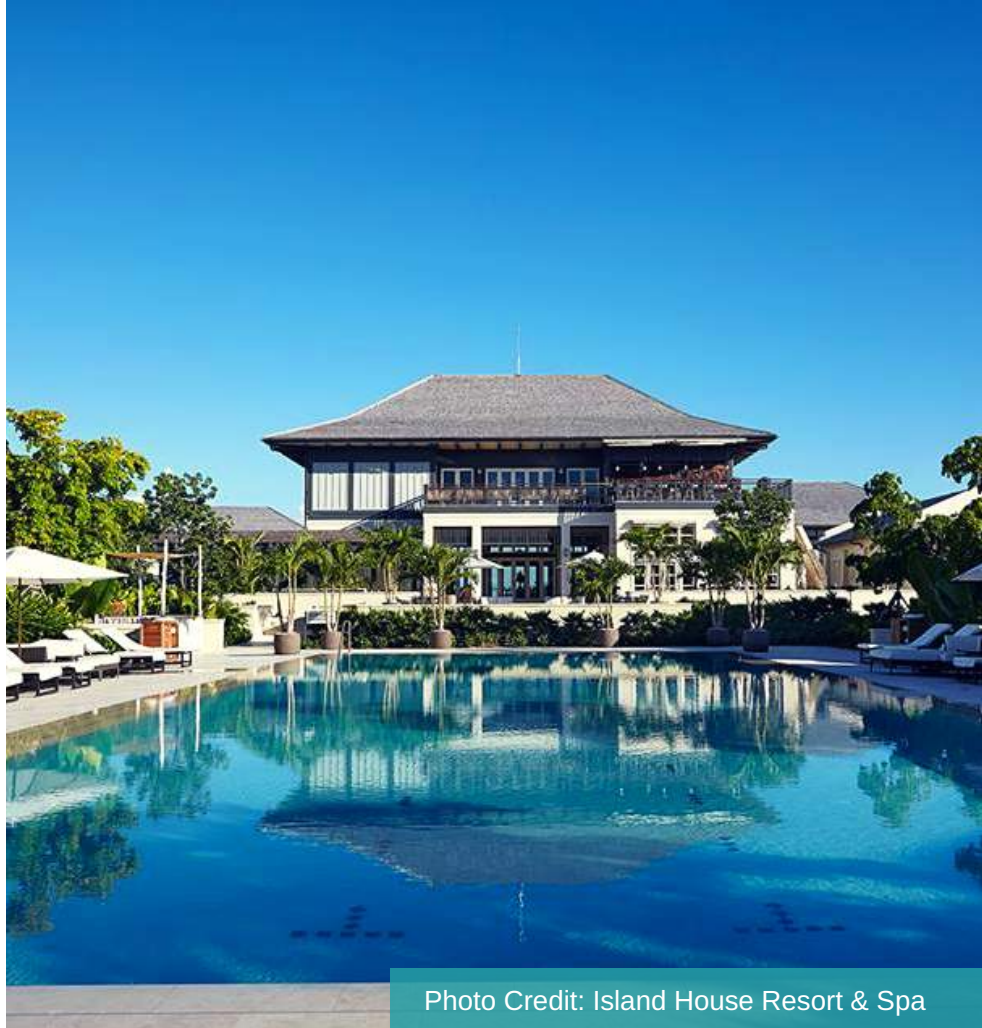


Photo Credit: Island House Resort & Spa

# CAYMAN ISLANDS

## Le Bespoke Circuit at No11 Spa

Named after the number 11 mango, this boutique holistic and medical spa, wellness mecca and eco-beauty retail store is a slice of Caribbean heaven in Grand Cayman's only off-the-grid commercial centre. For more information, visit [www.no11spa.com](http://www.no11spa.com) or contact [info@no11spa.com](mailto:info@no11spa.com) / 345-526-6611.

Don't underestimate the importance of rest and rejuvenation. No.11 Spa's signature relaxation ritual, Le Bespoke Circuit, is a remedy for tension, fatigue, and aching muscles. The 90-minute ritual includes an infrared sauna, an aromatherapy shower, and a deep period of rest in an oversized soaker tub, filled with a custom blend of organic salts, herbs, flowers, fruits and essential oils. Book online at [www.no11spa.com](http://www.no11spa.com).



Photo Credit: No11 Spa



# GRENADA

## Wellness at LaLuna

Laluna is known as one of the Caribbean's premier wellness resorts. The hotel's wellness sanctuary includes an Asian spa, beachfront yoga pavilion, sustainable organic garden, and state-of-the-art gym. The spa features professional Balinese masseuses utilizing Eastern techniques for massage, facial, hand treatments, and more. The open-air yoga pavilion is home to various styles of yoga, as well as a monthly full moon meditation session. Visit <http://laluna.com> to learn more.



Photo Credit: Grenada Tourism Authority

# CAYMAN ISLANDS

## La Prairie Silver Rain Spa at The Ritz-Carlton, Grand Cayman

A sanctuary noted for mixing Swiss science with the sensual delights of the tropics, the La Prairie Silver Rain Spa celebrates the healing energy of water in all forms and the spa also offers exclusive La Prairie fragrances that are only native to the spa. To reserve a spa treatment, call (345) 815-6900 or e-mail [rc.gcmrz.spa@ritzcarlton.com](mailto:rc.gcmrz.spa@ritzcarlton.com). For more information, visit [www.ritzcarlton.com/en/hotels/caribbean/grand-cayman/spa](http://www.ritzcarlton.com/en/hotels/caribbean/grand-cayman/spa).

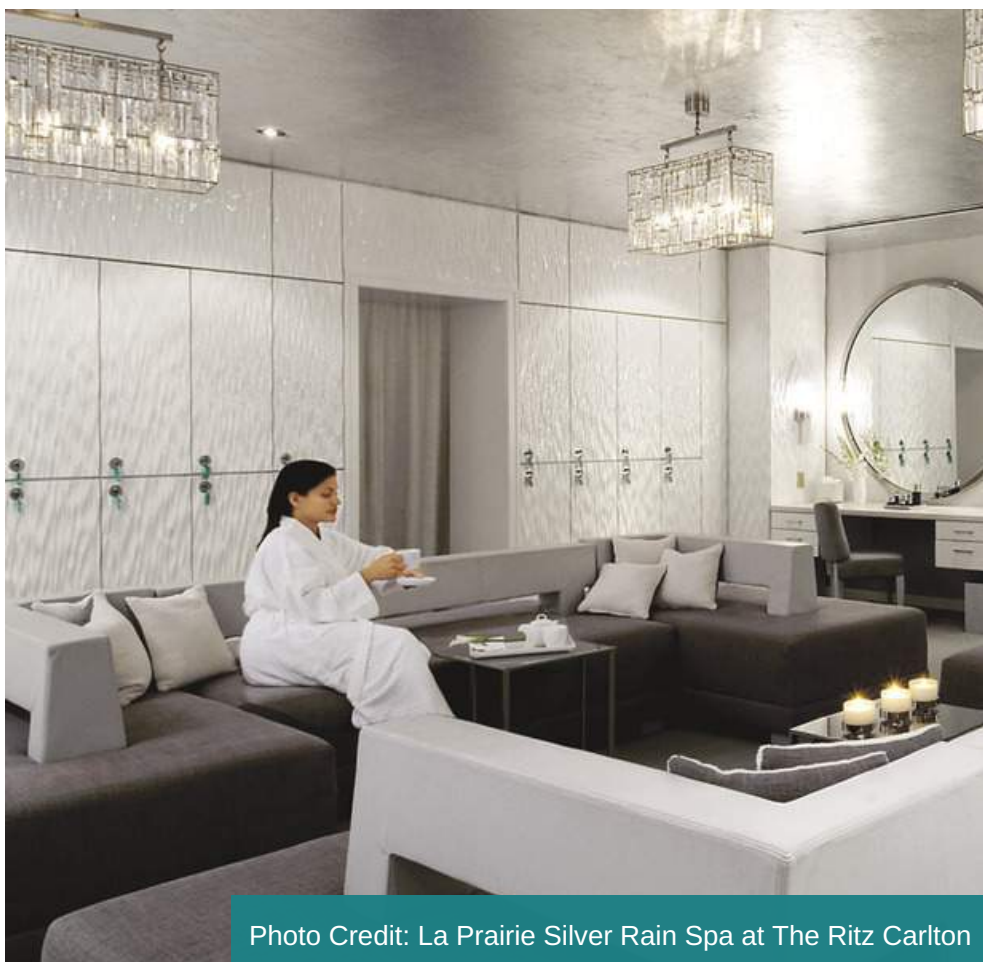


Photo Credit: La Prairie Silver Rain Spa at The Ritz Carlton



# CAYMAN ISLANDS

## Hibiscus Spa at The Westin Grand Cayman Seven Mile Beach

The exquisite Hibiscus Spa, a 7,000 sq. ft. facility, approaches wellness with a total lifestyle mindset, which incorporates the entire body, mind and soul. Treatments include a selection of personalized spa skin care made of organic essential oils and plant extracts in addition to a variety of massages, facials, body scrubs and more. Visit [www.westingrandcayman.com/spa/](http://www.westingrandcayman.com/spa/) for more information.

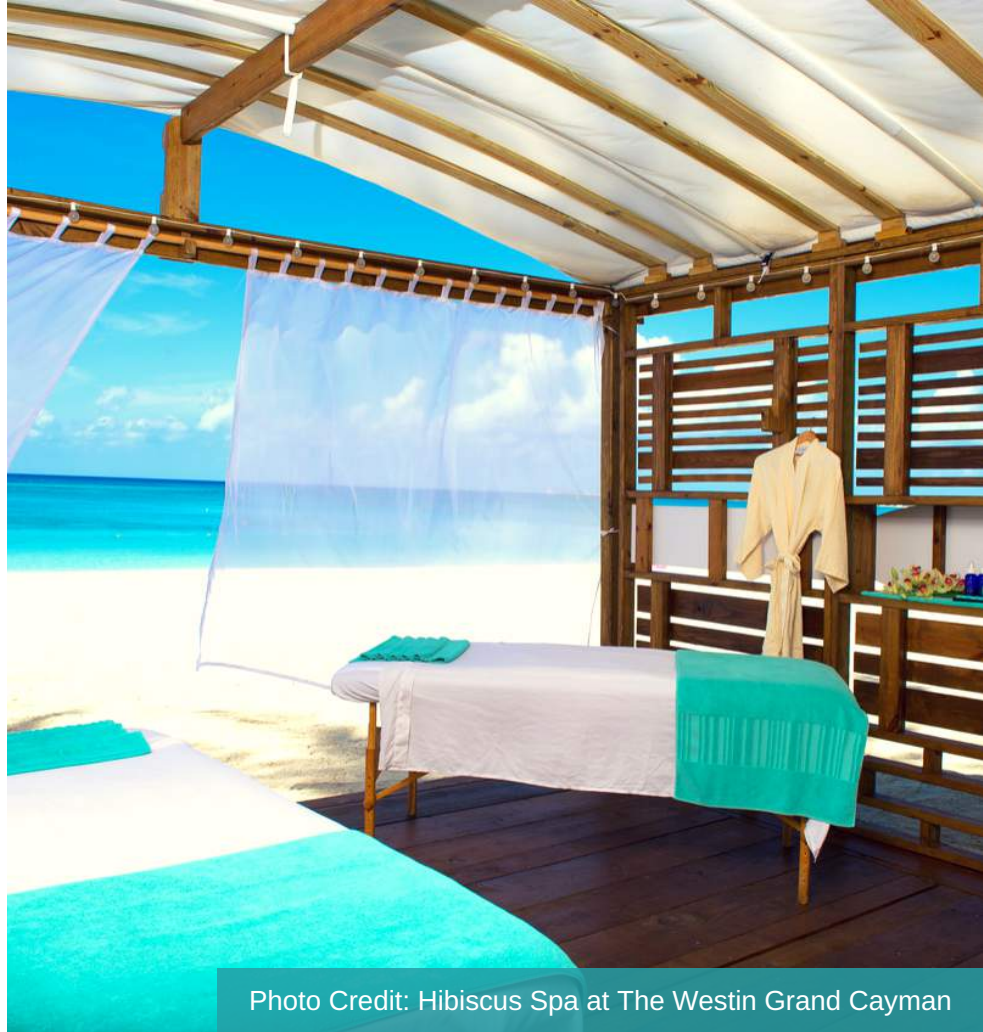


Photo Credit: Hibiscus Spa at The Westin Grand Cayman

# CAYMAN ISLANDS

## The Nature Spa at Little Cayman Beach Resort (Little Cayman)

The Nature Spa at Little Cayman Beach Resort pairs guests with a spa therapist who offers tailored natural treatments. Carefully selected products ensure you are at one with nature. Whether your goal is to relax, rejuvenate, or renew, Nature Spa takes you on a journey that promotes a healthy mind, body and skin. For appointments, [www.littlecayman.com/contact-us](http://www.littlecayman.com/contact-us).



Photo Credit: The Nature Spa at Little Cayman Beach Resort



# CAYMAN ISLANDS

## Spa at Seafire, Kimpton Seafire Resort + Spa (Grand Cayman)

The 8,500-square-foot Spa at Seafire offers seven treatment rooms with a full array of soothing services. The spa features a Turkish-style Hammam, the only one of its kind in Grand Cayman. Designed to bring Grand Cayman's natural beauty inside, aquatic touches are everywhere, including a grand soaking tub worthy of its own airy enclave, complete with streaming natural light and botanical adornments. Book at treatment at [www.seafireresortandspa.com](http://www.seafireresortandspa.com).

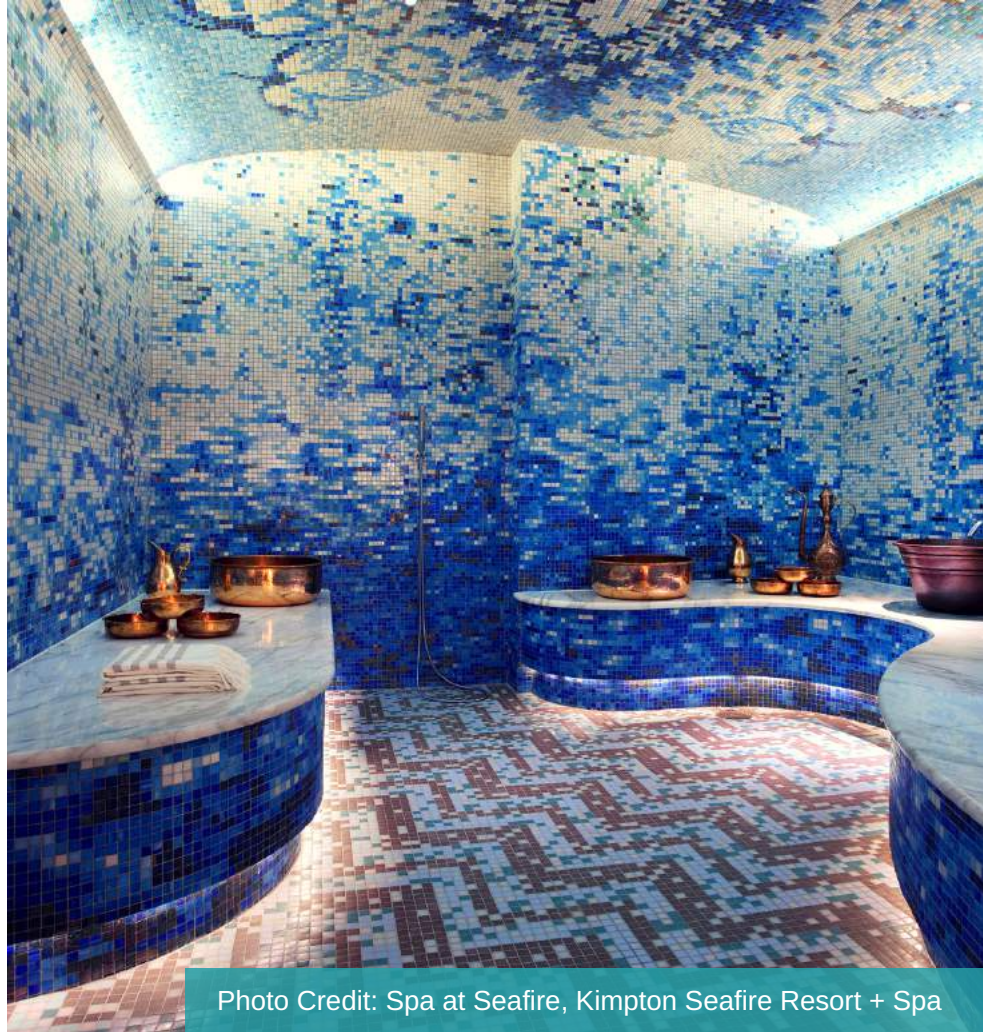


Photo Credit: Spa at Seafire, Kimpton Seafire Resort + Spa

# VISIT ANGUILLA



Photo Source: Lythium via WikiCommons

To learn more about Anguilla, visit  
[www.ivotanguilla.com/](http://www.ivotanguilla.com/) or click on the following icon:





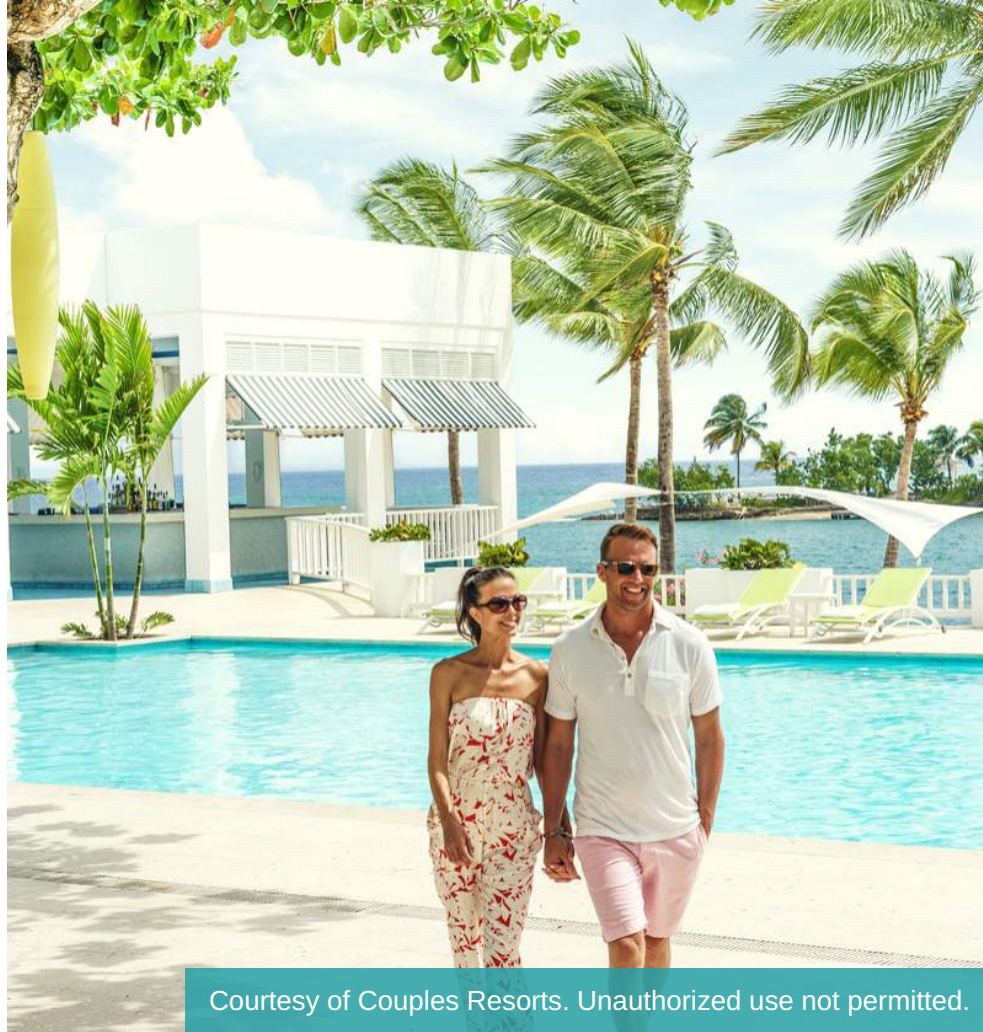




# JAMAICA

## Oasis Spa Villas

Couples Resorts introduced the Caribbean's first and only all-inclusive, unlimited spa experience with the September 2017 launch of their Oasis Spa Villas, available at its flagship Couples Tower Isle. This one-of-a-kind offering provides boundless opportunities to rejuvenate and pamper without the stress of additional costs. Couples can book all the massages, body treatments, facials they'd like at no extra charge. Website: <https://couples.com/oasis-spa-villas>  
Phone: 1-877-793-1913



Courtesy of Couples Resorts. Unauthorized use not permitted.



Courtesy of Couples Resorts. Unauthorized use not permitted.



# NEVIS

## Summit & Spa at Four Seasons Resort Nevis

Embark on a guided hike to the top of iconic Nevis Peak (3,232 feet) and take in magical views of the Caribbean Sea and Atlantic Ocean, as well as the islands of St. Kitts, Anguilla, Antigua and Montserrat. Back at the resort, guests will enjoy an island-inspired lunch in the garden, in view of the just-conquered peak. The experience concludes with a signature Nevisian massage, reflecting the beauty and natural history of the island.

To make a reservation, please email [spaconcierge.nev@fourseasons.com](mailto:spaconcierge.nev@fourseasons.com) or call +1 (869) 469-6264. For more information, please visit [www.fourseasons.com/nevis/spa](http://www.fourseasons.com/nevis/spa).



Photo Credit: Four Seasons Resorts

# NEVIS

## Signature Nevisian Massage at Four Seasons Resort Nevis

The Nevisian Massage eases the senses and recharges the mind and body, featuring a locally-infused blend of oils inspired by exotic scents and spices crafted from ingredients grown in our own herb garden. The experience begins with a cleansing foot ritual after which guests receive an exquisite massage. Long, flowing strokes mimic the waves of the Caribbean Sea, easing the senses and recharging the mind and body.

To make a reservation, please email [spaconcierge.nev@fourseasons.com](mailto:spaconcierge.nev@fourseasons.com) or call +1 (869) 469-6264. For more information, please visit [www.fourseasons.com/nevis/spa](http://www.fourseasons.com/nevis/spa).

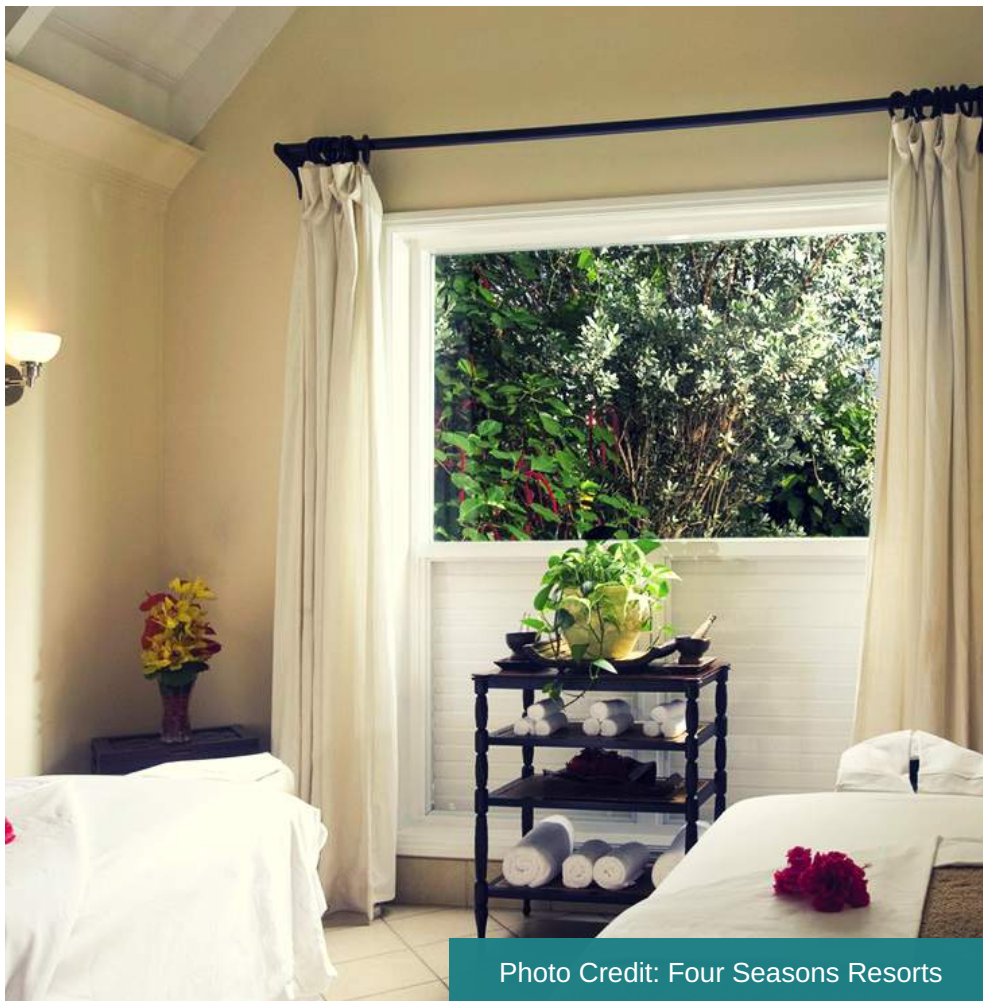


Photo Credit: Four Seasons Resorts



# 14 BODY TREATMENTS



Photo Credit: The Body Clinic Barbados



# BARBADOS

## Full Body Treatments at The Body Clinic Spa

The Body Clinic Spa offers several body treatments, most notably the full body exfoliation scrub which is great for improving the skin tone, promoting circulation, reducing cellulite and softening skin.  
<http://www.bodyclinicbarbados.com/body-treatments/>

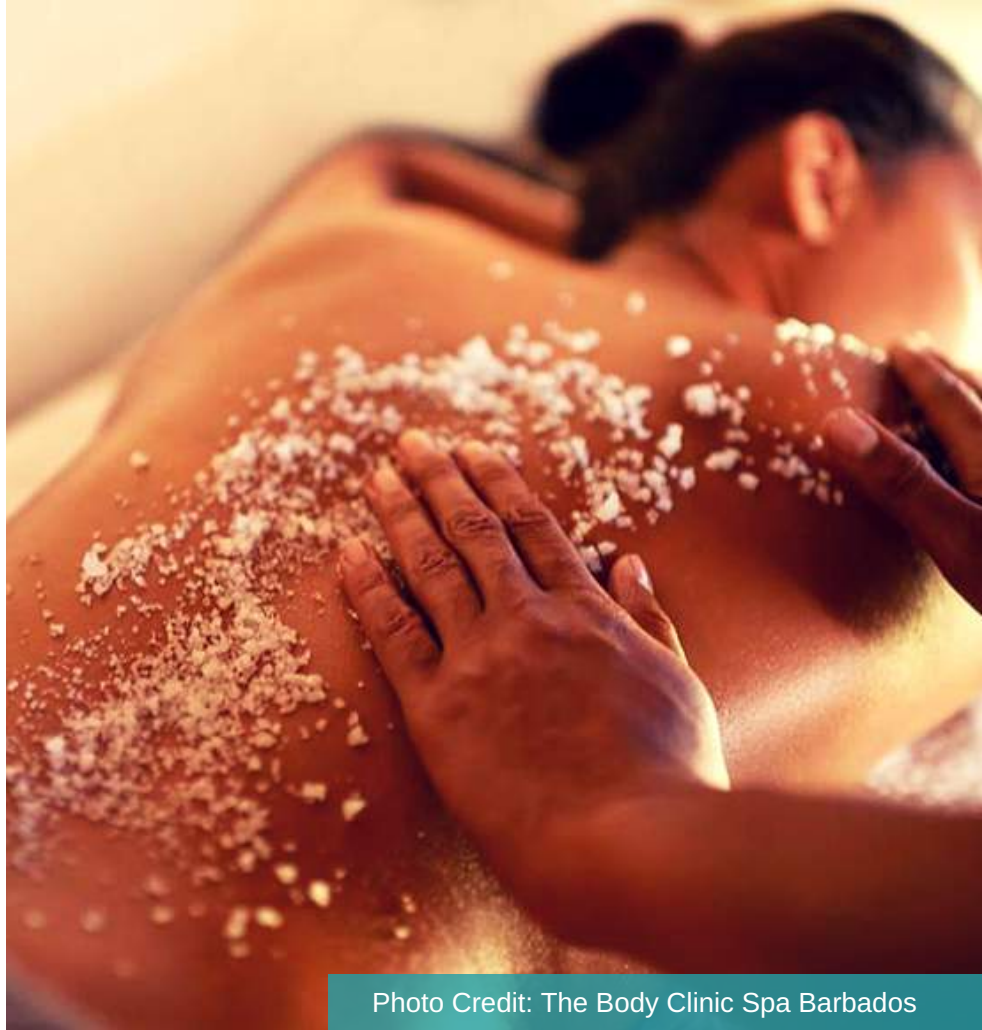


Photo Credit: The Body Clinic Spa Barbados

# BARBADOS

## Honey Chocolate Wrap at the Soothing Touch Spa

A wide assortment of body treatments are made available at the Soothing Touch Spa from the Honey Chocolate Wrap, which sees patrons drizzled with honey and rich, 100 per cent chocolate to the Seaweed Wrap, which draws out impurities and promotes relaxation.  
<http://soothingtouchspa.com/our-services-2/>



Photo Credit: The Soothing Touch Spa Barbados



# CAYMAN ISLANDS

## No. 11 Spa's Customized Hand-Mixed Body Scrub

No.11 Spa's custom hand-mixed body scrub is designed to rejuvenate the body. Thoughtfully made by hand right in front of your eyes, choose a base of organic sea salt or cane sugar then select your ingredients from myriad spices, herbs, flowers, local fruits, and essential oils. Customised to suit your mood, energy levels or state of mind – this is truly a personalized experience. Book online at [www.no11spa.com](http://www.no11spa.com).



Photo Credit: No. 11 Spa

# CAYMAN ISLANDS

## No. 11 Spa's Wanderlust Body Wrap

No.11 Spa's signature Wanderlust Body Wrap, inspired by some of the most beautiful places on earth, changes seasonally to provide new and refreshing ingredients to detox, rejuvenate and refresh your body. Infused with elements of aroma, and traditions from across the globe, each Wanderlust treatment is mixed fresh using only the finest organic components to create a treatment that will entice your senses and renew your spirit. Book at [www.no11spa.com](http://www.no11spa.com).

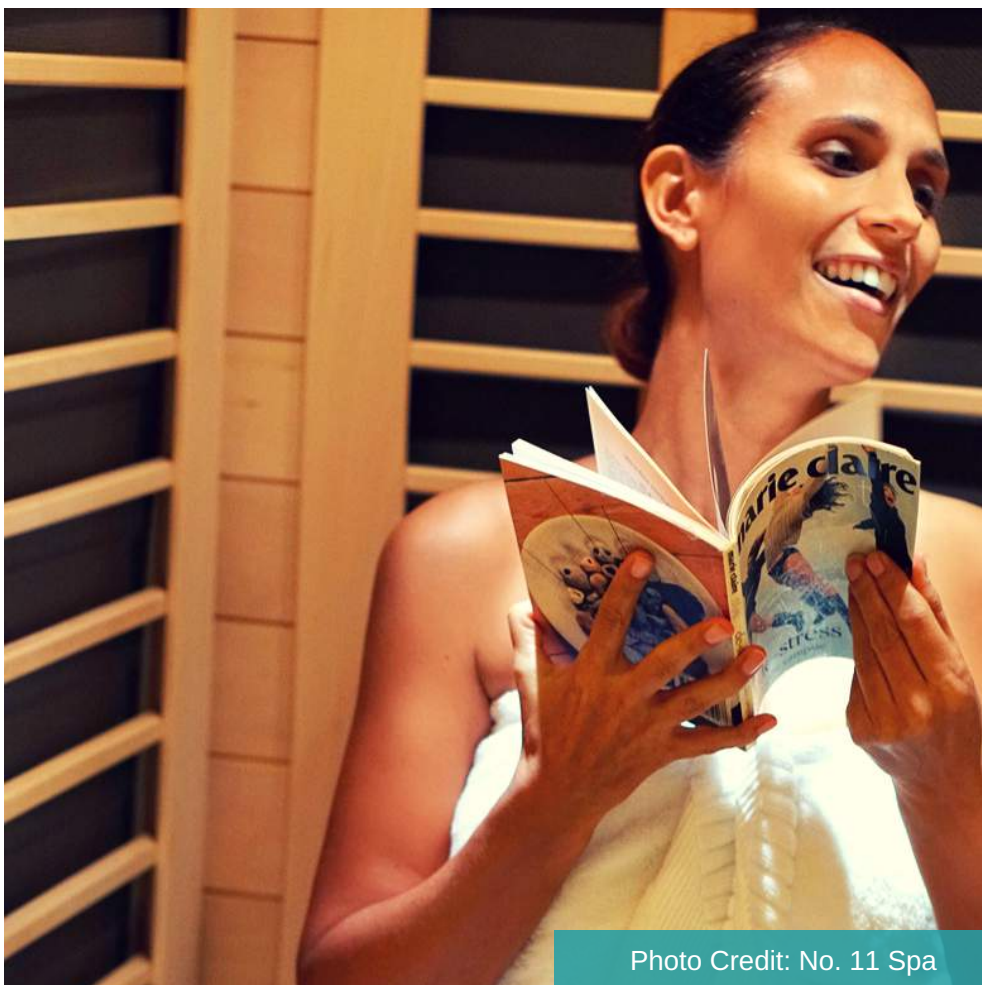


Photo Credit: No. 11 Spa



# SAINT LUCIA

## Saint Lucian Exclusive Spa Treatments at Marigot Bay Resort & Marina by Capella

Saint Lucian culture has been shaped by a diversity of influences. In addition to English, French, and Amerindian ancestors, labourers from India, China, and Africa have contributed to a potpourri of healing traditions. Auriga Spa's "Saint Lucian Exclusives" menu draws from each of these ancient customs, handed down through generations of natural healers, to create a unique regimen of treatments designed to heal the body, soothe the mind, and invigorate the spirit.  
<https://www.capellahotels.com/saintlucia/spa/saint-lucia-spas/>

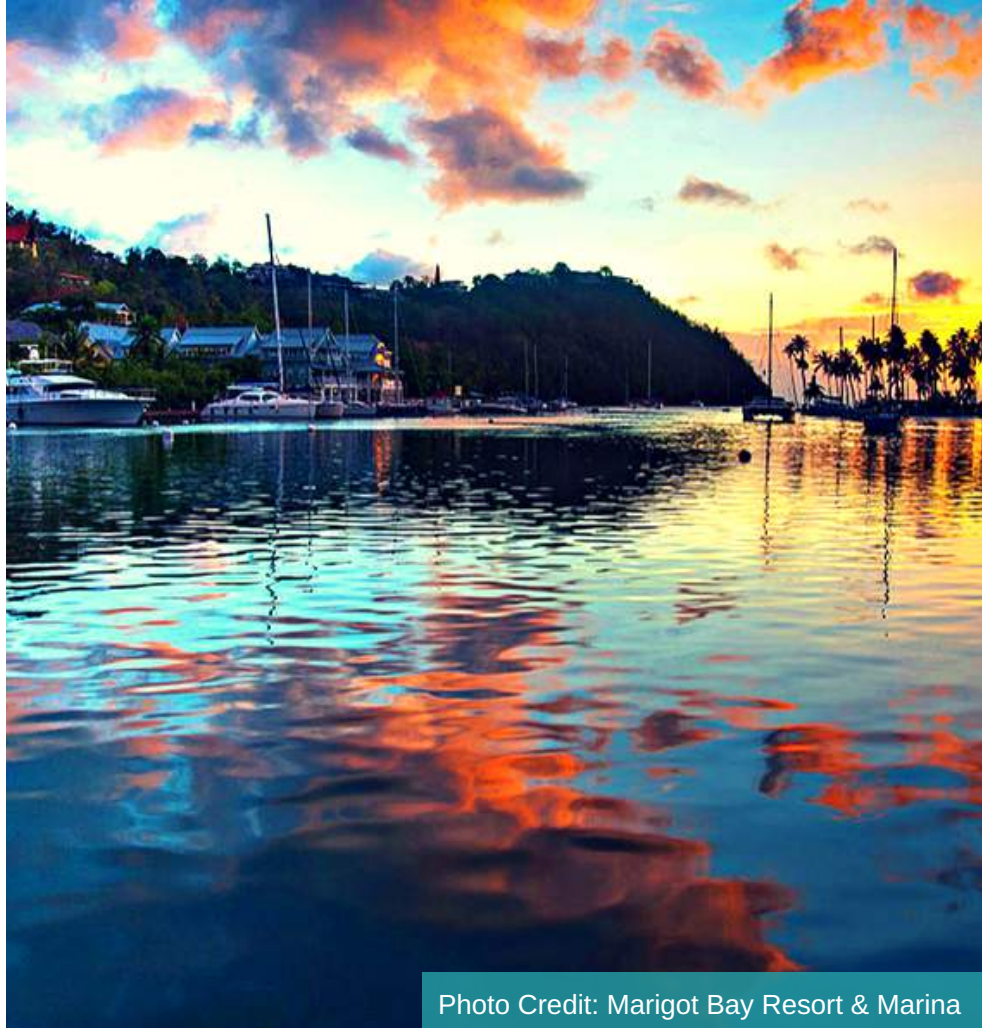


Photo Credit: Marigot Bay Resort & Marina

# SAINT LUCIA

## Ayurveda at Rendezvous

The Spa in the Water Garden merges different techniques and philosophies from around the world with advanced natural skincare products. We combine the latest therapies and treatments to calm, rejuvenate and make you feel beautiful. From scalp massages to pedicures, we are able to de-stress you, pamper you, and relax you until you feel yourself again. For more information please visit:  
<https://www.theromanticholiday.com/>

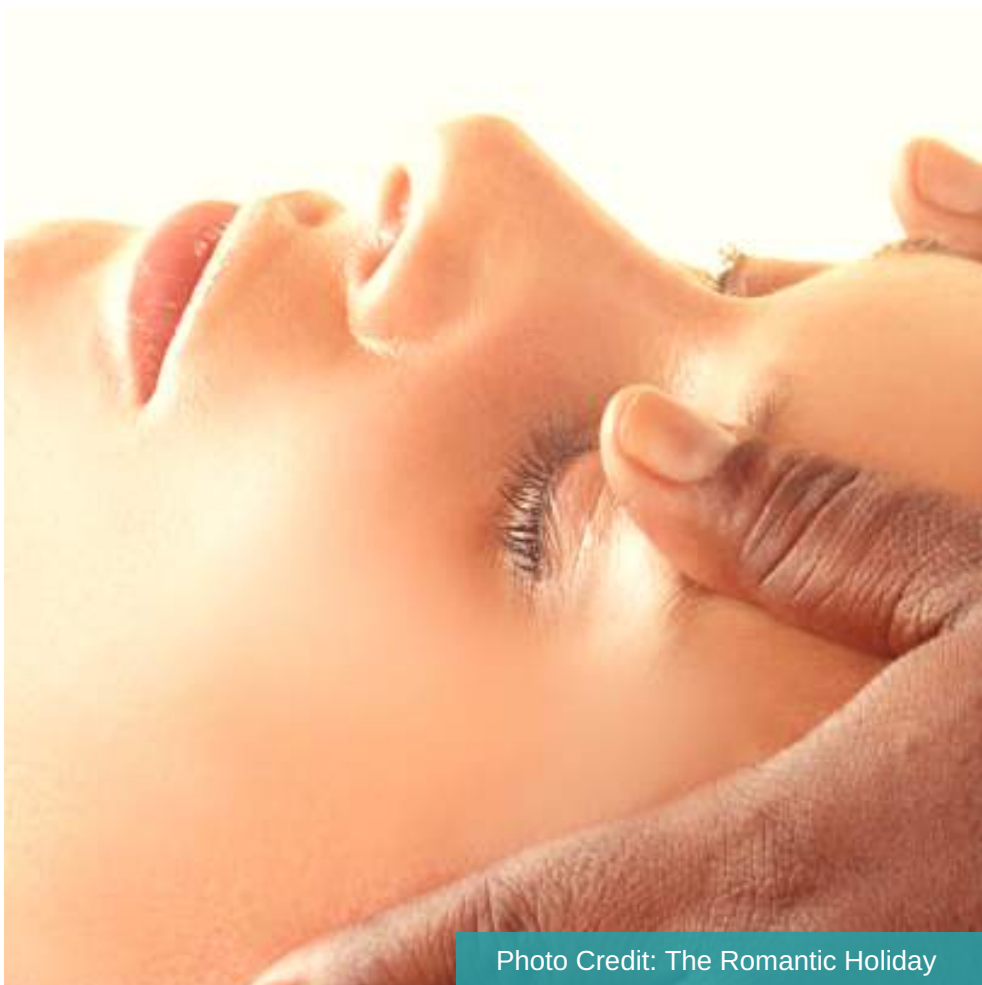


Photo Credit: The Romantic Holiday



# 15 NATURAL MADE PRODUCTS/WELLNESS FOODS



Photo Credit: Green2Go Cayman Islands



# BAHAMAS

## Abaco Neem

Discover the herb that has healed for more than 5000 years. Nature's Cure for everything from dandruff to heart disease, the neem plant is an age-old remedial fixture. A tea brewed from its leaves will boost immunity, and oils from it's bark relieves the pain. There are over 8,500 neem trees that cleanse and heal at Abaco Neem. To acquire products or schedule a farm tour visit <https://www.abaconeem.com/>.



Photo Credit: Abaco Neem

# BELIZE

## Skin's Favorite Drink

Healthy skin comes from mother nature and we choose the best ingredients she has to offer to create our products. Take your senses to the most beautiful places Belize has to offer and indulge in pure natural goodness. Carpe Diem helps individuals obtain an optimum level of rejuvenation through detox with our natural products skin while leaving the essence of Belize on your entire body.

Contact information  
Carpe Diem  
Crystal Samos  
(501) 615-7971 Belize  
or visit <https://m.facebook.com/carpediembelize/>



Photo Credit: Carpe Diem Belize



# BELIZE

## Bella Dee's Natural Handmade Soaps

Our natural therapeutic, handmade soaps are designed to give you an optimum level of wellness through a marvellous bath experience. Our products heal the skin, relax the mind and calm the spirit. Formulated with a synergistic blend of therapeutic plant and essential oils, herbs and plant extracts from the Belize rainforest, our soaps are wrapped in biodegradable packaging, making them excellent and practical gifts to meet your goal of lasting wellness & rejuvenation.

### Contact Information

Dona Sosa

Bella Dee's Soaps, Bath and Spa products,  
25 New Haven Street,  
Santa Elena, Cayo District,  
Belize. Central America Tel: (501)-602-5621,  
Email: [belladees-soaps@ososa.com](mailto:belladees-soaps@ososa.com),  
[www.belladeesbelize.com](http://www.belladeesbelize.com)  
FB:/belladeesbelize



Photo Credit: Bella Dee



Photo Credit: Bella Dee



# CAYMAN ISLANDS

## VIVO Restaurant-Food for your soul

VIVO's eco-friendly menu offers vegan, vegetarian, gluten-free and dairy-free options. In an attempt to try and limit the invasive population of lionfish in our waters, we also offer a tasty selection of lionfish dishes. From farm-to-table we select our ingredients with the greatest care, to serve you organic, natural, healthy and delicious food prepared with passion and positive energy. For more information, visit [www.vivo.ky](http://www.vivo.ky) or email us at [info@vivo.ky](mailto:info@vivo.ky).



Photo Credit: VIVO Restaurant

# CAYMAN ISLANDS

## Saucha

Saucha specializes in locally sourced plant-based meal delivery and handcrafted, small-batch brewed kombucha in the Cayman Islands. Our passion for healing vegan food is also expressed through our delicious vegan snacks and desserts, catering options and special events. Most recently, Artisan organic sourdough bread has been added to the list of menu offerings. For more info: [britta@sauchaliving.com](mailto:britta@sauchaliving.com); 345-926-0508 or visit [sauchaliving.com](http://sauchaliving.com).



Photo Credit: Saucha Living Cayman Islands





Photo Credit: Saucha Living Cayman Islands



# CAYMAN ISLANDS

## Healthful Culinary Adventures with Bestlife

Join us for hands on cooking classes, food education seminars and workshops where you will learn how to make delicious and nutritious meals with ease. We explore gluten free, plant based, vegan and overall mindful choices so you don't have to feel deprived of the foods you love, all while learning where your food comes from. For more information visit [www.bestlife.ky](http://www.bestlife.ky) or contact Maureen Cubbon at [maureen@bestlife.ky](mailto:maureen@bestlife.ky), 345-323-0422.



Photo Credit: Bestlife Cayman Islands



Photo Credit: Bestlife Cayman Islands



# CAYMAN ISLANDS

## Green2Go

Green2Go has one thing in mind, a healthy lifestyle that is convenient. Wanting to provide the local community of Cayman with fresh locally sourced smoothies that help get your daily need for leafy greens in, our lineup of products has increased to include 100 per cent cold-pressed juices, superfood-shakes, cold-brew coffees and more. We are focused on providing Cayman with healthy, fresh, convenient products delivered for FREE right to your door.



Photo Credit: Green2Go

# GRENADA

## Nut-Med

This miracle spray uses the properties of nutmeg oil to soothe aches and pains and relax joints and muscles, while the scent of nutmeg eases the mind and boosts your mood. Manufactured locally using Grenada's famous organic nutmeg, this product has helped untold numbers of people live more comfortably and engage in a more active lifestyle. Visit <http://www.nut-med.com> for information on where you can purchase NutMed sprays and creams.



Photo Credit: Grenada Tourism Authority



# NEVIS

## Bac-2-myRoots SpaTique

Exotic, therapeutic, aromatherapy. Bliss in a bottle or a jar! From your head to your toes, your skin, your hair, your entire body will say, "thank you!" Mother Nature provided a host of herbs and oils for us to enjoy, heal and enhance our inner and outer beauty! NJamBi utilizes organic and wholesome ingredients, marrying modern day techniques & knowledge from the ancient beauty secrets of Africa, India and Asia, taking you on a scentual journey of invigorating and stimulating aromas. The fragrances, the exotic oils, the herbs, the butters, the essences, all create a beautiful synergy, working together in perfect oneness, balance and harmony.

Contact:

Hamilton Estate, Nevis

Tel: 1 (869) 760-4177

Email: bac2myroots@yahoo.com.

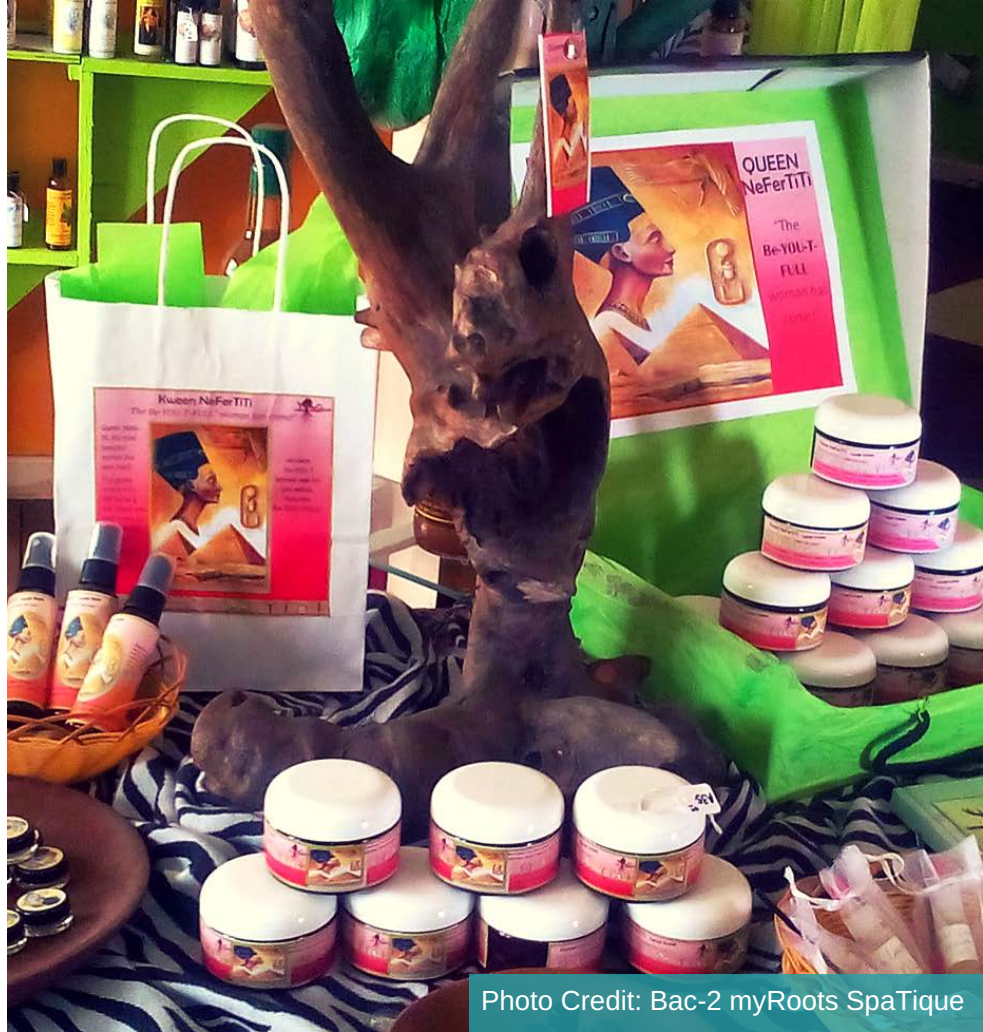


Photo Credit: Bac-2 myRoots SpaTique

# NEVIS

## Nevis Soap Company

The Nevis Soap Company is a small family-owned soap making business. Established in 2013 we offer a range of high quality handmade and handcrafted vegetable oil soaps created using quality ingredients.

All our products are made in small batches with the utmost care and attention at our shop in the artisan village or in our home. Various oils, botanicals, rain water, clays, skin safe colorants, essential and fragrances oils are all meticulously combined to produce our unique blend of lather-rich, skin-friendly, healthy soaps.

Our soaps are a welcome change from the mass produced commercial soaps and contain no harmful additives or sulfates. Choose from our current line that includes: Lime, Rosemary and Mint, Coconut, Basil, Eucalyptus, Neem, Aloe, Moringa, Shea Butter, Cocoa, Ylang Ylang, Pineapple, and Vanilla.

Contact:

The Nevis Soap Co.

Artisan Village

Craft House Grounds,

Island Main Road

Charlestown

Tel: 869 6609599

Email: soapsofnevis@hotmail.com

<https://www.facebook.com/The-Nevis-Soap-Company>



Photo Credit: Nevis Soap Company





Photo Credit: Nevis Soap Company



# SAINT LUCIA

## Cocoa Sainte Lucia

Cocoa Sainte Lucie is a bean-to-bar chocolate operation that has a line of five organic chocolate bars permeated with local island flavours. All our products are hand crafted, in small batches, using natural ingredients sourced from our local farmers. From farm to finish our products are infused with authentic island flavour and flair. For more information please visit <https://www.cacaoasaintelucie.com/>



Photo Credit: Cocoa Sainte Lucia

# SAINT LUCIA

## Kako Organics

Kako Organics is a 100 per cent raw, pure and natural range of skin products made in Saint Lucia. Kako Organics uses only naturally grown organic cocoa from Saint Lucia to produce a skincare range of cleaners, toners, scrubs, masks and moisturizers. All products are made with locally grown ingredients and are free of artificial sense or dyes, harsh chemicals or artificial preservatives.



Photo Credit: Kako Organics



# SAINT LUCIA

## I-TAL at The Body Holiday

BodyHoliday's new farm-to-table experience, Ital, offers a refreshing and tranquil oasis located at the top of the Coubaril Valley. Pureness and vitality can be found in the production of its food. Come and share this guided experience with our eco-leader and Ital chefs and produce, harvest, prepare and taste organic and vegan friendly foods while learning about the health benefits of each vegetable, herb and fruit. For more information please visit <https://www.thebodyholiday.com/>



Photo Credit: The Body Holiday



# VISIT THE BAHAMAS

To learn more about The Bahamas, visit [www.bahamas.com](http://www.bahamas.com) or click on the following icon:





# 16 AROMATHERAPY



Photo Source: Pixabay



# BARBADOS

## The Care Through Touch Wellness Centre

The Care Through Touch Wellness Centre offers purifying facials to relax, detoxify and soothe facial muscles whilst hydrating the skin.  
<http://carethroughtouch.com/facial-treatment.html#aromatherapy>

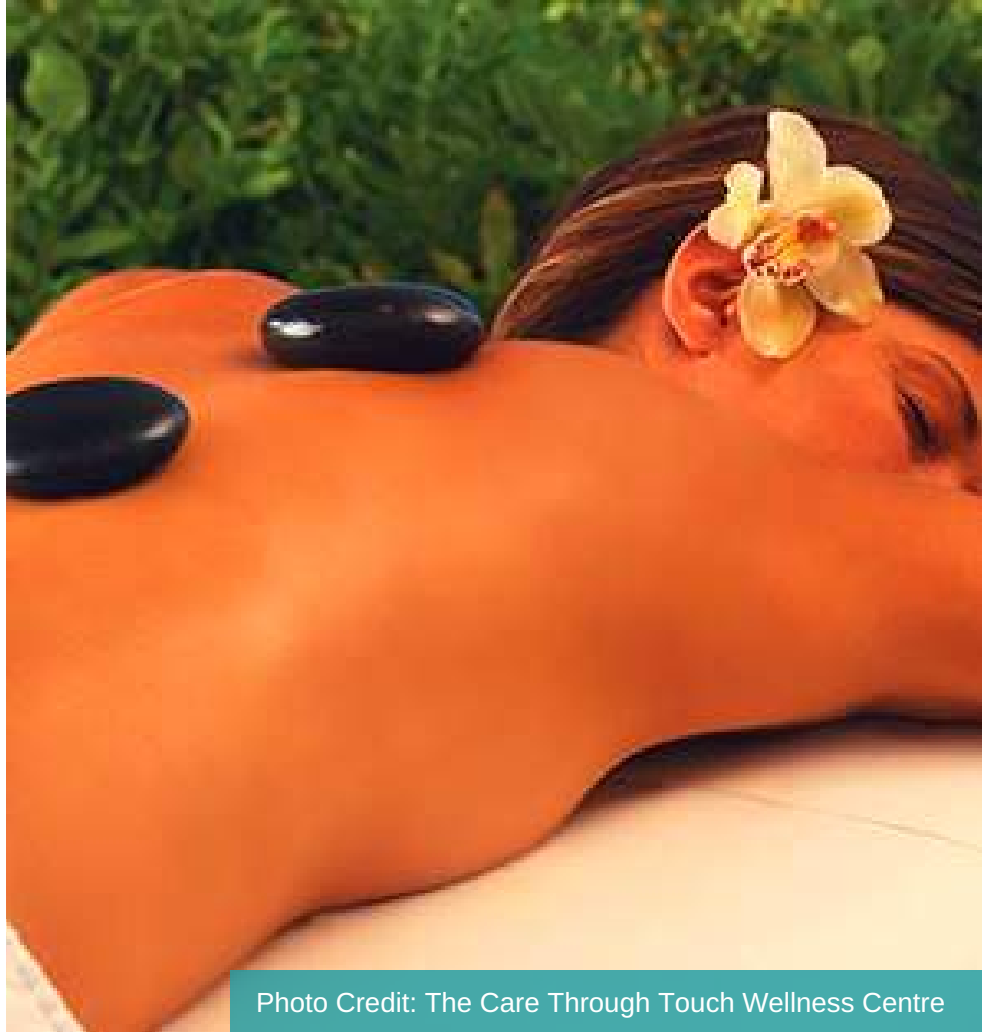


Photo Credit: The Care Through Touch Wellness Centre

# BARBADOS

## Aromatherapy Body Scrub

Stimulate and revitalise the body with a specialised body scrub that will awaken your senses and leave your skin renewed, soft and supple. Coffee stimulates circulation, energises tired muscles and awakens your mind. All these benefits are included in one treatment.  
<http://www.goldentouchspabarbados.com/spa-services/>



Photo Source: Pexels



# CAYMAN ISLANDS

## No. 11 Spa's Organic Essential Oils

No.11 Spa uses only the highest-grade organic essential oils in all of its aromatherapy treatments. At the start of your treatment you will test and smell the boutique spa's selection of essential oils, guided by an expert aesthetician, so that you can choose the right blend of oils for your aromatherapy ritual, and create a fully custom experience. Book online at [www.no11spa.com](http://www.no11spa.com).



Photo Credit: No. 11 Spa

# VISIT JAMAICA



Photo Credit: Jamaica Tourist Board

To learn more about Jamaica, visit  
<http://www.jtbonline.org/> or click on the following icon:





# GRENADA

## Chocolate Treatments and Aromatherapy at Blue Haven Spa

The spa offers a quiet tranquil place to relax, be pampered and rejuvenate. Taking advantage of the wonderful range of local Grenadian organic herbs, oils and produce, our massage therapists have designed a number of delicious body treatments and facials to soothe and invigorate your body and spirit. Coconut oil, cucumbers, noni, honey, papaya, nutmeg, cinnamon, Grenadian chocolate and fresh mint are some of the ingredients used daily. See the spa brochure and book your treatment at

<https://truebluebay.com/activities/blue-haven-spa/>



Photo Credit: True Blue Bay Resort







SAVE THE DATE

# CARIBBEAN WEEK

## NEW YORK

2-8 June 2018

*Where business and culture inspire travel.*



CARIBBEAN

For more information - Call: 212-635-9530 | Email: [CTOny@Caribtourism.com](mailto:CTOny@Caribtourism.com)



Tuesday, June 5, 2018

# SELLING WELLNESS TRAVEL

TRADE SHOW AND EDUCATIONAL  
PROGRAM FOR TRAVEL AGENTS

Trade Show – Special Presentations – Dinner and  
Destination Presentations – Prize Drawings

5:30pm – 9:00pm

Wyndham New Yorker Hotel | Grand Ballroom | 481  
Eight Avenue | New York, NY 10001



THE CTO FOUNDATION

..... *presents* .....

# Rum & Rhythm™

## The Ultimate Caribbean Epicurean Experience

Saturday, June 23, 2018 6:30pm-11pm

Canvas Venue- *located above Elte Market*

1381 Castlefield Avenue (at Caledonia Rd.)

Toronto, ON

Casually elegant (no jeans)

Must be 19+

**Early Bird Tickets: \$65.00\* CAN**

After May 31st, \$75.00\* CAN

\* prices inclusive of HST



All proceeds benefit the CTO Foundation that provides  
scholarships to Caribbean nationals.

[OneCaribbean.org](http://OneCaribbean.org)





**CARIBBEAN WEEK**  
IN NEW YORK CITY 2018

**Thursday, June 7, 2018**

# **CARIBBEAN TOURISM INDUSTRY AWARDS PRESENTATION AND DINNER**

The program consists of the Caribbean Media Awards, presented in 12 categories; the CTO Allied Awards comprising the "Jerry", the Allied and a special Recognition Awards; the Marcia Vickery-Wallace and Marcell Martinez memorial awards, sponsored by Jamaica and the CTO Lifetime Achievement Award.

**6:30pm – 10:00pm**

Wyndham New Yorker Hotel  
481 Eighth Avenue | New York, NY 10001

[www.caribbeanweek.com](http://www.caribbeanweek.com)





Thursday, June 7, 2018

# MEDIA MARKETPLACE

GETTING UP CLOSE AND PERSONAL  
WITH TOP JOURNALISTS

Caribbean Media Marketplace provides CTO member Governments and private sector exhibitors the opportunity to interact with writers from the trade and consumer press.

9:30pm – 12:00pm

Wyndham New Yorker Hotel  
481 Eight Avenue | New York, NY 10001



# SOTIC 2018

State of the Tourism Industry Conference (SOTIC)

*Rejuvenate, Recreate, Reconnect: New Directions for Caribbean Tourism*

**REGISTER NOW**

Call: 212-635-9530 | Email: [CTOny@Caribtourism.com](mailto:CTOny@Caribtourism.com)



Business Meetings — October 22-23, 2018

State of the Tourism Industry Conference — October 23-26, 2018

**Atlantis Paradise Island  
The Bahamas**





# **HOSPITALITY ASSURED**

## **CERTIFICATION PROGRAMME**



## **DEVELOPED FOR ANY HOSPITALITY, LEISURE OR TOURISM ORGANIZATION**

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