

bodyholiday[®]

Saint Lucia

FACT SHEET



HOLIDAY CONCEPT

Give us your body for a week and we'll give you back your mind!

BodyHoliday is the first lasting holiday - the first holiday in the world to combine the intense pleasure of personalised rejuvenation with the opportunity to acquire skills and insights that will enhance the rest of your life. Above all, BodyHoliday offers a fun, and rejuvenating holiday that will leave you feeling pampered and wanting to come back for more.

S U N S W E P T
RESORTS

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One of the most important things to realise is that the holiday means different things to different users. They all use it in a different way and get different things out of it and the diversity of the holiday allows them to do this while co-existing harmoniously with other guests in a relaxed and socially levelling environment.

One of the other significant things about this resort is the volume of singles who choose to come again and again. It is the way they are treated, the feeling of security which they get and the gregarious nature of the resort that does the trick. That and the rather unique offering of singles rooms with no supplement.

THE LOCATION

BodyHoliday is situated on the north-west tip of the West Indian island of St. Lucia. The resort sits directly on Caribblue's crescent beach and is surrounded by 32 acres of lush tropical gardens. It is a thirty-five minute drive from the capital Castries, and George F. L. Charles airport and ninety minutes from Hewanorra International airport.



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THE ACCOMMODATION

There are 155 guest rooms, including 29 Standard Garden View rooms, 16 Grand Luxury Ocean Front rooms, 7 spacious Junior Suites, the Penthouse Suite and 4 Villas. All accommodations are fully air conditioned, furnished with contemporary natural bathrooms.



GARDEN VIEW ROOMS

Standard Garden View rooms are tastefully furnished with king-sized beds with built in and bedside reading lamps which make catching up with your favorite novel possible at any time.

The rooms feature a day bed, hardwood furniture and turquoise accents; which fit the property's Sleep-Well Design concept and also help to evoke a sense of tranquility, high-speed WIFI, electronic mirrors featuring LED lights. They are also outfitted with noise cancellation walls, as well as built-in Bluetooth sound systems that offer music of your choice. The ground floor Garden view rooms feature large bay floor-to-ceiling glass doors which maximize natural light and feature a furnished sun terrace with loveseat. All rooms are equipped with coffee making facilities, Living Amenities and mini refrigerator.

Room 6.6m x 3.6m

Bathroom: 2.4m x 2.2m

Approx.: 235 Sq.Ft.



LUXURY ROOMS

The Luxury rooms are furnished with king-sized beds or two queen beds, veneered top writing desks and lounge chairs. Soft goods are in shades of blue, bathrooms have marble vanity with one sink, and Kohler Body all-over jet showers. Luxury rooms are on the ground and first floors and have garden views.

Room: 7.75m x 4m

Bathroom: 2m x 2.1m

Approx. 325 Sq.Ft.

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LUXURY OCEAN VIEW ROOMS

The Luxury Ocean View room is located in our elevated four-storey building. These rooms feature a king-size bed or two queen beds as well as a writing desk, arm chair and a chaise lounge all in classic island style,

Room: 7.75m x 4m

Bathroom: 2m x 2.1m

Approx. 325 Sq.Ft.



LUXURY OCEAN FRONT ROOMS

Only steps away from the water's edge, the Luxury Ocean Front rooms are furnished only with one king-sized bed. They are peaceful and guaranteed to be relaxing, with spectacular views of the ocean from the balconies.

Room: 7.75m x 4m

Bathroom: 2m x 2.1m

Approx: 325 Sq.Ft



GRAND LUXURY OCEAN FRONT ROOMS

Located in our four-storey building with a panoramic view of the Caribbean Sea, this room is richly furnished with a large stand alone bathtub and a dramatic king-sized bed. There's a mini fridge, a fabulous large bathroom with bath and shower, marble make-up vanity unit, separate marble sink vanity and a generous balcony dressed with patio furniture, overlooking the Caribbean Sea.

Room: 10.3m x 4.2m

Bathroom: 3.6m x 3.3m

Approx: 430 Sq.Ft.



GRAND LUXURY OCEANFRONT JUNIOR SUITES

This Grand Luxury Ocean Front Junior Suite is one of the most beautiful at our resort. The suite is furnished as the Grand Luxury Ocean Front room but with the added luxury of a comfortable and beautifully furnished sitting room area.

Room: 10.3m x 4.24m plus 5m x 2.5m Sitting Area

Bathroom: 3.6m x 3.3m Approx: 530 Sq Ft.



GRAND LUXURY OCEANFRONT SUITES

The two Grand Luxury Ocean Front Suites have king-sized beds. They are cool and colonial, and reflect their Caribbean setting in true West Indian style. Finished with genuine antiques and locally crafted reproductions, the suites are equipped with I-pod stations and CD players, which are great to set the mood for watching

the glorious St. Lucian sunsets from the spacious private balcony.

Room: 15.5 x 4m

Bathroom: 2m x 2.1m

Approx: 650 Sq.Ft.



THE PENTHOUSE SUITE

The Penthouse Suite is accessed by a private entry staircase and is the only fifth floor suite. It features an open floor plan with high ceilings and a spacious living area and wet bar, a free standing wall unit divides the bedroom and living spaces. Floor-to-ceiling front windows allow natural light to flood in and provide

stunning views of the Caribbean Sea. It also features a private Hammam with Turkish marble-slab heated massage bed and a steam room with mosaic curved bench and rain-head shower, offering guests a unique spa experience in their very own exclusive space. Approx: 1250 Sq.Ft.

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LUXURY VILLAS

OASIS VILLAS

Set atop the hillside adjacent to BodyHoliday's award winning Wellness Centre, the Oasis Villas offer incredible sights of the Cariblue Bay, with the verandahs providing guests with panoramic views of lush flora whilst basking in the St. Lucian sun.



Villa Aurora and Villa Calypso both comprise of a Penthouse and a Junior Suite that can be rented either separately or as a full unit for a more private experience.

Villa Aurora: 2,700 Sq.Ft

Villa Calypso: 2,955 Sq.Ft



Guests booking either of the Oasis Villas will be provided with all the usual inclusions that BodyHoliday offers, including a complimentary daily 50-minute spa treatment per guest, access to all classes and activities as well as a diverse range of inclusive dining options. In addition, guests staying in both Villa Aurora and Calypso will not only enjoy the exclusivity of the villas but also their own personal concierge service to ensure every element of their stay is catered for.



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VILLA HIBISCUS

Accommodates up to six people (three en-suite bedrooms) and is just a two minute walk from the award winning, BodyHoliday Resort. With a spectacular, expansive deck and a lush tropical garden, Hibiscus boasts breath taking views of the Caribbean Sea and is located directly facing Pigeon Island in St. Lucia A historical natural reserve that is home to a variety of flora and fauna.

Villa Sq Ft: 5,927 Sq Ft



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VILLA FIREFLY

Overlooking the resort “Firefly” comprises a four bedroomed, 1 suite, West Indian luxury villa located within the grounds of BodyHoliday.

The turquoise wooden details reflect the soul of the Caribbean Sea, which is right at the foot of the property; this colour sets the tone throughout the interior at Villa Firefly.



The main entrance to the villa embodies the breath-taking atmosphere of the property. The light-filled atrium extends over three floors and is surrounded by galleries leading to every part of Villa Firefly. Beige marble is underfoot throughout the spacious and exquisitely furnished rooms. Four bedrooms and a ground floor suite provide the accommodation options. A well-appointed, professional kitchen can be used for private dining options and the Villa, surrounded on three sides by terraces, boasts unobstructed views over the large garden, the inviting swimming pool, the infinite sea and the natural landscape of St. Lucia.

Ground Floor: 4203 sq ft

First Floor: 1958 sq ft

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GUEST ROOM FACILITIES

- Bathrobes
- Hairdryer
- Organic Ammenities from Living West Indies
- Direct Dial Telephone with Message Facility
- In-Room Safe
- 110v/220v Outlets
- Fixed Line and Wireless Internet Access
- Mini Fridge



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DINING



CARIBLUE RESTAURANT

Caribblue Restaurant overlooks Caribblue Beach and the Caribbean Sea. Breakfast and lunch are served buffet style. The lunch buffet theme changes daily and includes Mediterranean, Asian, Mexican and West Indian choices. An enclosed, air-conditioned buffet is an extension of the main dining room.

A-La-Carte dinner is offered four evenings per week, with a choice of regular items from the Cuisine menu as well as lighter and vegetarian options. There are some menu selections that do carry a supplement. Wednesday evenings feature a sumptuous West Indian Buffet with steel band musical entertainment. Wine is served with lunch and dinner. Our chefs are trained to cater for special dietary requirements such as low fat, low sodium, vegan or wheat allergies on request. Some dishes carry a supplemental charge.

Restaurant hours are as follows:

Breakfast: 7:30am - 10:30am

Lunch: 12:00pm - 2:30pm

Dinner: 7:00pm - 9:30pm

Caribblue is a **non-smoking** restaurant; however, smoking is permitted in the adjacent Caribblue Courtyard. It features comfortable and relaxed outdoor seating.



THE WINE SALON

A temperature-controlled walk in wine cellar serviced by a sommelier, which showcases BodyHoliday's commitment to wine service. It is THE source for information on the resort's full selection of wines. Educational programs and consultations with the wine director and team will be available, plus a very special wine flight program to introduce guests to the extensive wine collection. Guests may enter the wine salon prior to dinner to get the best pairing suggestions for dining.

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TAO

The AAA 3 diamond award winning TAO restaurant offers a fusion of East and West Cuisine with authentic oriental flavours and Western influences, and has been included in Condé Nast Traveller's list of the "60 Hottest Tables". TAO is a no-smoking restaurant, open for dinner from 6:30pm to 9:30pm. Reservations are required a maximum of 48 hrs. in advance. Some dishes carry a supplemental charge.



CARIBLUE WINDOWS

The Caribblue buffet area transforms to the cozy, chic and stylish Caribblue Windows on evenings. You get to enjoy a delicious tasting menu and the option to experience wine pairing at a supplementary cost, in air conditioned comfort. Choose to sit and observe the kitchen create your dish at the live action station seating or enjoy the view at the banquet tables along the windows. Open only for dinner on Mondays, Tuesdays, Thursdays and Saturdays with seating at 7:00pm and 9:00 pm respectively. Some dishes carry a supplemental charge.



THE WELLNESS CAFÉ

The Wellness Café opens every day from 7:30 am - 10:00 am for Breakfast then offers lighter options from 10:00 am to 4:00pm. It specialises in gourmet sandwiches, specialty salads, fresh fruit, vegetable juices and smoothies.

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I-TAL

An enlightening and begins with a guided walk where you are led by trained gardeners to explore our hillside organic garden oasis that is nestled in and amongst a deciduous dry forest. Our garden is a poly-culture of diverse local and exotic edible plants. The gardeners strive to replenish and protect the soil which in turn produces high quality and nutrient dense food that will nourish your body while simultaneously stimulating your senses. You will learn about some of the wonderful benefits of our crops, and have the opportunity to harvest some ingredients that will then be prepared on site.



While preparing your meal, The I-TAL chef and her team will narrate the cooking process by explaining the flavor profiles of each ingredient should your curiosity be heightened by the fresh aromas. This experience allows you to appreciate how even the most unsuspecting pairings go perfectly together



THE PAVILION GRILL

The Pavilion is an extension of The Clubhouse which incorporates a buffet, grill and pizza oven in one location. It is a more casual dining alternative. It serves primarily Mediterranean cuisine, including pizzas, calzones, flatbreads, grilled foods and fish. It is open for lunch from 12:00 pm to 2:30pm daily and for dinner from 7:00pm to 9:00pm.



Afternoon tea is served daily from 4:00pm to 6:00pm with sandwiches and tempting sweets.

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BARS



THE CLUBHOUSE BAR

The Clubhouse Bar is open from 10:00am to midnight and offers alcoholic and non-alcoholic cocktails and beverages including premium brands. It features a custom designed 360 bar perfect for conversation, divine sunsets and easy-viewing of the stage's live entertainment.

THE PIANO BAR

The air-conditioned Piano Bar opens until the last guest leaves. It is comfortable and relaxing nightspot beautifully decorated with cane furnishings and antique pieces which stays open until the last guest retires. A pianist entertains nightly (except Wednesday and Friday evenings) using the Grand Piano, around which is a sit up bar for guests to sip and sing.



ENTERTAINMENT

The Clubhouse features a nightly entertainment programme from 9:30pm, where our in-house DJs also play a wide selection of music. You may also take the opportunity to meet our management team at our Leaders Cocktail Party, which takes place on Wednesday at 7:00pm at the Wellness Centre.

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COMMON AREAS



THE CLUBHOUSE LOUNGE

The Clubhouse Lounge is an inviting and comfortable space at the heart of the resort. It features a combination of contemporary, classic and transitional furniture with an assortment of sofa seating, lounge chairs and tea height tables which allow for flexible use, dining, cocktails and tea.



THE LIBRARY

This is a complimentary Wi-Fi, air-conditioned refuge from the outdoor spaces. It includes a library, two flat screen televisions, backgammon, chess and checkered boards etched in wood tables; two pool table and table tennis. It also features a small work station equipped with a computer and printer for use.



CARIBLUE COURTYARD

The Courtyard is a multi-use space replete with aqua pagoda umbrellas and casual white bistro seating. A trickling natural stone fountain with glass mosaic tiles, local stone wall with niches of orchids and lantern-lighting glows at night as a cosy respite from large dining spaces.

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THE SEASIDE BOARDWALK

The boardwalk begins at the northern end of The Clubhouse and wraps around the front with stairs descending into the soft white sand of Cariblue beach. It flows past the Pavillion and negative-edge pool and ends at the watersports hut just past the Wellness Café. The area is surrounded by all-white market umbrellas and chaise lounges. Large specialty cabanas comprised of two daybeds and centre tables are perfect for cocktails at sunset and private dining waterside.

THE INFINITY POOL

A dual-level pool which is between the Pavilion Grill and the Wellness Café, tiled in deep cobalt blue porcelain. The upper pool is 20 X 50ft and 4ft deep, ideal for play and aquatic fitness. It falls into 12X 41ft shallow waters at the boardwalk level. The effect is an elegant cascade with views of the beaches, and the feeling of being in the ocean at every height of the pool deck. The pool deck is lined with lounges and upper level decks feature intimate-for-two cabanas.



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CARIBLUE POOL

Nestled near our garden view rooms and the Piano Bar, the central beach front, kidney shaped pool at 30'x17' spans 59' with varying depths that make relaxing comfortable at 3' or an evening swim possible up to 7'. The pool provides a spacious marble deck fitted with several beach chairs and a beach towel hut which when occupied, guests are all able to take advantage of our flag system for the unlimited serving of food items and beverages. The pool also boasts a jacuzzi just steps away.



OASIS POOL

Located conveniently in the heart of our Wellness Centre, the Oasis pool offers a tranquil escape with easy access to the Pavitra, the Fitness Studio, the Gym and our 33 treatment rooms. Whether it is a swim after a pilates class or a scenic poolside seat as the sun sets, the ambience of the tiled 10' x 35.5' fresh water pool will be sure to give you a revitalised swimming session.

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THE WELLNESS CENTRE

The centre-piece of BodyHoliday is the Wellness Centre, a beautiful and comprehensive centre of health and well-being. It is here that guests come to receive their pampering body treatments designed to relax and rejuvenate both mind and body. A variety of eleven customised treatments are included in the holiday each is for the duration of 50 minutes.



Included in the price of the holiday

- Lucian Lime and Ginger Scrub
- Heaven & Earth
- Serenity Massage
- Aloe Vera Body Wrap
- Saint Lucian Sizzler
- Skin Specific Facial
- Deluxe Coconut & Spice Combo
- Thalassotherapy
- Skin Specific Facial
- Nurturing Mother-to-be Massage
- Far Infrared Therapy

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These treatments are customised for both male and female guests. The Wellness Centre houses 33 treatment rooms, serviced by 50 highly – trained massage and beauty specialists. The Wellness Centre only uses the best and most natural products for the treatments. Guests may select from a range of A-La-Carte body treatments including authentic Ayurvedic treatments at the Pavitra, Holistic Therapies at the Wellness Centre as well as from a complete range of treatments at the Specialised Skin Clinic and Beauty Salon. These treatments are available at an additional charge and are subject to availability. Additional information on the wellness centre's offerings is available on the website:

<https://www.thebodyholiday.com/wellness/>

BODYSOURCE

A BodyScience program starts by collecting a broad range of information about both an individual's physiology and biochemistry to recognise imbalances that impact on wellness. An individual's stress level is examined through a variety of tests.



BodyScience combines the Eastern “Preventative approach” to Wellness with cutting-edge Western Analytical Science. It is the first and only clinic wellness programme in the world to combine high-level Western technology and advanced physiological analysis with the eastern approach to wellness manifested by preventative lifestyle choices.

There are seven programmes; all with different benefits available at an additional cost: De-stress Programme, Detox Programme, Fitness Programme, Digestive Health Programme, Healthy Ageing Programme, Weight Management 360° Programme

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HOLISTIC CLASSES



- Yoga

Including faster paced Yoga flow and calming true Indian style restorative Yoga. Yoga retreat; Octoba Yoga is offered yearly. These retreats run for an entire month are dedicated to yoga offerings. International master yoga instructors are invited to teach all levels of yoga. Yoga inspired meals and teas are also a highlight.

- Pilates

- T'ai Chi

- Meditation

- Aloe Wrap

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WATERSPORTS FACILITIES



All watersports activities are inclusive with instruction.

Beach towels can be retrieved from the towel huts located on the beach.

Sailing



Hobie Cats - Monday to Friday. Hobie Cat sailing lessons (1/2 hour sessions).

Keel Boat Sailing - Intro to Keel Boat Sailing, Monday to Friday. Sailing experience in our X-treme 26's or J-24.

Snorkelling

Masks, snorkels and fins provided.

Water-Skiing & Wake Boarding

Single and double skis available using an 18 ft Dauntless Boston Whaler with a 150 HP Yamaha engine.

Hobie Cats

Equipment included.

Swimming Pool

Large kidney shaped pool from 5 feet to 9 feet in depth.

Activity Pool

For Aqua Fit, volleyball and other activities, including skills training for Scuba divers.

Kayaking & Sea Kayaking

Single and two person kayaks available.

Paddle Boarding

Single person paddle boarding.

SCUBA DIVING



We have created a great programme of diving to suit everyone from the beginner to the most advanced qualified diver at our PADI dive centre. Our entire team of scuba instructors is PADI (Professional Association of Diving Instructors) certified.

For new and non-certified divers, we offer the PADI Discover Scuba Diving programme. It includes a 45-minute classroom session, 45 minutes in the pool and finally an ocean dive right off Caribblue beach at Saline Point reef to a maximum depth of 20ft/6m.

PADI certification courses on offer at an added cost include:

- PADI Scuba Diver - after completing the complementary Discover Scuba Diving program, certification is possible in only one extra day. The PADI Scuba Diver Certification is a worldwide license to go diving to a maximum depth of 40ft/12m (must be accompanied by a PADI professional).
- PADI Open Water - this course is conducted over a three to four day period with a four-hour session daily. Once certified, divers will receive a certification card which will allow them to dive with any dive operation around the world to a maximum depth of 60ft or 18m with a dive buddy.

LAND SPORTS FACILITIES

Tennis

Inclusive group tennis instructions are available with the tennis pro (equipment is available). Private tennis lessons are also available. Tennis courts are floodlit for evening games. Non marking tennis shoes are required on the courts.

Golf Academy

Practice nets and equipment with two in-house golf pros and our very own 4-hole par 12 practice course on site.

Group tennis lessons with our golf pros are included (equipment is available). Private golf lessons are also available.

Golf

Play 9 or 18 holes of golf at The Sandals Golf and Country Club.

Cycling

A BodyHoliday guide is mandatory for all tours.

Archery

All equipment is provided.

Volleyball

A daily activity



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Walks

Guided morning walks.

Aerobics & Group Fitness

On the Ball, Body Barre, BodyTone, BodyCircuit, DanceFit, Krav Maga, Legs, Bums and Tums, Absolution

Table Tennis

Equipment is available at the Clubhouse.

Board games

Chess, backgammon, Scrabble, Trivial Pursuit and other selections.

Adventure Programme

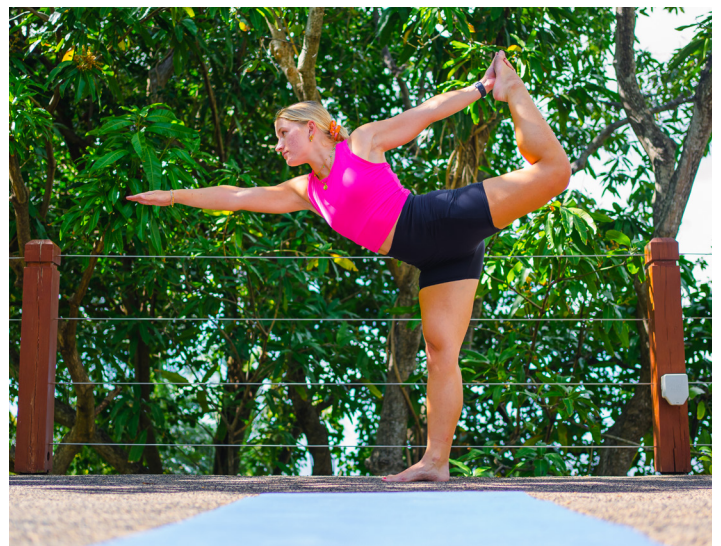
(Optional Extra) Guided expeditions into St. Lucia's lush interior and seasonal overnight turtle watching expeditions.

Spinning

BodySPIN, BodySPIN MAX with CoreSPIN.

TREEHOUSE

Located high up within the resort's lush, tropical forest, the Treehouse is home to Spin, Yoga, Pilates, and Stretch classes. It is an air-conditioned studio, with 16 spin bikes. Enjoy observing nature, while getting your heart pumping.



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GYM

This is a state-of-the-art 1,800 square foot fitness centre with expansive back windows which let in natural light and overlook the hillside. The gym features an extensive list of equipment which includes:

- Treadmills
- Rowers
- Cross Trainer
- Upright Bike
- Ski Air Rower
- Recumbent Bike
- Startrack NXT e-Spinner
- Kinesis Functional Training Wall
- Smith Machine – Multi Power
- Bosu Balls
- Seven Pieces of Technogym Fixed resistance equipment (leg extension machine; leg curl machine; leg press machine; shoulder press machine; chest press machine; lat pull down machine; and cable row machine)
- Benches
- Dumbbells (1-36kg)
- Kettlebell Selection
- Medicine Balls
- Suspension Trainers



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BODYAWARE[®] PROGRAMME



You can arrange a one-on-one consultation with our BodyAware Specialist to set up a personalised lifestyle programme. The consultation begins with a BodyStat[®] analysis which safely and easily measures body fat accurately. The BodyAware Specialist will suggest the kind of exercise that best suits your needs — for example, what will work for you not just on holiday but when you return home.

The suggestions and goalsetting will be made with your route to success in mind. Age and level of fitness play a big role in the advice given. Fitness and diet can never be separated, so the BodyAware Specialist will undoubtedly suggest a diet and exercise regime with optimum health and energy in mind. With the variety of exercise and stretch classes available, there is something for everyone. You can also book the BodyAware Specialist for personalized sessions or make arrangements with a personal trainer in the gymnasium. The goal of this programme is to make fitness a simple and highly enjoyable part of life forever. There are three-day and six-day BodyAware packages.

PRE-ARRIVAL CONCIERGE

Pre-arrival planning is one of the secrets to a great bodyholiday, which balances time for pampering, fitness and relaxation in desired amounts. Pre-Arrival Concierge Specialist team is available via email and BodyHoliday's online 'webroom' here:

<https://webroomguest.thebodyholiday.com/signup>

Any guest holding a valid reservation has access to this service. Once the webroom is opened, guests will be able to:

- Chat directly with a holiday consultant
- Select your preferred times for your included spa treatments
- Select and book additional treatments that will enhance your holiday and will help you achieve your relaxation, fitness and rejuvenation goals - should you choose to set any.

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NEARBY FACILITIES

Golf at an 18-hole, championship course situated five minutes from the resort. Equipment rental and golf carts are available.

ADDITIONAL INCLUSIVE GUEST SERVICES

- All service charges and government taxes at the resort
- Gratuities
- Foreign exchange
- In-Room Safe
- Concierge service
- Evening tea service featuring organic teas

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EXCLUSIVE GUEST SERVICES

- A fully equipped Specialist Skin Clinic is situated at the wellness centre offering specialised body treatments and a range of Thalgo, CACI and La Therapie sun, skin care and make up products
- Manicures, Pedicures, Waxing
- Reflexology, Ayurvedic Therapies, Balinese Massage, Thai Massage and Taoist and Osteopath Therapies, Given by Resident Specialists
- Boutique with Drug Store Requirements
- Adventure - Adventure Programme
- Car Hire Service
- Taxi or Helicopter Transfers (on arrival and departure)
- Trips and Tours Arranged
- Scuba Certification
- Scuba Diving by Boat
- Cakes and Flower Arrangements
- Vintage Wines and Champagne
- Laundry and Dry Cleaning Services Available
- Green Fees (see golf information above)

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THEME MONTHS

Spring Sail March

With 6 Hobie Cat boats, a J/24, and two brand new X-Treme 26 racing yachts the BodyHoliday offers the perfect set up for both the experienced sailor and those just starting their voyage of discovery. Spring Sail is delivered by Olympic Champions and our qualified team of sailing professionals. They will be on hand to help you hone your skills so you can get the most out of your sails.

Yoga Master Class April

A theme month presented by Trevor Laurency - adding a range of activities to the usual line-up at BodyHoliday, giving an even stronger focus on wellness and fitness courtesy of Trevor's wide range of teaching skills across multiple disciplines.

WellFit April/May

If you are ready to make a change to your health and wellbeing and the way you get fit and stay fit then our WellFit programme could be for you. These intensive, week-long training programmes aim to transform your body, attitude and approach to health and wellbeing.

Jive June June

The Cuban Cha Cha Cha and Salsa, the fiery Argentine Tango, the Caribbean Merengue, American Jive and the energetic Columbian Zumba - dancing has a truly global appeal! In June 2019 we are once again dedicating a whole month to dance and hoping to inspire more people to take up this amazing exercise and have some fun.

WellFit Families July/August

Well-Fit Families is a family based Fitness week that encompasses all aspects of the resort. You can expect to develop your physical fitness, strength and stamina with our unique Beach Boot Camps instructed by visiting Olympians, gain mental focus and clarity through Yoga presented by International Teachers and learn new skills such as first aid CPR, basic sailing and even healthy cooking.

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September Solos September

The retreat is designed to offer the best elements of health, wellbeing and fun with other like-minded solo-travellers. Including hosted dinners and dedicated fitness classes, this is the perfect Solos holiday. BodyHoliday Solos is open to guests staying in Single Garden rooms (or paying for Single occupancy in a double room).

Octoba Yoga October

A truly restorative vacation, during 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, 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 restaurants throughout the resort, as well as an array of special massage and therapeutic treatments at The Wellness Centre.

WellFit & SwimFit October/November

WellFit is delivered by a range of world class group fitness presenters, professional conditioning coaches and guest athletes who will help you develop a programme that will suit you and your body and help you get the most out of your vacation. In addition to our WellFit Programme, we offer SwimFit, a special 4-day programme, taught by Olympians for guests of any swimming ability who want to improve their technique, efficiency, and speed. This is a fantastic opportunity to be personally coached by the best in the world.

Pre-Christmas Restorative Break November/December

Why react when you can prepare? Couple our award-winning outstanding holiday experience with the opportunity to prepare both your body and mind for that festive time of the year where typically indulgence is on everyone's mind. Our pre-Christmas restorative break has been designed by leading health and wellbeing experts to give you ideas and experiences that will confidently prepare you not only for Christmas but for the rest of your life!

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ROOM RESERVATIONS

To Book, a deposit for one night is required at the time of booking. Final payment is due a maximum of twenty-one days prior to arrival. Major credit cards accepted: Visa, Master Card, American Express and Discover Card

CONFIRMATION OF BOOKINGS

Reservations will be confirmed in writing within 24 hours of booking.

GENERAL INFORMATION

Credit Cards Accepted - Visa, Master Card, American Express and Discover

SMOKING

Smoking is not allowed in the lobby, the bars, restaurants, the wellness centre, pool areas, rooms and other public resort areas. If you must smoke, then we suggest that you use the following specific areas - the Caribblue Courtyard (outside the Piano Bar) and the Secret Garden (outside the Library).

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CONTACT US

To learn more about BodyHoliday or to make reservations:

Call your travel agent, visit us at www.bodyholiday.com or contact us directly:

BodyHoliday Saint Lucia, Cariblue Beach, PO Box 437, Castries, St. Lucia.

Tel: (758) 457-7800

Email: reservations@thebodyholiday.com

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