

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



bodyholiday
Saint Lucia



QUITE A PROMISE!

Giving you the perfect holiday is our priority. The need to relax, recharge and to rest can be remedied on the pristine shores of Caribblue Beach. We understand the importance of exacting standard without compromise.

With that, you are able to indulge in as little or as much as you'd like during your stay with us. We offer award-winning wellness with a fabulous beach holiday. Experience your holiday, your way at BodyHoliday.



**RELAX... YOU'RE IN
AWARD WINNING HANDS**

PERSONALISED WELLNESS

Lacking energy or focus with all that's going on in today's world? Let us give you a state-of-the-art experience to be refreshed, refocused and re-energised. Your desire to be reawakened can be granted with calming hands, soothing oils, warm stones, scented wraps and deep cleanses. Bask in a bespoke wellness retreat that includes a 50-minute holistic treatment each day of your stay. Tailored programmes are our specialty—curating a unique wellness regimen prior to your arrival.



REVIVE

LOVE YOUR SKIN



BodyHoliday offers a specialised skin clinic with attention to details at every session. Take a trip to around the world to Bali, Sweden, Thailand or India with our adapted skin rituals tailored to your current skin condition. These complementary sessions are catered to both men and women with the inclusion of skin oils, beard oils and facial cleaners and creams.

REFRESH



READJUST

RE-ENERGISE



BODY YOGA



Unlock your yoga spirit and synchronise your doshas with mind and body routines. Whether it is to restore your body, mind, spirit or soul, BodyHoliday has a unique and personalised approach for you to get started. Our trained and professional yogis and practitioners are here to offer you the utmost support for true enlightenment and mental harmony. Find balance, control and freedom with us at BodyHoliday.

MOTIVATION, INSPIRATION

It's all in the name: BodyHoliday gives you the experience of motivating yourself and inspiring you to achieve a better version of you. Our theme months are sure to give you a new approach to life and your daily routine. Whether it is Octoba-Yoga®, SwimFit® or September Solos®, a world class standard is guaranteed. Craving something slower and more holistic? T'ai Chi, Jyothi Trataka or Thai Yoga Massage offers you the chance to unwind, reflect and be revived.



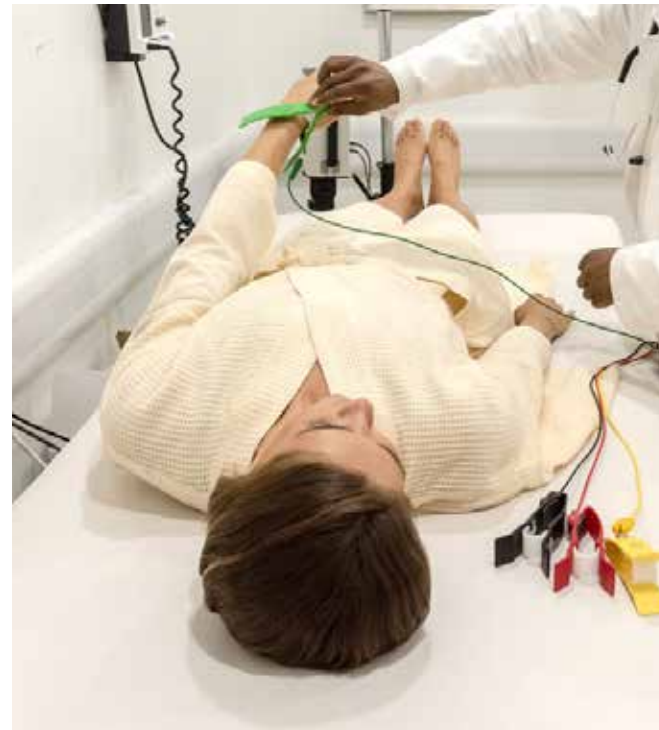
REINVIGORATE



WELLNESS CLINIC

Dedicated to the pursuit of optimal wellness by combining the preventative Eastern approach to wellbeing with cutting edge Western diagnostics modalities, Wellness Clinic provides the tools to move toward optimal health. At BodyHoliday, we move from being your doctor, to being your coach, your partner in a life of wellbeing and fulfilment.

We aim to make you feel more vibrant and fulfilled than ever before. Wellness Clinic moves from what is termed "Functional Medicine" into "Personal Medicine"



REALIGN



REMARKABLE

YOU ARE WHAT YOU EAT

Experience culinary craft at its highest standard as passionate chefs with the best training to carefully prepare dishes with the freshest ingredients. With a dash of imagination, sprinkled with West Indian and local inspiration, our next dish will be your next guilt free pleasure.

Dine where your heart desires. Whether it is a casual beach lunch or an al fresco Mediterranean communal dinner, you deserve it. At BodyHoliday, we take you on a gastronomic trip around the world with our plethora of themed days and outlets such as Tao that gives you an eastern-western fusion you cannot forget.



OPEN A BOTTLE



Join us for a sip or a few! Spirit outlets such as our Wine Salon offers you daily tasting and a helping hand from our in-house sommelier. Find the perfect wine flavour that suits your palette.

There's no right or wrong choice—just good vibes and great taste. Feeling for a casual spirited experience? Join us for our weekly cocktail class where we take you through the steps of making mouth watering cocktails from local fruits and essences.

RECHARGE





A ROOM WITH A VIEW

Escape to one of our rooms. No matter which one you choose, there will always be a breathtaking view. Find peace in your temporary sanctuary. We take the job of being your home away from home very seriously. With this in mind, our rooms are fitted with comforting bedding, music dock, loads of hanging space, hot showers and comfy bath robes.





Indulge in hand-crafted elegance and inspiring views with BodyHoliday's Villa Collection. Options abound for everyone from couples, families, and groups of friends to corporate events and wellness retreats. Enjoy residential-style living in privacy and comfort and a personalised BodyHoliday experience with access to our award-winning Wellness resort.

Villa guests are provided with all the usual inclusions BodyHoliday offers, such as a complimentary daily 50-minute spa treatment per guest, access to all classes and activities, and a diverse range of dining options.

VILLAS

RETURN



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