

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



**bodyholiday**  
Saint Lucia

# BODYHOLIDAY, SAINT LUCIA

## GIVE US YOUR BODY FOR A WEEK AND WE'LL GIVE YOU BACK YOUR MIND.

Of all the great beach vacations and spas in the world, only BodyHoliday offers you the very best of both in beautiful Saint Lucia. Tailor your vacation to your wishes and choose from a menu of wellness options, sports and gourmet pleasures. It's all a body could ask for.

### KEY SELLING POINTS

- BodyHoliday Fans Love the Combination of the Very Best in Wellness and the Most Relaxing, Fun-Filled Beach Holiday
- Every Guest at BodyHoliday Receives One Complimentary Spa Treatment Per Day as Part of the Experience Except on Arrival and Departure Days
- BodyHoliday Offers Excellent Value When Comparing the Quantity and Quality of Inclusions With Other All-Inclusives
- Guests Can Customize Every Aspect of Their Vacation Before they Arrive Using their Personal Webroom



### THE WEBROOM ENABLES GUESTS TO:

- Chat Directly with a Vacation Pre-Arrival Consultant
- Select Preferred Times for their Included Spa Treatments
- Select and Book Additional Treatments That will Enhance their Vacation and will Help Achieve Their Relaxation, Fitness and Rejuvenation Goals
- Check in Online



### THEMED MONTHS

- **WELLFIT®** – a week of intensive outdoor fitness training and workshops; a boot camp for weight loss, toning and aerobic fitness
- **JIVE-JUNE®** – a month of dance classes including flash mobs, Saturday night dance classes and demonstrations by our expert team
- **WELLFIT FAMILIES** – a fun fitness vacation designed around sharing new experiences, a little competitiveness and learning new skills
- **SEPTEMBER-SOLOS®** – specially designed for the individual, BodyHoliday Solos is a wonderful combination of a social and fun vacation with the best TheBodyHoliday has to offer
- **OCTOBA-YOGA®** – a month dedicated to all things yoga for the beginner through to the most advanced yoga practitioner
- **PRE-CHRISTMAS RESTORATIVE BREAK** – giving your clients the tools to effectively achieve their New Year's Resolutions

### HIGHLIGHTS

- BodyHoliday has been voted the best Spa in the World and is renowned for its range and quality of treatments and therapies
- World leading Olympic Gold and Silver medalists hosting workshops throughout the years
- BodyScience – a combination of the preventative Eastern approach to wellbeing via a healthy lifestyle, with cutting edge Western technologies to fine tune and enhance the personalization for each guest
- BodyHoliday TV – Our youtube channel is here to help you reach your fitness goals
- BodyConnect – Stay in touch with our team long after your tan has faded



## WHAT'S INCLUDED AT BODYHOLIDAY

### FACILITIES

37 Luxury Rooms  
 29 Garden View Rooms  
 24 Luxury Ocean View  
 15 Premier Ocean View  
 24 Deluxe Ocean Front  
 16 Grand Luxury Ocean Front  
 7 Junior Suites  
 2 Ocean Front Suites  
 1 Penthouse Suite  
 4 Villas  
 18 Acres of Lush Tropical Gardens  
 Secluded Caribblue Beach  
 The Wellness Center  
 3 Fresh Water Pools and 1 Jacuzzi  
 5 Restaurants and one Café  
 Archery Range  
 Clubhouse  
 Piano Bar  
 Gym with Technogym Equipment  
 2 Floodlit Tennis Courts  
 Free Wi-Fi in All Guest Rooms & Public Areas  
 Labyrinth and Meditation Temple  
 The Tree House & Zen Deck  
 (Fitness Studio in the Treetops)  
 Eve's Beauty Salon  
 Skin Clinic  
 Spin Studio  
 BodyScience Clinic  
 Thalassotherapy Pool  
 Sailing School  
 Organic Garden  
 Basketball Court  
 Wine Salon

### ACTIVITIES

Yoga – T'ai Chi – Pilates  
 Meditation – Aerobics  
 Water Aerobics  
 Master Classes – (Gurus in Various Fields  
 Share Skills with Guests all Year Round)  
 Sailing – Kayaking  
 SCUBA Diving – (Daily Diving for Certified  
 Divers and a Try Dive for Beginners)  
 Water-Skiing  
 Volleyball – Bicycle Tours  
 Archery – Tennis  
 Stress Management  
 Stretch and Tone Classes  
 Fitness with Personal Trainer  
 Caribbean Dance Classes  
 Board Games  
 Daily Walks  
 Zumba  
 Spa – 50 Minute Inclusive Spa Treatment  
 Golf  
 Spinning  
 WellFit® Trail

### 50 MINUTE INCLUSIVE SPA TREATMENT PER DAY – DESIGNED FOR BOTH WOMEN & MEN

Skin Specific Facial  
 Lucian Lime & Ginger Scrub  
 Aloe Vera Body Wrap  
 Full Body Massage  
 Thalassotherapy  
 Deluxe Coconut & Spice Combo  
 Hand and Foot Zone Therapy  
 Nurturing Massage for Mothers-to-be  
 Far Infrared Therapy  
 Thalgo Hydrating Facial  
 Heaven and Earth – Massage and Wrap



### WEDDINGS

We have created the Ever After Collection, a menu of wedding options for clients who are looking for the perfect wedding day.

### DINING EXCELLENCE 5 SUPERB RESTAURANTS

TAO – east west fusion restaurant (voted by Condé Nast Traveler in top 60 tables of the world).  
 Caribblue – featuring an à la carte and table d'hôte menu.  
 ClubHouse Pavilion – serving buffet style cuisine for casual dining and the Pavillion with a buffet, grill and pizza oven Deli – serving fresh salads and healthy snacks throughout the day.  
 Caribblue Windows – for enjoying a delicious tasting menu with wine paring in air conditioned comfort.

# LUXURY VILLAS AT BODYHOLIDAY



## VILLA HIBISCUS

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.

## VILLA FIREFLY

Overlooking the resort "Firefly" comprises a four bedroomed, plus one suite, West Indian villa which is located within the grounds of BodyHoliday.

Set amidst lush green trees and colourful flowers, the imposing façade of Villa Firefly proudly presents itself as a harmonic part of the surrounding natural land scape a separate guest suite on the property provides a further attractive accommodation option for families and groups of friends.

Pricing at Firefly is designed to include the full range of all-inclusive services at BodyHoliday and also has the option of additional services (Butler, Private Chef).



## OASIS VILLAS

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

Guests booking either of the Oasis Villas will be provided with all the usual inclusions that BodyHoliday offers. 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. For the ultimate private experience, expert chefs from BodyHoliday's culinary team will also be available to provide private catering services within the villa, at a supplementary charge.

**VILLA AURORA** is set over two stories and sleeps a total of four guests across the upper floor, Aurora Junior Suite and the ground floor, Aurora Penthouse. The Junior Suite level boasts a stunning king-size wooden four poster bed, a spacious bathroom with ambient lighting, a bathtub and a rain shower as well as access to a private balcony.

The second Oasis Villa, **VILLA CALYPSO**, follows the same layout and concept as Villa Aurora however, it is located further round the hillside with uninterrupted panoramic views over the sea and BodyHoliday Resort.



## BODYHOLIDAY ROOMS AND SUITES

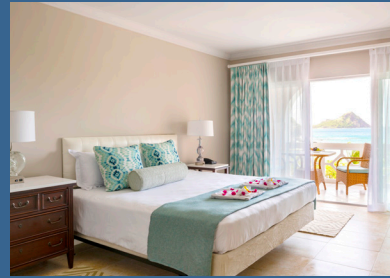
All Rooms offer a pillow menu, Living West Indies bathroom amenities, tablet directories, free Wi-Fi with an organic tea and cookie turn down service every day. iPod docking stations are provided in Luxury, Ocean View, Ocean Front rooms and Grand Luxury Ocean Front suites, whilst Garden View, Grand Luxury Ocean Front and Junior suites come with Bluetooth connected 'Bose' surround sound speakers and the 'Sleep Well' lighting system.



Garden View Rooms



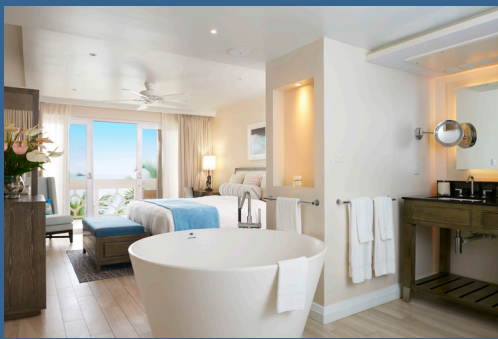
Luxury Rooms



Luxury Ocean View Rooms



Luxury Ocean Front Rooms



Grand Luxury Ocean Front Rooms



Grand Luxury Ocean Front Junior Suites

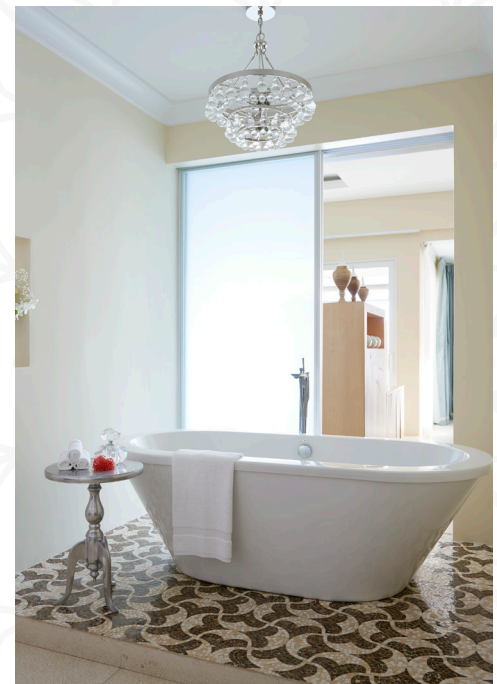


Grand Luxury Ocean Front Suites

## THE PENTHOUSE SUITE

A private staircase leads to the only suite on the fifth level. Its open floor plan features a large living area and bedroom with huge windows overlooking the entire Cariblue Bay. The suite boasts its own "Kenesis" gym and includes Butler service.

The Penthouse suite's piece de resistance is the private Hammam, featuring a marble-slab heated massage bed, marble benches, walls of mosaic marble and a rain head shower.



# bodyholiday<sup>®</sup>

## Saint Lucia



Caribblue Beach | Cap Estate PO Box 437 | St. Lucia, West Indies  
+1 758 457 7800 | [reservations@thebodyholiday.com](mailto:reservations@thebodyholiday.com) | [www.bodyholiday.com](http://www.bodyholiday.com)