

Forbes

Choose Your Own Adventure In St. Lucia

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St. Lucia really is a choose your own adventure destination. Hiking enthusiasts and nature lovers can embark on a challenging yet rewarding trek to the iconic twin peaks known as the Pitons. These volcanic spires, Gros Piton and Petit Piton, are a UNESCO World Heritage site and a symbol of the island's unique geography.

The island's topography is a blend of volcanic peaks, lush rainforests, and golden beaches. The Soufrière volcano, often referred to as the world's only drive-in volcano, allows travelers to get up close and personal with geothermal

wonders, including bubbling sulfur springs and therapeutic mud baths. This geological marvel offers a one-of-a-kind experience, allowing travelers to immerse themselves in the island's natural rejuvenating resources.

The white sands of Rodney Bay offer a lively atmosphere with a range of water sports and beachside activities, making it a favorite among families and thrill-seekers. In contrast, the black sands of Anse Chastanet provide a unique and tranquil setting, nestled between the Pitons, perfect for those seeking a more secluded and romantic escape.

The beaches of St. Lucia aren't just about sunbathing and relaxation; they also serve as gateways to underwater wonders. The island's coral reefs teem with vibrant marine life, making it a haven for snorkelers and scuba divers. Anse Cochon and Anse Chastanet Marine Reserves are renowned for their crystal-clear waters, providing a mesmerizing glimpse into the diverse aquatic ecosystem.

St. Lucia's cultural tapestry is woven with influences from African, French, and British heritage, creating a vibrant and diverse society. The island's official language is English, but the lilting tones of Creole can be heard in the lively conversations of locals.

Choosing Your Adventure

In the same way that there are plenty of things to do in St. Lucia, there are also plenty of resorts. One property, [BodyHoliday](#), mimics the variety of the island by providing a choose your own adventure on property.



“We have a 55% repeat visitor rate,” says Armin Asceric, Corporate Director of Sales and Marketing sales and marketing. Why? Because of the unique program the resort has. There’s a daily schedule of activities (most of them complimentary) that range from morning Tai Chi and sunset yoga to beach bootcamp and high intensity interval training. The resort attracts a lot of multigeneration families with different interests. One person can go the kettlebell class, while another tries archery and another goes to a spin class.



Wellness Center and Spa

Asceric notes that BodyHoliday has one of the largest wellness centers in the Caribbean with 35 treatment rooms. In fact, the wellness center / spa is a core part of the BodyHoliday experience. One of the unique benefits of staying at the resort is that a complimentary spa treatment is included for each day of your stay. Travelers can choose from a list of treatments including a lime and ginger scrub, a serenity massage and a facial.



There are also additional treatments that can be booked.

“We also have three Ayurvedic doctors and an extensive clinic making us the biggest Ayurvedic center in the Caribbean,” notes Asceric. One of the most popular treatments from that menu is the Synchronized Abhyanga which is a four-handed (two massage therapists work simultaneously) oil-based massage that focuses on restoring mental and physical calm to the body. The experience of two pairs of hands working the massage make this treatment a fan favorite.

Travelers can also undergo comprehensive health assessments and consultations with expert practitioners at the clinic. This holistic approach to well-being aligns with property’s ethos to provide guests with tools to enhance their overall health, both during their stay and beyond.

Solo Travelers Welcome

The plethora of activities (starting first thing in the morning and going all day) means solo travelers can easily join various group activities during the day, making it easy to meet new people and make new friends. The property has also created a group dining experience for those traveling alone. There’s a table reserved each night at the various restaurants for communal dining and anyone can join.



Both solo travel and wellness travel have increased substantially post covid. People are not putting off trips and they value alone time with self-care.

Boot Camp on Vacation

BodyHoliday attracts a lot of people who want a wellness vacation—good food, spa, beach, but also plenty of activities to stay fit. The “Body Guards” are the names of the instructors who teach the various classes. Some of the more popular activities include volleyball, aqua fitness, and Pilates. The Body Guards ensures that participants of all fitness levels can engage in activities that align with their goals and interests.



Water Sports and Scuba Diving

A big part of any Caribbean Island is water activities. At BodyHoliday, they offer two-tank boat scuba diving as well as shore and night diving. In addition to scuba, there's SUP, snorkeling, Hobie Cats and water skiing.

One of the things that makes the scuba dive center unique is that in a male dominated profession, BodyHoliday's top two dive masters are women, Melissa Orie and Judy Martyr Barthelmy.



Melissa Orie has been a dive instructor at BodyHoliday for over 20 years. She grew up in a diving family and now has three grown children. Safety is one of her top priorities when she takes a group out and she'll double and triple check to make sure all equipment is ready before divers jump in the water. One of her favorite dive sites is Birds Rock where there's a chance to see eagle and sting rays.

Judy Martyr Barthelmy, is not only a dive master, but also a dive instructor. She teaches diving classes every week, due to the demand. “I usually certify two

to three students a week; people from all over the world,” says Martyr Barthelmy. As an enthusiastic teacher, she has a bubbly personality and encourages her students to really explore the underwater world. One of her favorite dives is Super Man's Flight (so named from the Superman movie when he flew between the Pitons).

Curtis Antoine, the manager of the scuba dive department, said about 20 percent of guests partake in scuba diving. He's seeing more people doing since Covid. “Being underwater and disconnecting from the phone, computer and other devices has become more important to people,” says Antoine. “Scuba diving let's people be present and focus on what is right in front of you.

St. Lucia's crystal-clear waters teem with vibrant marine life and coral reefs, making it an ideal destination for both novice and experienced divers. The resort's PADI-certified dive center ensures that travelers can explore the wonders of the Caribbean safely. Expert instructors guide beginners through comprehensive scuba diving courses, while seasoned divers can embark on thrilling excursions to renowned dive sites, including the Anse Cochon Marine Reserve and the Lesleen M Shipwreck.

Visibility is also quite good; it can often extend up to 100 feet. Schools of tropical fish, graceful sea turtles, and colorful coral formations await those who venture beneath the surface. With the resort's commitment

to sustainable and eco-friendly practices, guests can dive with the confidence that their underwater adventures contribute to the preservation of this marine paradise.