

HOTELS ABOVE PAR

This All-Inclusive Wellness Resort Is Saint Lucia's Best-Kept Secret

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Set against the backdrop of lush, tropical landscapes and crystal-clear waters, **BodyHoliday** is a luxurious wellness resort that invites guests to relax, unwind, and prioritize nothing but themselves. This unique all-inclusive retreat has a wide range of diverse activities, world-class spa treatments, personalized wellness programs, and exceptional hospitality, making it an idyllic spot for travelers who truly want to indulge in their well-being.

Located right on the sand of Caribblue Beach, this expansive resort stretches along the water, allowing guests to enjoy beachfront access whenever they please. In addition to the beautiful beach, the property also offers much, much more.

The main draw of this hotel is its large selection of activities, which are included in the overall rate. Each day, guests can indulge in a multitude of classes, events, and wellness-centered activities, including—but not limited to—yoga classes (which are taught by instructors from all over the world), pilates, meditation classes, morning hikes, golf, tennis, archery, and even dance classes. Plus, guests can also enjoy a daily 50-minute spa treatment, where they can choose from massages, body wraps, facials, Thalassotherapy, and additional customized treatments.

Out on the beach, there are water activities such as sailing, windsurfing, kayaking, water-skiing, tubing, and scuba courses. Not to mention, there's also a sunset boat cruise that takes guests around the island once a week.



What's more, BodyHoliday highlights a different activity nine months out of the year. During these months, the hotel welcomes professionals from all over the world, including practitioners, athletes, dancers, sailors, sports stars, and more. For example, in October 2022, BodyHoliday partnered with the popular yoga studio Y7 to highlight yoga month. This October, BodyHoliday welcomed Heatwise, an elevated hot yoga studio, to teach classes each day. Guests can expect to see programming like Spring Sail, Jive June, September Solos, and the always popular Octoba Yoga.



When guests aren't participating in activities, they can enjoy one of the many restaurants on the property. Cariblue Restaurant has a delicious breakfast, lunch, and dinner menu that serves world-class international cuisines as well as mouthwatering local dishes that highlight flavors of the Caribbean. There's also Tao restaurant, a fine dining establishment that offers cuisine with influences from both East and West. Guests can expect to nosh on fresh sushi, Peking duck, Thai curry, and more. For those who want something more casual, they can head to the Wellness Cafe for smoothies, healthy juices, light bites, and nutritious lunches that they can pick up on the go. If they prefer to sit down, they can head to Pavilion Grill, which is a casual eatery that serves simple and healthy food. As for the star of the show, BodyHoliday has a secluded organic dining experience in the jungle called **I-Tal**, which features an intimate Rastafarian farm-to-table meal that's prepared in front of guests.



In terms of accommodations, BodyHoliday has a vast selection of rooms, suites, and villas, all of which are air-conditioned, decorated with

contemporary furnishings, and have stunning views of the island, beach, and surrounding landscape. Big, cozy robes, plush beds, and complimentary shower essentials make each room feel like home, allowing guests to unwind after a long day fully. For those who want to prioritize their sleep, BodyHoliday has a Sleep Well Programme that allows guests to choose what kind of pillows they want in order to develop healthier sleeping habits. As for the cherry on top, the hotel's Turn Down Service includes hot tea and a little treat each night so guests can really decompress.

In the midst of the activities, restaurants, and luxe accommodations, there are also more amenities to enjoy. BodyHoliday has three pools (one saltwater thalassotherapy pool and one jacuzzi), 18 acres of tropical gardens, a secret garden, The Wellness Centre, a skin clinic, an Ayurvedic temple, *and* a meditation temple. Whether you wish to improve your health, take some time away, or enjoy a vacation that's nothing short of bliss, BodyHoliday can offer all that and more.



Top Takeaways

Location: Caribblue Beach, Cap Estate, Saint Lucia

Star-Rating: 4-star hotel

The Vibe: Luxury retreat meets island wellness escape.

Food + Drink: Caribblue Restaurant, Tao, Wellness Cafe, Pavilion Grill, and I-Tal are on the property.

Amenities: Meals are included: three pools; five dining establishments, a fitness center, a wellness center, a meditation center, a world-class spa; turn down service, far-infrared sauna; water activities; scuba classes, and more



Our Favorite Thing About the Hotel: BodyHoliday is a place where travelers can unwind, relax, and spend time with themselves. The wide range of activities is suitable for everyone, meaning those of all fitness levels can partake. One thing we particularly love is that BodyHoliday allows you to try new things and learn more about yourself, your body, and your mental and physical health.

What's Nearby: Caribblue Beach, Bécune Point, Pigeon Island Beach, Pigeon Island National Park

Any Personal Neighborhood Recs? BodyHoliday offers so many unique activities that leaving the property is not necessary. However, if you wish to explore, you can head into town, which is about a 20-minute drive away. Here, you can find restaurants with delicious Caribbean cuisine, fun bars, and local shopping.

Rooms: 155 rooms and suites; 4 villas

Pricing: Starting at \$508/night

Closest Airport: Hewanorra International Airport