



BodyHoliday

A Caribbean Getaway for your Body and Mind

October 4 - 7, 2017 | October 12 – 15, 2017

Global Wellness Summit



Set on a secluded cove of white sand beach at the edge of the Caribbean Sea, surrounded by tropical gardens and rainforest, BodyHoliday Saint Lucia is the ultimate getaway for **body and mind**. Recognized as one of the finest wellness resorts/destinations spas and center of well-being, there couldn't be a more idyllic corner of the world to escape to. But what makes this vacation truly idyllic is it's **designed by you**.

Here, you are encouraged to do as much or as little as you like. At this **all-inclusive** luxury resort dedicated to well-being, there are any number of ways to soothe the senses and restore the spirit. Based on a philosophy of relaxation, restorative beauty, exercise and diet, BodyHoliday offers every possibility. The renowned Wellness Centre, voted one of the world's best spas by Condé Nast Traveler, caters to every need with an indulgent array of time-honored body treatments as well as state-of-the-art therapies, while BodyHoliday's five-star restaurants satisfy every taste with menus that feature locally-sourced foods and ingredients fresh from the resort's own organic garden.

Then, there is the endless list of activities on land and sea – yoga sessions and fitness classes, scuba diving, sailing, tennis and golf to more exotic adventures including biking the coastline, hiking the mountains or abseiling a river gorge. However you design it, BodyHoliday can be a hive of activity or a haven of peace and serenity.

Thursday, October 12

This morning you'll make your way to the Miami International Airport (approximately 1 hour and 20 minutes) for the flight to the Hewanorra International Airport, St. Lucia's main airport. St. Lucia is accessible via American Airlines non-stop. The flying time is approximately three and half hours which will be worth it when you see the shimmering crystal blue waters of the Caribbean.

Welcome to BodyHoliday!

BodyHoliday

Caribblue Beach, Castries, St. Lucia,
West Indies
+1 800-544-2883

The guest rooms are an important part of the BodyHoliday experience. Restful, rejuvenating, pampering – from their sweeping views of the Caribbean Sea and tropical gardens to the smallest details. Each is designed as a private sanctuary, and all offer special touches, including a Pillow Menu, REN bath and beauty products, Tablet Directories for guest services, and Wi-Fi, as well as Organic Tea and Cookie turn-down at bedtime.

Your room at BodyHoliday will have views or partial views of the Caribbean Sea, depending on the room type that you select. Your room is your haven whilst you stay with us and although we have tried to think of everything, the housekeeping team are always on hand to provide additional customized requests. Your in-room tablet is a mine of information and can also be used to schedule additional spa treatments and activities.

Finally choose a pillow from our pillow menu that best suits your sleep and rest.

Tonight you may select from one of four restaurants in which to dine. From homemade pizzas, freshly baked in the [Pavilion Grill's](#) clay oven to a delicious tasting menu in [Windows](#), your body's in for a treat.

Finish the evening at The Piano Bar. With its hint at bygone elegance and a mix of the sea suggested in its décor, the Piano Bar is the BodyHoliday's refined yet relaxed nightspot. Whether for wine or cocktails, pre- or post-dinner, guests here are entertained by our resident pianist. Requests are encouraged. As is singing along or taking a turn at the baby grand. A Martini made from our own organic infusions is a must.

Drinks and Dinner included.

Friday, October 13

7:30a to 10:30a Breakfast at Caribblue or The Deli

Start your morning off with one of dozens of choices of fitness or outdoor activities. The resort is designed around every imaginable fitness class for mind and body, and every manner of sport on land and sea. (See a typical [Activity schedule](#)).



Whether you want to experiment with something new, explore an island adventure, push your limits, perfect your game, continue your favorite practice or simply learn to play, you'll find the activity here as well as the expert teachers and sports pros to coach and guide you.

Anytime between 9a – 5p Have lunch at the Deli, along the boardwalk, set on a seaside terrace with tables shaded under almond trees, the open-air Deli is the perfect destination for light fare. Here, you'll find everything from a morning espresso, a late breakfast and a menu of smoothies to light salads, grilled Paninis and decadent treats just a barefoot step from the beach. There is no dress code at the beachside Deli. Come as you are in your bathing suit or workout clothes.



Make sure to book your spa treatment which is included daily in your stay. To us, the perfect holiday offers more than an island getaway but a return to wellness. At BodyHoliday, it is what our philosophy is based on, and what our Wellness Centre is built for. Recognized as one of the world's finest destination spas, the Wellness Centre is a true sanctuary, where every soothing treatment is designed to help you unwind, recharge and rediscover a sense of well-being. From time-honored massages and therapies for ultimate relaxation to state-of-the-art programs for restoring optimal health, there is an endless list of treatments to experience.

Every day of your stay at BodyHoliday is a day of pampering. Complimentary daily spa treatments are part of the experience. Before you arrive, we can help you plan a personalized schedule of spa activities—from our complimentary range of treatments as well as our special therapies—to

ensure a vacation made for wellness is also tailor-made for you.

6:30p This evening we will join Andrew Barnard, third generation of the family now running the resort and Global Wellness Summit delegate, for a sunset cocktail reception. Andrew will tell us more about the history of BodyHoliday, it's philosophy and answer any questions you may have about their operation and plans for the future. Andrew is always fun to be with but especially so in his own gorgeous surroundings!



Dinner this evening may be enjoyed at Caribblue, The Pavillion or Windows where you'll dine on the freshest, most inventive cuisine. Fresh ingredients are an essential element for every perfect culinary dish. At BodyHoliday Saint Lucia, fresh means fresh from the garden. We have our own extensive plot where a wide variety of vegetables, herbs and fruits that appear at table are grown, using pesticide-free, non-GMO, **sustainable farming** practices to protect the environment, and also to provide our chefs and our guests with truly locally-sourced goodness.

Breakfast, Lunch, Dinner, Cocktail reception, most fitness & mind body activities, water sports and a spa treatment are included.

Saturday, October 14

7:30a to 10:30a Breakfast at Caribblue or The Deli

Today you may decide to relax on Caribblue Beach with a good book or try one of these BodyHoliday activities: [Meditation – Aerobics](#), [Water Aerobics](#), [Sailing School](#), [Sailing – Kayaking](#), [Yoga – T'ai Chi – Pilates](#), [SCUBA diving – \(daily diving for certified divers and a try dive for beginners\)](#), [Water-skiing](#), [Volleyball – Bicycle tours](#), [Fencing – Archery – Tennis](#), [Stress Management](#), [Stretch and Tone classes](#), [Caribbean Dance classes](#), [Daily walks](#), [Boxing](#), [Spinning](#), [Quadrathlon](#) or [WellFit® Trail](#).

You may wish to experience the [Ayurvedic Centre](#) or check out the [Skin Care Clinic](#). Three complimentary spa treatments are part of your stay so be sure to fit this into your schedule!

12n – 2p Lunch at The Pavilion. Set on the seaside boardwalk along Caribblue Beach, the Pavilion offers an entire menu of possibilities. Laid-back and unhurried, its list of choices—from the buffet, grill and pizza oven—include calzones, flatbreads, grilled fish and every imaginable barbecue favorite. It also serves English Tea in the afternoon, complete with finger sandwiches, cakes and scones. Casual dress. Afternoon tea is served from 4 to 6:00p

This evening we suggest you try TAO. The definition of fine dining, TAO offers guests an exceptional culinary experience. Voted by Condé Nast Traveler magazine as one of the world's 60 Hottest Tables, and an annual AAA Diamond Award winner since March 2007, it is renowned for its Fusion Cuisine and its menu of Eastern and Western flavor.

Please note that advance reservations are suggested for TAO.

Breakfast, Lunch, Dinner, Cocktail reception, fitness & mind body activities, water sports and spa treatment are included.

Sunday, October 15

12n Enjoy Breakfast before Check-out time at noon. All good things must come to an end, and so it is with your time at BodyHoliday. You will leave feeling truly refreshed and reenergized after this holiday for your body and mind. Safe journey home.



PRICING: 3-night stay (longer stays available upon request)

<u>Room Type</u>	<u>Single Occupancy</u>	<u>Double Occupancy</u>
Luxury Ocean View	\$1,294 USD	\$1,760 USD
Luxury Ocean Front	\$1,325 USD	\$1,822 USD
Grand Luxury Ocean Front	\$1,377 USD	\$1,925 USD

To reserve your spot, please email Sallie Fraenkel at sallie@mindbodyspiritnet.com

Included in Pricing:

- *3 night accommodations in a full or partial ocean view room*
- *Private balcony or terrace*
- *Breakfast, Lunch and Dinner Daily – choose from a selection of several five-star restaurants*
- *Wine and spirits*
- *Smoothies and fresh juices*
- *Three fifty-minute (50) spa treatments*
- *Additional \$150 credit **per room** to be applied to food & beverage, excluded treatments or resort run tours*
- *Three fresh water pools*
- *Meditation Temple*
- *Thalassotherapy pool*
- *Five restaurants, organic garden, two bars and Wine Salon*
- *Special Cocktail reception with Andrew Barnard*
- *Extensive fitness, mind body and water sport offerings*
- *Hikes and nature walks*
- *Complimentary WiFi*
- *All local taxes*

Pricing does not include airfare or r/t transfers.

To reserve your spot, please email Sallie Fraenkel at sallie@mindbodyspiritnet.com

Special notes:

Before you arrive, you can customize your own schedule from our endless list of activities and fitness classes and specialized sports programs. At BodyHoliday, we not only help you create a personal program to get you started on a new exercise plan, we also offer to follow up after you leave to help you meet your goals.

We recommend that you pre-book your spa treatments and dinner reservations. Upon booking, a BodyHoliday representative will be in touch with you.

October is a Theme Month at BodyHoliday. During October BodyHoliday becomes the ultimate yoga retreat. Designed for everyone from the beginner to the more advanced, the month-long program 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. **OUR PRESENTER THIS OCTOBER - DOUG SWENSON**

To reserve your spot, please email Sallie Fraenkel at sallie@mindbodyspiritnet.com

Please note:

This trip is quoted in USD. **For payments by credit card please add 3% merchant fee to the total.** A 25% non-refundable deposit is due at time of booking. Final payment is due 30 days prior to arrival or if it is already within 30 days, then full payment is due at this time.

CANCELLATION POLICY

Cancellation up to 60 days prior to arrival	25% of total tour price is non-refundable
Cancellation 30-59 calendar days prior to arrival	50 % of total tour price is non-refundable
Cancellation within 30 calendar days prior to arrival	100% of total tour price is non-refundable

We highly recommend purchasing trip cancellation insurance www.travelex-insurance.com.

Note: itinerary details subject to change.

