

WIN A SPA TRIP TO MANDARIN ORIENTAL MIAMI (PAGE 12)

spa

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Our (healthy) *A to Z Guide to the Caribbean*





holistic.

With a bounty of healing botanicals growing wild, the Caribbean is ideally suited to the worldwide spa trend toward holistic wellness. Treatments on the menu at Driftwood Spa at **Jake's** in Treasure Beach, Jamaica (from \$115 per night, jakeshotel.com) are prime examples: grounded in aromatherapy, they incorporate quality essential oils and local ingredients like Blue Mountain coffee and lemongrass. • Offering such choices as Primordial Sound Meditation and daily mindfulness walks, The Self Centre at **Caneel Bay** on St. John (from \$395 per night, caneelbay.com) brings esoteric wellness to the islands. The 170 lush acres of national park that surround the resort also provide plenty of opportunities to experience the curative power of nature. • In Montego Bay, Jamaica, the Spa Elder at Fern Tree, The Spa at **Half Moon** (from \$250 per night, halfmoon.com) helps guests meet specific wellness goals by developing a customized program including diet, fitness, education, and spiritual recommendations along with spa treatments packed with locally sourced herbs. With options like these, you're sure to head home feeling renewed.



Private patios at Caneel Bay provide an outdoor space to enjoy wellness. ABOVE: Chakra-oriented essential oils are a focus at the Driftwood Spa in Jamaica.

TOP: STUART BEAR/AGE FOTOSTOCK; OPPOSITE TOP: PAUL BERNHOFF

ONE&ONLY. The plantation-style **One&Only Ocean Club** in the Bahamas (from \$515 per night, oneandonlyresorts.com) sits within landscaped gardens inspired by the Chateau de Versailles on the mile-wide Paradise Island. Within one of eight treatment villas (each featuring a waterfall shower, daybed, and whirlpool tub in a private garden), guests receive a ritual footbath before their services. An island-inspired standout, the Drifting on an Ocean Breeze treatment (from \$250, 140 minutes) refreshes skin with an exfoliating lime, ginger, and salt scrub.



PINK SAND. The rosy powder on some Caribbean beaches will enchant even the most worldly of travelers. Its pink hue is due to the shells of microscopic animals (foraminifera) that live on the reefs and seafloor. Guests in the 25 funky cottages that comprise **Pink Sands** (from \$750 per night, pinksandsresort.com) have immediate access to a three-mile stretch of pink sand beach on Harbour Island in the Bahamas—not to mention the undeniably cool feel of staying in rooms designed by uber-hip British fashion designer Barbara Hulanicki. On Bermuda, the rosy grains are put to good use in a body scrub as part of the three-hour Ocean Wave Ritual (\$480) at The Spa at **Elbow Beach** (from \$315 per night, mandarinoriental.com/bermuda).

QUIET TIME. When the desire to get away from it all includes escaping the sound of your own voice, a meditation or yoga retreat will take the hubbub down a notch. **Maho Bay Camps** (from \$80 per night, maho.org) on St. John in the U.S. Virgin Islands draws yoga groups from northern parts of the states where the winter climate isn't conducive to sitting or stretching outdoors. Look for programs from the Omega Institute in January each year, Yoga Adventures in February, and Mystic River Yoga in March. Maho Bay's resident teachers also lead \$10 drop-in classes daily.

- On the Caribbean coast of Mexico in Tulum, **Rolling Meadows** hosts seven-night retreats (from \$995 for accommodations, meals, and all sessions; rollingmeadowsretreat.com) that focus on yoga, meditation, and the sound of the sea without the distractions of electricity and technology.
- Join the **Blue Star** ashram in Claxton Bay, Trinidad (by donation, dormitory accommodation only, blue-star.org) for a more rustic retreat experience. The meditation hall opens each day at 4:45 a.m. for silent meditation followed by chanting, guided yoga, vegetarian meals, and spiritual discussion groups.

✱ For details see The Source, page 110.

Pink is the new white on the beaches of Bermuda and the Bahamas.

