

BODYHOLIDAY ROOM RATE INCLUSIONS

ROOM & DINING

- Breakfast, Lunch, and Dinner
- Smoothies, Coffee, Shakes, Salads, Wraps, and Sandwiches at the Wellness Cafe
- Afternoon Tea at the Clubhouse
- All Beverages by the Glass
- Special Turndown Service with Tea
- Ceiling Fan and AC
- Air Quality Control
- Complimentary Wi-Fi Internet
- Bluetooth Sound System
- In-Room Tablet

WELLNESS

- A Daily 50-Minute Spa Treatment (except on days of arrival or departure)
- Complimentary BodyScience Consultation
- Yoga Classes
- Pilates
- Far-Infrared Sauna
- Meditation Classes
- Stress Management Classes

ACTIVITIES

- Themed Months throughout the year
- Endless Fitness Classes
- WellFit Trail, Cycling, Mountain Biking, Hikes, and Runs
- Golf, Tennis, Fencing, Spinning, and Archery
- Sailing, Wind-Surfing, Kayaking, Water-Skiing, and Tubing.
- Beginners Scuba Course
- Stretch and Tone Classes
- Dance Classes
- Zumba Fitness Classes

- Water Aerobics
- And many more...

BODYHOLIDAY RESORT FACILITIES

- Secluded Caribblue Beach
- 3 Pools (1 Saltwater Thalassotherapy pool and 1 Jacuzzi)
- 18 Acres of Lush Tropical Gardens
- Luxury Boutique
- Secret Garden
- The Wellness Centre
- Eve (Specialist Beauty Salon)
- Skin Clinic
- BodyScience, our better ageing clinic (Medispa)
- Dance and Yoga Studio
- Waters-Edge Yoga deck
- The Tree House & Zen Deck (Fitness studio & yoga deck in the treetops)
- Fitness Studio
- WellFit Trail
- Yoga Deck by the Sea
- Ayurvedic Temple
- Meditation Temple
- Archery Range
- Basketball Court
- 2 Floodlit Tennis Courts
- 4-Hole Practice Golf Course
- PADI Scuba Center
- ASA Sailing School
- Caribblue Restaurant (Breakfast, lunch, and dinner)
- Wellness Cafe
- I-Tal (Rastafarian farm-to-table experience)
- Pavillion Grill
- Piano Bar

- ClubHouse – Afternoon Tea & Shows
- Air-Conditioned Lounge and Games Room
- Free Wi-Fi in all Guest Rooms & Public Areas