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St. Lucia: Mind, Body and Spirit Holiday

Adult Only, Beachfront, All-inclusive Wellness Resort

Available Year Round for Solo Travelers or Doubles



OVERVIEW

Just twenty minutes from all of the dining, shopping and entertainment of the capital, you will indulge the mind, body and soul during stays at this superior hideaway. Experience the benefits of an all-inclusive beach, spa and wellness vacation in a relaxing Caribbean setting, and enjoy land and water sports, yoga, fitness and meditation classes, a personal trainer and advisor who will work with you during your entire stay. Daily, pampering spa treatments come included at this beautiful retreat center.

Only you and your body know what you want from a holiday. We encourage you to create a truly personal holiday experience. We start you off with the essentials for enjoying and personal wellness holiday with your own guide and health counselor to set you on course to reach your goals.

PACKAGE INCLUSIONS

- **ACCOMMODATIONS:** 7 nights in **luxury solo garden room**
- **UNLIMITED** use of all the facilities at the resort
- **FOOD:** Healthy meals prepared for breakfast, lunch and dinner daily including high tea in the afternoon.
- **DRINK:** All beverages
- **FITNESS AND RELAXATION** classes including; yoga, pilates, meditation, circuit gym training, box fit, martial fun, morning walks, bike tours, archery, fencing, circus arts and gymnastics, step aerobics, and tai chi
- **SPA TREATMENTS:** One (50-minute) spa treatment at The Oasis, Centre of Health and Well-being **per day**, except on your day of arrival and departure
- **LAND AND WATER SPORTS** including motorized water sports and shore scuba dives
- **GOLF:** On-property Golf Academy; Guests who have never played golf before are entitled to have three (3) lessons. 1 introduction and (2) elementary per stay. Guests who have played but don't have a handicap are entitled to two (2) lessons per stay. Guests with a handicap are entitled to one (1) lesson per stay
- **TENNIS:** (3) 45-minute complimentary tennis lessons per week
- The General Manager's **WELCOME PARTY**
- **EVENING ENTERTAINMENT** seven nights a week
- **Taxes and gratuities are included.**

ACCOMMODATIONS

Your room is your holiday retreat stocked with all the amenities you need to relax. Your **solo garden** room has a feeling of comfort and privacy – the perfect holiday getaway. They are of generous size and fabulously furnished with Pulaski Collection furniture and a Queen size, four-poster bed. Each Room has a garden view



The over-sized bathroom also houses a vanity table. The floors are finished in natural stone and cedar wood, adding brilliance to the luxurious finish. Each Room is fitted with eco friendly power control systems.

All rooms are air conditioned, with direct dial telephone, voice mail facility and data ports, a clock radio, in-room safe, private bath and shower, hair dryer and razor ports. All rooms have dual 110/220 voltage.



YOGA

Yoga, at its very essence, is about the union of things - body and mind, breath and movement. It combines a dynamic form of physical exercise with a philosophy that you can apply to your everyday life. You master the art of directing your breathing to various organs of your anatomy, creating a process of healing, while at the same time, toning the body.

There are several variations of the art of yoga. Beginners can practice Restorative Yoga and for those who want to acquire more advanced skills, Yoga Flow. People of all ages can reap its benefits.

Daily yoga classes are included in the price of your holiday.

Niedra Gabriel



Niedra walked into her first yoga class 30 years ago and fell in love. She has been a student and teacher ever since. She studied with B.K.S. Iyengar in India and is certified in both Anurasara and Kundalini Yoga.

Niedra opens every yoga practice by connecting body, mind and spirit. Some classes are Flow Yoga, taking the technique and details covered in earlier classes and creating a celebration of the total practice

Dr. Abhishek Jain



Abhishek is our Indian yoga teacher and has practiced and taught the traditional Hatha Yoga method for over 12 years. He is trained and certified by Rajiv Gandhi University of Health Sciences, Bangalore, India. His classes embody the sequential practice of sun salutation, asanas, pranayama, relaxation and meditation. The aim of his teachings is to help you achieve higher levels of self-awareness and deeper relaxation



WELLNESS TREATMENTS

When you arrive, you will receive your personal treatment schedule. Every day of your stay (except on the days of arrival and departure) you receive a 50-minute body treatment designed to relax, rejuvenate and awaken your senses.

The property houses 33 treatment rooms, serviced by 35 highly trained massage and beauty specialists. Of course, they use only the best and most natural products for all our treatments.

Once your vacation is confirmed, you will be given your confirmation code, which will allow you to call the resort and customize your program and package.



DINING

Food is your body's fuel . . . and your body's pleasure. There is no discrepancy here between eating well and eating for wellness.

Keep in mind, there will be no "rules" about what you should or should not eat. You are just simply provided every opportunity for you to eat well. Your eating pleasure is never rationed and is never in short supply.

Of your 4 dining choices, **TAO** is the flagship restaurant and has been named one of the world's "60 Hot Tables" by Condé Nast Traveller Magazine.

Whether you choose **The Clubhouse**, **Cariblue Restaurant** or **The Deli** for your daily feast, your selections include as many local and organic ingredients as are available that day.

And, as with everything this resort does, what you learn here about fuelling your mind and body is meant to last long after you return home. You can order yourself a copy of **The Body Food Book**, a 240-page coffee table book filled with wellness and beauty tips, recipes and a whole lot more - all yours to enjoy at home.

It doesn't matter if you're formally dressed and dining on lobster in TAO or half-dressed, sandy and tucking into a sandwich at the beachside Deli: the constant is the quality of the ingredients, the care with which we prepare the food and the great service you receive from the staff.



FITNESS

Because there's no single, proven way to get in shape and stay in shape, The Resort offers a variety of approaches, keeping in mind the different needs and preferences of our guests. The **Fitness Classes** are designed to offer something for everyone and vary in their intensity.

Your active beach holiday may include **water sports**, island excursions and adventures.

Some of you only thrive in a gym, moving from one piece of equipment to another. Others relish music to move to; water for support or the emphasis on control, posture, and breathing and stretching that comes with holistic exercises such as **yoga** and **Pilates**.

But exercise is more than **This Effort + This Technique = That Body**.

Getting in shape is about excitement, and the thrill of really using your body. Take **Circus Arts**, where you'll have so much fun you might not even realize you're working on strength, flexibility, balance, endurance and coordination.

Take pleasure in rediscovering what your body can do ... and just maybe you will improve your **golf** and **tennis** swing along the way.

PERSONAL PROGRAMS (Additional Charges may apply)

Guests love to personal attention on a Mind, Body and Spirit vacation, and planning wellness is never a one program fits all scenario.

So that you can get maximum benefit from your time on this holiday, the program specialists have developed 7-day Personal Programs that will all about you and your individual needs.

Also offered are 3 Personal Programs: De-Stress with a Breathe Program, The Detox Program and The Cellulite Flush Program which are optional. Each program begins with a lifestyle and nutritional consultation that is designed to guide you while you're here as well as when you are back home.

Personal Journeys

Many of us suffer from the everyday invasion of fatigue, sleep deprivation, stress, skin irritations and more - overall our bodies are just not working to their maximum capacity. The specialists at The Oasis have put together a series of offerings named Personal Journeys.

These Personal Journeys are 2-day program that offer you the optimum combination of spa services to ensure you get back on track and feel great.

The resort also offers 6 Personal Journeys: Ayurveda Ecstasy from South India, Detox Today and Rejuvenate Tomorrow, Sinus Treatment Synergy, Sleep Restoration, Balinese Exotic Indulgence and Body Renaissance. For the full details and pricing on both the Personal Program and the Personal Journeys, please consult with your booking agent.

We also recommend that you schedule these programs before you start your holiday. You can schedule these programs by customizing your vacation once your trip is confirmed.

7 DAY INCLUSIVE LAND PACKAGE PRICES*

SOLO GARDEN ROOM FROM \$215- \$250 PER NIGHT

\$1505 - \$1750

LUXURY OCEAN FRONT ROOM FROM

\$2450

**Roundtrip airfare, nor private car transfers are included in pricing.*

We will inform you of those costs with a personal vacation quote.

PASSPORT INFORMATION

All Americans traveling by air outside of the United States are required to present a passport or other valid travel document to enter the United States. This requirement will be extended to sea travel (except closed-loop cruises), including ferry service, on June 1, 2009. Until then, U.S. citizens traveling by sea may present government-issued photo identification and a document showing their U.S. citizenship (for example, a birth certificate or certificate of nationalization).

TO BOOK THIS VACATION

To book this vacation, contact LUX World Travel directly by calling **1.866.269.2659**, or contact your representative, Melinda Johnston, by email at mj@luxworldtravel.com.

TRAVEL INSURANCE

We will be happy to provide you with an insurance quote to protect your vacation investment.

www.luxworldtravel.com

Travel for the Journey Inside You

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