

St. Barts: The Wellness Vacay You Need This Year

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This time of year, many people's New Year's resolutions are already abandoned (the failure rate for New Year's resolutions is said to be an estimated 80%). But with spring and summer travel quickly approaching, those who have stayed committed to their newfound healthy lifestyles might be apprehensive. The vacation slump is real – often characterized by eating, drinking and lack of exercise. So, set your sights on St. Barts and experience the abundant health and wellness offerings available in this Caribbean oasis.

From hotel packages and experiences to picturesque hiking and peaceful, all natural beaches perfect for relaxing and escaping, St. Barts offers the perfect escape to maintain your healthy intentions. See below for ways to have a wellness themed trip to St. Barts:

Hotel Offerings:

- **Le Barthelemy** – Experience the **Complete Wellness Experience** complete with In-room Detox Water, Daily healthy breakfast at Amis St. Barth, After care refreshing break: juices & waters, fresh fruits, 2 Yoga Class per stay, 1 La Mer Skin Diagnostic, 1 La Mer body signature massage & La Mer signature facial treatment, 1 La Mer energizing body wrap treatment & La Mer anti-aging facial massage and a Wellness Gift.
- **Le Sereno** (pictured) – Experience the **Wellness Package**, including Accommodation in one of our luxurious suites, Daily breakfast served in room or at our beachfront restaurant Al Mare, a daily healthy juice served at the restaurant or beach bar, a choice of 2 outdoor activities - Private Yoga Class or Pilates & Paddle Yoga during the stay, a one-of-a-kind hiking experience with panoramic views of St. Barts, a choice of two Valmont pampering-spa treatments during your stay, water activities included, such as snorkeling, kayaking and paddle boarding.

- **Hotel Manapany** - Every morning on the Spa deck, Hotel Manapany offers guests a free Yoga or Pilates class for a nice way to start your day before enjoying a delicious breakfast facing the sea. The resort's fitness center offers a chance to bring fitness into your vacation by taking advantage of the Technogym equipment. Open to all Manapany guests, the center brings together energy and good fun, so you can tone your silhouette, strengthen your muscular capacity, and build up your endurance. The Spa team also offers a range of treatments including facial treatments, body treatments, targeted massages and much more.
- **Eden Rock** - Eden Spa launched its own high technology medical spa and partners with doctors specialized in anti-aging and cosmetic medicine. A holistic oasis in paradise awaits at the Wellness Center – and available to answer any questions, give advice, or simple guide you in the right direction is the on-staff Wellness Coach. Eden Fitness offers you personalized coaching tailored to meet your needs and expectations in a completely revamped gym fitted with cutting-edge technologies including spearhead equipment. Eden Fitness provides a training program with the innovative and efficient technology of Electrostimulation which positively impacts on your body, right from the first session.
- **Cheval Blanc** - State-of-the-art fitness equipment awaits guests. Classes, Yoga sessions, circuit training, HIIT and other personal fitness journeys are taught by a private trainer. Celebrating true island indulgence, the exotic outdoor pavilion, four treatment rooms and the spa garden pavilion are the perfect locale for massages and pampering facial treatments.
- **Rosewood le Guanahani** - The spacious, well-appointed fitness center features state-of-the-art Panatta equipment, including cardiovascular, weight-training facilities and a personal trainer upon request. Le Guanahani also boasts experienced yoga instructors, Tibetan healing sound therapy, Pranayama “heart of yoga” classes, Pilates, Floatfit HIIT classes, a Beach Body Workout and Body Flow. Experience unforgettable relaxation and serenity at Sense spa, offering an array of nurturing treatments from our expert therapists.
- **Le Carl Gustaf** - Named in honor of the woman who embodied French beauty: lovely, elegant, refined... at the Spa Diane Barrière the stage is set, you'll enjoy a haven of refined wellness for a new experience of natural, pure and innovative treatments. Carl Gustaf also has a state-of-the-art fitness center.

Hiking:

- **Colombier Beach:** Hikers are in for quite the journey before reaching St. Barts' most picturesque beach. Though Colombier's white sandy shores are accessible via boat, most people make the trip on one of two coastal hiking trails. The upper trail—beginning at Lookout Point—is more difficult due to the steep mountainside trail that is composed of a log stairway. The lower trail starting at Flamands Beach will be less strenuous, taking hikers along a gradual decline along the island's dramatic northern shoreline. After a hike through low-lying shrubbery, cacti dotted along the trail, and expansive views, you'll reach the remote beach perfect for a swim and picnic lunch. Be sure to bring a camera, as the beach's west-facing location offers a perfect view of the Caribbean sunset.
- **Toiny Point:** After parking your car at Toiny Beach, stroll down the left-hand side of the shore until you reach the end where the path begins. The trail winds along the coast where you can soak in panoramic views of the stunning blue ocean, rolling waves, and dark volcanic soil contrasting the color-rich vegetation. Keep your eyes peeled as you are bound to spot a flock of goats grazing on the mountainside. Towards the last part of the trail, hikers will find stairs constructed of rocks that lead to the peak. Those looking to extend their hike should continue walking toward the other side of the coast. Once you've reached the parking above Hotel Le Toiny, follow the road down to the Le Toiny beach parking.
- **Grand Fond:** Carpeted with pristine rocks and seashells, Grand Fond Beach is the starting point for a coastal hike to shimmering natural pools. Tucked along the island's northeastern shoreline, hikers venture through rocky terrain lined in a variety of tropical flora. Its rough water is not for swimming, but at certain times of the year, the swells are big enough for surfers to perfect their sport. After you've passed the “Washing Machine”—known for its powerful surf mimicking a swirling effect—you'll come upon turquoise-green, natural pools. Their still waters offer a small piece of serenity among the crashing waves, a perfect place to cool off with a dip.

Peaceful Beaches:

- **Shell Beach:** Walking distance from Gustavia, this beach has rocky cliffs that shimmer at sunset. Enjoy rays of the setting sun as you sup on a cold drink or collect the small shells that cover the sand.
- **Flamands:** One of the biggest beaches, Flamands is quite often empty, and an ideal spot to enjoy a good book while watching the vigorous waves hitting the rocks and local kids having fun with body boards.
- **Grand Cul de Sac:** An incredibly calm lagoon with luminous turquoise waters, this is a popular spot for nautical sports such as paddleboard, wind surfing, and kite surfing. The shallow waters by the beach are the calmest on the island.
- **Gouverneur:** Also frequently empty, the white sands and turquoise waters of this fabulous beach create an unforgettable memory of the island.
- **Grand Saline:** You have certainly heard about Saline beach! It's one of the largest beaches on the island after Flamands. Its remoteness ensures perfect tranquility far from daily stress.