

An aerial photograph of a tropical beach. The water is a vibrant turquoise color, transitioning to a lighter, sandy hue near the shore. The beach is a mix of white and light brown sand, with some darker patches. The background shows lush green vegetation and a path leading towards the water.

WELLNESS

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NEVIS



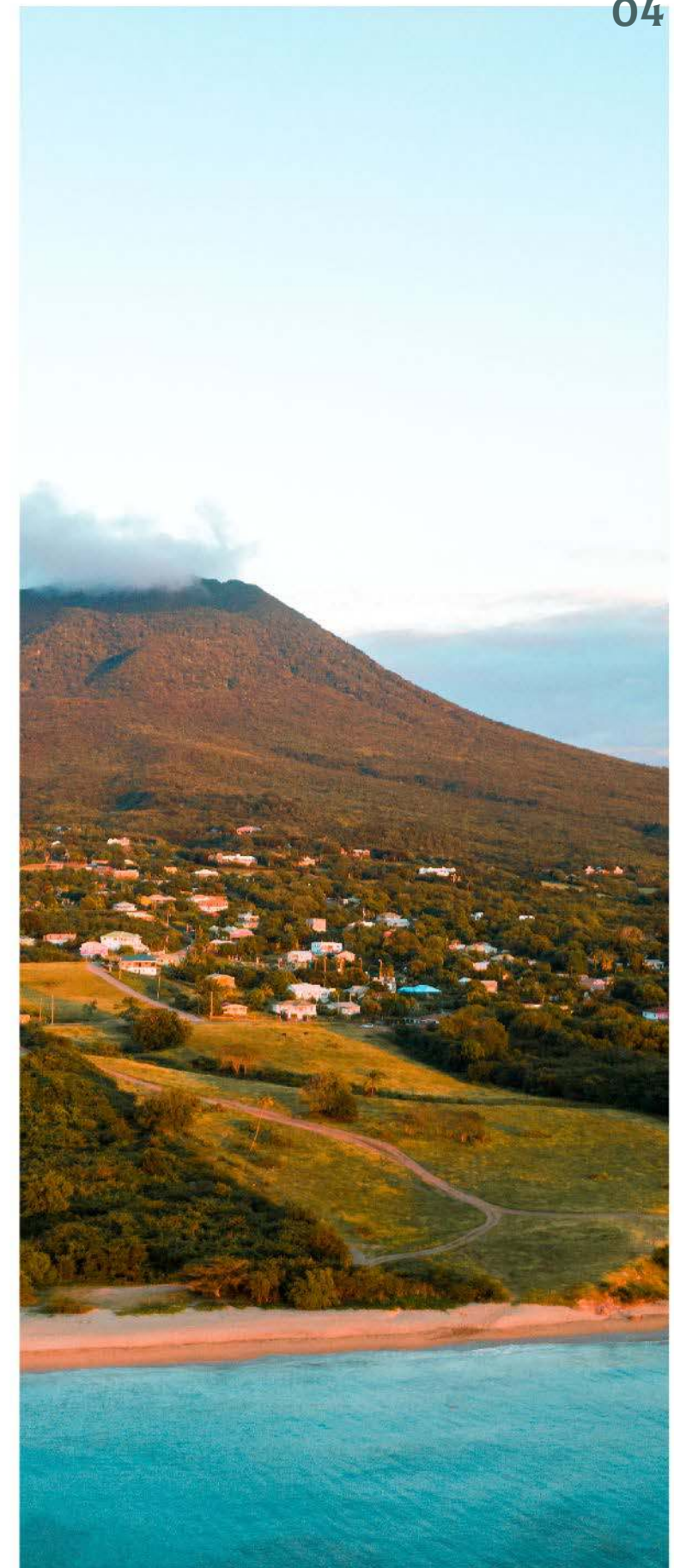
DISCOVER NEVIS

Lose yourself in her embrace and discover the thrill of the still and what it means to be guided by the rising and setting of the sun.

Located in the Leeward Islands, Nevis will envelop you in her beauty; bathe you in her sweet, warm air, and delight you with an abundance of flora and fauna. Let the lushness of this stunning island restore you and replenish your spirit. Stop. Look up. Take in the view. Refresh in her warm, emerald waters. Just Be.

NEVIS WELLNESS & SPA RETREATS

Be it to relax or recharge, enjoy daily massages, personal training, yoga sessions, curated meal plans and holistic spa and fitness activities, Nevis offers completely tailored wellness practices. Known for her farm to table cuisine, pristine beaches, and leisurely experiences, Nevis is blessed with a wealth of natural resources. From age old therapeutic springs to a verdant rainforest, alive with a variety of birds and home to vervet monkeys, our visitors delight in inimitable Nevisian encounters. The island's charming, tranquil, intimate settings are the perfect environment for calming, revitalizing retreats.



NEVIS – NATURALLY NUTRITIOUS

Known for her farm to table cuisine, the Nevisian diet is based on healthy servings of fresh fruit and vegetables, freshly caught seafood, organically raised meat and poultry, all produced on farms dotted across the island.

This verdant island is blessed with bountiful harvests of a variety of produce — from vitamin packed vegetables including green bananas, plantain, eggplant, pumpkin, and squash; to leafy salad greens, spinach and kale, along with tomatoes and bell peppers; to seasonings and spices such as onions, ginger, scallions, and herbs with healing properties.

For fruits, the possibilities are

endless. In addition to the more familiar fare -- watermelon, cantaloupe, papayas, apples, bananas — there are the more exotic finds — coconuts, passion fruit, soursop, pineapples and star-apples. And of course, there are some 44 varieties of mangoes, the pride of Nevis.

Specialty restaurants offer their own unique and innovative dishes. KL Blend makes smoothies, with local fruits and vegetables; while the Vegan Spot, as its name implies offers nutritious plant-based meals based on Caribbean traditions. The truth is, whatever your dietary preference, Nevis has an option for you.

HIKING NEVIS PEAK

Majestic and stunningly beautiful, Nevis is dominated by a mountain positioned in the middle of the island; the iconic 3,232-foot Nevis Peak. On cloud-free days, from the summit, there are unforgettable views of Nevis, the Atlantic Ocean, the Caribbean Sea, and the many surrounding islands. Reaching the peak is a laborious but fulfilling journey, and for those that rather a less gruelling hike, there are treks to Saddle Hill, Water Source, Waterfalls, and Village walks.



HIKING

NEVIS



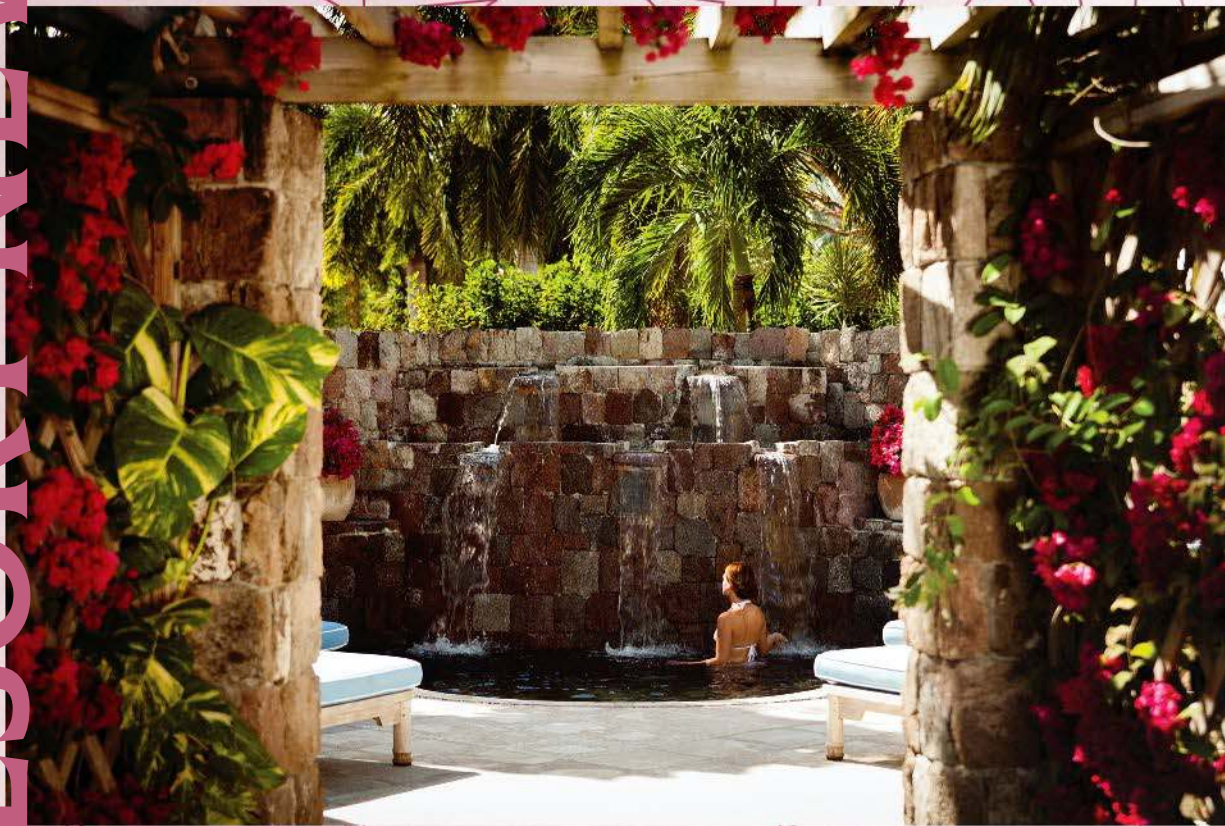
BATH VILLAGE HOT SPRINGS

Health benefits of the Bath Springs have thrived in local lore for more than 200 years and today you may join Nevisians on the banks of the Bath Stream as they enjoy the 107°F (42°C) hot mineral waters. The waters are said to contain minerals that soak into the skin, stimulating bodily processes, and to be of medicinal value in curing chronic ailments such as rheumatism and other illnesses. Regardless of its medicinal claims, immersing your body in the hot springs is a relaxing and soothing treat for aches and pains.

NEVIS
WELLNESS
& SPA
RETREATS



THE SPA AT THE FOUR SEASONS RESORT NEVIS



The Spa at the Four Seasons Resort Nevis is an authentic Caribbean spa retreat set in a sanctuary of lush foliage and the brightest of blooms. The 12,000 square foot facility has eleven rooms that provide an oasis of calm for their specialized treatments. Six of these rooms are shrouded in Nevisian huts, providing the ideal environment to enjoy the sound and scents of Mother Nature. Treatments include the Signature Nevisian Massage that incorporates a locally infused blend of oils, scents and spices of the Caribbean. You are encouraged to follow the massage with the Coconut, Rum & Brown Sugar Scrub, which is a full-body exfoliation that harnesses the renowned ingredients of the West Indies to make your skin super smooth and smelling sweet.

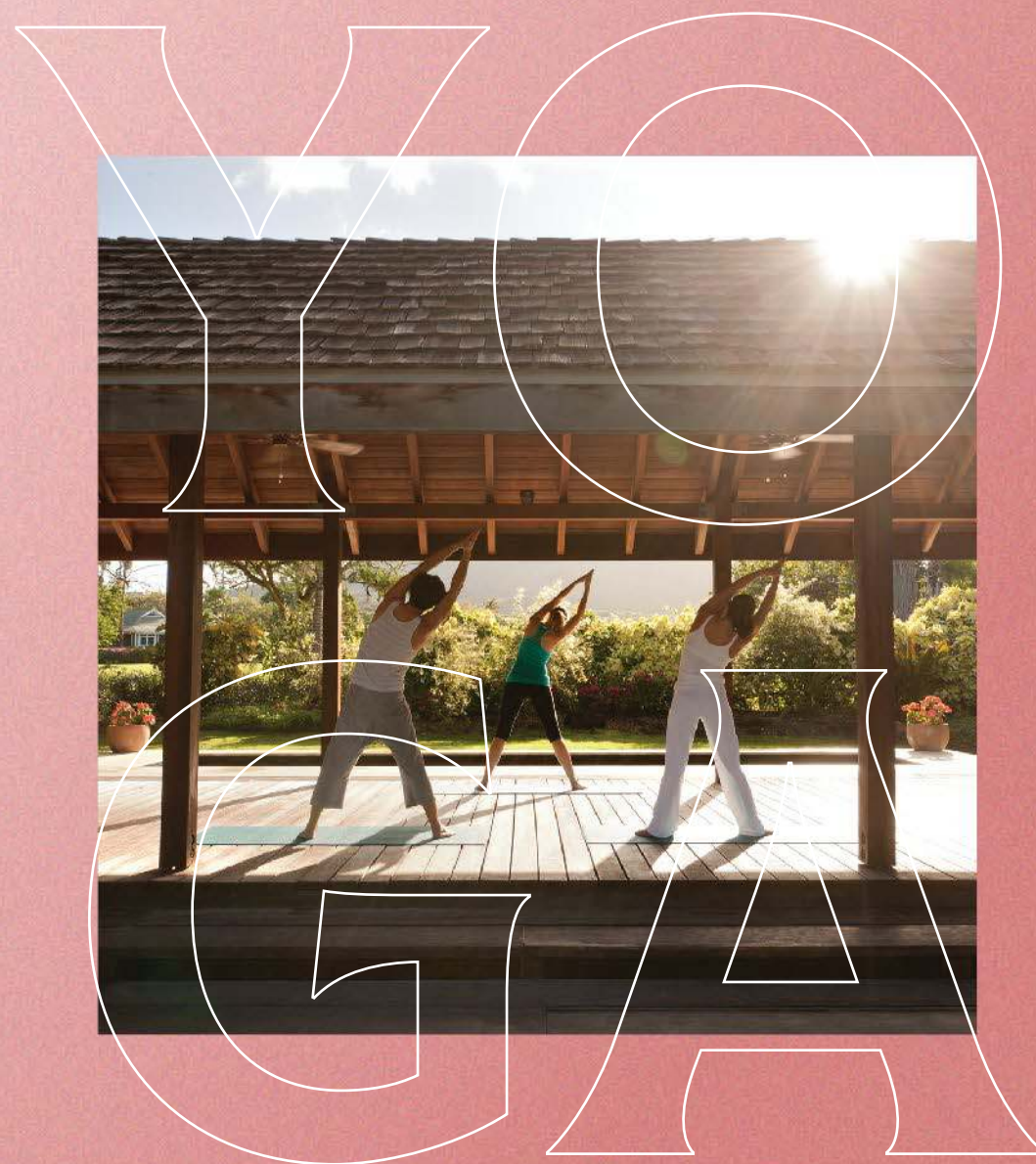
Montpelier Plantation & Beach is home to a soothing Open Spa that is surrounded by tranquil, tropical gardens and it is the perfect way to refresh your body and soul. Attentive and certified therapists are on hand to support in finding ways to relieve any stress and tension and improve your health, with services that include an aromatherapy massage,

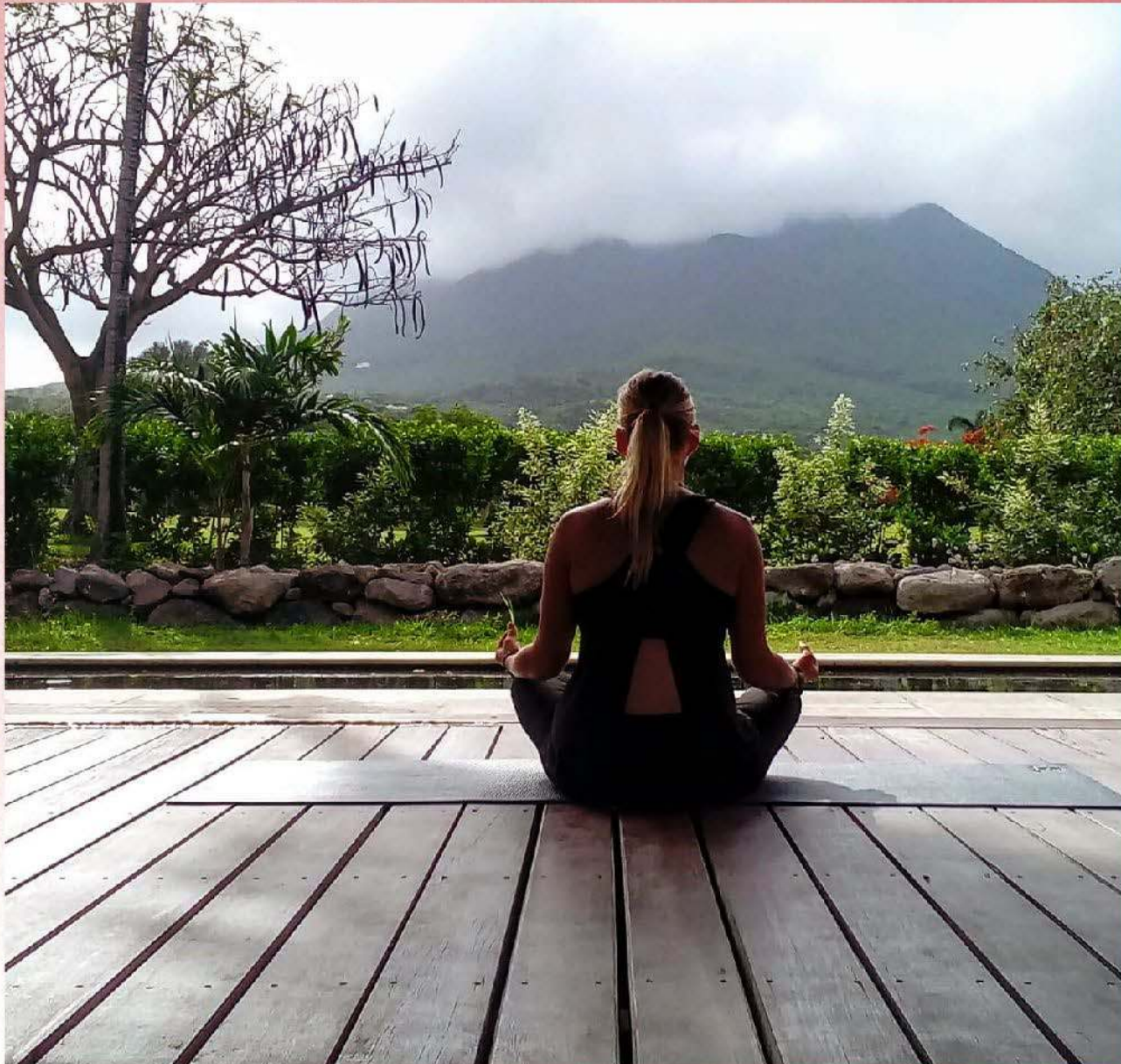
a sea salt skin buff and deep cleansing facials; the spa menu offers a wide range of packages and treatments. Guests can arrange for treatment on their secluded terrace or outdoors in the tranquil spa area. Additionally, guests can bring renewed vitality to their lives through yoga, with the positive energy from the natural sunlight, the lush tropical vegetation, and the panoramic views of the sea.

MONTPELIER PLANTATION & BEACH



YOGA





AMANDA PARR - UNIQUE YOGA CLASSES, RETIRES, AND EXPERIENCES

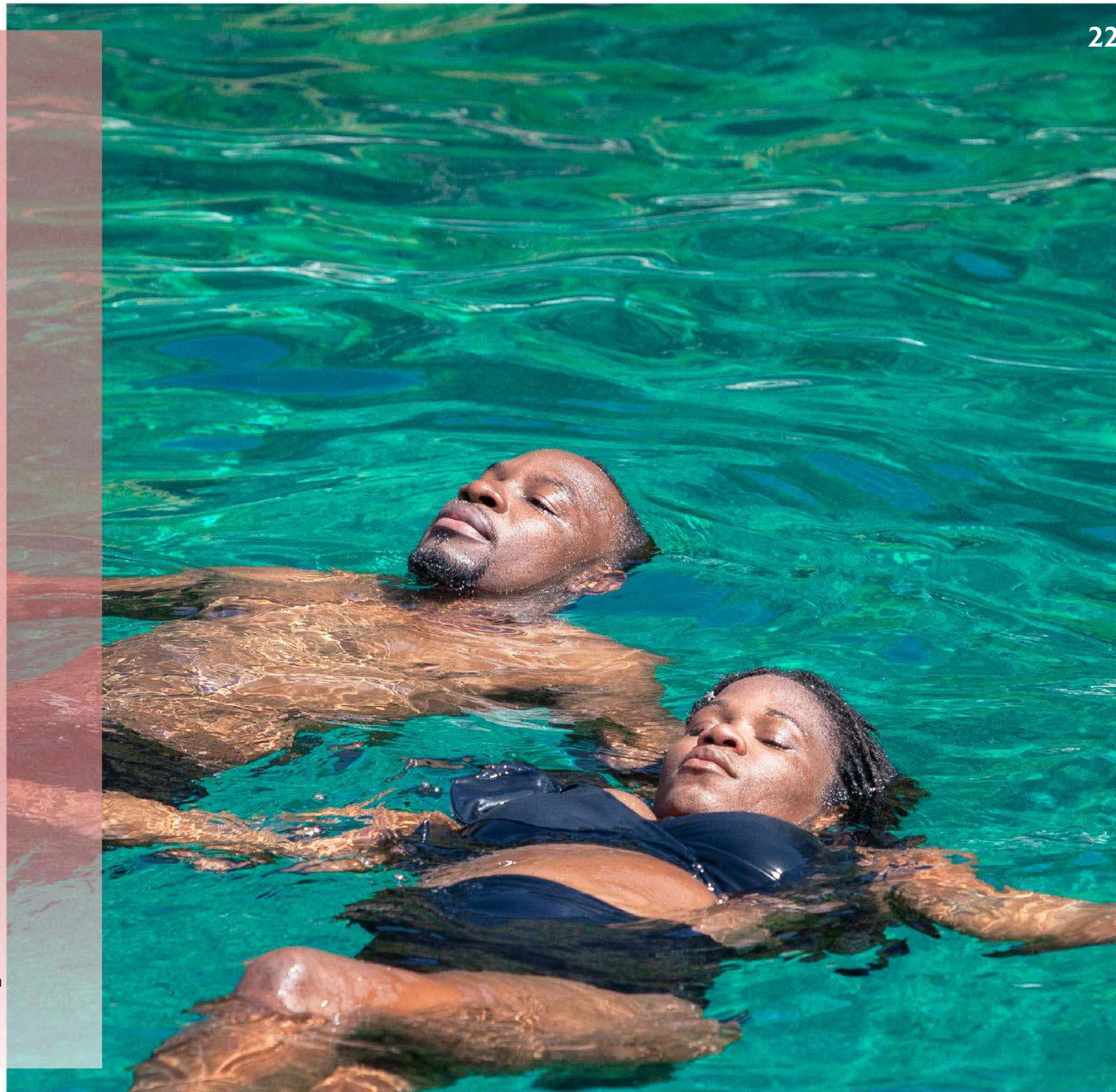
With a down-to-earth approach and sense of adventure, Amanda honors the traditional foundations of Yoga while weaving them into the fabric of every-day experiences. With mindfulness at the heart of each practice, her aim is to awaken participants to the power of the present moment and help them find their balance of strength and softness, both on and off the mat.

In addition to group Hatha, Vinyasa, and Yin Yoga classes, you can book a customized wellness session combining Restorative Yoga, Thai Yoga Massage, Yoga Nidra deep relaxation, and guided meditation. Take a therapeutic dip in the volcanic hot springs while being guided through gentle stretches and self-massage techniques or end your day with a sunset beach Yoga session followed by vegan Rastafarian "Ital" food and a beach bonfire. Adventurous yogis can join her on a guided rainforest walking meditation or challenge their balance with a scenic Stand-up Paddleboard Yoga session. Amanda is also a certified Master Scuba Diver Trainer and the author of the PADI Yoga Diver specialty course. With Scuba classes ranging from introductory to professional level, she specializes in teaching Yoga concepts and techniques to enhance relaxation, breathing, buoyancy, awareness, and sense of oneness with the underwater world. Amanda caters to all levels of experience and is happy to customize a unique wellness experience for yourself, family, or group.

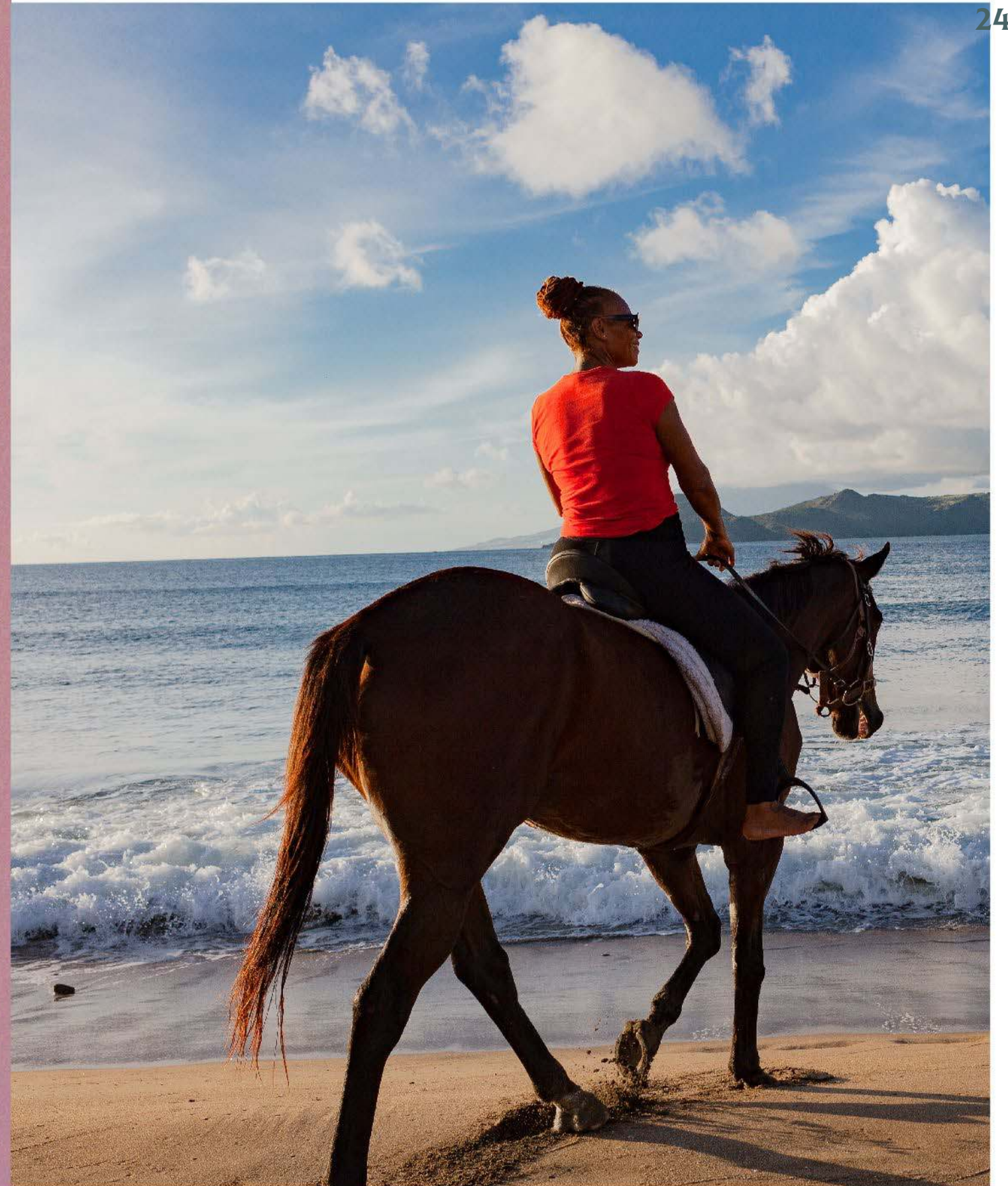
SOULRHONDA - RESTORATIVE YOGA

Rhonda conducts slow and deep flowing restorative yoga for beginners to intermediate levels, in private homes, locations on the beach and scenic views overlooking the ocean. She also conducts her practice at the historic Bath Hotel, which is the first resort that was built in the Caribbean. The Hotel has a panoramic view of Nevis' Saddle Hill, Charlestown, Boobie Island, and on a clear day; St. Kitts Peninsula, Basseterre and Islands beyond.

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WELL-
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EDITH IRBY JONES WELLNESS CENTER

Expand your physical and emotional health with the holistic services offered at the Edith Irby Jones Wellness Center. Myra Jones Romain, founder and director, created the center to provide a wide range of services to meet your wellness needs. Services include medical massage, guided fitness and meditation classes, nutritional counseling, and life coaching. Myra, a certified medical massage therapist, designed the services to complement western health care. You will experience a boost to your body's natural healing abilities.

SIGNATURE TREATMENTS

To achieve optimal wellness, your massage service begins with a consultation and health assessment with a certified medical massage therapist. Massage treatments include calming aroma therapy, soothing hot stones, and focused muscle stretches to provide transcendent relief and relaxation. Treatment plans can be tailored to include cupping, lymphatic drainage, and detox treatments. Modified treatments available for during and after pregnancy.

Popular Treatments:

- o Customized Therapeutic Medical Massage with Hot Stones
- o Foot Detox with Shoulder & Neck Massage

FITNESS AND MEDITATION CLASSES

The center provides a variety of classes to build mental and physical strength, endurance, and flexibility.

Popular Classes:

- o Yoga — features Qigong technique, massage, and breath work
- o Zumba
- o Meditation



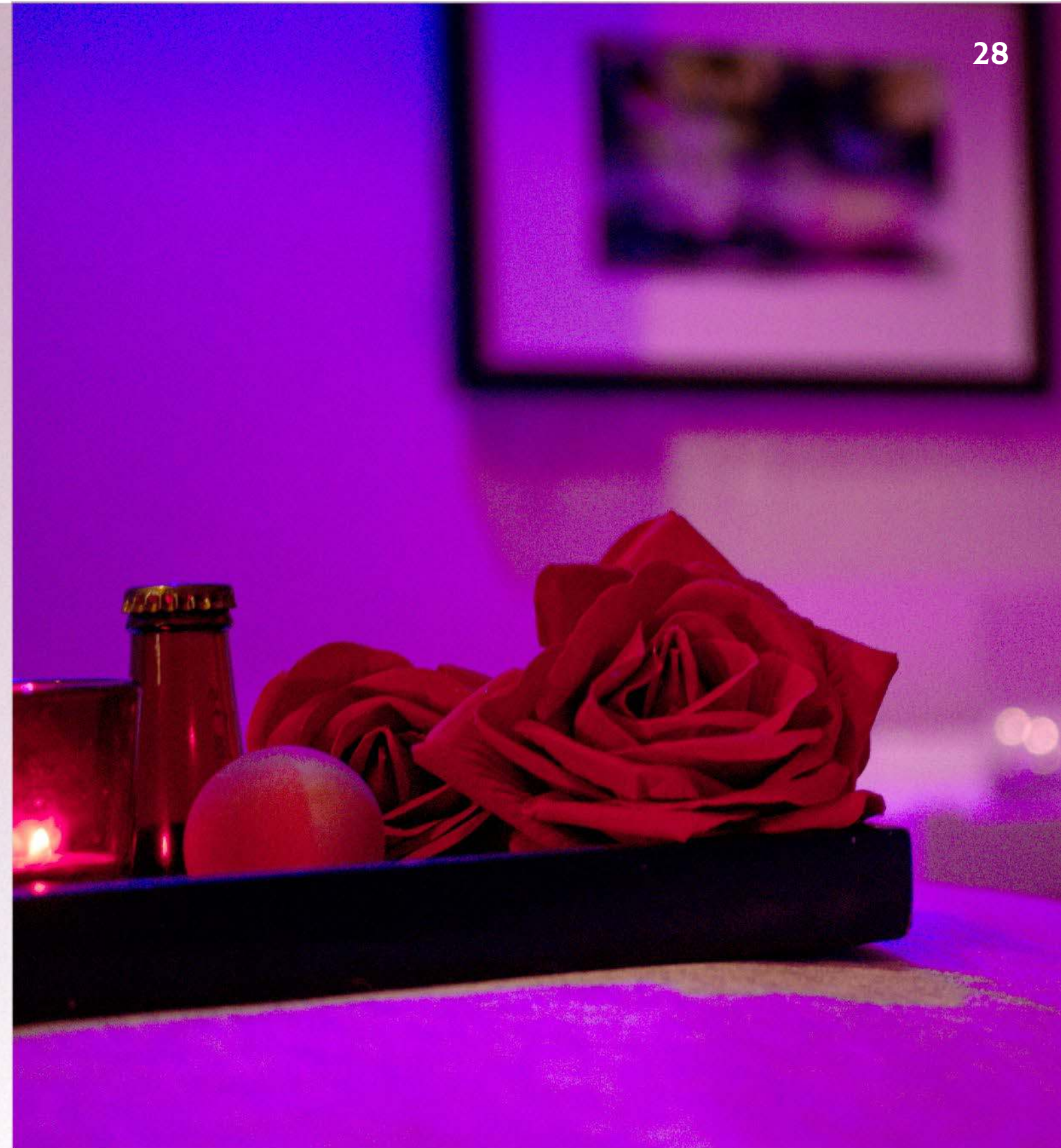
PHENOMENAL WELLNESS SPA

Phenomenal Wellness Spa was created with one goal in mind: to provide the client with the finest personalized massage or spa treatment.

Daily life experiences impact our bodies in many ways and a therapeutic massage is perhaps one of the oldest healing traditions in the world. Massage therapy improves circulation and encourages oxygen in the bloodstream to flow more efficiently. The pressure created by massage therapy moves blood through congested areas and this causes new blood to flow in, resulting in improved body functions. Increasing oxygen throughout the body promotes wellness, which is a simple but very effective way to encourage healing.

Phenomenal Wellness Spa provides a sense of place within their treatments. They represent the culture of Nevis and offer their guests a memorable experience. Signature detox body treatments include exfoliation with sugar cane, mint and coconut scrub, purifying neem, moringa and coconut rum mask, a full body relaxing massage with hot stones, complete with a rosemary aloe facial. Additionally they offer facials, hydra facial, microdermabrasion, massages, full wax hair removal, manicures and pedicures.

Phone and WhatsApp: 1(869) 668-5158 Email: Phenomenalspa@yahoo.com
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EDEN LIFE REJUVENATION CENTRE

A cultural, Holistic Eco-Healing lifestyle change centre at the foothills of Nevis Peak.

Dr. Miranda Fellows is the developer of Eden Life Rejuvenation Centre in Nevis and also Carib Wellness in St. Kitts. She practices holistic integrated medicine since 2004.

A sanctuary of healing and rejuvenation with a Caribbean cultural flare involving 'nature cure' and a variety of healing modalities, ranging from colonic irrigation to meditation. A centre where your treatments are tailor made for your individual needs. Pulling on ancient techniques such as Ayurveda and bush medicine and using futuristic tools such as lasers, biofeedback scanning and Quantum healing. Incorporating chiropractic, bodywork, hydrotherapy, oxygen therapy, laughter therapy and emotional/spiritual balancing to allow detoxification and rejuvenation. A full spectrum rainbow experience for the human BE-ing that stretches from the ordinary to the extraordinary, from Earth to Heaven. Eden Life Rejuvenation Centre is a bridge, a rainbow bridge that awakens wholeness, addressing the full spectrum of human potential in body, mind and spirit.

Contact: 1(869) 469 2147, 469 DTOX (3869), 663 WELL (9355).

Email: complete.carib.wellness@gmail.com www.completecaribwellness.com

BAC-2-MY-ROOTS SPATIQUE

Bac-2-my-ROOTS SpaTique located in the picturesque, lush green heights of Hamilton Estate, a stone's throw away from our beloved Nevis Peak, is an eco-friendly Wholistic Spa and Juice Bar, focuses on "Body, Mind and Spirit and living in Oneness with Nature", Bac-2-my-ROOTS SpaTique aspires to Restore, Rebuild and Rejuvenate the entire body with a unique line of products and services.

Using ancient transient methods of Afrika, India (Ayurveda) and other traditional techniques, they offer a Wholistic Approach through Organic Skin Care Services, Natural Hair Care, Manicures, Pedicures, Massage Therapy, Herbal Facials, Health Consultations, Hydrotherapy Treatments, Thalassotherapy and Heliotherapy treatments; and coming soon, is a Steam Room (the Without) whilst providing complimentary, Healthy Wholesome foods and drinks from the Organic Pur Juice Bar. (the Within).



Their exclusive and organic line of products, dubbed NJamBi, is skillfully designed to satisfy your every need. Fresh, local herbs are lovingly gathered from our very own Herbal Garden, are cured and blended with special oils and exotic minerals even from as far as The Dead Sea, to ensure lasting results. Mother Nature provided a host of ingredients and combinations for us to FullJoy, Heal & Enhance our inner and outer beauty. Be-YOU-t-FULL Naturally

Their Spa services are all rendered outdoors where the mountain fresh breezes, wind chimes and water fountains all infuse the sounds and smells of Mother Nature to bring about the feeling of true calm and serenity.

AMMA - IYENGAR YOGA INSTRUCTOR

Amma has been a qualified Iyengar yoga instructor since 2002 and provides hour long classes to accommodate any level of participant. Amma's background as a health professional makes her knowledgeable of health issues and the experience of yoga to assist with healing through regular and consistent practice.

