



THE SPA

Coral Reef Club

Wellness Week, 24 – 31 October 2020

The luxurious and charming Coral Reef Club or The Sandpiper with its intimate, boutique feel, can be your haven for a week of wellness activities centered at The Spa. Each invigorating week will incorporate exercise packages as well as an all-purpose Spa Wellness Package to achieve profound restoration for the body and senses. The package features activities personalized to your level of fitness, healthy culinary options and information to help you maintain a program into the future.

A complimentary Fresh Juice Shot is offered daily after your Wellness Session and the benefits of each juice blend is discussed as we encourage you to maintain this healthy addition when you return home.

The activities will take place in various locations within the grounds of Coral Reef Club and around the island offering atmospheric views, tropical breezes and sublime sunrays. Choose the package that best suits you from the options below.

Wellness Retreat Package Options

Single Session	1 Class	US\$ 22.50	Silver Package	4 Classes	US\$80.00
Gold Package	8 Classes	US\$150.00	Platinum Package	10 Classes	US\$180.00

The Wellness programs consist of differing formats and techniques for health, agility and endurance with International instructors who have honed their skills in Peru, Canada, USA, United Kingdom and Barbados.

- Pilates ▪ Yoga ▪ Tennis Clinic ▪ Caribbean Style Zumba ▪ Stretch Class ▪ Sunset Yoga & Pilates ▪ Hikes

Hiking in Barbados takes you through cane fields, gullies, tropical forests and coastal communities to explore the unique geological and social structure of Barbados. Along the way you will meet new friends, enjoy healthy exercise and observe the delicate balance of the unique heritage and environment of Barbados.

The Spa Wellness Package

Revitalize and replenish your being within the idyllic sanctuary of The Spa at Coral Reef Club. Enjoy the tranquil surroundings of the Thermal Spa Garden which entices complete relaxation and calmness. Shaded cabanas frame an invigorating Hydro Pool allowing soothing water jets to refresh and rejuvenate. Tensions evaporate in the warmth of the Steam Room harnessing the positive energy of the amethyst geode. Revitalize afterwards in the shell-shaped Experience Shower. The cost of The Spa Wellness Package is US\$375.00 per person and the package inclusions are:

- 20 Minute Welcoming Foot Ritual
- Choice of 50 Minute Muscle Melt, Detox or Aroma Fusion Massage
- 60 Minute Citrus Appeal Facial
- 50 Minute Mojito Magic Body Scrub

Nutritionist/Sports Science Consultation

Personalized Body Composition Assessment and Consultation US\$100.00 per person.

Add on a personalized meal plan: 6 Week Meal Plan US\$150.00, 8 Week Meal Plan US\$212.50 or 12 Week Meal Plan US\$225.00

All prices are per person and are net and non-commissionable. Transportation to The National Trust Hike is not included. Classes may change due to unforeseen circumstances