

# Building Uniqueness Into Caribbean Resort Spas



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Real Estate

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The authentic Thai House at Zemi Beach House on Anguilla. This is the only "House of Wellbeing," or hammam, on the island. ZEMI BEACH HOUSE HOTEL & SPA

If you're tired of ho-hum, been-there, done-that kinds of hotel properties, be aware the Caribbean islands are bursting with resort real estate that is unlike any other on earth. For proof, simply consider the uniqueness of the spas, which range from a Himalayan salt lounge to Jamaica's first quartz therapy ritual room to Anguilla's only hammam.

Let's take a quick hop through the islands to witness how hotel and resort developers travel the world over to blend physical setting with experience, giving travelers a "first or only" opportunity on that particular island or throughout the region as a whole.


An initial stop on our tour of hostelries might be **Jewel Grande Montego Bay Resort & Spa** in Montego Bay, Jamaica. The resort boasts the first Himalayan salt therapy lounge in the Caribbean, as well as the first quartz therapy ritual room in Jamaica. The former allows Jewel Grande visitors to stretch, nap and/or simply enjoy positively-charged ions of the signature Himalayan salt room, glowing with pink and white Himalayan salt bricks. On the resort's MLX Quartz bed delivering zero gravity comfort, guests can exult in the sheer deep relaxation of mind and body offered by the bed's warm golden quartz sand.

Over in Punta Cana, developers have carved out the region's first-ever L'OCCITANE Spa.at **Club Med Punta Cana**. The spa is situated within the resort's Zen Oasis wellness area, for adults only. Body treatments, full body massages and detoxifying facials are among the treatments to be savored by those seeking rest and relaxation.

## A long journey

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On Anguilla, the authentic Thai House is cocooned within the resort called **Zemi Beach House**. Brought to Anguilla more than 30 years ago following a journey from Thailand, the Thai House underwent a meticulous restoration. Today, it is the island's first and exclusive "House of Wellbeing" (or hammam) and features a heated gobek tasi, sun deck for salt and mud body treatments, outdoor rain showers and a vitality pool.

“The story behind Zemi Beach's spa is already unique,” says Frank Pierce, director of sales and marketing for Zemi Beach. “It is a 300-year old rice barn originally located in Thailand and transported to Anguilla in the 1980s. The hammam along with our Taino-inspired offerings are examples of small details that go a long way for our guests. These unique elements show how we are different, and speak to what our consumers are looking for  , which is a true experience rich with culture and exclusivity.”

Seeking to outdistance others in the Dominican Republic, **Sanctuary Cap Cana** includes the nation's first “reflexology shower path” in its newly rejuvenated Sanctuary Spa. Long used in China, such paths are reflexology-focused, winding walkways created of stones of different sizes and shapes that impact focal points on every part of the soles of the feet. Stimulating these acupuncture points has been proven to not only lower blood pressure and improve balance, but to introduce a number of other health benefits in adults. While strolling along the walkway, guests are introduced to levers that trigger specially-pressured water jets that massage the body in different ways.

## Controlled warmth

Over in Barbados, **Hilton Barbados Resort**'s Eforea Spa is equipped with the first quartz sand bed in the Caribbean. Travelers contending with jet lag, dehydration or anxiety are immensely benefitted by the sand bath melded with a massage.

The treatment folds in an ancient Greek concept known as “Psammotherapy.” The therapy makes use of gently warmed sand to ameliorate pain and fight fatigue and anxiety. Guests control the warmth of the sand, finding their ideal setting as it envelops the body and gradually releases muscular tension.