



 155 Rooms

 5 Restaurants

 5 Star

 2 Bars

## **BODYHOLIDAY**

### **CARIBLUE BEACH, SAINT LUCIA**

Few resorts balance relaxation, adventure, and holistic wellbeing as seamlessly as BodyHoliday in Saint Lucia. Located on a secluded crescent of Cariblue Beach, this award-winning all-inclusive retreat is built on the philosophy of "give us your body for a week, and we'll give you back your mind." What sets BodyHoliday apart is its unique fusion of luxury hospitality with an immersive wellness programme. Guests enjoy a complimentary daily spa treatment, alongside a wealth of activities ranging from yoga, Pilates, and meditation to watersports, tennis, golf, and even fencing. Whether clients want to recharge, stay active, or challenge themselves with something new, BodyHoliday's approach ensures there's something for everyone. The resort's dining is equally impressive, with five restaurants offering cuisine that balances indulgence and nutrition, including farm-to-table menus and plant-based options. Wellness extends to personalised consultations, specialist retreats, and programmes tailored for solo travellers, couples, or groups. For UK travel advisors, BodyHoliday represents a standout Caribbean option for clients who want more than just a beach holiday. It combines Saint Lucia's natural beauty with a transformative guest experience — leaving travellers refreshed, inspired, and eager to return.

#### **Suitable For**

- Adventurous
- Wellness Focused
- Adult Focused
- Beachfront

#### **Transfers**

- Helicopter transfer to regional airport, then 30 mins transfer to BodyHoliday - ( 45 Mins )
- Car Transfer - ( 120 Mins )

#### **Board Basis Options**

- All Inclusive

## FACILITIES



**WATER SPORTS**



**SCUBA DIVING**



**GOLF FACILITIES**



**SPA**



**YOGA**



**GYM**



**WINE CELLAR**


**NON-MOTORISED  
WATER SPORTS**

## ACCOMMODATIONS



### *GARDEN VIEW ROOM*


Standard Garden View rooms are tastefully furnished with king-sized beds with built in and bedside reading lamps which make catching up with your favorite novel possible at any time. The rooms feature a day bed, hardwood furniture and turquoise accents; which fit the property's Sleep-Well Design concept and also help to evoke a sense of tranquility, high-speed WIFI, electronic mirrors featuring LED lights. They are also outfitted with noise cancellation walls, as well as built-in Bluetooth sound systems that offer music of your choice. The ground floor Garden view rooms feature large bay floor-to-ceiling glass doors which maximize natural light and feature a furnished sun terrace with loveseat. All rooms are equipped with coffee making facilities, Living Amenities and mini refrigerator.

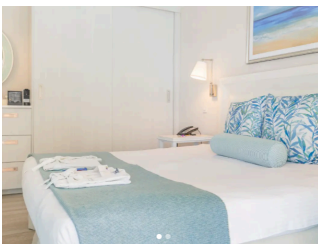
 2 Adults



### *LUXURY OCEAN VIEW ROOM*


The Luxury Ocean View room is located in our elevated four-storey building. These rooms feature a king-size bed or two queen beds as well as a writing desk, arm chair and a chaise lounge all in classic island style

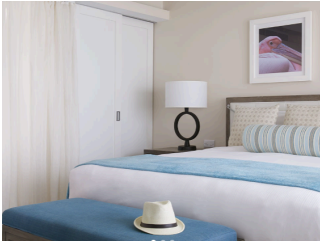
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### *LUXURY OCEAN FRONT ROOM*


Only steps away from the water's edge, the Luxury Ocean Front rooms are furnished only with one king-sized bed. They are peaceful and guaranteed to be relaxing, with spectacular views of the ocean from the balconies.

 2 Adults



### GRAND LUXURY OCEAN FRONT ROOM


Located in our four-storey building with a panoramic view of the Caribbean Sea, this room is richly furnished with a large stand alone bathtub and a dramatic king-sized bed. There's a mini fridge, a fabulous large bathroom with bath and shower, marble make-up vanity unit, separate marble sink vanity and a generous balcony dressed with patio furniture, overlooking the Caribbean Sea.

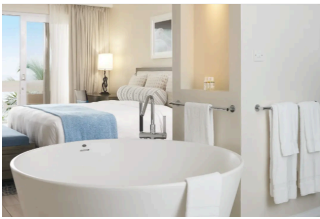
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### GRAND LUXURY OCEANFRONT JUNIOR SUITE


This Grand Luxury Ocean Front Junior Suite is one of the most beautiful at our resort. The suite is furnished as the Grand Luxury Ocean Front room but with the added luxury of a comfortable and beautifully furnished sitting room area.

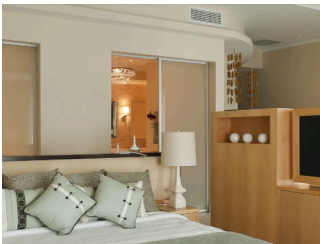
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### GRAND LUXURY OCEANFRONT SUITE


The two Grand Luxury Ocean Front Suites have king-sized beds. They are cool and colonial, and reflect their Caribbean setting in true West Indian style. Finished with genuine antiques and locally crafted reproductions, the suites are equipped with I-pod stations and CD players, which are great to set the mood for watching the glorious St. Lucian sunsets from the spacious private balcony.

 2 Adults



### THE PENTHOUSE SUITE


The Penthouse Suite is accessed by a private entry staircase and is the only fifth floor suite. It features an open floor plan with high ceilings and a spacious living area and wet bar, a free standing wall unit divides the bedroom and living spaces. Floor-to-ceiling front windows allow natural light to flood in and provide stunning views of the Caribbean Sea. It also features a private Hammam with Turkish marble-slab heated massage bed and a steam room with mosaic curved bench and rain-head shower, offering guests a unique spa experience in their very own exclusive space.

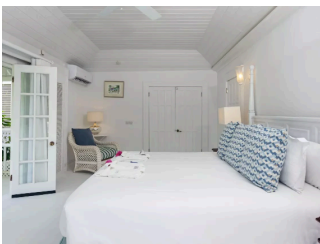
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### OASIS VILLA

Set atop the hillside adjacent to BodyHoliday's award winning Wellness Centre, the Oasis Villas offer incredible sights of the Cariblue Bay, with the verandahs providing guests with panoramic views of lush flora whilst basking in the St. Lucian sun.

 2 Adults



### VILLA HIBISCUS


Accommodates up to six people (three en-suite bedrooms) and is just a two minute walk from the award winning, BodyHoliday Resort. With a spectacular, expansive deck and a lush tropical garden, Hibiscus boasts breath taking views of the Caribbean Sea and is located directly facing Pigeon Island in St. Lucia A historical natural reserve that is home to a variety of flora and fauna.

 2 Adults



### *VILLA FIREFLY*


Overlooking the resort "Firefly" comprises a four bedroomed, 1 suite, West Indian luxury villa located within the grounds of BodyHoliday. The turquoise wooden details reflect the soul of the Caribbean Sea, which is right at the foot of the property; this colour sets the tone throughout the interior at Villa Firefly.

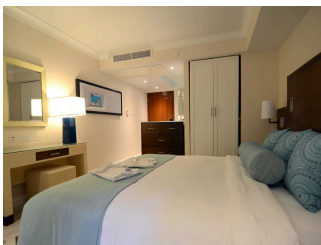
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### *OCEAN VIEW ROOM*


The Ocean View Rooms are located on the ground floor featuring bay floor-to-ceiling glass doors providing natural light whilst a furnished terrace overlooks the Caribbean Sea. These rooms feature a king sized bed, a writing desk, armchair and chaise lounge.

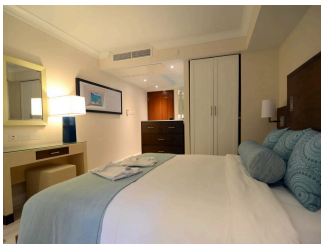
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### *SOLO GARDEN VIEW*


Solo Garden View Rooms are ideal for guests staying solo, featuring soothing views of the tropical gardens. These rooms feature a king-sized bed with built-in reading lamps and additional elements from the Sleep Well Programme.

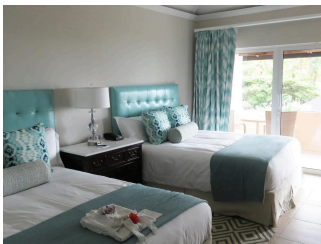
 2 Adults



### *SOLO GARDEN TERRACE*


Garden Terrace Rooms are designed for ultimate relaxation featuring king-sized beds. Rooms with a garden view feature light pastel shades and include an attached sun terrace ideal for quiet moments.

 2 Adults



### *GARDEN VIEW TWIN*


Garden View Twin Rooms are located centrally on the ground and first floors of the resort and overlooking the tropical gardens. After rooms being renovated, rooms are furnished with a king-sized bed or two queen beds, veneered top writing desks, and lounge chairs. The bathroom has light pastel shades and natural woods and feature a marble vanity and Kohler Body all-over jet showers.

 2 Adults



### *LUXURY OCEANVIEW TWIN ROOM*


The Luxury Oceanview Twin Room provides an authentic island ambiance. Located on the ground floor they feature bay floor-to-ceiling glass doors providing natural light whilst a furnished sun terrace overlooks the Caribbean Sea. These rooms feature a king-sized bed, a writing desk, arm chair and chaise lounge.

 2 Adults



### *GRAND LUXURY OCEANFRONT TERRACE*


The Grand Luxury Oceanfront Terrace Rooms look out over the sea and back across the bay to the BodyHoliday Boardwalk and Tao Restaurant. The terrace is a perfect private spot to start the day with a coffee or tea or sit out at night and listen to the gently lapping waves. These rooms include a beautifully furnished sunbathing deck with direct access to the water.

 2 Adults



### *GRAND LUXURY OCEANFRONT JUNIOR SUITE TERRACE*

The Grand Luxury Ocean Front Junior Suites are one of the most beautiful at the St. Lucian resort. The suites are furnished with a king-sized bed and a modern bathroom with a stand-alone soaking tub, a separate shower, and marble vanities. These accommodations also provide the added of a comfortable and beautifully decorated sitting room area and private balcony overlooking the sea.

 2 Adults

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## FOOD AND DRINK

### RESTAURANTS



### *CARIBLUE RESTAURANT*

Overlooking Caribblue Beach and the Caribbean Sea, Caribblue Restaurant offers a versatile dining experience suitable for a range of guest preferences. Breakfast and lunch are served buffet-style, with daily lunch themes highlighting Mediterranean, Asian, Mexican, and West Indian cuisine. An enclosed, air-conditioned buffet area extends the main dining space for added comfort. Dinner is offered a la carte four evenings per week, featuring both signature Cuisine menu items and lighter or vegetarian options, with select dishes carrying a supplemental charge. Wednesday evenings feature a West Indian Buffet complemented by live steel band entertainment. Wine is included with lunch and dinner, and the culinary team is trained to accommodate special dietary requirements, including low-fat, low-sodium, vegan, or gluten-sensitive needs, upon request.



### *TAO RESTAURANT*

Awarded the AAA 3-Diamond distinction, TAO Restaurant presents a sophisticated fusion of Eastern and Western cuisine, blending authentic oriental flavors with contemporary Western influences. Recognized by Condé Nast Traveller as one of the "60 Hottest Tables," TAO provides an elevated dining experience for discerning guests. The restaurant is a no-smoking venue, open for dinner from 6:30 PM to 9:30 PM, with reservations required up to 48 hours in advance. Select dishes carry a supplemental charge, offering flexibility for premium culinary programming within partner itineraries.



### *CARIBLUE WINDOWS*

In the evenings, the Caribblue buffet area transforms into the chic and intimate Caribblue Windows, offering a carefully curated tasting menu with optional wine pairings available at a supplemental cost. Guests can choose live-action station seating to observe chefs at work or enjoy banquet seating with oceanfront views, all within the comfort of an air-conditioned space. Caribblue Windows is open for dinner on Mondays, Tuesdays, Thursdays, and Saturdays, with seating available at 7:00 PM and 9:00 PM. Select dishes carry a supplemental charge, providing partners with premium culinary programming to include in itineraries.



### *THE PIANO BAR*

The air-conditioned Piano Bar offers a comfortable and relaxing nightspot, thoughtfully decorated with cane furnishings and antique accents. Open until the last guest departs, the venue features nightly live piano entertainment (except Wednesdays and Fridays) on the Grand Piano. A surrounding sit-up bar provides an engaging setting for guests to enjoy drinks and the musical ambiance, making it a distinctive option for evening leisure within partner programs.



### *THE PAVILION GRILL*

An extension of The Clubhouse, The Pavilion combines a buffet, grill, and pizza oven in a single, casual setting, providing a versatile dining option for guests. The menu emphasizes Mediterranean cuisine, including pizzas, calzones, flatbreads, grilled dishes, and fresh fish. The Pavilion is open for lunch daily from 12:00 PM to 2:30 PM and dinner from 7:00 PM to 9:00 PM. Afternoon tea is served daily from 4:00 PM to 6:00 PM, featuring sandwiches and a selection of sweet treats, offering partners a flexible and appealing dining option for varied itineraries.



### *I-TAL*

This immersive experience begins with a guided walk led by trained gardeners through the resort's hillside organic garden, nestled within a deciduous dry forest. The garden features a polyculture of diverse local and exotic edible plants, cultivated with sustainable practices to enrich the soil and produce high-quality, nutrient-dense ingredients. Participants gain insights into the benefits of the crops and have the opportunity to harvest ingredients, which are then prepared on site by the I-TAL chef and her team. The cooking process is narrated to highlight the flavour profiles and harmonious pairings of each ingredient, offering a sensory-rich experience that combines education, gastronomy, and hands-on engagement.



### *WELLNESS CAFÉ*

The Wellness Café operates daily from 7:30 AM to 10:00 AM for breakfast, transitioning to lighter fare from 10:00 AM to 4:00 PM. The menu emphasises health-conscious choices, featuring gourmet sandwiches, specialty salads, fresh fruit, vegetable juices, and smoothies, offering partners a versatile and wellness-focused dining option for guests.

**BAR**



*THE CLUBHOUSE BAR*

**GALLERY**

