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FEATURES TRAVEL Vacations

# 10 Dreamy Spas from Highly Rated Luxe Hotels and Resorts in the Caribbean

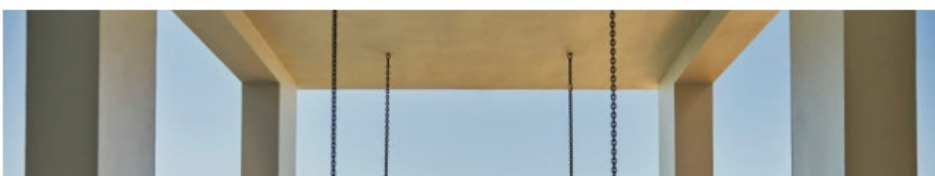
By Upscale Living Magazine - 03/04/2022

Valentine’s Day may have passed but love-infused getaways in the Caribbean are year-round affairs that should be consistently encouraged. Tourism in tropical destinations have grown exponentially throughout the pandemic and the projection will continue through 2022. We have done our part to find some of the highest rated hotels and resorts in the region with world-class spas whose services transcend luxury to provide truly bespoke experiences.

Whether you are traveling with family, a significant other, friends or even solo, these Caribbean properties will surely lull you into total bliss anytime of the year. From unbeatable views to one-of-a-kind treatments, the following wellness facilities are among the best picks to consider in your next travel plans.

## ANGUILLA

### Four Seasons Resort and Residences Anguilla





Known for ecologically significant coral reefs and beaches, Anguilla hosts the **Four Seasons Resort and Residences** on its Northwest shore. The property is ideal for couples and groups and offers a wide range of wellness treatments to cover everyone's needs and personal wishes. Guests can choose between indoor spa suites or seaside cabanas to have their treatments; however, due to its privileged location, we suggest the latter for unparalleled views of the eastern Caribbean Sea.

Tip: Blue Tranquility Massage and Anguilla Salt Scrub are a must-do if ever at this resort.

## ARUBA

### Manchebo Beach Resort & Spa



Walk through the gates of Spa del Sol at the **Manchebo Resort** and expect a Balinese-inspired oasis with five private oceanfront treatment rooms that hint at a sense of tranquility upon sight. At *Spa del Sol* guests can find all sorts of massage therapies but it takes the experience a bit further with the *Volcano Mud Body Wrap*. The treatment stimulates blood circulation, exfoliates the dead skin, and replenishes lost minerals with mud found in a volcano in Colombia. Lush landscapes, soft music, and teakwood furnishings set the tone for each session overlooking Eagle Beach.

## BAHAMAS

### The Ocean Club





A legendary Caribbean hideaway with over fifty years of history, [The Ocean Club](#) is sprawled over 35 acres of Versailles-inspired lawns and gardens. The hotel's perfectly manicured grounds and its remarkable seclusion serve as an enviable setting for a wellness retreat that attracts the world's most discerning travelers. Pick from its many ocean rituals and body nourishing treatments, but if you genuinely want to tune into a mind-body experience, we suggest the Bahamas Rhythm Massage, which uses breathing techniques as an instrument to loosen your muscles and release tension.

PS: Celebrity sightings are not rare at this Paradise Island resort by Four Seasons.

## CUBA

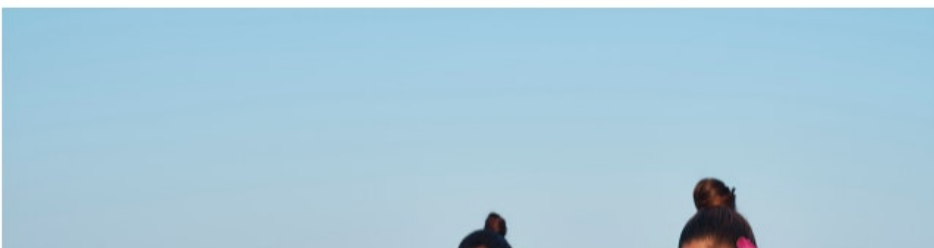
### [Meliá Buenavista](#)

The [Meliá Buenavista](#) is located in Villa Clara, a historic part of Cuba that is also known for its production of tobacco, sugar, coffee... and perfectly warm turquoise ocean water. Being the only resort in the area, the all-inclusive property offers privacy and tranquility that not many other hotels can pull off in Cuba. Ask about the Yhi-Spa, which is located in a separate area that houses the spa, a fitness center, a beauty salon, and a reception lounge where the hotel's personalized service and qualified therapists await. Expect a full-service spa menu that involves steam rooms, jacuzzis, hydromassages, outdoor relaxation areas, and much more.

Tip: Try the 'Feelings of Cuba' body massages or the 'Beauty of Cuba' tropical facials for an authentic experience of Cuban aromas and flavors.

## DOMINICAN REPUBLIC

### [Finest Punta Cana](#)





**Finest Punta Cana** is a newly opened all-inclusive resort and it is the first all-ages in the destination from [The Excellence Collection](#). Finest Punta Cana offers memorable experiences and bespoke service for kids and adults alike, and the *ONE Spa* is no exception. Out by the ocean breeze or indoor at a state-of-the-art facility, the resort features a spa menu that is abundant in romance for couples and family treatments to pamper parents and their little ones. If adults-only resorts are more your preference, **Excellence Punta Cana** and **Excellence El Carmen**, also from The Excellence Collection, are great options and they have an equally fabulous spa – The Miilé Spa. These two properties were recently recognized among the world’s top resorts by Tripadvisor and the U.S News and World Report.

PS: Even though Finest Punta Cana is an all-ages resort, the premises are strategically laid out with common spaces for all and separate areas for adults and families. Additionally, weddings are among their specialties.

## FRENCH WEST INDIES

### [St. Barthélémy Hotel & Spa](#)



[Le Spa at Le Barthélemy](#) is an oasis of holistic healing that aims to restore the mind, body, and spirit to its natural and most authentic self. It was designed to encapsulate all of the senses with an open-air atrium that invites outdoor elements into your intimate wellness retreat. Le Spa at Le Barth uses La Mer skincare products and it is currently the only hotel in the Caribbean partnered with the luxury brand. The grounds consist of a sauna, vitality pools, a hammam, gym, and private studio. There is also a Kids Program.

Tip: Try the vitality pools – Nordic baths that draw their origin from Scandinavian tradition and help to strengthen the immune system and stimulate the production of endorphins.

## GRENADA

### Silversands Resort



**The Silversands Spa** presents a world in which life's pace has one setting: unhurried. Leave your phone behind (as per hotel rules) and fully immerse in one of the locally inspired or traditional rituals to disconnect from it all. The broad menu includes signature massages, prenatal treatments, local remedies, body wraps, facials, and even cosmetic procedures such as botox and fillers. The spa features four treatment rooms, including two for couples, as well as a sauna, ice cave, hammam, experiential shower, hair and nail bar. A serene private pool is also available exclusively to spa guests.

Tip: Let yourself be taken to ancient Egypt and give Psammo Therapy a try. To access the Spa, guests must be at least 16 years of age.

## JAMAICA

### Excellence Oyster Bay



Located in a private peninsula in Montego Bay, the Victorian-style **Excellence Oyster Bay** (adults-only) is The Excellence Collection's first all-inclusive resort in the destination and among Jamaica's best. Step into the *Millé Spa* and find a mix of ancient techniques and marine botanicals to transport guests into pure nirvana. Begin your spa experience with a guided hydrotherapy session that harnesses the time-honored restorative powers of water to melt away stress and restore equilibrium from the inside out. For a romantic twist, ask for an outdoor, seaside treatment under the property's many palms trees. Did we mention Excellence Oyster Bay has a luminous lagoon nearby? It does, and if you are lucky, you can witness this beautiful natural phenomenon during your stay.

Tip: Upgrade to an Excellence Club level suite and a hydrotherapy circuit for two is included with your stay.

## KITTS AND NEVIS

### Park Hyatt St. Kitts Christophe Harbour

#### Sugarmill Spa & Sanctuary



Perhaps not among the most commercial destinations but definitely one to add to your future itineraries. St. Kitts and Nevis are volcanic islands known for their world-famous blue seas and fine sandy beaches... and we can totally understand why **The Park Hyatt St. Kitts Christophe Harbour** chose to settle here. The island's immaculate landscape poses as a perfect backdrop for the many outdoor activities the resort has to offer, from Hatha yoga to cross fitness workouts and boot camps (temporarily unavailable), there is something to satisfy everyone's fitness needs. Mix these with signature treatments from the Sugarmill Spa and Sanctuary such as body renewal rituals and a wide range of massage therapies to unify your body and soul.

Tip: Take your fitness and wellness to another level and dare to go on a volcano and rainforest hike, then come back to get pampered at the Sugarmill Spa and Sanctuary.

## LUCIA

### Sugar Beach & Viceroy Resort



The Rainforest Spa at the [Sugar Beach Resort](#) is a true sight to behold. It is surrounded by soaring mountain vistas of Val des Pitons and lush foliage that have led it to be widely regarded as the island’s spiritual heart. A stream even runs within the spa that creates an ideal setting to rejuvenate, relax and reset. Harnessing the nourishing ingredients of nearby volcanic springs and fertile cocoa plantations, the Rainforest Spa offers a range of signature treatments that include bamboo massages, hot rock therapies, facials, body wraps, salt scrubs, polishes, and holistic treatments. There is also new beachside wellness and fitness facility with unobstructed views of the island.

Tip: Book one of the treehouse treatment rooms, which are built on stilts and perched high above the ground with a balcony overlooking the mountains and forest.

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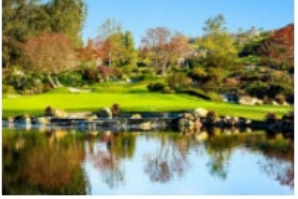
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