

ESSENCE

Your Itinerary For Rest And Relaxation In St. Barts

Check out ways to enjoy what st. Barts has to offer while still enjoying the exclusivity and peace and quiet that have made it popular.

By parker diakite · updated august 29, 2023



Le Barthélemy

It's no secret that Saint Barthelemy, or St. Barths, also called St. Barts, has a reputation as the go-to destination for the rich and the famous.

A recent study found the average daily accommodation is \$1,700 per person, the average meal costs \$58, and the standard transportation cost is \$24 per day, making St. Barts the most expensive vacation destination in the world.

In the midst of its fine dining and high-class restaurants, beautiful beaches filled with luxury yachts and water sports, it's an island where some of your favorite Black celebrities like Beyoncé and Jay-Z, Diddy, Drake, and Porsha and Simon Guobadia can escape hectic schedules, titles, and fan-crazed crowds to enjoy what vacations are about.

Its relatively small size and population, combined with the fact that it's not easily accessible are some factors that allow visitors to experience a sense of exclusivity.

St. Barts is the perfect destination for people who want a laid-back vacation, breathtaking views, and world-class cuisine without much hustle and bustle, and you don't have to be part of the top the one percent in the world to enjoy such a privilege. Here's how to do it.

Rest and Wellness Begin Where You Stay

[Le Barthélemy](#) is a stunning hotel that exudes elegance. Travelers will have the best of both worlds for leisure and wellness activities. Its location is hard to beat as it's just steps away from St. Barts' clear blue water. The property's infinity pool overlooks Grande Cul de Sac's Beach, and some rooms have a private heated plunge pool.

For wellness, [Le Barthélemy](#) is home to one of the best spas on the island in the Le Spa at [Le Barthélemy](#). Known as a holistic haven, it's an intimate wellness retreat where you can experience services such as detoxifying facials, a Thalion Marine magnesium body wrap to destress, and deep tissue massages. After your spa day, you can unwind further with live music at its restaurant [Amis St Barts](#) or at its Whiskey. Tango. Foxtrot (W.T.F.) rooftop bar.