

Give us your body for a week
and we'll give you back your mind



the bodyholiday
LeSPORT

Relax, you're in
award-winning hands



Quite a promise!

My holiday? My absolute priority. Need my
mind back. Need to relax, need to recharge.
Need to rest. Need a resort that understands.
Exacting standards, without compromise.
Wellness at the heart of it, a holiday throughout.
Award winning? No surprise.

Always the same fabulous welcome.
Something about the place, something that
keeps me coming back. Keeps so many guests
coming back. Why? Do as much or as little
as I want. It's my holiday!





Revive



Personalised wellness

Tired, lacking energy, lacking focus. Too much going on, too many things on my mind. Refresh, refocus and re-energise. Need to reawaken my senses. Need to feel alive.

My goals, their advice. Calming hands, soothing oils. Warm stones, scented wraps. Deep cleanse, glowing skin. Herbal remedies, signature treatments. Ayurvedic, holistic. Pure heaven! 50 minute body treatment included, every day. My needs, my time, my agenda. A personal programme, tailored, bespoke; customised before I arrived. Delivered with care, delivered with skill. Delivered for me.





Love your skin

A specialist skin clinic, same attention to detail.
Ancient philosophies, cutting edge approach.
A trip around the world, the best treatments,
the best therapies. Bali to Japan, Sweden to
Thailand, India to North America.

A complimentary consultation. For women, for
men. Oils, herbs, minerals, marine and plant
extracts. Specialist partners – Dr Prager, Thalgo,
CACI, Elemis and Essie Nails, LaTherapie,
Kama Organic.





Original beauty

The perfect night out. Need to look great.
Indulge yourself at Eve. A hair and beauty salon.
For men and women. A new hairstyle?
A manicure or pedicure? Threading or a makeup
session? Styles to suit your needs, products to suit
you. Personal consultation, expert advice.

Brands that suit our philosophy. Natural and
organic. Alterna hair care. Cosmetics à la Carte.
No nicer feeling than indulging yourself.
Leave feeling a million dollars.



Rejuvenate







Re-energise

BodyYoga

Unique you, tailored Yoga. Your style, your personality. Yoga spirit, Ayurvedic science. Mind and body, working together. Perfect unity, moving forward.

Yoga for body, Yoga for mind, Yoga for soul, Yoga for diet. Leading practitioners, personal approach. New frontiers, total support. Deep insight, true potential. Physical development, mental harmony, regain control. Freedom, growth, clarity, balance. Breaking free, changing course.

Motivation, inspiration

The BodyHoliday? The perfect name! Custom programme, just for you. Real pleasure, expert staff. Octoba-Yoga®, WellFit®, September Solos®, Treehouse workouts, high above. New regime, new approach. World class, putting you first.

More holistic? Just relax. From Yoga to Pilates, Tai Chi to tennis, golf to SCUBA. Great sessions, great classes. Great fun, great people. New me, new body. New hope, new future! Recharge, reinvigorate. Unwind, relax. Reflect, revive.

Reinvigorate





Realign

BodyScience

DNA testing, Eastern mindset, wellness fusion.
Healthy life, modern world. Fitness, nutrition,
analysis, attitude. Body insight, mental awareness,
better lifestyle. Destress, detox, delight!

Wellness, empowerment. Science, understanding.
Measure stress, adjust lifestyle. Analyse tox,
enhance detox. Assess fitness, better routines.
Manage gut health, manage weight. Take control,
make change. Age gracefully, enjoy more!



You are what you eat

Food. A simple recipe. Great food, wholesome ingredients. A dash of imagination, a sprinkling of inspiration. Passionate chefs, the best training. Organic vegetables and herbs. Our own garden. Freshly caught snapper, lobster from the Caribbean.

In the restaurant, on the boardwalk, al fresco.
The tastes of the Mediterranean.
Today, smoothies, fruit and vegetables at the Deli.
Tomorrow, perhaps a guilty pleasure!
You deserve it. Flavours from around the world.
TAO, one of the hottest tables in the world.
My table, my choice.



Remarkable





Recharge

Open a bottle

Daily tastings in the new wine salon.
A helping hand from the sommelier. Find a taste that
suits you. Your palette, your taste, no right, no wrong.
Just good times, great tastes. My choice, my evening.

Share a story, enjoy a laugh. Familiar faces,
new friends. A cocktail at the bar, a quiet drink
on the boardwalk.

Off to dinner, great food, fine wines.
Afterwards maybe a drink, maybe a dance.
A full day, full agenda.



Recuperate

A room with a view

Peace. My sanctuary. My home from home. Detail is important. Big beds, cool sheets, soft pillows. Mattresses that absorb you, rest you. Music dock. Loads of hanging space, somewhere to dry my hair. Hot showers, scented Ren products, fluffy dressing gowns.

The Penthouse Suite, open-plan living. Towering ceilings, stunning views. A private Hamman, a freestanding bath. A sumptuous lounge, wet bar. The setting sun, the tropical garden. My view.



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Return



To book your next BodyHoliday, contact:

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