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











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.

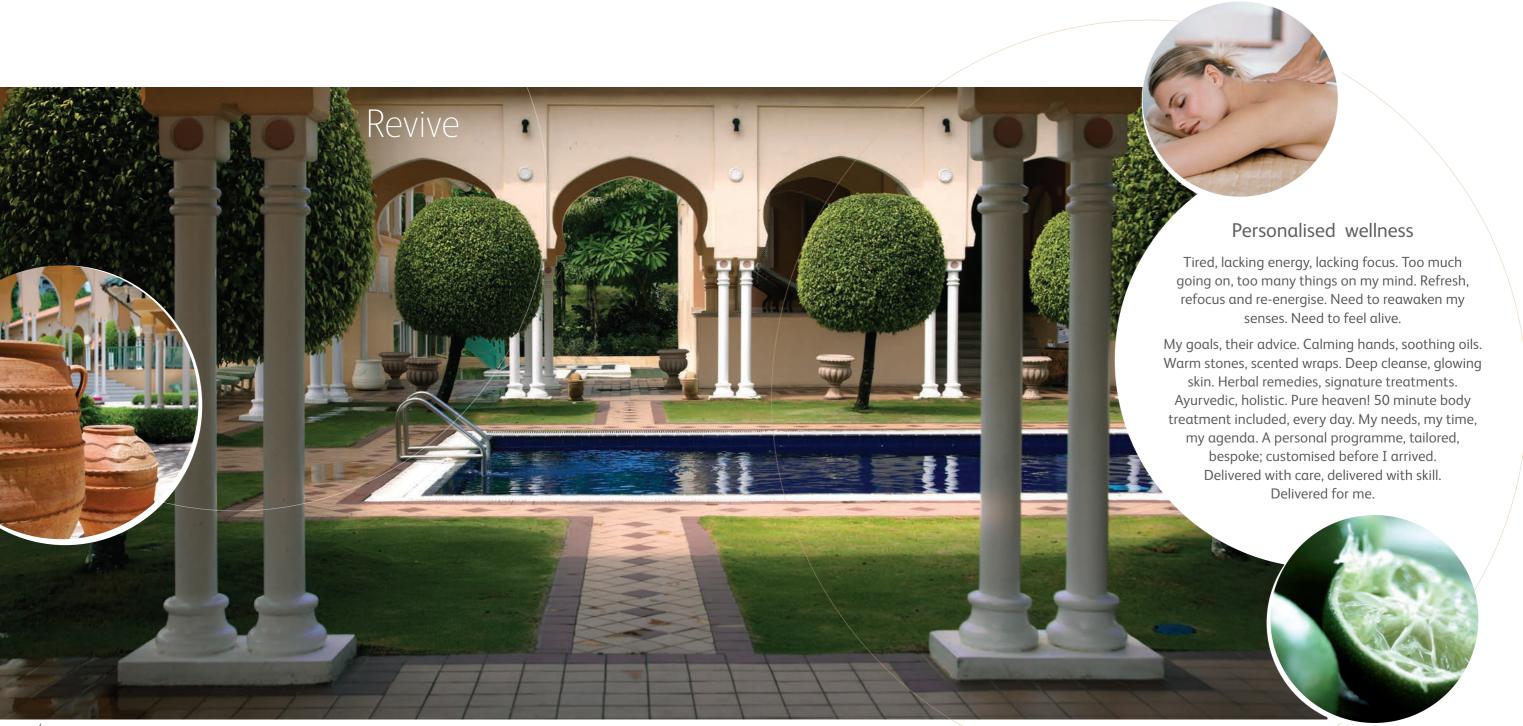
Always the same fabulous welcome.

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!





2





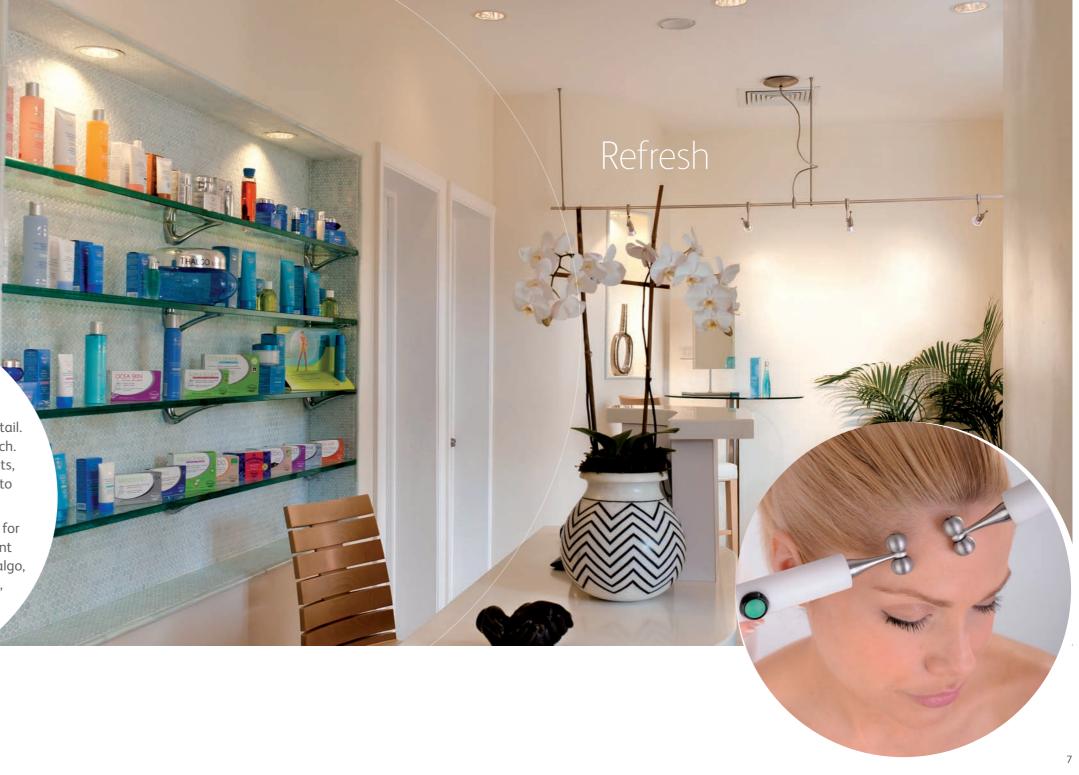
Love your skin

A specialist skin clinic, same attention to detail.

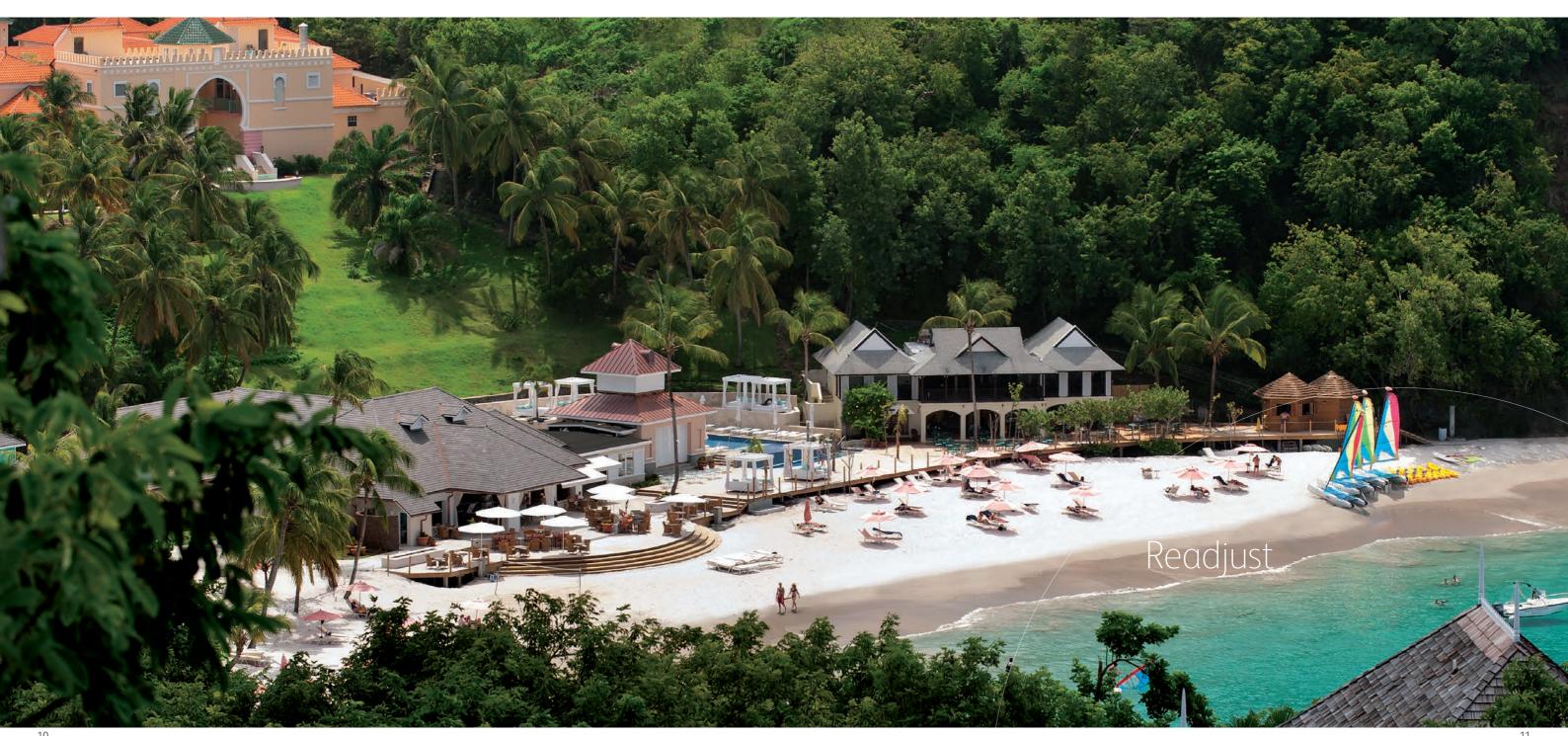
Ancient philosophies, cutting edge approach.

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.













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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.

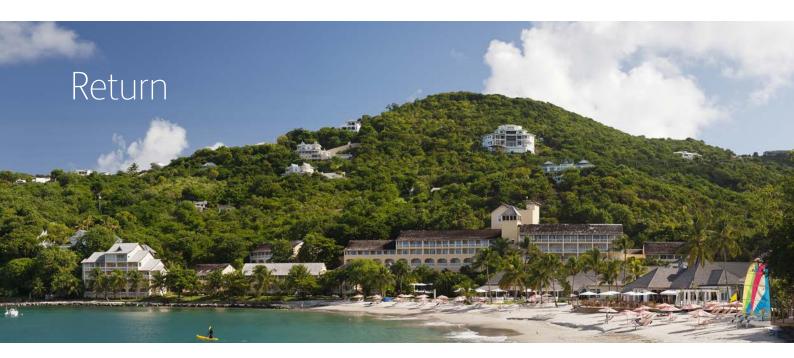
Share a story, enjoy a laugh. Familiar faces, new friends. A cocktail at the bar, a quiet drink on the boardwalk.

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

20 21

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.

the bodyholiday



To book your next BodyHoliday, contact:

Telephone:

UK - **0203 096 1605** US - **1 866 371 9555**

Email:

 $uk reservations @the body holiday. com \\ us reservations @the body holiday. com \\$

Or contact your preferred agent or Tour Operator.

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