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# Le Barthélemy: Recharge Fabulously In 2020 In St. Barths

Everything you've heard about St. Barths is true — it has beautiful beaches, a vibrant French flair and well-heeled guests from around the world. With year-round great weather and a relatively short flight from many U.S. cities, it's a popular destination with travelers who like the finer things in life. As we're about to embark on the colder months of the year, **Le Barthélemy Hotel and Spa** is the warm weekend escape you're craving – I'm looking at you friends on the chilly east coast. Here's how to spend a great long weekend in St. Barths.

## Getting There



The majority of U.S. travelers from the east coast fly into neighboring St. Maarten then take a short ten-minute shuttle flight from there to St. Barths. If you're looking for a more luxe experience, opt to fly Tradewind through San Juan or USVI. You'll enjoy spending time in a private lounge before you embark on your flight, where you can enjoy a variety of snacks and beverages. This private jet charter company operates a local fleet of Pilatus PC-12s (any aviation lover will be sold

on that fact alone) which fly smoothly into the beachside Gustavia airport in St. Barths multiple times a day.

## Accommodation

Le Barthélemy Hotel and Spa is located in the tranquil enclave of Grand Cul de Sac on a half-moon shaped, postcard-perfect white sand beach. You can choose from a variety of rooms and suites (44 in total) each of which comes with a terrace, and, some, with private pools. I stayed in one of their Océan Lux Piscine Privée rooms which had the perfect mix of indoor and outdoor space, with one additional feature I've never seen at another hotel — a nearly transparent screen that separates both areas adding privacy and also keeping mosquitoes outside. Additional bonus, the rooms come stocked with Hermès toiletries and fresh juice.

If you're traveling as a group or family, there are two new villas on-property that are a very short walk from the lobby and can accommodate up to 12 people. Each of the villas has two floors, a great room perfect for socializing and eating meals, a large infinity pool and direct private pool access. You can have a chef prepare a meal for you in the villa or walk over to the hotel to eat there. You'll experience the best of both worlds — the secluded comforts of a private villa with the amenities of a hotel right at your fingertips.

## Dining

The food at Le Barthélemy is vibrant, fresh and tasty, marrying French and Caribbean flavors. During the day you'll eat at Aux Amis Plage where you can enjoy a luxurious but light lunch dining on local lobster, a tuna tataki poke bowl or if you're in a more decadent mood, a truffle pizza. At night you can enjoy inventive dishes that riff on a variety of global flavors such as duck leg gyoza served with duck foie gras and pineapple, or fregola sarda served risotto-style with lobster, curry and mango. You also can't go wrong with a traditional French onion-soup which I loved.

## Wellness



The spa at Le Barthélemy has a wide variety of spaces from massage treatment rooms, to a blow dry bar, to a nail bar to a Nordic baths area. You can also treat yourself to one of their La Mer Miracle Broth Facials which promises to transform your skin through massage techniques and a pure infusion of La Mer's coveted Miracle Broth™ giving your skin radiance, moisture and the look of regeneration. It culminates in a special ice sequence for best results.

Le Barthélemy is the kind of place where you can just stay on premise for a whole long weekend but if you do decide to leave, head to the beautiful Piscines Naturelles (natural pools), there are two locations near the hotel which feature rugged rocks surrounding beautiful water — the landscape is so beautiful that Victoria's Secret used to shoot here in the past. However, no judgment if you decide to stay in the beautiful enclave that is Le Barthélemy, since you'll get all of the beach, eats and wellness you could possibly need here.



Contributor

**Rana Good**

*I write about travel and lifestyle.*