

St. Barts: The Wellness Vacay You Need This Year

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This time of year, many people's New Year's resolutions are already abandoned (the failure rate for New Year's resolutions is said to be an estimated 80%). But with spring and summer travel quickly approaching, those who have stayed committed to their newfound healthy lifestyles might be apprehensive. The vacation slump is real – often characterized by eating, drinking and lack of exercise. So, set your sights on St. Barts and experience the abundant health and wellness offerings available in this Caribbean oasis.

From hotel packages and experiences to picturesque hiking and peaceful, all natural beaches perfect for relaxing and escaping, St. Barts offers the perfect escape to maintain your healthy intentions. See below for ways to have a wellness themed trip to St. Barts:

Hotel Offerings:

Le Barthelemy - Experience the Complete Wellness Experience complete with In-room Detox Water, Daily healthy breakfast at Amis St. Barth, After care refreshing break: juices & waters, fresh fruits, 2 Yoga Class per stay, 1 La Mer Skin Diagnostic, 1 La Mer body signature massage & La Mer signature facial treatment, 1 La Mer energizing body wrap treatment & La Mer anti-aging facial massage and a Wellness Gift.