

New St. Barths Luxury Hotel Rolls Out Wellness Program

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For travelers heading to St. Barths this summer, Le Barthélemy Hotel & Spa's relaxing and uplifting "Raise the Gaze" Summer Camp Yoga Challenge will be in session from now through August 15th.

All guests staying on property will be able to experience the wellness-focused activities, complimentary, from beach yoga to cooking classes and meditation workshops, happening throughout each day.

St. Barths local yogi, Diana Bourel will be helping others along their path to self-discovery with multiple daily yoga classes, including wake-up morning classes, meditation, pranayama yoga, aquavit yoga in St. Jeans Bay, and more. Guests can also enjoy cooking workshops with celebrated chef William Girard focusing on vegan and healthy recipes, massage experiences at on-site Le Spa, and well-being workshops to name a few.

Some offerings include:

- Presentation of organic champagne
- Fruit & vegetable juice workshop
- Glowy skin basics workshop by Le Mer
- Vegan bakery workshops
- Yoga challenges