



# Embracing St. Barths Tranquility: Le Barthélemy's Journey into Holistic Water Healing

*In the serene surroundings of St. Barts, the award-winning Le Barthélemy Hotel & Spa, along with its sister brand Le Barth Villa Rental, is pioneering a unique wellness initiative. They have introduced a holistic water healing concept that encompasses ancient healing modalities, promising a deeper connection to oneself and a profound sense of calm.*





The concept, which builds upon the hotel's existing partnership with La Mer and its Nordic water therapy offerings, introduces two distinct and rare water healing experiences: Janzu and Aquatic Tibetan Sound Healing. Sebastien Maingourd, the Regional General Manager, emphasizes the hotel's commitment to incorporating the island's natural resources, particularly water, to enhance the physical and mental well-being of their guests.

Janzu, or 'peaceful river' in Chinese, is a psychocorporal therapeutic practice that dates back to ancient Shamanic regression techniques. It involves guided rhythmic movements in water, facilitating a state of deep relaxation and transformation. Grégoire Bosc, a Janzu specialist at the hotel, describes it as a journey towards self-renewal and presence.

Complementing Janzu, the hotel also introduces Aquatic Tibetan Bowls, orchestrated

by Marine Delfino. This unique therapy involves submerging in water while Tibetan bowls placed on the water surface create deep vibrational frequencies. Delfino tailors the frequency of each bowl to the individual needs of the guests, enhancing the healing process. This therapy is known to alleviate pain, reduce anxiety, and improve overall mental well-being.

Guests can experience these therapies in various serene settings like the Nature's Reserve, private plunge pools, infinity pools, or at any villa within the Le Barth portfolio with access to water.

In addition to these new therapies, the hotel continues to offer the La Mer Ritual Excellence experience at Le Spa, which uses the regenerative properties of Giant Sea Kelp, and Nordic vitality pools to boost immunity and circulation.

*For more information on these wellness practices and the hotel's offerings, visit:*

[lebarthelemyhotel.com](https://lebarthelemyhotel.com) or follow their social media handles @lebarthelemy, @amis\_stbarth and @lebarth\_villas