

The BodyHoliday at Le Sport, St Lucia

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Hotel Reviews: The BodyHoliday at Le Sport, St Lucia

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The lowdown "Have no fear of perfection – you'll never reach it," said artist Salvador Dali. Well, Mr Dali, you're wrong. Hotelier Andrew Barnard has achieved perfection on the northern tip of sunny St Lucia, and perfection looks like white sand, clear blue Caribbean sea and a spa with a treatment list that will make you drool just reading it.

The BodyHoliday is a 154-room all-inclusive resort with everything you could ever need for a truly special break within its 42 beautifully manicured acres. If the words 'all-inclusive' and 'resort' are ringing alarm bells, fear not – you won't find reps trying to sell pricey extras or forced fun on glass-bottomed boats here - this is all inclusive for grown ups. Feeling energetic? There is a vast array of activities on offer to get your heart pumping, from tennis and volleyball to all manner of water sports, including kayaking, wake boarding and tubing. For those really serious about exercise, it's worth booking in for the Well Fit Retreat. Run by Olympic champion Daley Thompson with the help of Kate Staples (you'll remember her as Zodiac from Gladiators) - you'll experience physical training on a whole different level. With intense cardio sessions in the already-hot early morning sunshine, it's not for the faint hearted (the warm up alone nearly finished me off), but you're guaranteed to arrive back home fighting fit, without the need to shift the usual post-holiday pounds.

Sound a bit too much like hard work? The genius of The BodyHoliday is that it can be as madly active or blissfully relaxing as you like – you set your own pace here.

If your goal is to unwind and de-stress, the daily 50-minute body treatments included in your stay will get you well on the way. Once you've discovered the Wellness Centre though, you'll find it hard to leave. An oasis of calm and serenity set away from the main hotel, there's a huge menu of well thought-out treatments, from reflexology (book in with Billie – she has truly healing hands), to traditional body massages and Caci facials, to Indian-inspired Ayurvedic treatments (the four-handed Synchronised Abyyanga massage is heaven).



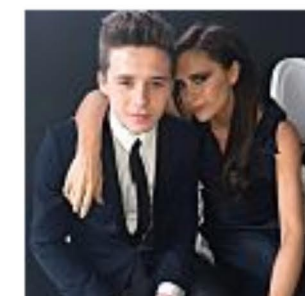
The BodyHoliday at Le Sport

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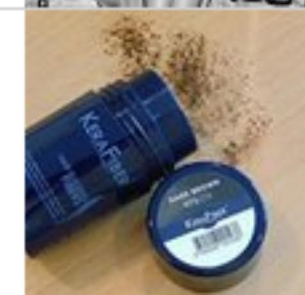


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