

St Lucia

BODYHOLIDAY

8, 11 & 15 NIGHTS



ACTION PACKED

All-inclusive Luxury

What's included

- ✓ Spacious garden view single room
- ✓ All-inclusive plan with all meals and drinks throughout (certain dishes carry a supplement)
- ✓ Day & evening activities
- ✓ BodyHoliday Host support throughout
- ✓ ATOL-bonded flights from Gatwick only
- ✓ Road transfers from/to Hewanorra airport (approx 90 mins)

Holiday

This fabulous resort is famous for its holistic approach. The Wellness Centre is one of the best in the Caribbean, with a Spa treatment included every full day of your stay. You can be busy all day every day – if you wish – with activities on sea and land. Add impeccable service and wonderful cuisine, seasonal themes like dance and yoga weeks, and you're spoilt for choice.

We offer year-round departures and we trust BodyHoliday staff to Host on our behalf. If you can bear to leave the resort, St Lucia has fabulous beaches, volcanic peaks and tropical rainforests to explore.

Hotel

The 155 room resort has fantastic facilities including 3 lovely pools. BodyHoliday staff offer group instruction in a host of sports and the Wellness Centre creates a personal programme for you: 1 Spa treatment is included every full day!

You will meet people from all over the world, though with no fixed departure dates we cannot guarantee the company of other Friendship Travel guests. The 5 restaurants (not necessarily all open at the same time) offer different styles: every evening, tables of 8 are Hosted for single travellers. The comprehensive all-inclusive package includes premium branded drinks, cocktails and champagne by the glass.

Your room

As far as creature comforts are concerned, single travellers are spoiled rotten! The 29 designated Standard Single rooms are spacious, with a king-sized bed, marble bathroom, air-conditioning, mini-fridge, hair dryer, free WiFi, iPod dock, bathrobe and beach towels. The décor is cool and sophisticated, with tropical accents and the recently refurbished rooms have a view of the lovely gardens.

Where & what

BodyHoliday is on the island's north coast with lovely views across the Caribbean Sea. The airport is on the opposite side of the island, and our package includes road transfers: helicopter transfers are an exciting alternative at extra cost. Although you will find it difficult to drag yourself out of resort, we have a wide range of optional excursions that make it easy to discover the volcanoes and jungly interior, catamaran trips along the amazing shoreline in search of dolphins, and activities like golf and horse-riding.

Return flight is overnight (so 8, 11 or 15 nights in total).

Please note that BodyHoliday is adults-only most of the year, but permits children 12+ in school holidays.



"An all-round amazing experience, meeting lots of lovely-like minded people."
Lyndon

See for yourself
View our video footage of BodyHoliday at www.friendshiptravel.com



BodyHoliday includes

- ✓ All activities, equipment and instruction (1:1 at a charge)
- ✓ One personal training session
- ✓ A 50-minute Spa treatment each full day of your stay

BodyHoliday activities
Water-skiing, windsurfing, sailing, snorkelling, kayaking & scuba diving (1 shore dive per day for certified divers), tennis, archery, fencing, yoga, Tai chi, Pilates

Wellness Centre
Skin clinic, Ayurvedic temple, treehouse spin studio, beauty salon

Prices in £ sterling start from £2375

Departure dates	Day	8 nights	11 nights	15 nights
Nov to Dec 21	Daily	2375	2975	3995
Jan to Mar 22	Daily	3595	4495	5325
Apr to Sep 22	Daily	2575	2895	4530

Prices are a guide: resort offers and changing flight costs mean prices change frequently. Lowest prices usually apply to early bookings. Call us for a quote and to book.

Room upgrades
Upgrades to Luxury Ocean View or Luxury Ocean Front rooms are available: ask for details.

Early Booking Offer
Save up to £750, see page 11.