



# St Lucia

BODYHOLIDAY 7, 10 & 14 NIGHTS



FLEXIBLE STAYS  
AVAILABLE

ADULT  
ONLY



PRICES  
FROM  
£2095

## The Hotel

- ✓ 155 rooms
- ✓ Wellness Centre
- ✓ Ayurvedic Temple
- ✓ 5 restaurants
- ✓ 3 bars
- ✓ Infinity pool, freeform pool & holistic pool
- ✓ Golf Academy
- ✓ Watersports centre
- ✓ Sailing Academy
- ✓ Floodlit tennis court
- ✓ Skin Clinic
- ✓ New Beauty Salon
- ✓ New Treehouse Studio
- ✓ Body Science Clinic

## The Rooms

- ✓ 29 Standard Garden view rooms with king size bed
- ✓ Air-conditioning
- ✓ Hair dryer
- ✓ Robe and beach towel
- ✓ Mini-fridge
- ✓ Free WiFi
- ✓ iPod dock

See for yourself  
View our video footage of  
BodyHoliday at  
[www.friendshiptravel.com](http://www.friendshiptravel.com)

BodyHoliday has gained a worldwide reputation for its holistic approach, and in its 30th year continues to improve, with a programme of refurbishments in summer 2018 set to further enhance the holiday experience. BodyHoliday was one of the first hotels to recognise the needs of single travellers: we have been a partner for many years and cannot recommend BodyHoliday highly enough!

With fabulous beaches, volcanic twin peaks – the Pitons – and a tropical rainforest, St Lucia comes pretty close to heaven on earth. And while it might be hard to tear yourself away from BodyHoliday's idyllic setting and fabulous facilities, a day trip or two, perhaps to Diamond Falls or the drive-in volcano, is well worth the effort.

The hotel boasts 5 restaurants offering different menu and service styles. Tao and the Deli, plus the kitchens behind the scenes are all transformed for winter 2018/19.

From the Watersports centre, the activities teams offer instruction and equipment for a host of sports on and in the water, as well as on land, while the Wellness Centre gives every guest an initial assessment which forms the basis for a personal programme. The BodyHoliday approach is holistic and their well-known mantra is 'Give us your body for a week, and we'll give you back your mind'.

And remember, one of the best things about BodyHoliday is that every day includes a complimentary Spa session with 12 to choose from, tailored to your needs.

As far as creature comforts are concerned, you're spoiled rotten!

The 29 designated Standard Single rooms are spacious, with a king-sized bed, marble bathroom and air-con. The decor is cool and sophisticated with tropical accents. Each room also has a mini-fridge.

The all-inclusive package means that, as well as breakfast, lunch and dinner each day, all soft and alcoholic drinks – including premium brands and champagne – are included. You can even take afternoon tea if you fancy a snack. As you'd expect, the food is fresh and delicious with plenty of healthy options as well as guilty pleasures.

As well as all the daytime activities, there's something happening every evening, from welcome cocktails to beach barbecues.

The Clubhouse is the main bar, where much of the nightly entertainment takes place and there is also a piano bar which is open until the last guest leaves.

We offer year-round flexible departures to BodyHoliday, which has a worldwide reputation for looking after single travellers and was one of the first Caribbean resorts to build designated single rooms. We cannot guarantee the company of other Friendship Travel guests on your dates but you can expect to meet single travellers from all over the world during the day and especially at dinner, when BodyHoliday staff host tables for eight exclusively for single guests.

BodyHoliday permits kids 12+ at Christmas, Easter and high summer, but the rest of the year operates an adults-only policy (16+). Finally, as well as trips to Soufriere, the falls and volcano, other optional excursions include horseback riding, a dolphin and whale watch cruise and various catamaran trips.

CALL US FOR FULL DETAILS OF OFFERS



## Prices in £ sterling from

We offer flexible holidays, departing any day for any length of stay (subject to flight/hotel availability). Call us for the best prices and latest special offers: we have partnered with BodyHoliday for many years and our packages for single travellers are outstanding value, from £2095 in summer (low season) and from £4095 in winter (high season).

Book early for lowest price: flight costs can increase

## What's included

- ✓ Transfers from/to Hewanorra airport (approx 90 mins)
- ✓ Spacious Garden View Single Room
- ✓ Comprehensive all-inclusive plan with all meals and drinks throughout your stay (some dishes in selected restaurants at a supplement)
- ✓ All activities, equipment and instruction (1:1 instruction at a charge)
- ✓ One personal training session
- ✓ A 50-minute Spa treatment each full day of your stay
- ✓ Hosted by BodyHoliday team
- ✓ Resort Staff at your disposal throughout
- ✓ ATOL-bonded flights from Gatwick only

See our website for details of special Solos Events throughout September, or about Yoga and Dance themed months.

"The most amazing place for service, sports and exercise."  
Liz-Anne