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**ANTIGUA AND BARBUDA OFFERS LEADING HEALTH AND WELLNESS ACTIVITIES FOR VACATIONERS**

**March 2018 (St. John’s, Antigua) –** Known for its year-round balmy weather (79 F) and 365-beaches, [Antigua](http://www.visitantiguabarbuda.com/) and Barbuda is a favorite Caribbean destination offering premier health and wellness activities for vacationers. The postcard-worthy setting paired with high caliber programming makes Antigua and Barbuda a go-to destination for solo travelers, couples, friend groups or families looking to relax, refresh and revitalize with an island vacation.

Antigua and Barbuda has an array of wellness programming for guests to experience from hiking tours to unique spa treatments. Whether looking to incorporate these activities daily or once during their vacation, travelers have endless options for customizing their trip to best suit their interests.

“While Antigua and Barbuda is known for beautiful beaches and scenery, not everyone is aware of the bounty of opportunities available for a healthy and rejuvenating vacation,” shares Colin C. James, CEO of the Antigua and Barbuda Tourism Authority. “I hope to see all of our visitors taking part in these activities as there is something to meet every guests’ interest.

A few popular activities and locations for guests include:

**Blue Bay Antigua B&B Homestay**

Located in a scenic Villa, Blue Bay provides an invigorating experience for travelers looking to experience the best in art, exercise and sustainable homemade cooking. Guests will be surrounded by nature, including a serene bay, creating a peaceful environment for greater mental and spiritual wellbeing. [www.bluebayantigua.com](http://www.bluebayantigua.com)

**Curtain Bluff Spa**

Situated on the bluff of one of the oldest resorts in Antigua, Curtain Bluff Spa is home to a 5,000 square-foot facility that features top-tier service and amenities. From relaxation rooms with unparalleled views to premier concierge service, guests will experience pure relaxation from the moment they enter the spa. Visitors will be able to choose from a variety of services including massages, facials and wraps, and can even bring children along for treatments. <http://curtainbluff.com/>

**floatfit®CARIBBEAN aquabase®**

For guests looking for a short but substantial daily health initiative on their vacation, this 20-minute HIIT workout packs a punch. Available for daily sign ups, this program includes lunges, squats and burpees all within the oceans and pools at Elite Island Resorts locations. Workouts can be modified to include other exercises and routines such as yoga. [www.eliteislandresorts.com](http://www.eliteislandresorts.com)

**Hike Caribbean**

Hike Caribbean shows guests a new side to the islands with guided hiking tours available across six islands with flights, guides and accommodations. [www.hikecaribbean.com](file:///C:\Users\Molly%20Leff\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\786XZVHA\www.hikecaribbean.com) (launches in April)

**Sugar Ridge Resort**

Sugar Ridge Resort provides a full list of luxurious health and wellness amenities for every guest from a full Cybex gym to a variety of restaurants utilizing fresh ingredients for healthy meal options. Sugar Ridge is home to the only Aveda Concept Spa in the Caribbean with professionally trained staff and a variety of spa treatments and packages like the Rosemary Mint Awakening Body Wrap. Guests can also experience classes and retreats with daily Yoga practice at The Shed. Varied workshops are also featured such as the Kundalini, Dance and Sound Bath Day Retreat which incorporates sound, dance and yoga all into one practice. Sugar Ridge Resort places great importance on leaving visitors with better mental and physical health. [www.sugarridgeantigua.com](http://www.sugarridgeantigua.com)

**Wild Lotus Camp, Luxury Camping**

At Wild Lotus Camp, vacationers have the opportunity to experience Antigua’s great outdoors while still being treated to luxurious accommodations. This hot spot is situated on the Valley Church beach which is home to two miles of pristine shoreline located a mere 20 steps away from guests’ tents. Wild Lotus offers a variety of programming from yoga retreats to snorkeling and walking tours for guests to enjoy throughout their stay. [www.wildlotuscamp.com](http://www.wildlotuscamp.com)

**Yoga Antigua**

Fostering a community focused on holistic health, Yoga Antigua offers classes for all individuals and experience levels. Workshops are operated year-round and strive to provide both mental and physical health benefits to participants. Multi-day retreats, festivals and special programming with visiting instructors are also frequently scheduled throughout the year. [www.yogaantigua.com](http://www.yogaantigua.com)

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**ABOUT ANTIGUA AND BARBUDA**

Antigua (pronounced An-tee'ga) and Barbuda (Bar-byew’da) is located in the heart of the Caribbean Sea. Voted the World Travel Awards 2015, 2016 and 2017 *Caribbean’s Most Romantic Destination*, the twin-island paradise offers visitors two uniquely distinct experiences, ideal temperatures year-round, a rich history, vibrant culture, exhilarating excursions, award-winning resorts, mouth-watering cuisine and 365 stunning pink and white-sand beaches - one for every day of the year. The largest of the Leeward Islands, Antigua comprises 108-square miles with rich history and spectacular topography that provides a variety of popular sightseeing opportunities. Nelson’s Dockyard, the only remaining example of a Georgian fort a listed UNESCO World Heritage site, is perhaps the most renowned landmark. Antigua’s tourism events calendar includes the prestigious Antigua Sailing Week, Antigua Classic Yacht Regatta, and the annual Antigua Carnival; known as the Caribbean’s Greatest Summer Festival. Barbuda, Antigua’s smaller sister island, is the ultimate celebrity hideaway. The island lies 27 miles north-east of Antigua and is just a 15-minute plane ride away. Barbuda is known for its untouched 17 mile stretch of pink sand beach and as the home of the largest Frigate Bird Sanctuary in the Western Hemisphere. Find information on Antigua & Barbuda at: [www.visitantiguabarbuda.com](http://www.visitantiguabarbuda.com) or follow us on **Twitter**. <http://twitter.com/antiguabarbuda> **Facebook** [www.facebook.com/antiguabarbuda](http://www.facebook.com/antiguabarbuda); **Instagram**: [www.instagram.com/AntiguaandBarbuda](http://www.instagram.com/AntiguaandBarbuda)

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