

Date: 20 December 2022

For More Information: Contact info@thegreathouseantigua.com or 077920 32082

Unwind Retreat, March 2023 in the Caribbean

When you arrive at The Great House Antigua you will soon wonder why you would ever want to leave their picturesque and unspoilt rural grounds and tropical paradise.

“What a complete gem. Truly a treasure for Antigua.” Cherrie Osborne, Director of Tourism UK & Europe | Antigua and Barbuda Tourism Authority

The Great House Antigua is a less known destination due to its micro boutique stature, with a 16-person occupancy with private cottages and spacious suites. It allows personalised service for every individual guest. Surrounded by a 26 acre tropical oasis with no outside interruptions and renowned for its replenishing breeze.

“The Great House could not be better described by its title - 15 years of annual visits to this wonderful island always rewarded with beautiful scenery, beaches and kind people but none more so than here at The Great House, and none more entertaining and enthralling. We will cherish the memories until we return.” Guests Stella & Richard

Guests joining the Unwind Retreat have total access to the 26 acres of property, which provides free local hikes around the neighbouring area with local naturalist who is on hand to showcase the local produce of the island. This includes the natural benefits of tamin fruits and sour sop leaves (*Annona muricata*) which creates the perfect blend for insomnia and restlessness. Hiking trails and exploring the island off the beaten track are also encouraged by The Great House Antigua. Climb Boggy Peak or the sleeping Indian for unparalleled views of our 365 beached island or explore the natural pools of Mermaid gardens. The Great House Team will take guests out to explore our natural treasures, or our reception can provide guests with the trail maps to go by themselves.

During the Unwind Retreat, bring hosted in March 2023, the hotel offers daily classes to all guests, which range from high intensity workouts, boxercise classes or Pilates and yoga classes. These classes all take place overlooking the crystal Caribbean waters on the meditation platform.

Good food is paramount in Antigua, whether local catch from our fisherman or our locally grown vegetables. Antigua is not known, like Dominica is, for our green fingers but we do appreciate colourful and perfectly seasoned food. The east of the island where The Great House Antigua is located, is surrounded by farmland. The garden to table menu is part of the retreat, with all meals included in guests stay, as are daily smoothies and juices, made from the produce on the estate. The menu is curated to guests needs with local catch of the day and local ingredients used for all meals.



Our spa services can be held in the Banana spa, in guests' suites, or on their private terraces. All products use natural and local ingredients, and a spa treatment is included for all guests joining the retreat.

The Great House Antigua houses 8 suites, an intimate wellness setting and the perfect space to unwind and relax. With a maximum of 16 guests and 26 acres for guests to explore the historic hotel is like no other on the island, or through the Caribbean.

Our spacious garden suite cottages offer his and her rainfall showers, king sized beds and verandas straight into the tropical gardens. Our Historic main house suites are fitted with original antiques and chandeliers.

"The Great House Antigua offers a perfect bubble for guests to relax, with our specific Unwind Retreat arranged for March 2023. We have always been known for our intimate style and offering for guests, with vast open spaces to explore or relax, and more staff on hand than guests. Our priority is providing guests with a unique experience in an awe-inspiring setting." Gabriella Howell, Director

Our team are on hand to exceed all expectations leaving guests rested and rejuvenated for the rest of 2023.

Suites during the Unwind Retreat from US\$500 a night (including taxes) minimum 3 nights. Rack

Unwind Retreat runs between 6 – 12th March

<https://www.thegreathouseantigua.com>

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For further information, images or interview opportunities please contact info@thegreathouseantigua.com or 077920 32082

Notes to editors:

The Great House Antigua contains many of its original features, as well as boasting stunning sea views amid swaying palm trees and tropical historical gardens

The combination of historic charm and exclusivity amid the beautiful gardens overlooking the Caribbean sea work together to rid guests of the stresses and strains of everyday life. The mixture of an elegant atmosphere, sophisticated food, wonderful service and distinctive charm all create a relaxing and unique stay.

Website: <https://www.thegreathouseantigua.com>