

ANTIGUA  
AND  
BARBUDA  
*The beach is just the beginning...*



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People often refer to “Island Time” to describe the slower pace of life in Caribbean islands like Antigua and Barbuda. Health and wellness are a priority for all of us in a way that they have perhaps never been. Now, during the crisis that the world is currently facing, our island destination has some things to share about quality of life. Travellers to Antigua & Barbuda have come to know and love the sense of serenity and release from the stresses of work that a vacation here has offered them.



Health and wellness travel is more than just having yoga on the beach, or meditation among the palm trees – although those are enviable activities. The power of the sea and amazing spas are a potent combination for promoting healing and quiet reflection. From facial therapies to body treatments to massage rituals – relaxation can take many forms. Try to take a spa break right in your own home. Get your spouse to look after the kids and retreat to a quiet place in the house. Turn down the dimmer switch, download the sounds of our sea at night, light some candles, open some essential oils and give your body some nourishment. And then lie down and dream of the hot sunshine waiting for you when this is all behind us.

## **LOTS OF ACTIVITIES FOR A GREAT WORKOUT**

There's nothing wrong with relaxing on a beach, but today travellers want to balance that R&R with different activities. When we are able to travel again, imagine kayaking through the mangroves or exploring sea life by snorkelling or diving. Visitors to Antigua can find lots of ways to stay active.

Stand-up paddle boarding gives a great workout – ever tried yoga on a paddleboard? Into kitesurfing? Why not? How about horseback riding on the beaches of Antigua? Or, enjoy spectacular sea views while biking the hills and valleys around Antigua. For now you are confined to home for your workout but that doesn't stop you from bringing up some of our inspiring scenery. Get on your exercise bike and bring up some views from Shirley Heights to get you motivated. Try balancing with your Pilates ball so you are ready for your next trip on the board.

## **ECOTOURISM & THE GREEN CORRIDOR**

There is a marked Green Corridor in Antigua, which is where our Rainforest is located. Many of Antigua's tourism-related businesses focus on an environmental stewardship of this area -- preserving and sustaining the natural ecosystem of Antigua. It is here in these lovely hills that you'll find a 'farm to table' experience with cuisine prepared using fresh herbs and vegetables sourced in the area.

Maintaining a healthy lifestyle also means eating healthy as well. Antigua has a many markets to visit for fresh fruits and vegetables and no visit is complete without trying our wonderful mangoes – and the sweetest pineapples ever.







## **GET AWAY FROM IT ALL ON BARBUDA**

Antigua's sister island, Barbuda, is a nature lover's paradise with authentic, natural surroundings and one of the few Caribbean islands with pink sand beaches. Barbuda is also home to the Frigate Bird Sanctuary, the largest in the western hemisphere featuring over 170 species of birds.

Antigua boasts 365 spectacular white sand beaches and Barbuda boasts a spectacular 17-mile stretch of pristine, unbroken beach – you can't go to Antigua & Barbuda and not explore some of them!

When Covid is finally behind you, let the restorative powers of these two sister islands restore your spirits!