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Words

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FINDING WELLNESS: RENEWAL & REJUVENATION GETAWAYS

Sometimes we all just need to take a step back, disconnect from it all and participate in some well-earned self-care – and the farther away from civilization, the better for preserving our sanity. Thankfully, there are places that will pamper, inspire and relax you so well, you'll be ready to jump right back into your life with more passion and gusto

than you ever had before you left it. All set in beautiful, remote locations, with amenities designed to rejuvenate and regenerate your mind, body and spirit, these resorts offer the perfect mix of serenity and adventure. As true trailblazers in wellness, they each offer consummately designed hotels nestled in remarkable scenery. You can try

out restorative and action-driven physical activities, comprehensive spa treatments and even discover new paths of enlightenment to expand the mind. No matter how bedraggled, round-shouldered and exhausted you appeared on arrival, you'll leave with a warm smile, ready to present the new you to the world.



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GoldenEye

Jamaica



Set amongst lush greenery, as rolling hills smooth out to caress perfect tropical waters, GoldenEye, the Jamaican home of Ian Fleming, is such a seductive paradise that in 1976, Chris Blackwell, founder of Island Records and the man credited with bringing the genius of Bob Marley to the wider world, was unable to stop himself from purchasing the property from the family of the creator of “James Bond.” In fact, it was in the bedroom of this blissful retreat that Fleming penned all 14 of his “James Bond” novels, three of which he set in Jamaica. Blackwell added 25 acres to Fleming’s original 15 and transformed the property into a five-star luxury resort with 22 rooms. Guests staying at GoldenEye might run into Iman or Sting, who are both friends

of his. Blackwell’s taste for relaxed luxury attracts the creative elite, but the celebrities aren’t the real draw to GoldenEye.

Located off-the-beaten path on Jamaica’s quiet northern coast in beautiful Oracabessa Bay, GoldenEye is centered around a four-acre lagoon, a microcosm of paradise perfect for re-centering. Activities to recharge include: swimming or kayaking to a spa treatment at the FieldSpa, participating in coral restoration, practicing sunset yoga, paddle boarding and playing a game of backgammon on a private terrace. The property itself nurtures creativity, beckoning those in need of rest with an offer of seclusion, comfort and restoration.

“It’s important to explore Jamaica, and we encourage visitors to go beyond the hotel walls and absorb the island’s vibrant culture.”

- Chris Blackwell, owner of GoldenEye

Signature Treatment

Relax in an outdoor clawfoot tub filled with antioxidant-rich lemon-grass and calming cerasee for a purifying bush bath, or detoxify with a sea salt and mint scrub.