



Nestled in an unparalleled Caribbean setting, this peaceful British Overseas Territory offers that blend of sun-kissed beaches, calm turquoise seas and boundless experiences.

The Cayman Islands - Grand Cayman, Cayman Brac and Little Cayman, is located in the Western Caribbean about 480 miles south of Miami, Florida just beyond Cuba and 189 miles northwest of Jamaica.

CAYMAN ISLANDS
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CAYMAN ISLANDS

HEALTH & WELLNESS



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WELLBEING & TRANSFORMATION

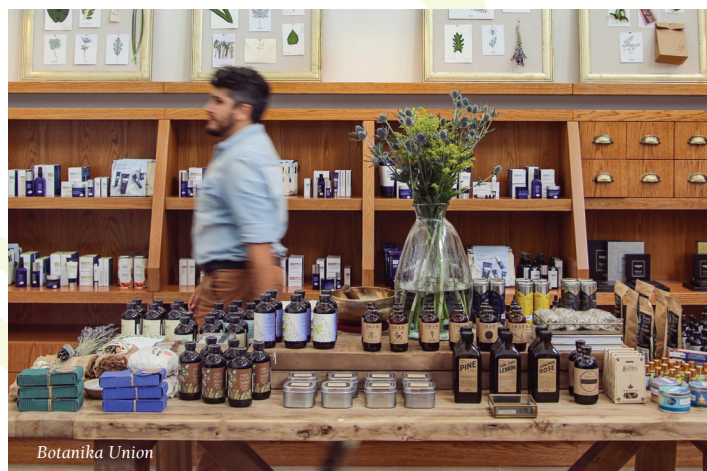
What sets the Cayman Islands apart goes beyond its beautiful beaches and crystal-clear waters. The Cayman Islands can provide a total immersion experience in active living, with fitness classes, fresh food, and more that warrant multiple days of indulgence. Here, you can pamper your body, relax your mind, and soothe your soul while on vacation. With a community that embodies a Caymankind spirit, it is truly a destination that will allow you to tune in and add to your happiness and wellbeing. From massages to meditation, the Cayman Islands experience is one of relaxation in its purest, most refined form.

SPAS

After a day enjoying all there is to see and do in the Cayman Islands, treat yourself to a little pampering. Experience pure holistic and natural joy at the **Kimpton Seafire Resort + Spa**. Designed to bring Grand Cayman's natural beauty inside, aquatic touches are everywhere in **The Spa at Seafire**, including a grand soaking tub worthy of its own airy enclave, complete with streaming natural light and botanical adornments.

Botanika Union at the **Grand Cayman Marriot Beach Resort** is a versatile space that provides a unique and curated menu of treatments such as intuitive facials and massages. Another unique feature is the **Vitality Bar**, which offers natural elixirs and herbal tonics. And don't forget **The Hibiscus Spa** at **The Westin Grand Cayman Seven Mile Beach Resort and Spa** with their revitalizing, rejuvenating and beautifying face and body treatments.

For an out-of-this-world experience, the ethereal **La Prairie Spa** at



The Ritz-Carlton, Grand Cayman offers guests treatments inspired by the healing energies of water and air.

WORKOUTS

Several studios and gyms across the islands offer everything from pilates, spinning to barre classes and boot camps. **Purple Dragon Cayman** offers core strengthening, soca aerobics and kick boxing. **CrossFit Cayman**, **Powerhouse Gym** and **Cross Fit 7 Mile** offer group and individual training sessions.

Sports are popular throughout the islands and are always an option for guests. From local cricket and soccer games to pick up beach volleyball and recreational fishing and diving, there are a multitude of activities for individuals of all athletic levels.

YOGA

The Cayman Islands is also the ideal location to perfect your downward facing dog. Studios throughout the islands offer classes at advanced and beginners' levels, both indoors and beachside.

Guests can also take their yoga practice out on the beautiful waters by paddle board through several companies on Grand Cayman. There is even a mobile yoga studio for children called Yoga Sprouts.

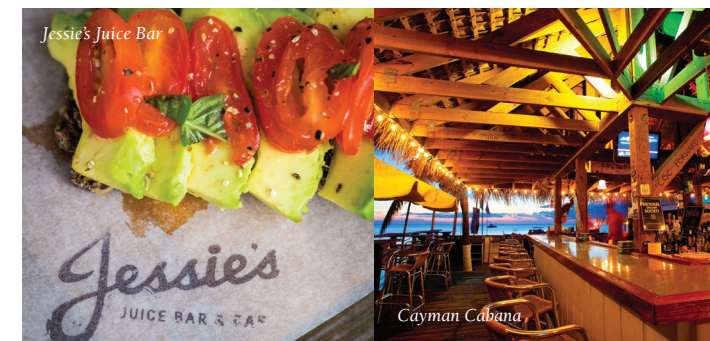
SISTER ISLANDS

Cayman Brac and **Little Cayman** present a more remote setting a mere 30-minute plane ride from Grand Cayman, giving guests even more options to choose from when seeking the perfect wellness getaway. From diving to discover that inimitable peace in the depths of our vibrant seas, to indulging the senses with a spa experience the Sister Islands deliver.

Experience true rejuvenation with a customised massage or body treatment by selecting a hot stone or relaxation massage at **Tropical Touch Day Spa** at the **Cayman Brac Beach Resort**. Add a warm algae mask, essential oils, gentle sea salt body polish and/or replenishing facial treatment and you will feel supremely indulged and refreshed. Experience an outdoor yoga class embraced by nature with **Rock Iguana**, they offer drop-in yoga classes, private and group classes as well as special events. Want to try something more challenging? Guests can contact them regarding their newest activity, SUP (Standup Paddle Board) Yoga.

Guests on Little Cayman can experience a piece of the island at **The Little Cayman Beach Resort's Nature Spa**, where treatments focus on the use of natural products to help guests become more in tune with the world around them. For those looking for a more intense experience, **Gentilcore's Little Cayman Vegan Eating and Yoga Retreat** takes place over three days on the secluded beaches of Little Cayman, allowing participants to focus on the simple luxuries of life with local food, body treatments and yoga practices to detoxify the body and mind.

Guests can get lost in the natural beauty of both islands through exploring local trails and footpaths such as the Parrot Reserve and lighthouse footpath on Cayman Brac. Guests on Little Cayman can enjoy the tiny, remote island called "Owen Island" where relaxation is inevitable. Accessible by kayak or boat, enjoy the day through walks around the beach and dips into our crystal-clear waters.



FRESH EATS

Whether you are vegan, on a paleo diet, gluten free or simply love your green juice, the Cayman Islands has a multitude of fresh meal choices including sea-to-table and farm-to-table dining options. Or discover an array of local purveyors and farmers offering local produce and locally made products found only in Cayman. The local market scene has exploded in the Cayman Islands and both residents and visitors alike are enjoying the benefits. In the Culinary Capital of the Cayman Islands you don't have to compromise your wellness lifestyle while on vacation.

Want to learn more? Check out this list of wellness providers:

- ① CAYMAN CABANA – caymancabanarestaurant.com
- ② VITAMIN SEA – vitaminseacayman.com
- ③ JESSIE'S JUICE BAR – jessiesjuicebar.com
- ④ THE GREEN HOUSE – greenhousecayman.com
- ⑤ ISLAND NATURALS CAFÉ – islandnaturalscafe.com
- ⑥ VIVO CAFÉ + RESTAURANT – vivo.ky
- ⑦ SMOOTHIE KING – smoothieking.ky
- ⑧ BREAD & CHOCOLATE – cafe.ky
- ⑨ SAUCHA – sauchaliving.com
- ⑩ FULL OF BEANS – fullofbeans.ky
- ⑪ KIRK MARKET – kirkmarket.ky
- ⑫ GREEN2GO – green2go.ky
- ⑬ THE BRASSERIE MARKET – brasseriecayman.com