



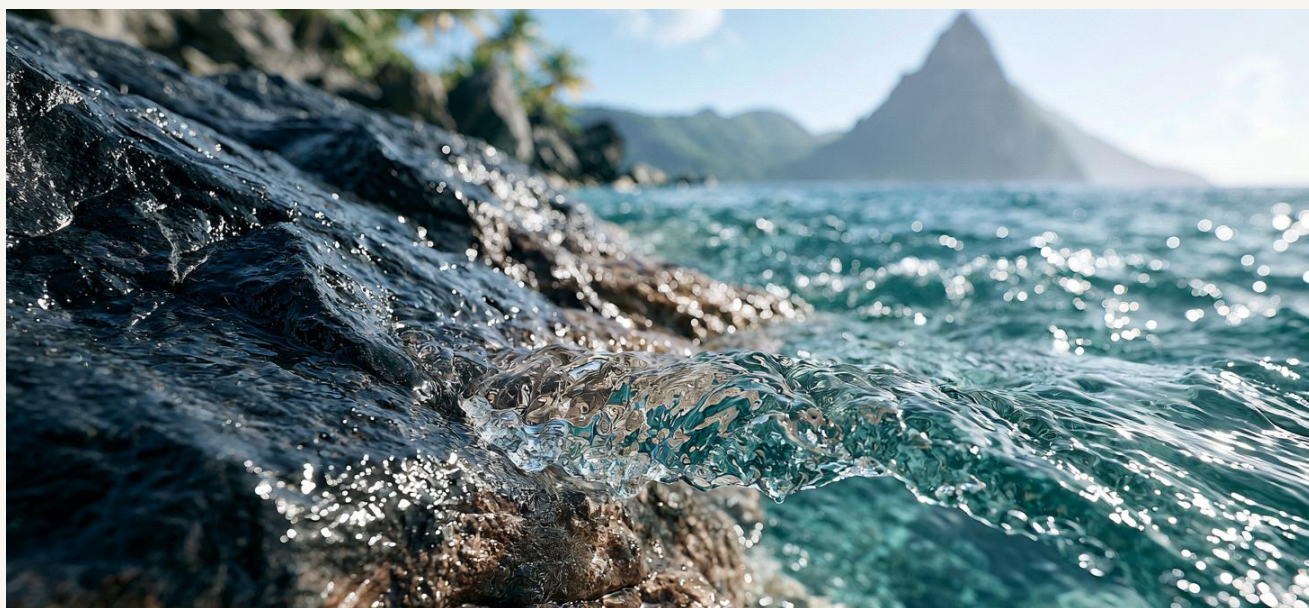
DISCOVER

# SAINT LUCIA WELL

*Wellbeing, designed by the island.*

Featuring Eclipse — A Curated Burnout Recovery Journey

13°54'N 60°58'W



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## DISCOVER SAINT LUCIA WELL

A destination experienced through nature, culture, hospitality and human wellbeing.

### FEATURING ECLIPSE

Featuring Eclipse — a curated burnout recovery journey across Saint Lucia.

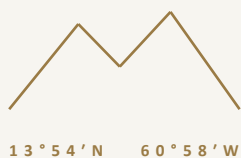
### FOUNDING EDITION

13°54'N 60°58'W

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# Where the island becomes part of the journey.

Saint Lucia invites you to experience wellbeing differently.

Across rainforest, volcanic earth, warm Caribbean waters, living culture and world-class hospitality, each place offers something distinct.

Not simply somewhere to stay.

A way to restore, reconnect and return with more of yourself.

*Welcome to a destination designed around how you want to feel.*

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# An island shaped by contrast.

Saint Lucia holds an unusual concentration of environments within one intimate destination.

Rainforest rises from the sea. Volcanic earth meets mineral-rich water. Fishing villages, cacao farms, luxury resorts and quiet coves coexist within a landscape that continually shifts in texture, altitude and pace.

That diversity allows wellbeing to become more than a resort amenity.

*It becomes a journey through place.*

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# Recovery through place

Different environments invite different states.

The rainforest slows attention. Water creates movement and reflection. Volcanic earth reconnects us with physical sensation. Culture brings vitality, belonging and perspective. Hospitality creates safety, ease and care.

When these elements are intentionally sequenced, the destination itself becomes part of the experience.

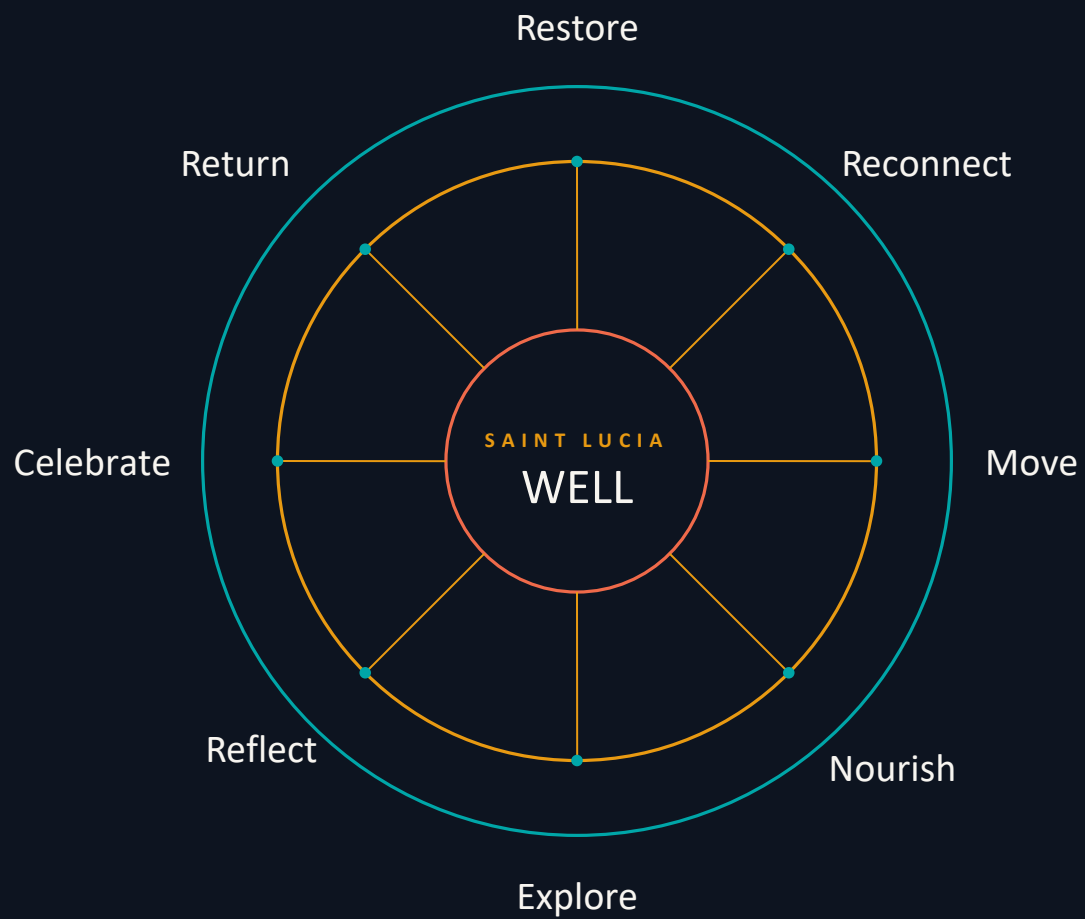
NATURE

WATER

EARTH

CULTURE

HOSPITALITY



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# Begin with how you want to feel.

Traditional travel planning often begins with a hotel, room category or list of attractions.

Saint Lucia WELL begins with a different question: What do you need from this journey?

The WELL Compass helps travelers and advisors connect personal intentions with the island's environments, properties and experiences.

It does not replace choice. It gives choice greater meaning.

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*Your journey may combine several directions.*

A traveler may arrive seeking rest, rediscover movement, reconnect through culture and finish with reflection by the ocean.  
the ocean.

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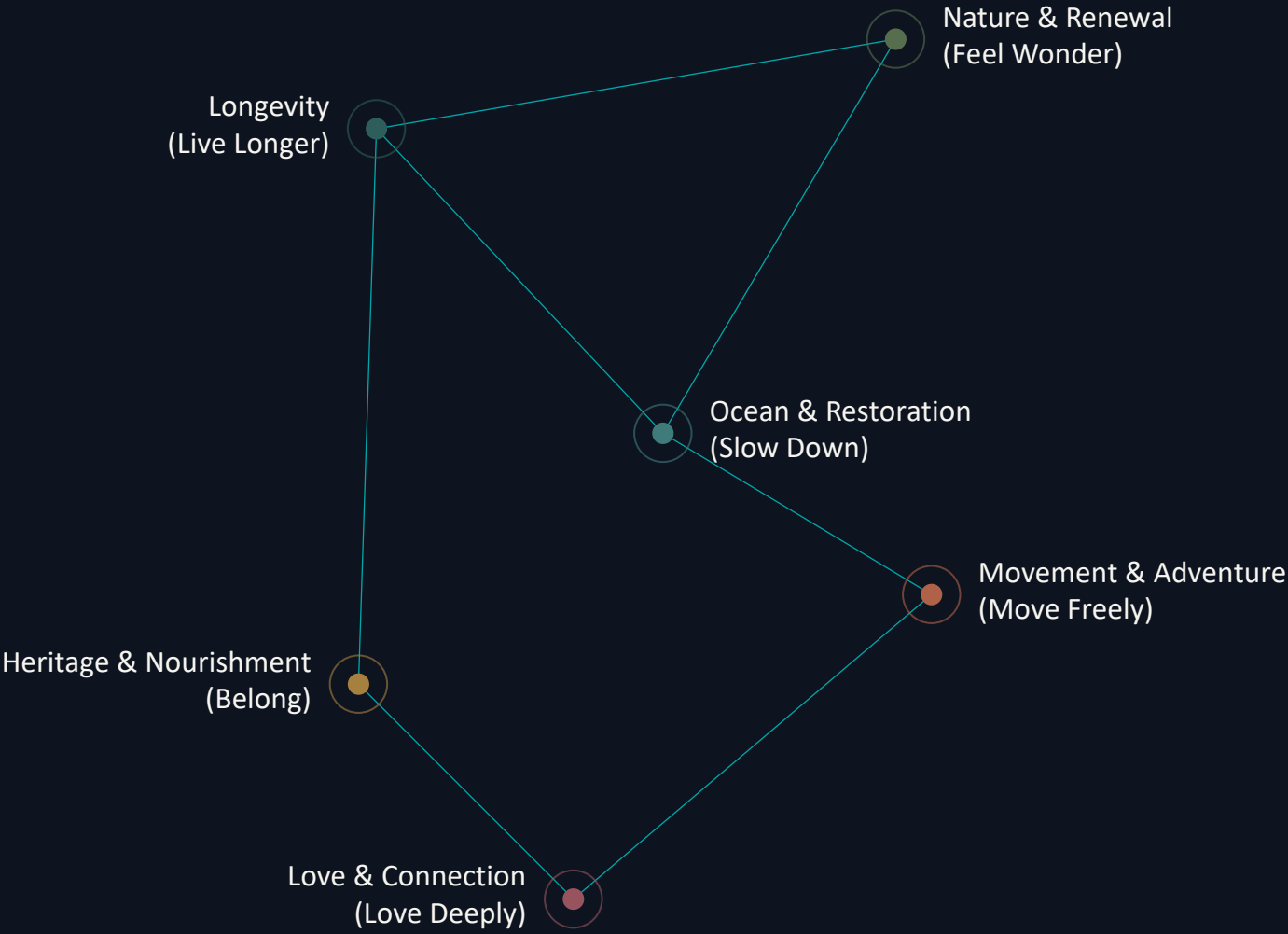
# One destination. Distinct wellbeing worlds.

The Wellness Villages are not separate locations or exclusive resort categories.

They are a way of understanding what each part of Saint Lucia contributes to the broader wellbeing journey.

A property may belong to more than one village. An experience may connect several.

Together, they reveal the island as a living wellness ecosystem.



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# Wellbeing with greater depth

The Longevity Village brings together advanced wellbeing support, nutrition, recovery therapies, restorative hospitality and longer-term health thinking.

It is suited to travelers seeking more than a spa escape — particularly those interested in stress recovery, physiological renewal, healthier routines and extended wellbeing programs.

## SIGNATURE THEMES

- Recovery and nervous-system regulation
- Nutrition and metabolic wellbeing
- Diagnostics and individualized support
- Sleep and restoration
- Longevity-oriented lifestyle practices

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Featured role in Eclipse — the Longevity Village provides the physiological and hospitality foundation for deeper burnout deeper burnout recovery work.

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## ANCHORS

A'ila Resorts

Anchor property

The LifeCo

Wellbeing programming



THELIFECO AT A'ILA · RODNEY BAY, SAINT LUCIA

# A Caribbean Reset



THE MIND ATELIER



INFRARED & THERMAL RECOVERY

## Designed around you

More than a luxury escape, TheLifeCo is a clinically guided environment for physical renewal, mental clarity and meaningful rest — personalized care, purposeful nutrition and restorative therapies overlooking the Caribbean Sea.

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### EVERY ROOM FACES THE SEA

Private balconies and terraces open to a wider horizon — a calm, naturally restorative place to unplug. unplug.

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### THREE LEVELS OF WELLBEING

Hammams, infrared saunas, PEMF, oxygen therapy, steam baths, therapy pools and tranquil treatment spaces for treatment spaces for deep recovery.

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### NOURISHMENT WITH PURPOSE

Fresh juices and vibrant, plant-based cuisine, thoughtfully aligned with each guest's personal programme. programme.

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### ANCIENT RITUALS, MODERN TOOLS

Massage and thermal therapies meet advanced recovery technology, clinical support and the calming Mind Atelier.

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20+

### YEARS OF WELLNESS EXPERTISE

Globally experienced. Personally delivered. A proven philosophy, reimagined in Saint Lucia.

Set above Rodney Bay — Reduit Beach, Pigeon Island and sunset sailing within easy reach. 13°54'N 60°58'W

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# The island can be experienced in many many ways.

The Wellness Villages become most powerful when they are connected through a journey.

Some travelers may create a light discovery itinerary. Others may seek a structured pathway designed around a specific outcome.

## INITIAL JOURNEY FAMILIES

- Discover Saint Lucia WELL
- Longevity & Renewal
- Romantic Wellbeing
- Executive Reset
- Women's Renewal
- Active Recovery
- Eclipse: Burnout Recovery

**INTENTION**



**VILLAGES**



**EXPERIENCES**



**PERSONALIZATION**



**RETURN**

*The journey is curated. The travel experience remains personal.*

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# Begin with discovery.

A flexible three- or five-day journey can introduce travelers to several wellbeing worlds across Saint Lucia. Lucia.

This is not intended to provide the depth of a structured recovery program. It creates awareness, inspiration and an entry point into the island's broader wellbeing ecosystem.

## SAMPLE PATHWAY

### DAY 1

#### Arrive and restore

Ocean, hospitality and gentle downshift

### DAY 2

#### Nature and vitality

Rainforest, movement and local nourishment

### DAY 3

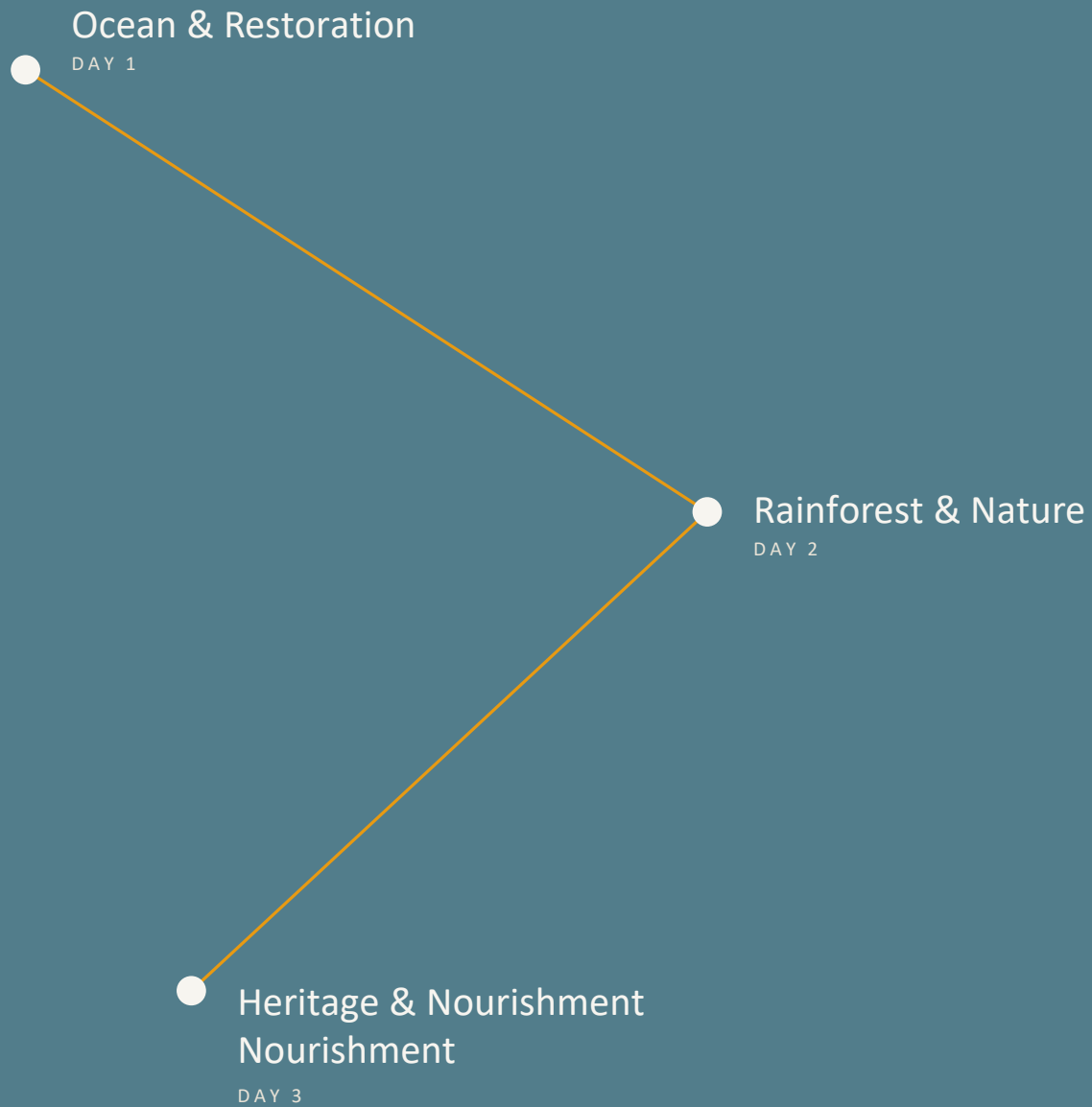
#### Culture and reflection

Cacao, heritage and sunset integration

### OPTIONAL

#### Extension

Longevity therapies, romantic wellbeing or further island exploration



**ADVISOR NOTE**

*Designed to be personalized around hotel selection, flights, interests and length of stay.*