

Journey to Tranquility in Anguilla

By Olivia Cuccaro

The New Year brings a fresh start, a chance to let go of stressors from the year gone by and focus on personal wellness. We resolve to become more active, improve our diet and set aside quiet time to be mindful. This winter, [Zemi Beach House Resort & Spa](#) has partnered with [XOJet](#) and [Embody Wellness Company](#) to afford guests a multi-day, holistic wellness experience: Journey to Tranquility.



The “journey” begins aboard XOJet’s private charter to Anguilla, where in-flight spa kits by [Elemental Herbology](#) and a tasting menu start the pampering process. Once landed, guests are transported from Clayton J. Lloyd International Airport to Zemi Beach House, a six-acre resort and spa on the shores of Shoal Bay East. Guests will spend six nights relaxing in a Beachfront Suite featuring ocean views, fully-equipped kitchen, guest bath and a terrace with private plunge pool.

Prior to arrival, a one-hour consultation ensures each guest’s lifestyle and goals are accounted for in creating a customized nutrition program. Along with Zemi Beach House Executive Chef Roberto Leoci, Embody Wellness designs healthy meals to re-energize guests either in-suite or at the resort’s restaurants, Stone and 20 Knots.

At the newly opened Zemi Thai House Spa, guests can find their inner peace with its hammam, mud deck, rain showers and vitality pool. Signature treatments like the Taino Bathing Ritual hydrate the skin and boost the immune system. Also on the itinerary is a grapefruit and rosemary muscle melt to relieve tension as well as a transformative facial with healing botanicals, vitamins and marine extract to restore the skin.



For fitness throughout the day, the package includes a private, one-hour Beach Boot Camp session each morning and a one-hour yoga and meditation session every afternoon. Then, unwind with activities highlighting Anguilla's natural beauty like a guided horseback ride on the beach, a swim in the Caribbean Sea and a half glass-bottom kayaking excursion.

When the trip has concluded, each guest will receive a follow-up session with Embody Wellness Company to assess progress and determine a program for prolonged health and wellness.

Journey to Tranquility is available for travel through March 2017, priced from \$110,000 for two. To book, please email info@zemibeach.com or call +1 264 584 0001.



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