

Caribbean Resort Wellness Program: A Customized Approach

EAGLE BEACH, ARUBA, August 10, 2016 /EINPresswire.com/ -- Bucuti & Tara Beach Resort is pleased to announce the launch of Aruba's only (<http://www.bucuti.com/blog/ewald-k-biemans/stay-healthy-and-well-while-enjoying-your-bucuti-vacation>) fully-customized resort wellness program. The program is led by wellness specialist Isabel Struve Rasmijn who employs a personalized, hands-on approach to help guests of the award-winning resort stay healthy, fit and feeling their best during their time in Aruba and beyond. In her new role, Isabel works with guests to create customized programs that support their overall wellness goals in four areas



– Nutrition, Physical Fitness, Mental Wellness and Mind/Body balance.

“In the past, beach vacations were seen as a time to lapse from the day-to-day routine, which often meant diet and exercise fell by the wayside,” says Isabel. “However, now more than ever, people are embracing the holistic benefits of overall wellness. They want to maintain a consistently healthy, active and mindful lifestyle, and our goal is to make it easy for them to do so while taking in all of the natural benefits Aruba has to offer.”

“

Now more than ever, people are embracing the holistic benefits of overall wellness.

*Isabel Struve Rasmijn,
Wellness Specialist*

Here's how she does it:

The wellness assessment process begins with a questionnaire prior to arrival, which guides Isabel in designing

a plan that is fully tailored to the guest's needs and preferences. Couples can choose to develop a wellness itinerary jointly or work individually if their goals and needs differ.

One of the most challenging parts of being on vacation is maintaining a healthy diet when choices abound. To help guests overcome this, Isabel provides nutritional counseling, meal suggestions and restaurant recommendations that align with their particular needs. Luckily, there are plenty of top-notch restaurant choices – both upscale and casual – where eating well never feels like a sacrifice. For example, Bucuti's Elements Restaurant offers gluten free, vegan and vegetarian menus, in addition to the regular menu. A number of other restaurants on the island also offer dishes that adhere to a variety of diets. Once a dining plan is in place, the Bucuti team will handle reservations and advise restaurants of guests' dietary needs in advance of their arrival.

When it comes to exercise, Isabel assesses guests' fitness levels, personal preferences and goals to identify physical activities that will be a welcome addition to itineraries. Private training sessions in Bucuti's state-of-the-art oceanfront fitness center, beach walks, and nearby yoga classes are ideal for those with specific targets, while guided hikes in Arikok National Park, beach tennis lessons and water sports promote fitness through recreation. All reservations and transfers are arranged by Isabel and her team, making the entire process easy and seamless.

Relaxation is key to achieving and maintaining a healthy mind-body connection, and selecting the right body treatments in the appropriate environment can go a long way. The wellness program takes the luxury spa experience a step further, ensuring that treatments are thoughtfully chosen and customizing the sensory elements so the setting accompanying the treatment allows guests to fully let go. Purun Spa, located in the Tara Suites, offers rejuvenating treatments like the anti-stress massage which helps melt away tension, no matter if it takes place indoors or under a palapa on the sand.

Emotional wellbeing is perhaps the most important part of the equation. One of the easiest ways to get a quick fix is with a peaceful float in the ocean. The team at Bucuti understands the powerful pull of the sea, and they do everything possible to make sure guests get to the beach as soon as possible upon arrival to begin soaking in the natural surroundings. Back on land, soothing activities like Qi Gong classes on Eagle Beach can be incorporated into the wellness program for the ultimate in harmony and balance.

"A stay at Bucuti is good for mind, body and soul, simply by virtue of the calmer state of mind that comes with the soft white sand between your toes, the clear waters of the Caribbean lapping at your feet and the refreshing trade breezes blowing at your back," says Ewald Biemans, founder and CEO of Bucuti & Tara Beach Resort.

"We are looking forward to helping many guests amplify this state of mind through the wellness program."

For more information on how to incorporate a customized wellness itinerary into your stay, please contact wellness@bucuti.com

About Bucuti & Tara Beach Resort

Named the No. 1 hotel in the Caribbean both 2015 and 2016, the No. 1 Hotel for Romance in the World 2016 and a Top 10 Hotel in the World 2016 by TripAdvisor, Bucuti & Tara Beach Resort is Aruba's premier adults-only boutique resort. Led by celebrated hotelier and environmentalist, Ewald Biemans, the resort is nestled on the powdery white sands of Eagle Beach, home to protected sea turtles and named one of the "Dream Beaches of the World." Bucuti offers 104 well-appointed guestrooms, suites and penthouses; sunbeds and shade for every guest; fresh water infinity pool; spa; Wi-Fi; and complimentary iPad with Skype for use during stay. Award-winning, fresh, healthy dining is enjoyed at oceanfront Elements; epicurean-lovers' Carte Blanche; Tara Lounge; and private beach dining. Reserved exclusively for guests and their friends, the open-air SandBar on the beach offers top-shelf cocktails and live music daily. The resort is TAG Approved® as a gay friendly hotel. Bucuti, a worldwide sustainable tourism leader, holds eco-certifications of LEED Silver, Green Globe, ISO 14001 and Travelife Gold.

PHOTO: Bucuti & Tara Beach Resort, Aruba's premier adults-only boutique resort./Image from resort

Amy Kerr and Erica Hammett
MP&A Digital & Advertising
(757) 645-3113

email us here

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2016 IPD Group, Inc. All Right Reserved.