

Barbados Gets Its First Practical DEXA Scan Alternative as The Leela Vida Introduces 3D Body Composition Tracking

The Leela Vida brings 3D body composition and posture assessment to Christ Church, filling a significant health technology gap for Barbados professionals.

LONG BEACH, CHRIST CHURCH, BARBADOS, August 25, 2026 /EINPresswire.com/ -- For health-conscious professionals and performance-focused individuals on the island of Barbados, accessing accurate body composition data has historically required either expensive medical referrals or a flight to a regional facility offering DEXA scanning technology.

The Leela Vida is changing this. Opening in 2026 at 11 Long Beach, Chancery Lane, Christ Church, the facility introduces a 3D body composition and posture assessment system to the South Coast — a practical, high-accuracy alternative to [DEXA in Barbados](#) that delivers comprehensive data on body fat distribution, lean muscle mass, postural alignment, and structural imbalances.

"Serious performance tracking should not require a flight off the island," said Eduardo Arias, Managing Director. "Our 3D body composition system gives members the data to make informed decisions about their training, recovery protocols, and nutritional strategies every single month. For executives managing high physical and cognitive loads, this is not a luxury feature — it is an essential performance utility."

Every founding member receives an initial baseline 3D body composition and posture scan upon joining, with periodic reassessments scheduled by the concierge team. Results can be shown



Body Stats at the Leela Vida Barbados

measuring improvements in spinal alignment, lean mass distribution, and visceral fat reduction across the membership term. Complementing the body composition system, members also have periodic access to an on-site self-check health kiosk, providing instant readings across a comprehensive range of metrics including height, weight, BMI, body fat analysis, muscle mass, blood pressure, ECG, blood sugar, and cholesterol — delivering a level of routine health insight rarely available outside of a clinical setting.

The body composition suite sits alongside the facility's broader performance recovery and training infrastructure, which includes a commercial-grade cold plunge, infrared sauna, red light therapy chambers, an oxygen bar, sports recovery massage, guided breathwork, and a private clifftop lap pool — all within a solar-powered environment capped at 150 permanent members.



Body 3D Dexa Alternative at The Leela Vida Fitness Center Barbados

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Serious performance tracking should not require a flight off the island. Our 3D body composition system gives members the data to train and recover with precision.”

Eduardo Arias, Managing Director

The Leela Vida luxury [gym in Barbados](#), addresses a clear gap in Barbados' health and performance landscape. No existing commercial gym on the island currently offers body scanning capabilities, leaving health-conscious residents without a local, integrated solution for clinical-grade progress tracking.

An initial release of 25 Founder Memberships is currently under review at USD \$1,000 per month on a 24-month minimum commitment. For those not yet ready for a permanent commitment, day passes, weekly passes, and flexible monthly access options are also available.

[Invitation requests](#) can be submitted at theleelavida.com.

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Body 3D Alternative at The Leela Vida gym in Barbados



The gym at the Leela vida Fitness center in Barbados



Fitness at The Leela Vida gym
in Barbados

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