

Travel^{to} Wellness

FIND YOUR SENSE OF WELLBEING

GRENADA HOTELS, RESORTS & SPAS



by Nicole Crozier 

Wellness travellers heading to the Caribbean Spice Island of Grenada will find solar powered Jacuzzi's, beachfront yoga pavilions and plucked, [fresh-from-the-garden restaurant meals](#).

On a recent trip, our little group of five travel writers had a chance to visit four resorts – from rustic-chic to luxury.

[Beachfront La Luna boutique resort with an on-site spa](#)
[Popular beachfront all-inclusive Le Source resort and spa](#)
[Spice Island one of Grenada's oldest and most exclusive](#)
[Maca Bana eco-minded hillside boutique hotel, no onsite spa](#)

[Stories on other Caribbean Spas & Resorts](#)

LaSource & Oasis Spa

One of Grenada's best known resorts [La Source](#) is also one of the country's largest adults-only, all-inclusive properties. And, yes, that means some spa treatments are included along with holistic activities like Tai Chi and Yoga. Vegetarian, gluten free and low calorie menu options are available at all meals.



One of the treatments that come with a package is the Signature Back and Shoulder Massage. Using an local blend of pure, organic coconut oil, nutmeg and cloves, it offers a specific sense of place. Hair salon services and additional treatments, such as the Grenadian Body Scrub, are available for an additional charge.

Guests meander in spa robes through gardens and past swimming pools to the Moroccan themed, locally-staffed Oasis Spa.

A daily newsletter delivered to your room during the evening turn down service helps guests plan for the next day. Sunrise Tai Chi on the beach, Yoga in an open-air pavilion located on the 9-hole golf course, tennis lessons, stretch classes and guided mountain biking and jogging are available as scheduled activities.

Meals are served in the four on-site restaurants. They all offer healthy and freshly made options including house-made soups and salads, locally caught fish dishes and seasonal fruit and vegetables.

My favourite part of the resort was my private, terra cotta tiled patio with its view across Grand Anse Bay to the lights of the capital, St. George's.

One of LaSource's downsides is that day passes are available to non-guests - including cruise ship passengers - to use the facilities including the spa.

<http://www.travelto wellness.com/grenada-hotels-spas>