

# information

Mandarin Oriental, Canouan  
Carenage Bay, Canouan Island, St Vincent and the Grenadines  
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## SPA AND FITNESS

### DECOMPRESS TO OCEAN VIEWS AND THE SOOTHING SOUND OF THE SEA AT THE SPA AT MANDARIN ORIENTAL, CANOUAN

The Spa at Mandarin Oriental, Canouan is made up of thatched-roof palapas nestled along the hillside and interconnected by boardwalk pathways, stairs and a funicular. There are ten palapa-style treatment rooms comprised of five couples' rooms, two single rooms, a Thai massage room, nail salon and hair salon. All couples and singles treatment rooms showcase hypnotic ocean views and include a changing area, bathroom and a sea-facing deck furnished as a relaxation space with lounge chairs. Four of the couples treatment palapas also have a Jacuzzi on the deck.

Guests are encouraged to arrive at The Spa's sea-side reception area 20 minutes prior to their treatment time where they will be greeted with a welcome ginger tea, an ingredient widely used in the Caribbean that is a spicier version of the ginger root grown in India and China. The Spa's talented global team of Asian, South American and Caribbean therapists are meticulously trained to relax, soothe and decompress using products by ESPA and Mandarin Oriental's exclusive line of essential oils developed by Aromatherapy Associates. In addition to Mandarin Oriental signature treatments, locally inspired *Essence of Canouan* treatments are also available including the *Blissful Sea* experience and *Emerald Enchantment*, a wellness ritual that begins with a coconut-ginger body scrub followed by a massage of warm coconut oil infused with lavender, eucalyptus and ginger, and finished with an invigorating Indian Head Massage. Specialty treatments include the *Golfers Tonic* massage and a *Digital Wellness Escape*. There is also a *Mindful Teen Spa Menu* offering teen-friendly treatments such as the *Texters Treat* massage and *Little Mermaid Manicure & Pedicure*.

For Yoga and meditation, The Spa's meditation pavilion is an inspiring, tranquil open-air space where private Yoga and meditation instruction is available upon request.

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For haircuts, styling, blow outs, manicures and pedicures, The Spa's hair salon is open Monday through Saturday and the nail salon is open daily.

### **FITNESS CENTER AND ISLAND WORKOUTS**

Mandarin Oriental, Canouan's fully equipped indoor fitness centre features a variety of state-of-the-art equipment including Techno Gym treadmills, weights, stationary and spin bicycles, an elliptical machine, universal machine, free weights and Pilates equipment. Personal training sessions are available by request.

### **WEEKLY ACTIVITY GUIDE**

Resort guests will find a weekly guide in their rooms featuring a variety of scheduled activities such as morning power walks, reef snorkelling tours, guided Mount Royal hikes, body sculpting classes and beginner Cross-Fit classes.

### **TENNIS**

Mandarin Oriental, Canouan guests are invited to enjoy complimentary use of Grenadines Estate's three synthetic grass, flood-lit tennis courts next door to the resort. The pro-shop provides ball machine rentals and complimentary rackets, balls, tennis shoes, towels, bottled water and fresh fruit. Lessons with a tennis pro are available for purchase during the Easter and Festive seasons.

### **HIKING**

A hike up Mount Royal, Canouan's highest peak at 877 feet (267 metres) above sea level is a worthy workout that rewards at the top with dramatic 360-degree views of the surrounding Grenadine islands. For those looking for a more leisurely stroll, Canouan Island has a number of coastal hikes to secluded, castaway beaches. Complimentary guided Mount Royal nature

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hikes are offered on the resort's weekly activity calendar and private guided tours can also be arranged for purchase.

#### GOLF

Canouan Island's Jim Fazio-designed golf course provides a round of golf that is as challenging as it is beautiful. The only 18-hole championship course in St. Vincent and The Grenadines, this course's 13<sup>th</sup> hole is known for distractingly stunning views and incredible sunsets while the 16<sup>th</sup> hole ranks as one of golf's longest par 3 holes. Top-of-the-line clubs and golf shoes are available for rent in the pro-shop along with a variety of golf accessories and clothing for purchase.

#### WATER SPORTS

Mandarin Oriental, Canouan's Water Sports Centre on Godahl Beach offers an impressive variety of water sports equipment including Hobie Cats, kayaks, paddleboards, windsurfers, snorkelling equipment and aqua pedal bikes. Water sports equipment and introductory instruction is complimentary.

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**For further information, please contact:**

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