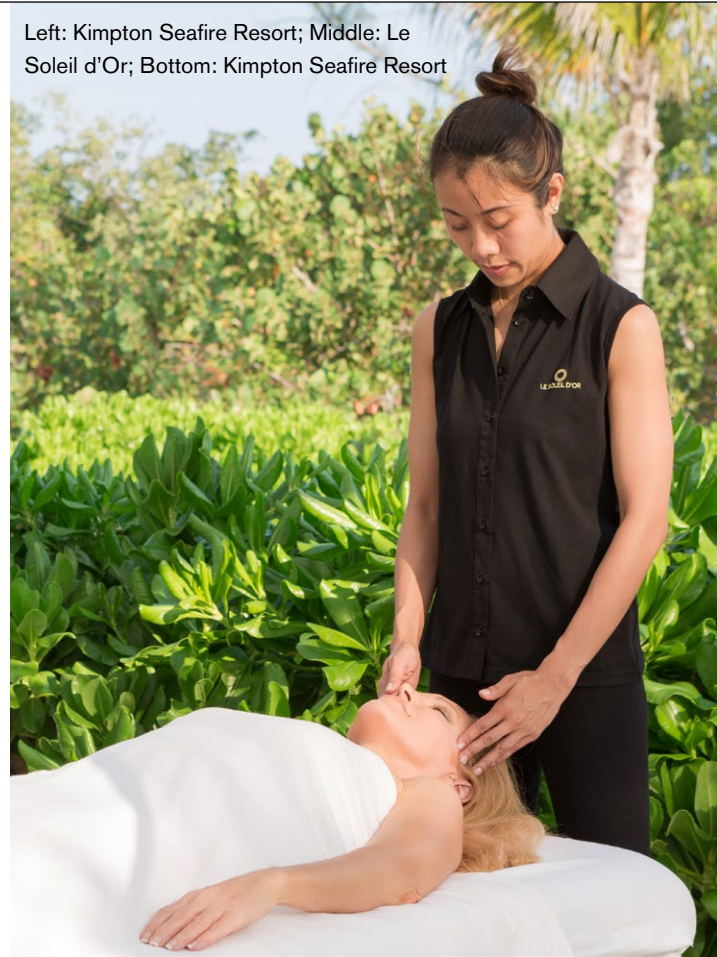




Left: Kimpton Seafire Resort; Middle: Le Soleil d'Or; Bottom: Kimpton Seafire Resort



## SPA NEWS FROM THE CAYMANS

Two Cayman getaways with something unique to offer

### Kimpton Seafire Resort + Spa, Grand Cayman

Set on famous Seven Mile Beach, the new Kimpton Seafire Resort + Spa offers a number of luxurious all-natural treatments. Sea Fan De-Age, the sea-inspired, anti-aging treatment featuring OSEA products, combines pure white algae, white wine, white tea and copper peptides to provide deep hydration, smooth fine lines and stimulate collagen. “Seaweed is very complementary to the Cayman Islands as we are surrounded by crystal-clear blue seas,” says Spa Director Javana Phillips-Broad. “The facial takes each guest back to the basics—no machines are used, it’s purely hands-on—leaving the skin visibly hydrated and glowing from within due to the powerful combination of antioxidants.”

Post-pampering, indulge in a market-fresh meal at Ave or AVECITA, which offer inspired Mediterranean cuisine. AVECITA, tucked inside of the main restaurant Ave, offers a Spanish-style tapas menu and a beverage-pairing program with Spanish wines and cocktails that features local produce. Lucky guests who nab a seat at the Chef’s Counter receive custom tastings, created while they watch. [kimptonhotels.com](http://kimptonhotels.com)



## Le Soleil d'Or, Cayman Brac

Grand Cayman's sister islands—Cayman Brac and Little Cayman—are only a half hour away by air, but they make you feel like you've been transported back in time to a laid-back Caribbean lifestyle of yore, surrounded by wild natural beauty.

Le Soleil d'Or, a secluded resort just an hour's flight from Miami, offers a farm-to-table wellness experience fueled by its 20-acre organic farm. Guests can indulge in fresh fruits and juices, vegetables, herbs and eggs from the farm at Mango Restaurant, which also serves housemade jams. Farm-to-table treatments also take advantage of the farm's organic bounty. Fresh aloe vera is used in the aloe vera and sugar scrub, which exfoliates and moisturizes your skin to a perfect polish. [lesoleildor.com](http://lesoleildor.com)

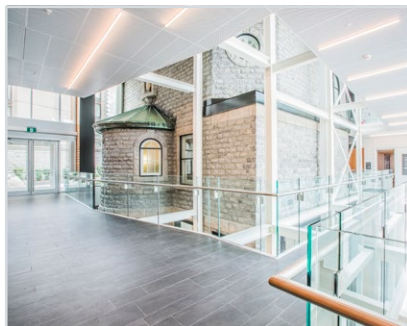


## Aloe Vera and Sugar Scrub

For glowing summer skin, try this simple scrub from Le Soleil d'Or at home.

- 2 tablespoons aloe vera gel
- 2 tablespoons sugar
- 1 teaspoon fresh lemon juice

Combine the aloe vera gel and sugar into a bowl and stir until it forms a smooth paste. Squeeze half a lemon into a separate bowl, add in a teaspoon of the juice and stir the mixture again. Use gentle circular massage movements to exfoliate.



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## A Wellness Haven in a Historic Setting

Once you walk into Quebec City's Le Monastère des Augustines, a 17th-century cloister recently turned into a modern wellness centre, you can sense that you are in a truly unique place. The property is a hidden gem in the heart of the city—the UNESCO classified world heritage site was founded by three Augustinian Sisters in 1639.

### Travel back in time

Historically dedicated to peaceful silence, the building still retains its calming character. Today, its unique revitalization experience is in keeping with the Sisters' mission of healing body and soul. Guests are invited to unwind, unplug and reconnect. While the sanctity of the place is maintained by the various artifacts, photographs and religious artworks exhibited on the premises, it no longer fulfills a religious mission. People of all cultures and beliefs are welcome to find inspiration and inner calm in this secular location.

### A healing journey

The commonality that binds Le Monastère to the former cloister is its dedication to healing. Throughout their stay, guests are guided in their journey to renewal. With its holistic health-oriented

program on sought-after subjects such as the use of medicinal plants, nutrition and sleep quality and everyday activities with popular creativity workshops on mandalas, guests are invited to reconnect on a deeper level.

Integral to the site's commitment to holistic health, the restaurant offers a healthy menu based on the principles of mindful eating. You will find dishes whose health benefits are proven by ancestral traditions and the most recent nutritional research. The multiple gardens on the property are used to grow herbs and vegetables that will either be dished up, or served as an herbal concoction—which is a house specialty.

### Every visit counts

It is worth noting that every stay and visit at Le Monastère contributes to its social mission, since it has opted for a not-for-profit status. All of the profits are reinvested in specific sustainable development and health-related projects, as well as to offer support for caregivers and respite for hospital patients' companions. By doing so, it carries the welcome, hospitality, memories and resources of this foundational site into the future.