Dominican wellness on offer at latest Kempinski spa

Emma Darby, COO of Resense

After four years of research, detailed design and planning, wellness consultancy Resense has launched the new spa at the Cabrits Resort & Spa Kempinski Dominica.

The Caribbean island is known for its wellness elements including its rich, volcanic soils; lush mountainous terrain; and abundant clean water. It's also home to a large number of centenarians.

Emma Darby, COO of Resense, says the new Kempinski The Spa embraces this 'live well' philosophy, adding that it will "empower people to fulfil their individual sense of wellbeing utilising the restoring effects of the nature and lifestyle of this unspoilt destination".

With views of the jungle and mountainous surrounds, the spa provides a wellbeing journey through five outdoor cabanas and two suites. These are located around a central wellness garden with a variety of warming and cooling experiences and, here, guests can also enjoy a 'detoxifying mineral bathe' by applying mineral-rich sulphuric mud to both cleanse the body and reduce inflammation. Or they can choose to chillout in one of two relaxation lounges.

Each experience is tailored and enables guests to connect with their environment. Hot stone massages use volcanic stones from the island, which has the highest concentration of dormant volcanoes in the world. Scrubs

The wellbeing journey is spread over a series of cabanas

and wraps have been created from the locally grown organic cocoa, coffee and aloe vera, while anti ageing treatments harness the regenerative power of local coconut oil. Eminence Organics is the selected product house.

Physical activity is a key component to achieving the Dominican sense of wellbeing and the spa is equipped with a 24-hour Life Fitness gym and modern outdoor sala for yoga and functional fitness.

The 151-bed resort sits in Douglas Bay on the north-west side of Dominica and the spa is Resense's second venture in the Americas. A number of restaurants offer 'farm-to-table' and 'sea-to-table' dining and activity abounds with onsite water sports, tennis courts and four pools.
● Read more: http://lei.sr/m4r4N

Resense has been researching, designing and planning the resort's spa for four years