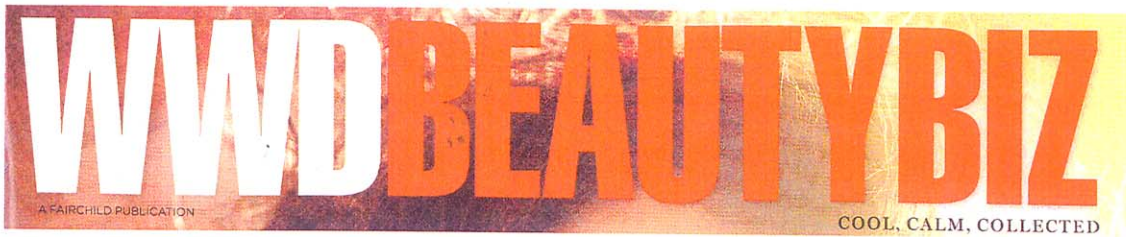


dkc NEWS from

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Sunny Delights

Wash away the winter woes at one of these luxurious Caribbean spas.

BY JACKIE COOPERMAN • PHOTOGRAPHED BY TETSUYA NIIKURA

As an antidote to icy weather, the Caribbean has long been a popular destination, but travelers looking for innovative spa treatments usually had to make do with limited choices. Those days are definitely over. Increasingly, spas in the Caribbean are specializing in sophisticated pampering. From hard-core Pilates and yoga classes to sybaritic massages, island resorts are hiring some of the world's leading experts in holistic health and beauty, luring visitors with the combination of quiet beaches and high-end services. For the sun-starved, these are promising developments, and here's one to watch for: Amanresorts, owner of the year-old Amanara in Turks and Caicos, is about to start construction on a 10-suite spa that should be ready in 2008. In the meantime, this guide to some of the islands' most appealing new spa options should suffice to get you through the winter blues.

Puntacana Resort & Club

DOMINICAN REPUBLIC

Six Senses Spa, which has locations in prestigious hotels and resorts in Asia and Europe, has just opened its first Caribbean outpost, at the Puntacana Resort & Club in the Dominican Republic. Treatments can be taken in one of eight rooms within the spa, or, even more appealingly, on the deck of one of four palapas (a thatched-roof hut) overlooking the sea. Six Senses has a fusion approach to beauty, and many treatments blend Thai, Vietnamese, Ayurvedic and Chinese techniques. The spa has also developed Dominican Republic-specific offerings, including the use of local rice grains and papaya, pineapple and watermelon in the Tropical Fruit Smoother, an hour-long cleansing and exfoliation process. The Natural Sunburn Soother uses lavender compresses and aloe vera from the spa's herbal garden, while the Natural Thai Facial includes ingredients far-flung (Thai white clay) and indigenous, like local cucumber, milk, brown sugar, yogurt and sesame. Steam treatments use lemongrass from the herb garden, and spa baths include fresh lemon, orange, island flowers, lemongrass and mint grown at Puntacana, which is also an ecological resort. Eager to appease the tween set, Six Senses has a full range of services for children under age 12, including half-priced foot, scalp and body massages, facials and exfoliations. After a treatment, head to the juice bar, where local concoctions include mixes like carrot, orange and ginger, tomato and basil and the aptly named Refresher—a cocktail of watermelon, mint, black pepper and chilies.

Six Senses Spa, Puntacana Resort & Club

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