

INSIDER'S GUIDE TO SPAS



MUSTIQUE YOGA AT THE JETTY

SPA NEWS

Island Inspired: Mustique Spa & Wellness Retreats by ila

The island of Mustique, a gem among St. Vincent and the Grenadines, is one of the most exclusive addresses in the Caribbean. A private tropical paradise, Mustique offers guests the ultimate in luxury villa living in one of the most stunning settings in the world. With a collection of over a hundred unique and individually designed properties ranging from cutting-edge contemporary to classical Caribbean,

Mustique offers an exclusive portfolio of individual private villas, many of which are available to rent. In addition, the island is home to the iconic Cotton House.

Converted from a cotton warehouse to a hotel in 1968, the historic building features seventeen rooms—from a presidential suite with a private pool and drawing room to smaller, single-room cottages—as well as the acclaimed Veranda Restaurant and Beach Café.

This November 10th through the 17th, Mustique will debut a unique spa retreat designed exclusively by ila, a “beyond organic” spa and skincare brand that sources indigenous ingredients to create results-driven treatments that are as effective as they are ethical. Guests will start the week with a personal Wellness Consultation and continue with a tailored program of ila treatments, yoga, sound healing, meditation tuition, sporting activities (such as Nordic walking and paddle boarding), and other wellness activities. Throughout the week a cleansing menu of organic, vegan cuisine will be prepared by a private chef. Guests can stay in a luxury ocean view suite at The Cotton House or choose from a selection of spectacular villas.

The retreat starts at \$7,210 per person (based on two sharing at The Cotton House including all retreat activities, treatments and cuisine, accommodation on a full board basis, and return air transfers between Barbados and Mustique). Villas range from \$5,000 to \$150,000 a week, including a full staff and vehicle.

Cotton House Spa has now partnered with ila and will unveil a new spa menu this November, featuring a bespoke range of treatments utilizing ila products. The treatments were inspired by the island’s most potent natural wonders: the life-giving Moringa and Baobab trees; regenerative ylang-ylang; sweet, revitalizing jasmine; seductive balancing frangipani.

In addition to the retreat, Cotton House Spa has now partnered with ila and will unveil a new spa menu this November, featuring a bespoke range of treatments utilizing ila products. The treatments were inspired by the island’s most potent natural wonders: the life-giving Moringa and Baobab trees; regenerative ylang-ylang; sweet, revitalizing jasmine; seductive balancing frangipani. Many of these new treatments, including unique facials, massages and body therapies, were designed exclusively for the island of Mustique by ila founder Denise Leicester and her team.