

The open-air pool and lounge area at the Spa at Regent Palms Turks & Caicos offers curtained cabanas for privacy

Caribbean Hot Spas

ISLAND RENEWAL

The renovated spa at Regent Palms Turks & Caicos serves up an irresistible Caribbean cocktail of indigenous treatments

By Laurel Kallenbach

The Spa at Regent Palms Turks & Caicos gives the beach a run for its money—and that’s saying a lot, considering the resort is set on postcard-perfect Grace Bay, famous for its white sand and intensely turquoise-blue water.

Refreshed and relaunched last March, the Spa offers a natural sanctuary with serene Asian-inspired reflecting pools and palms that rustle sleepily in the tropical breeze. It’s a time-out zone for grownups in an indoor/outdoor setting that won’t let you forget for a minute that you’re in an island paradise.

The East-Meets-West spa centerpiece is the shaded, open-air lounge area that allows you to recline and contemplate the reflecting pool’s still waters or close a curtain for a post-massage nap. Treatment rooms are alive with natural elements, including fountains by day and fire torches by night. For those who want to truly revel in the open air, there’s the option of a private shower outdoors beneath fragrant frangipani trees.

A Caribbean Asian Blend

As part of the 25,000-square-foot Regent Spa relaunch, spa director Stephanie Rest assessed its treatment menu, keeping old favorites and introducing new ones that include natural skincare lines by Sothys and Zents. The result is a unique spa menu that incorporates wellness and beauty traditions from both Asia and the Caribbean, including the signature Zareeba experience, an indigenous island detoxifying ritual. Guests enter a wood-framed sauna-like chamber called a zareeba, meaning “protected enclosure,” where a steaming-hot pot of fresh-brewed therapeutic herbs, concocted by an experienced Caribbean herbalist, awaits. In privacy—or with a partner or friend—guests inhale steam from this exotic stew, using a wooden wand to stir the leaves of dogwood, ginger, rosemary, allspice, eucalyptus and lemon. The herbal steam—followed by a 50-minute lymphatic drainage massage—allows the entire body to purify and come into balance, making the Zareeba journey the perfect antidote for stress, jet lag or skin issues.

Another treatment that draws from Caribbean culture is the Mother of Pearl Conch Polish, which uses local conch shell to gently exfoliate skin. In the Turks and Caicos islands, conch is farmed and harvested in abundance for its delicious meat. What better use for the shells than to hand-crush them, mix the granules with aloe and pure aromatherapy oils, and use it as a scrub for revitalizing the skin?

Included in the Eastern-inspired treatments are Thai and Balinese body work; a massage that uses lengths of bamboo to release tight muscles; and the Pearl and Water Lily Passage, which combines a full-body massage using gold-infused body oil with a luxurious facial.

Spa from Sunrise to Sunset

The Regent Spa indulges guests with a full dawn-to-dusk experience for the ultimate escape—or simply as a way to bring mindfulness to any activity, like sunrise yoga on the beach.

For lunch, the spa features fresh, healthy food that complements the fresh ingredients found on the spa treatment menu. Wahoo Tataki with Mango Salsa and Chilled Watermelon Soup are among the creative, flavorful dishes from executive chef Eric Venice’s kitchen. Fans of the spa’s cuisine can request a cooking class with the chef and sommelier to learn how to re-create this light, organic fare at home.

End-of-day contemplation brings the spa experience full circle. The Spa at the Regent Palms invites guests to take part in a Thai-style sunset ceremony that involves setting an intention or simply expressing gratitude for a day of perfect relaxation and self-care. After a few moments of silent reflection, guests write their intention, place it in a candlelit paper lantern and set it afloat in the spa reflecting pool. The memory of that lantern drifting away will always be a reminder of this serene spa in tropical paradise. Spa at Regent Palms Turks & Caicos: www.regenthotels.com/EN/Palms



Top: The detoxing Zareeba treatment, with a pot of steaming local herbs, mixed by an herbalist; left: A refreshing fresh-squeezed fruit drink at the spa