

## The 10 Best Caribbean Wellness Resorts



By Sarah Greaves-Gabbadon  
*CJ Travel Editor*

Sometimes, when everyday stresses threaten to dim our dazzle, what we really need is a restorative getaway, a few days devoted to our physical and emotional health in an idyllic location. If that sounds like the remedy for what ails you, check out this list of the top 10 wellness resorts in the Caribbean. And then check in to one of them.



**Zemi Beach Resort & Spa, Anguilla** Treatments at this Shoal Bay East resort's Thai House Spa (housed in trio of 300-year-old Thai houses), incorporate ancient Taino techniques and locally harvested ingredients. Don't leave without sampling the island's only hammam.

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