

A wide-angle photograph of a tropical beach. The foreground shows a sandy beach with gentle waves lapping at the shore. The water is a vibrant turquoise color, transitioning to a deeper blue further out. In the middle ground, a person wearing a red shirt and a cap is sitting in a small, colorful boat (yellow, orange, and white) on the water. The background features a clear blue sky with scattered white clouds and a small, green island in the distance. The overall scene is bright and serene.

**DELICIOUS PATHS
TO WELLNESS
ON
SPICE ISLAND**

BY MELODY WREN



The scent of melted, rich dark chocolate filled the room, its sweet aroma reminiscent of freshly baked brownies, as Ulette slathered thick chocolate paste onto my neck, back, arms and legs. She asked me to turn over to cover my front with the remaining local chocolate. It was a strange but deeply relaxing sensation as I lay cocooned in thick, soft towels while the chocolate dried, gently pulling toxins out. After showering and returning to the table, Ulette massaged me with local cacao butter, rich in antioxidants, that moisturized and softened my skin. I was at the True Blue Bay Boutique Resort spa, which offers the only chocolate-infused spa treatments on the island. It was the beginning of my week-long exploration into wellness on the island of Grenada.



IMAGE © MELODY WREN
IMAGE © TRUE BLUE BAY BOUTIQUE RESORT

Pursuing wellness is a luxury for me, and I felt privileged to escape to the tiny island of Grenada to seek balance and self-discovery. Wellness, after all, is a personal and subjective concept—what it means to me might be entirely different from what it means to you. But in this Caribbean paradise, I discovered that it's not just about finding peace but also about embracing a way of life that nourishes the body, mind, and spirit. From yoga and meditation to delicious cuisine and stunning natural beauty, Grenada offered a blend of relaxation, adventure, and introspection that refreshed and inspired me to incorporate wellness into my daily life.

As I stepped into the Royalton Grenada Resort, I was enveloped in luxury and pampering. My butler, Noely, anticipated my every need, whisking away my worries with thoughtful gestures, like steaming my linen clothes. My spacious room was a serene retreat adorned with elegant touches and a private plunge pool. As a Diamond Club member, I enjoyed exclusive access to a private lounge and other lavish amenities. An on-site café beckoned with rich lattes and creamy nutmeg ice cream, while five restaurants and seven bars offered myriad dining and entertainment options. And with a stunning beach at my doorstep, complete

with Hobie cats, paddleboards, kayaks, and snorkel gear all at my disposal, I could have easily stayed put for the ultimate Caribbean getaway. But with so much to see and explore in Grenada, I was eager to venture out and discover the island.

My days began with yoga—four blissful morning classes at True Blue Bay Boutique Resort's Sankalpa treetop studio invigorated me for the rest of the day. The studio's ocean views, chirping birds, and scented flowers created a sense of harmony that brought tears of happiness. Marcia's gentle Yin yoga class injected



deep relaxation and energy into the day, reminding me to set an intention of gratitude and connect with my emotions.

I felt the weight of the world lift as I settled into True Blue Bay Boutique Resort, surrounded by the understated elegance of its Caribbean-inspired decor. Time stood still in this oasis, where the warmth of the atmosphere and the gentle lapping of the waves against the shore lulled me into a state of deep relaxation. As PR and Marketing Manager Renee Goodwin revealed, it was no wonder that many solo women find solace in this haven, where everyone is welcomed into the fold like a family member. In this idyllic setting, I continued on a journey of self-discovery, where the holistic trifecta of yoga, meditation, and gourmet cuisine converged. Inspired by the island's rich culinary traditions, the resort's chefs prepared meals that not only delighted the taste buds but also nourished the body—the stunning natural beauty of

the surroundings added to the serenity, nurturing both body and soul.

My snorkelling excursion to the world's first underwater sculpture park with Eco Dive was a truly awe-inspiring experience. As I swam through the aquamarine waters, I felt a deep connection to nature and a sense of wonder at the 75 sculptures, including a ring of children holding hands, modelled after local Grenadian children. The fish darted around me, their iridescent colours shimmering in the sunlight as they weaved in and out of the sculptures.

After a morning of snorkelling, I was grateful to unwind with a cup of Royal Blue tea at the historic Tower Estate. Owner Isabelle Slinger led us on a tour of the lush seven-acre garden, where Paul Phillip, the tour guide and tea producer, shared the benefits of blue tea, which was grown from blue butterfly pea flowers on the estate.





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IMAGE © HOUSE OF CHOCOLATE

Spices play a considerable part in wellness in Grenada, aptly nicknamed the ‘Spice Island. As the second largest spice producer in the world, Grenada’s fertile soil and ideal climate have made it a hub for nutmeg, cinnamon, and cloves for centuries. Spices are significant beyond their culinary uses; they are integral to the island’s history, culture, and identity. Nutmeg is so revered that it features on the country’s flag.

During my visit, I toured the capital of St. George’s and visited the spice and vegetable market, where the aroma of fresh nutmeg and cinnamon filled the air. I discovered an array of uses for spices, from nutmeg ice cream to nutmeg jam. I learned about the importance of spice production in sustaining the local economy and preserving cultural heritage. As I explored the spice market, taking in Grenada’s rich aromas, I couldn’t wait to indulge in the island’s famous chocolate.

Chocolate played a significant role in my wellness experience. In a chocolate tasting with Magdalena

Fielden, owner of True Blue Bay Boutique Resort, all of our senses were on alert as our group smelled, snapped, and tasted a variety of chocolate strengths. I then treated myself to an Ayurvedic self-massage with whipped local cacao butter, a superfood rich in antioxidants and vitamins with skin-nourishing benefits. The creamy butter melted into my skin, leaving it soft and supple, like silk.

Grenada’s thriving cacao cultivation and producers craft some of the world’s most delicious chocolate, making it a paradise for chocolate lovers. I visited the House of Chocolate, where—while sipping chocolate tea, tasting chocolate-covered local nutmeg, and savouring chocolate cake—our group learned the importance of incorporating chocolate into our lives for its numerous health benefits.

This experience was followed by an exceptional lunch at Belmont Estate, where 70% of what they serve is grown on the estate. Many resorts partner



IMAGE © GRENADA TOURISM AUTHORITY

with area farmers for locally sourced organic food. We then visited the chocolate processing plant to witness tree-to-bar chocolate processing done in the traditional manner.

I explored the natural beauty of Grand Etang National Park with trails fringed with enormous bamboo plants, leafy canopies and panoramic views, providing the perfect setting for hiking enthusiasts. With over 450 types of plants and 150 bird species, even a short nature walk in such a natural environment can profoundly impact wellbeing, as doctors now prescribe time outdoors as a way to disconnect from electronics and reconnect with nature. I saw several Mona monkeys swinging freely through the trees and one idly sitting near the entrance. Part of the park features the stunning Annandale Falls, which is surrounded by a lush garden of colourful blooms and lush foliage where you can hike, take a dip, watch cliff divers, or take a turn on a tree swing. As I hiked through the park’s lush trails, I realized that my time in Grenada

had been a journey of discovery, not just of the island’s natural beauty, but of myself.

Reflecting on my week in Grenada, I realize that wellness is not a luxury but a necessity. It’s the thread that weaves the fabric of our lives, allowing us to live more intentionally, creatively, and compassionately. With its serene atmosphere and natural beauty, Grenada provided the perfect canvas for me to explore and recharge. Whether it’s yoga, water, tea, chocolate, or nature, caring for ourselves is essential to living a happy, healthy, and balanced life. As I return home, I’m inspired to infuse my daily life with the lessons I learned on this enchanting island—to prioritize self-care, indulge in the pleasures of food, and cultivate a more profound sense of connection with myself and the world around me. 📌

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