



# *Wellness Experiences*

AT HOTEL MANAPANY

MANAPANY

HOTEL BSIGNATURE

SAINT-BARTH



# Spa by Dr. Hauschka

## RELAX AND RECHARGE

From soothing massages and revitalizing body treatments to beauty rituals inspired by the island's natural treasures, Hotel Manapany invites you to a timeless escape—where luxury, calm, and sensuality gently intertwine.

Dedicated to the harmony of body and mind, the spa offers an unmatched sensory experience signed Dr. Hauschka, where each treatment is an ode to internal peace.

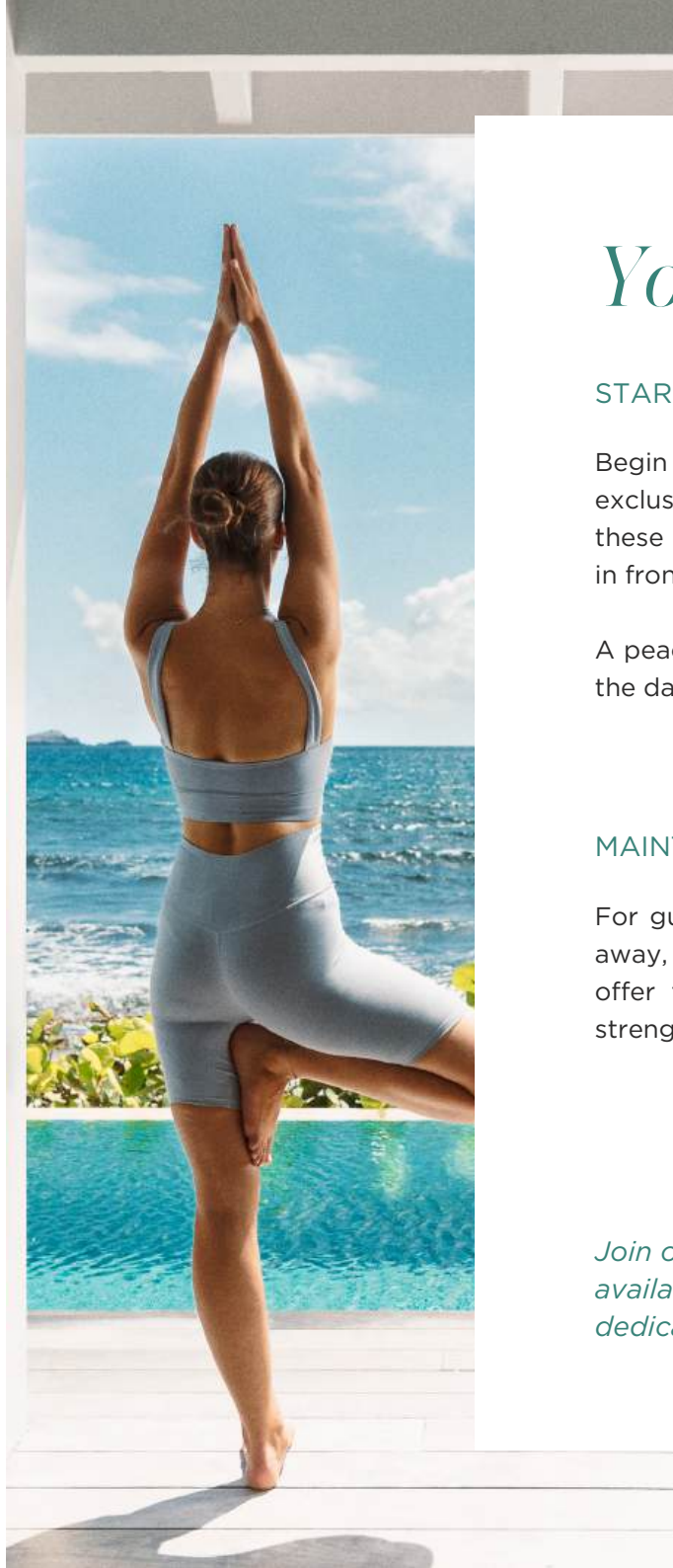
- Single and duo massage cabins
- Adult-only swimming pool
- Facial treatments
- Body treatments
- Nail care
- Waxing
- After-sun treatments

## ABOUT DR. HAUSCHKA

*Dr. Hauschka is a pioneer of certified natural and organic cosmetics, founded in 1967. For over 50 years, the brand has been developing holistic skincare products that respect the skin, health, and nature.*

Dr. Hauschka





# *Yoga and Fitness*

## START YOUR DAY IN BALANCE

Begin each morning with our daily Yoga and Pilates sessions, offered exclusively to hotel guests. Inspired by the natural serenity of St. Barth, these practices invite you to awaken body and mind on our spa deck, in front of the ocean, gently embraced by the light and calm of dawn.

A peaceful sanctuary for a soft, supple, and deeply restorative start to the day.

## MAINTAIN YOUR FITNESS RYTHM

For guests who wish to stay connected to their fitness routine while away, our state-of-the-art facilities and bespoke training programs offer the perfect balance of performance and renewal—supporting strength, vitality, and overall well-being throughout your stay.

*Join our daily Yoga and Pilates sessions from 8:00 to 9:00 a.m., available by reservation, and discover our monthly events dedicated to beauty and well-being on our website.*



# Wellness with Diana Bourel

## THE ART OF SELF CARE

Diana Bourel is an American-French wellness pioneer who has called St. Barth home since the 1990s. With more than three decades of experience, she brings a deeply intuitive and holistic approach to well-being. As the founder of The Art of Self-Care®, Diana blends yoga, breathwork, nervous-system regulation, meditation, and a profound connection to nature.

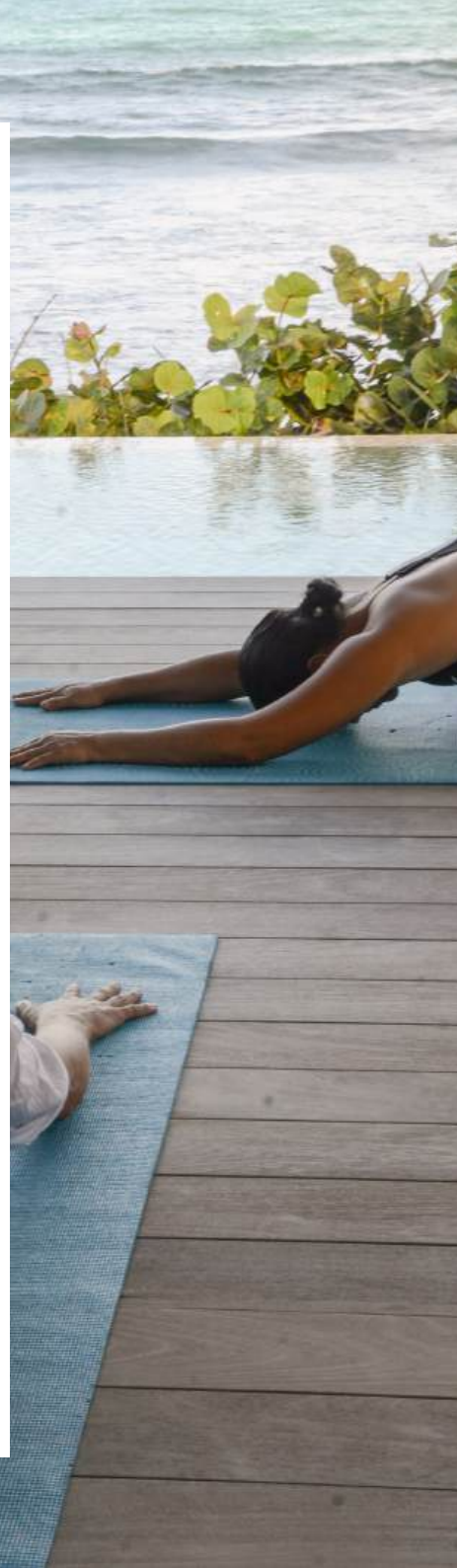
## NURTURE BODY, MIND AND SPIRIT

Whether you are seeking restoration, nervous-system balance, or deeper alignment, Diana's offerings are designed to enhance flexibility, balance, and inner calm. From private yoga or breathwork classes to gentle aqua yoga, these private classes are fully tailored to you.

**Private Yoga :** personalized instruction for all levels.

**Meditation & Breathwork :** nervous-system reset & stress release.

**Aqua Yoga :** water-based practice for mobility & strength.





## *Wellness with Diana Bourel*

### TRANSPERSONAL HEALING

Step into a space of profound restoration for body, mind, and spirit. Diana's transpersonal healing sessions invite deep relaxation, emotional integration, and inner harmony—supporting meaningful transformation and lasting well-being.

### GUIDED HIKES FOR ISLAND DISCOVERY

Discover the soul of St. Barth through guided nature hikes that reveal the island beyond its celebrated luxury. From hidden trails to sweeping ocean views, these curated journeys reconnect you with the island's raw beauty and original spirit.

Whether you seek contemplative moments immersed in nature or an invigorating hike that energizes body and mind, each experience offers a powerful connection to the land, the sea, and yourself. Ideal for solo travelers, couples, or intimate groups, this is wellness in motion—authentic, grounding, and unforgettable.

To book your personalised session or hike with Diana, contact the reception or our concierge service.



# *Saint Barth Summer Camp*

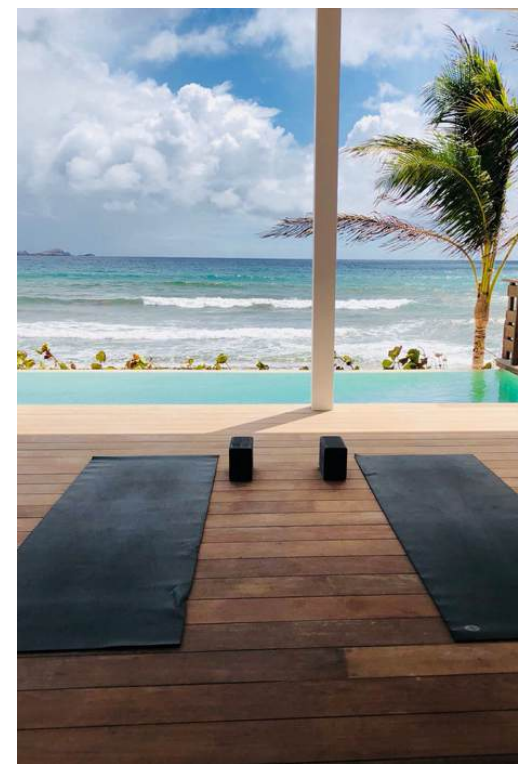
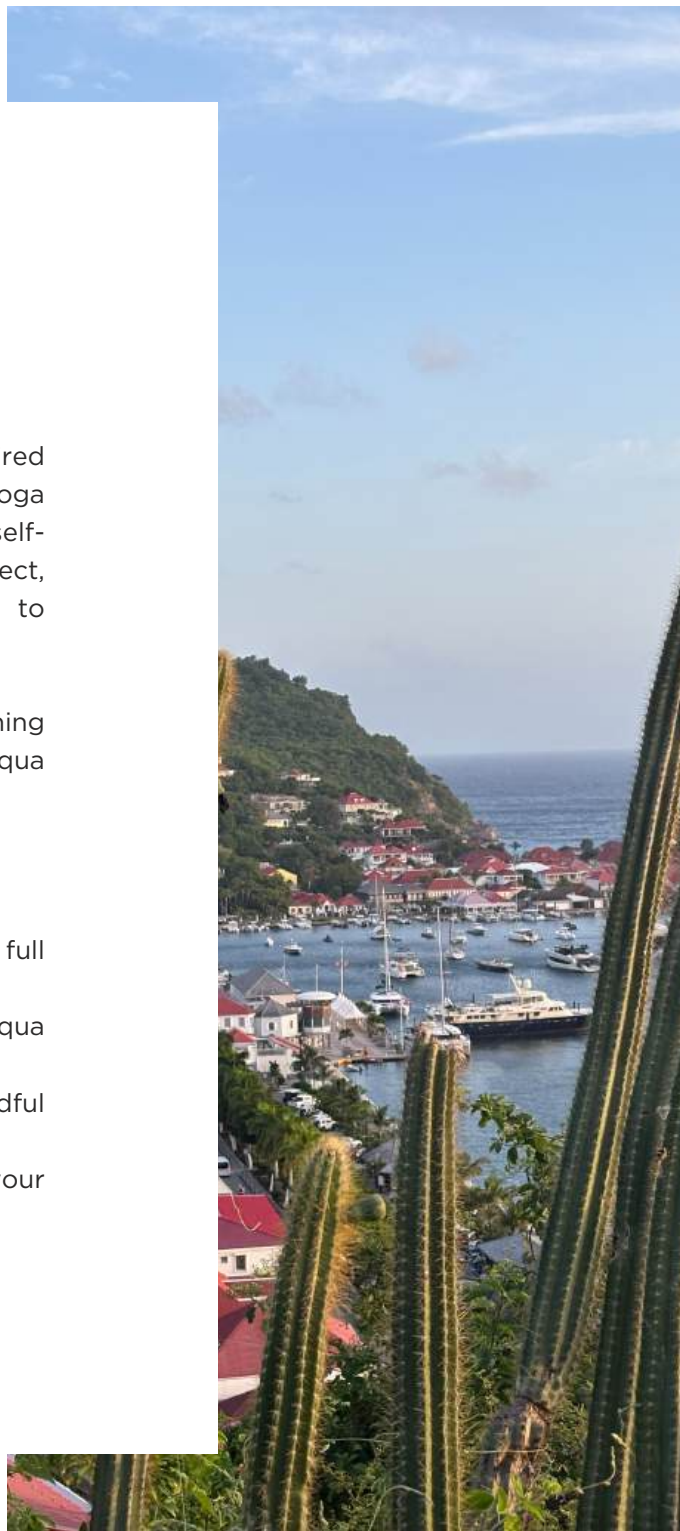
WITH DIANA BOUREL

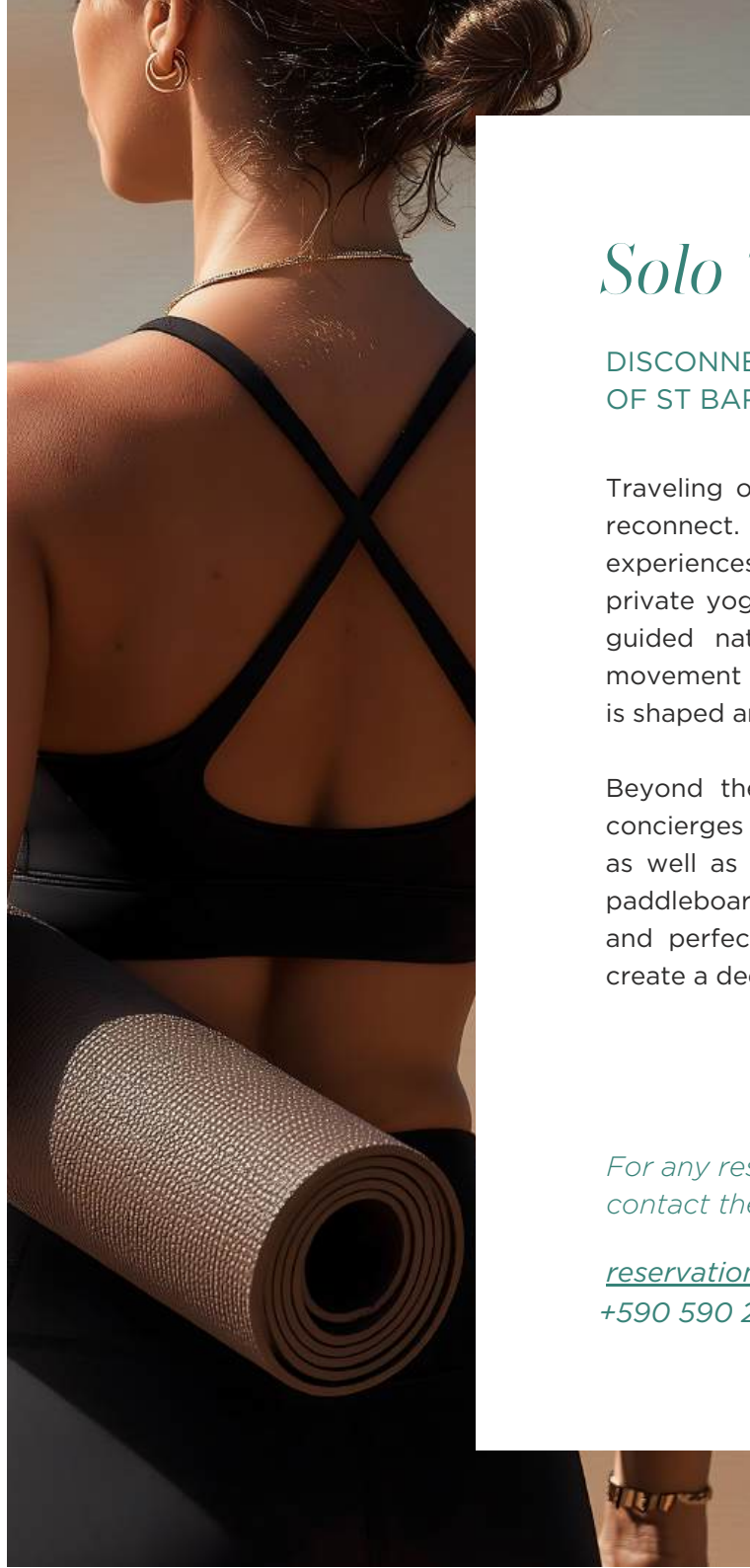
Coming back for its 18th season, experience a month of inspired wellness at Diana Bourel's signature St. Barth Summer Camp Yoga Challenge®, set at Manapany Hotel & Spa. Where sun, sea, and self-discovery meet, this immersive program invites you to reconnect, recharge, and gently expand your limits—whether you're new to wellness or ready for deeper transformation.

Enjoy oceanfront yoga to the rhythm of the waves, serene evening sessions under the stars, tranquil air-conditioned workshops, aqua yoga in the sea, and guided hikes across the island.

With 25+ weekly classes and activities, create your own rhythm—

- Join for a single session, a weekend masterclass, or the full unlimited Summer Camp pass
- Explore a variety of yoga styles, Hatha Yoga, Yoga Therapy, Aqua Yoga, Zen Yoga, and Sound Baths
- Experience meditation, nervous system regulation, and mindful hiking
- Engage in the Yoga University workshops, expanding your knowledge and deepening your practice





## *Solo Travellers*

DISCONNECT & EXPERIENCE THE BEAUTY  
OF ST BARTH THE SOLO WAY

Traveling on your own invites a rare opportunity to slow down and reconnect. Solo guests are invited to enjoy personalized wellness experiences designed for deep restoration and self-discovery—from private yoga, meditation, and breathwork sessions to aqua yoga and guided nature practices. Whether your days begin with sunrise movement by the sea or quiet moments of reflection, each experience is shaped around your personal rhythm and intentions.

Beyond the spa, St. Barth becomes your open-air sanctuary. Our concierges are delighted to recommend safe and scenic hiking trails, as well as invigorating island experiences such as surfing, kayaking, paddleboarding, and mindful ocean exploration. Thoughtfully curated and perfectly balanced, these moments of movement and solitude create a deeply nourishing journey—one that's entirely your own.

*For any reservation requests and/or additional information,  
contact the reception.*

[reservation@hotelmanapany.com](mailto:reservation@hotelmanapany.com)  
**+590 590 27 66 55**



# Surf & Kayak

## ENJOY THE WAVES WITH TROPICSURF

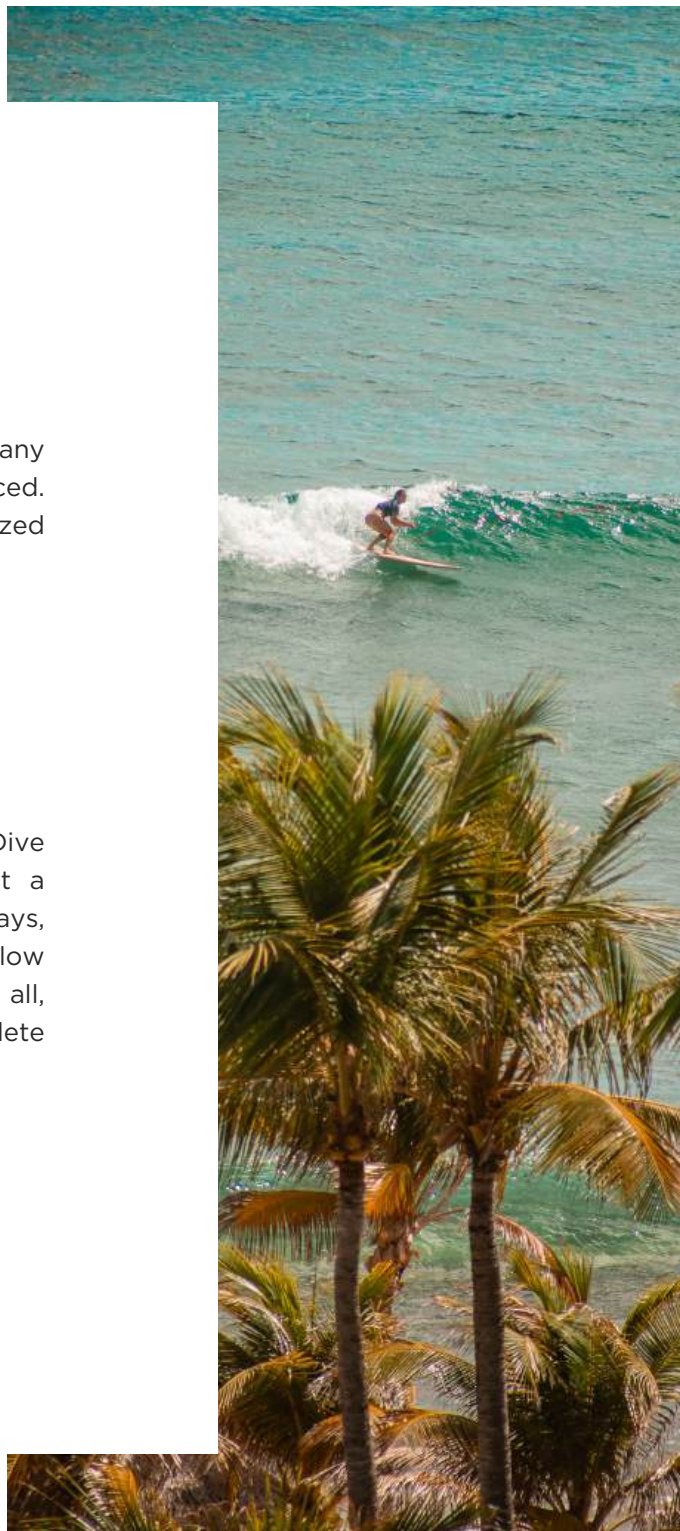
Tropicsurf offers a year-round surf program for guests of Manapany Resort, catering to all levels of surfers, from beginners to advanced. Each session is supervised by professionals, ensuring a personalized and safe experience in St. Barth's most beautiful surf spots.

*From November to March at Hotel Manapany.*

## DISCOVER THE ISLAND BY KAYAK

In Grand Cul-de-Sac, right next to Ti Corail restaurant, Ouanalao Dive offers a unique way to discover the island's marine life. Rent a transparent kayak or a paddleboard and encounter sea turtles, rays, tarpons, and other tropical fish swimming in the crystal-clear, shallow waters of the lagoon. A peaceful, fun, and accessible activity for all, perfect for exploring the natural treasures of St. Barth in complete freedom.

*Open Wednesday to Sunday.*







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