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Top Caribbean Resort Flexes its Wellness Program

World's only adults-only, carbon-neutral hotel debuts new offerings

EAGLE BEACH, Aruba – Feb. 22, 2023 – [Bucuti & Tara Beach Resort, Aruba](#) is expanding its haven of wellness experiences with the launch of a new line of benefit-filled classes. Combining the best of the natural beauty and resources of its prime Eagle Beach locale with certified wellness specialists, these new offerings expand the resort's all-encompassing wellness portfolio so guests can continue choosing wellness in a just-right-for-me manner.

Expanded wellness for more defined results

The new line of classes is the result of increased demand from guests based on the success of other offerings. The resort's wellness specialists provide guests with Aruba's top instructors in their respective specialties, a differentiator within Bucuti & Tara's approach to ensuring guests receive the highest quality.

Available now for all Bucuti & Tara guests, the [new wellness offerings](#) are available on select days and times throughout the week. They include:

- **Stretch & Relax.** By focusing on positions that slowly let go of muscle tension resulting in increased flexibility, better circulation, improved parasympathetic activation for greater calmness and relaxation, improved posture, and overall better performance in exercise and sports.
- **Functional Bodyweight Movement.** The approach focuses on groups of muscles instead of singling out a muscle. By working on groups of muscles at once, the holistic approach focuses on movements that can improve everyday functions such as carrying groceries and getting in and out of vehicles, to boosting exercise performance, and even burning fat.
- **Aloe Scrub Experience.** Aloe vera is prominent in Aruba's culture and heritage. Led by an aloe expert, guests will learn the many health benefits of aloe, how to properly cut the leaf, and ultimately make their own personal scrub that will boost the wellbeing of their skin. This one-of-a-kind keepsake lets guests enjoy the wonders of Aruba long after their visit.
- **Core Strength.** Guests are led through core exercises that train the muscles in the core to work in harmony. The results include better balance, injury prevention, reduced back pain, improved lifting, better posture, and improved fitness performance.
- **Yoga in the Sand.** The elements of Mother Nature's sea breezes, warming sun, and soft powdery sand combine with the physical fitness, stress relief and relaxation derived from yoga. As an

added benefit, by practicing on the sand further helps build muscle and further develops balance.

- **Posture Fix.** In a world of screens - sitting to watch television, typing on computers, and staying in-tune with mobile phones - posture suffers. To ward off spinal strain, joint degeneration, slumped shoulders and even growing stomachs, guests focus on strengthening their posture.
- **Mobility & Fascia Release.** Using a foam roller, guests learn self-massage techniques that increase their mobility by releasing their connective tissue, or fascia.

Each class is \$25 per person. Guests can sign up through their personal concierge or via email wellness@bucuti.com. These new, routinely scheduled classes are the latest in Bucuti & Tara's comprehensive wellness program. From [complimentary daily wellness offerings](#) to [completely customized wellness itineraries](#), guests can opt for a leisurely approach, an immersive wellness vacation and anything in between in creating the balance that is just right for them.

“Whether incorporating wellness into a stay or intending a wellness-focused vacation, Bucuti & Tara Beach Resort continues helping guests discover the best combinations of Aruba’s stunning nature with healthy offerings for a multisensory experience that will forever leave an imprint on their continuum of wellness,” says Natalie Brandts, Wellness Specialist at Bucuti & Tara Beach Resort, Aruba.

Backed by recognition

For guests new to Bucuti & Tara, the resort’s best of the best approach is deeply rooted throughout every aspect of the stay. The Caribbean’s first certified carbon-neutral hotel entered 2023 with its latest certifications and accolades to include:

- Green Globe Platinum certification
- Certified CarbonNeutral(R)
- Booking.com - 9.6/10 - Aruba’s highest rated hotel
- USA TODAY 10Best:
 - Best Adults Only Resorts in the World
 - Best Caribbean Resort
 - Best Restaurant in the Caribbean
- US News & World Report - Gold Badge:
 - No. 1 Hotel in Aruba
 - No. 1 Resort in Aruba
 - Top 25 Best Caribbean Hotel
 - Top 20 Best Caribbean Resort

Learn more by visiting Bucuti.com

IMAGES

Images are located in [this Dropbox folder](#).

About Bucuti & Tara Beach Resort

Declared the [first CarbonNeutral®/net zero hotel in the Caribbean](#) in August 2018, Bucuti & Tara Beach Resort is one of the Top 10 Hotels for Romance in the World (fourth straight year), No. 1 Hotel for Romance in the Caribbean (seventh straight year) and No. 3 Hotel for Service in the Caribbean. Aruba’s premier adults-only boutique resort is led by celebrated hotelier and environmentalist, Ewald Biemans,

named by Caribbean Journal as the 2017 Caribbean Hotelier of the Year. The resort is nestled on the powdery white sands of Eagle Beach, home to protected sea turtles and named one of the “Dream Beaches of the World.”

Home to the Caribbean’s Safest, Healthiest Vacation Experience thanks to its physician-developed COVID-19 safety protocols and Aruba’s Health & Happiness Code seal, Bucuti has 104 well-appointed guestrooms, suites and penthouses. It offers sunbeds and shade for every guest; freshwater infinity pool; spa; WiFi; and complimentary iPad for use during stay. Award-winning healthy dining is enjoyed at oceanfront Elements, Tara Lounge and private beach dining. Reserved exclusively for guests and their friends, the open-air SandBar offers top-shelf cocktails and live music daily along with the Caribbean’s first Healthy Hour. The resort is TAG Approved® as an LGBTQ-friendly hotel. Bucuti & Tara, a worldwide sustainable tourism leader, holds eco-certifications of CarbonNeutral®, LEED Gold, Green Globe Platinum and Travelife Gold and was named the World’s Most Sustainable Hotel/Resort in 2016 by Green Globe.

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