

Media Inquiries:

Amy Kerr

amykerr@revelconcepts.com



Top Caribbean Resort Revitalizes Personalized Wellness Program for 2021 Guest Needs – and Staff, too

EAGLE BEACH, Aruba – Nov. 30, 2020 – The COVID-19 pandemic has increased the importance of self-care and Aruba’s [Bucuti & Tara Beach Resort](#) just expanded its [concierge wellness program](#) to meet today’s guests where they are on their continuum of wellness. Four new resort-exclusive wellbeing experiences, all-new direct access to every top wellness professional on Aruba, and new program leadership under multi-certified wellness professional Mignon Aal position guests – and staff – to live their best life.

Tripadvisor senior researchers share new traveler wellness insights

Tripadvisor, the world’s most popular travel review site, recently released new research patterns from its platform. Site users revealed they are eager to escape their pandemic-created cabin fever, but cautiously, and wellness offerings are among the highest in demand. Desire for more outdoor experiences and/or space scores high with interest at 151 (100 being the average) for hikers and 117 for beach seekers. As the world endures the effects of COVID-19, Tripadvisor revealed that dreamers are beginning to book travel experiences once again and Bucuti & Tara is open and welcoming them.

Direct access to Aruba’s top wellness professionals

Founded on the cornerstones of romance, health and sustainability, Bucuti & Tara’s wellness program is a comprehensive lifestyle experience. the program provides guests with tailor-made programs as well as complimentary activities to support their individual wellness goals in four areas – nutrition, fitness, mental wellbeing and mindfulness. In addition to Bucuti’s onsite wellness specialists, the resort can now connect guests with every top certified wellness professional on island. This elevated experience means if guests want a private, oceanside enlightenment session with top yogi Shanti or lessons with 15-time World Champion windsurfer Sarah-Quita, their wellness concierge can easily make arrangements.

Exclusive new wellness experiences

Four exclusive experiences are new and ready as guests worldwide continue returning to Aruba.

- **Make Your Own Aloe Scrub.** Synonymous with Aruba, aloe vera is Mother Nature’s healing plant that grows abundantly on the tropical, yet arid island. Participants will learn proper aloe cutting techniques, discover its significant uses and discover the joys of making their own Aruba keepsake – personalized aloe skincare scrub. Bucuti & Tara is the only hotel in Aruba to host this event on property.
- **Goshen Farm – Back to the Land Experience.** Guests tour the beautiful country estate and working farm followed with a true farm-to-table cooking lesson onsite with picked-at-peak ingredients.

- **Full Moon Yoga and Drum Circle.** Connect with the rhythm of life through energy yoga, meditation, sacred songs and a drumming circle where love and compassion guide this magical gathering.
- **Nature Hike & Ocean Snorkel.** Summit Aruba's highest point, Jamanota Mountain, to take in the breathtaking island and ocean view before trekking to the ocean for a drift snorkel. Colorful coral and tropical fish await.

These services along with Bucuti & Tara's complete offering can be found in the resort's [Wellness Catalog of Services](#).

New wellness leader

Bucuti & Tara's growing wellness services are now led by Mignon Aal. An ACE-certified Personal Trainer, Functional Training and Fitness Nutrition specialist, Aal is also a certified Pilates instructor. She has long worked in the hotel industry specializing in developing high quality health and wellbeing programs for both guests and staff. Aal regularly collaborates in health projects for the Aruban community. She is a graduate in Cultural and Society studies at the HAN in the Netherlands, majoring in Sports with a specialization in Recreation and Tourism.

"All encompassing wellness program" means staff care, too

Wellness care extends beyond resort guests. Bucuti & Tara's three cornerstones – romance, sustainability and wellness, envelope its Bucuti associates, as well. In addition to the long-standing practice of providing nutritious meals in the employee break area, the resort's wellness program now cares for staff with workouts. Complimentary classes include morning Pilates along its world-famous Eagle Beach, stretching and core-building sessions, and mindfulness and emotional release classes. Staff can enjoy immune booster classes, a staff wellness newsletter with in-depth articles and resources, and dine on healthy meals offered in the staff breakrooms. Additionally, staff has access to consultations with wellness specialist, Aal.

"Whether you are a guest or a Bucuti associate, here at Bucuti & Tara Beach Resort, the health and wellbeing of every person is paramount," says Mignon Aal, Wellness Specialist at Bucuti & Tara Beach Resort. "We continue to receive requests for wellness-centric experiences here at Bucuti & Tara Beach Resort whether our guests have specific fitness wants, mental wellbeing initiatives or healthy eating preferences, such as our [newly expanded vegan menu](#), and we're excited for guests to benefit our newest offerings."

To learn more, visit Bucuti.com.

Dropbox gallery: <https://www.dropbox.com/sh/7o28f9aw36a9wkw/AAB-Skp9LiEobjrADSKqskjUa?dl=0>

Captions

Bucuti+Tara_signature Bucuti & Tara Beach Resort, nestled on world-famous Eagle Beach, Aruba, is an adults-only enclave centered on romance, wellness and sustainability.

ArubaAloe-PersonalizedScrub Bucuti & Tara Beach Resort is Aruba's only hotel to host the Make Your Own Aloe Scrub onsite.

FullMoonYoga Participants connect with the rhythm of their lives where soul-soothing yoga lives in harmony with soul-stirring drumbeats under the empowering glow of a full moon.

Goshen-Farm-Tour Participants discover how the Caribbean’s arid, desert-like island of Aruba, makes farming work. The hands-on cooking demo that follows includes an authentic farm-fresh local meal.

Staff-wellness Bucuti & Tara Beach Resort’s commitment to wellness extends to its staff. Daily staff fitness classes and strength training help staff, particularly front-line staff, be at their best when it comes to performing routine tasks such as housekeeping, luggage delivery and cooking.

MignonAal Mignon Aal, is the multi-certified Wellness Specialist, leading the wellness program at Bucuti & Tara Beach Resort, Aruba

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, No. 1 Hotel in the Caribbean, No. 1 Hotel for Romance in the Caribbean (fifth 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.”

Now 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 with Skype 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 newly renovated 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 a LGBTQ-friendly hotel. Bucuti, a worldwide sustainable tourism leader, holds eco-certifications of LEED Gold, Green Globe Platinum, ISO 14001 and Travelife Gold and was named the World’s Most Sustainable Hotel/Resort in 2016 by Green Globe.

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