

*a journey through the senses*

A Jumby Bay Island x Paper & Diamond Collaboration  
November 10th - 17th, 2021 | Antigua, West Indies

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## SENSORIAL TRAVEL



## SENSORIAL WELLNESS



## SENSORIAL EXPERIENCES

Paper & Diamond, founded by Debbi Lee, curate luxury experiential travel moments, highly sought-after wellness retreats, and unparalleled celebrations for life's milestones. We believe a change in physical location is the catalyst to spark change in consciousness and redirect our lives' paths towards a more deeply fulfilling way of existing. It is our passion to illuminate these profoundly rewarding journeys of insight and awakening.

Paper & Diamond retreats are designed to awaken mind, body and soul through the merging of our expertise across all three of our realms: sensorial travel, sensorial wellness and sensorial events and experiences. This is achieved in tandem with our expert team of partners, including some of the world's leading health and wellness experts, holistic nutritionists, celebrity health coaches and more.

Discover your next retreat into the comprehensive therapeutic and cultural practices of not only a new travel destination, but a new way of life: one that embraces holistic and Ayurvedic practice, while simultaneously addressing a highly personalized and bespoke agenda that aligns with your ideal wellness objectives.

# THE FIVE PILLARS

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Each Paper & Diamond retreat is innately designed to address the five pillars of health, consisting of sleep and reset, breathing, nutrition, movement and thought through the program's bespoke itinerary. Beyond this initial framework the team also builds individualized wellness programs around particular challenges and personal agendas our clients' desire to address, setting them up to enter new realms of happiness and fulfillment in their everyday lives.

01 *sleep & rest*

02 *breathing*

03 *nutrition*

04 *movement*

05 *thought*



# THE SIX SENSES

In order to effectively transform conditioned programming for results that elevate health across the five pillars, Paper & Diamond taps into all six senses simultaneously for a full sensorial immersion into connecting with higher vibrations. This integrative wellness approach activates not only the five tactile senses of sight, sound, touch, smell and taste that we are accustomed to, but the elusive sixth sense as well, for which we utilize term 'spirit' to encompass the unperceived world. This world is where we tune into our own, as well as higher energies and wisdom, which are gateways for increased healing potential.



01  
*sight*

02  
*sound*

03  
*touch*

04  
*smell*

05  
*taste*

06  
*spirit*

## PAPER & DIAMOND X JUMBY BAY ISLAND

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This November 2021, the Paper & Diamond team will partner with Jumby Bay Island as together they invite a small group of esteemed guests to the 5 star Jumby Bay Island Resort, a pristine breezy oasis that is part of the West Indies' Antigua. Pulling from the heart of Jumby Bay's life unscripted way of existing, and combining this philosophy with the core essence of Paper & Diamond, A Journey Through the Senses is an immersive wellness retreat that allows its participants to author their own new script as they experience the tools to write a more healthier, balanced and optimized way of life.



Guests should anticipate a holistic transformation over the course of 7 nights + 8 days as the Paper & Diamond wellness team guide participants through a program of bespoke sessions and workshops, spanning the fields of meditation, nutrition, yoga, mindfulness, breathwork, and more. An emphasis is placed on an Ayurvedic approach to the five pillars of health, including sleep and rest, breathing, nutrition, movement and thought, all while activating the six senses for a full sensorial immersion. Allowing guests to understand and empower their own healing across emotional, nutritional, and spiritual realms is approached in a joy-filled dynamic environment, with the exquisite Jumby Bay Island as an unforgettable backdrop for an experience of a lifetime.

THE OPPORTUNITY



## JUMBY BAY ISLAND 07

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The renowned Jumby Bay Island resort is set on a 300 acre private island, just 2 miles to the north of Antigua, where it is accessible solely via private resort catamaran. From the property's two white sand beaches, to the three swimming pools and tennis courts, to the four different gastronomic experiences as well as a full Water Sports Center and a seasonal Hawksbill Turtle Research Program, the resort is alive with sensorial experiences to delight. Yet Jumby Bay Island is also balanced in its vibrant activity access with tranquil relaxation and rejuvenation in the form of spa treatment suites, a beauty salon, wellness boutique, yoga pavilion and more. All in all the property hails as the ideal Caribbean hideaway for guests seeking quiet natural beauty, exclusive luxury, serenity, and a world-class level of high-touch service.

THE ACCOMMODATION

# JUMBY BAY ISLAND

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08



28 SUITES

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35 VILLAS  
AND PRIVATE  
RESIDENCES



Whether you select to stay in one of the 28 suites, or one of the 35 Villas and Private Residences, all accommodations are designed to offer a sophisticated tropical residential style, combining luxurious colors influenced by the turquoise of the Caribbean and vibrant coral reefs. Private Residences offer features from infinity pools to private tennis courts to state-of-the-art design and come equipped with private staff such as a butler and private chef.

THE ACCOMMODATION

# THE TEAM



*claire grieve*  
HEALTH + WELLNESS EXPERT



*neda varbanova*  
NUTRITION COACH + CHEF



*susy markoe schieffelin*  
SPIRITUAL + HEALING GUIDE



## NEW MOON MEDITATION

Our retreat commences as the New Moon rises, an opportune time for inviting in a new chapter and setting fresh intentions. Susy leads a New Moon Meditation ceremony and Crystal Alchemy Sound Bath, allowing you to define your goals for the week, relax deeply, and recharge inner light.

01

## CHAKRA INVITATIONAL

Utilizing a Hatha practice of breathwork, invite the body's energy centers (chakras) to open fully and expressively, creating balance.

02

## SELF CARE WITH CLAIRE

Indulge in a luxurious full body volcanic ash & clay mask, followed by a CBD Epsom salt & botanical oil soak, providing deep relief for muscle & joint pain. The relaxation and refreshed appreciation for nourished, radiant skin will boost confidence, which will be reflected upon via guided journal session with Claire.

03

## HACKING YOUR MICROBIOME

The health of your microbiome, or the flora of gut bacteria both good and bad that lives in your body, determines a variety of health outcomes, including, but not limited to: mood and mental health, energy levels, sensitivity to particular foods, autoimmune symptoms and more. Together, Claire and Neda provide insight into the complications that may arise when gut health is out of balance at both a short term and long term level, and offer tangible ways to improve the health of your microbiome.

04

**FEELING VS. SEEING**  
As we aim to invigorate a full sensorial experience, practice a limited sequence of floor yoga and stretch poses while blindfolded. As you rely on Claire’s instruction, learn to think via feeling rather than seeing, letting go to surrender trust. **05**

**CBD INTEGRATIVE COOKING INSTRUCTIONAL**  
CBD, the non-psychoactive cannabis derivative, hosts an array of benefits, including but not limited to imparting deep relaxation and calmness, easing chronic pain, and providing clear-mindedness. In a live demonstration sponsored by brand partner RESET BIOSCIENCE CBD, Neda and Claire showcase creative ways to integrate CBD tinctures into recipes while further instructing on health benefits, dosage recommendations and other essential information. **06**

**DINNER AT THE FARM**  
Jumby Bay integrates the support of local farmers with their culinary offerings and workshops with an ever-changing menu which delights guests with local island flavors. **07**

**MOONLIGHT SOUND BATH AND CATAMARAN CRUISE INTENTION CEREMONY**  
Based on ancient healing techniques, vibrations of sound work at a cellular level to recalibrate the mind, body and spirit. These healing frequencies stimulate alpha and theta brain wave frequencies, balance the hemispheres of the brain, and promote a sense of inner peace. Experience a Moonlight Sound Bath on the beach, followed by an Intention Ceremony aboard the resort's private catamaran. **08**



# THE INCLUSIONS

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- Accommodation for 7 nights + 8 days at Jumby Bay Island in one of the property's suites, with option to upgrade to a private villa, for additional fee
- Ferry transfer from ANU Airport to the island, accessible only by boat
- Welcome gift bag, a \$750 valuation, including perks and products from our favorite wellness + fitness brands
- Daily breakfast, lunch and dinner offerings built upon Ayurvedic and plant based cuisine, including farm and sea-to-table themes and a Fire & Earth experience
- Additional snacks, fresh juices and drinking water
- One daily nutritional culinary seminar with a different area of emphasis
- Two daily unique movement sessions offering bespoke yoga and pilates workshops and small group coaching environments to enhance your practice
- Daily mindfulness sessions offering journaling, meditation, relaxation, and other soul + spirit rejuvenation
- Departure 'White Night Beach Party' send off to symbolize renewal
- Half day yacht excursion to Little Jumby Island, for wellness offerings, snorkeling and a made to order beach picnic lunch
- Healthy mixology classes, wine tastings and various beverage integrations
- 75 minute customized spa journey focused on ancient healing techniques
- E-booklet plus a one month free subscription upon departure containing recipes + self care items from our team of wellness experts
- Private access to the 300 acre Caribbean Island grounds including fitness facilities, tennis courts, beaches, pools, restaurants, boutique and more





## GUESTS' RESPONSIBILITY

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- Roundtrip airfare to V.C Bird Airport (ANU) within designated arrival and departure windows
- For those guests wishing to stay one additional night pre or post the retreat, there is an option to book for an additional nightly fee of USD \$2,100 USD all-inclusive rate excluding Taxes (24.00% VAT, Accommodation Tax & Services Charge)
- Private experiences and offerings led by our wellness experts, as outlined in the Additional Offerings pages
- Travel insurance Medical + Trip cancellation is strongly recommended
- For travel insurance [click here](#)
- Technology chargers, power adaptors, and batteries for personal devices as applicable
- Comfortable, active clothing
- Supportive sneakers and/or hiking shoes
- Non-toxic sunscreen and bug repellent products
- Personal toiletries and medications as applicable
- Gratuities at your own discretion

# THE ADDITIONAL OFFERINGS

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In addition to A Journey Through the Senses' 6 full day itinerary, the Paper & Diamond wellness team will be breaking out into private sessions with guests, providing an environment for each individual or couple to flourish to their fullest. One on one sessions help delve more deeply into any personal blockages and challenges that may be preventing self actualization of our dreams and goals. These may be health and nutrition focused, fitness or injury related, or more emotional in nature. The careful and individualized approaches of our elite team delicately pinpoint root causes of such obstacles and reveal techniques to point us on a journey towards renewing them. Additional Offerings are pre-booked on a first come, first serve basis at an additional cost.

## REIKI INFUSED CRYSTAL SOUND HEALING

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Experience the ultimate in high vibrational healing and chakra balancing relaxation with a Reiki infused sound healing. In this session, Susy will bring you into a state of deep restorative relaxation using the healing sounds of crystal alchemy bowls, the physical vibrations of Tibetan bowls placed on your body, as well as an infusion of chakra balancing Reiki light.

## INDIVIDUAL NUTRITION COACHING SESSION

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A Journey Through the Senses is filled with a variety of group sessions instructing about Mediterranean and plant based diets. However, we all have a different journey when it comes to our relationship with food, as well as individual intolerances and preferences. Neda also offers individual sessions that address nutritional coaching, meal planning, and creative solutions for personal preferences.

## STRETCH AND MOBILITY PRIVATE SESSION

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Often sources of tension in our body are not just physical, in nature, but also related to emotional blockages. Work with Claire in a private session as she tailors a custom blend of stretching, breath work, postures, functional training and Pilates, as she helps pinpoint solutions for problem areas at a level both symptomatic and underlying.

# THE ADDITIONAL OFFERINGS

## PANTRY + FRIDGE MAKEOVER\*

Are your pantry + fridge ready for an intervention? Neda and Claire are available to travel to your residence for an in-depth pantry and fridge makeover, in which they analyze your preferences and offer healthy substitutes or additions to set you up on a nutritional path to health success.

## MINDFUL MIXOLOGY WORKSHOP

Often we focus on eating well, but there is less emphasis on drinking well. In a Mindful Mixology workshop presented by Claire and Neda, the duo introduces low calorie and healthy alternatives to standard cocktail mixers, along with non-alcoholic, low alcohol, and mindful twists to consider.

## KUNDALINI YOGA CONSULTATION

Kundalini yoga is the yoga of energy, awareness, and enlightenment. In this 1:1 consultation, Susy will work with you to create a custom yoga and meditation practice that will help you to break through spiritual, emotional, or physical blocks in order to feel balanced, energized, and aligned in your daily life.



\*Additional travel fees may apply for residents outside of the Los Angeles or New York City metro areas. Inquire for further details.

# THE VISTAJET EXPERIENCE

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Paper & Diamond is thrilled to introduce its partnership with VistaJet, offering retreat clients access to their global fleet of over 70 aircraft, including the coveted super midsize Challenger 350 jet — ideal to take you from the likes of New York to Antigua in unparalleled comfort and privacy.

VistaJet is the first and only global private aviation company, and Paper & Diamond's most trusted business jet provider. Founded in 2004, the company flies corporations, governments and private clients to 187 countries, covering 96% of the world.

VistaJet's stringent safety standards are recognized globally - the first in the industry to be awarded the Diamond Safety of Flight Award by the European Business Aviation Association, and is certified with the ARGUS International Platinum rating, Wyvern Wingman and IS-BAO.

All cabin hostesses are trained by the British Butler Institute, Norland College and Wine & Spirit Education Trust, ensuring you and your guests enjoy unrivaled service standards on every flight.

Available 24/7 around the world, a dedicated team comprising over 1,000 aviation experts of 60 nationalities is based globally across offices in London, Dubai, New York, Hong Kong, Malta, Miami and Nice to make every flight unique.

For more information please contact Debbi Lee at [dlee@paperanddiamond.com](mailto:dlee@paperanddiamond.com) to assist with further arrangements.

Photos courtesy of VistaJet / [vistajet.com](http://vistajet.com)



## THE TAKEAWAYS

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Our world has seen examples of ways in which over capacity tourism and unsustainable travel behaviors can have a detrimental impact on our environment. Paper & Diamond firmly believe in reserving our carbon footprint budget for impactful travel moments, and aim to create them for our discerning clientele. A Journey Through the Senses at Jumby Bay Island is exactly that. More than just a passport stamp, this is a fully immersive experience that has the power to transport us to new destinations in terms of awakenings that will continue to unfold + blossom long after our suitcase is unpacked. It is a true investment in the self.



Our sincerest aim is to provide the foundation for a holistic detox from the over-stressed tendencies that take root in our modern reality. A Journey Through the Senses is designed to provide full immersion into new realms of relaxation, reconnecting our priorities. Letting go of fear, uncertainty, negativity and anxiety gives over the program course offers a weightlessness and newfound self confidence. At the same time we become grounded in new truths related to the expansion of self love, renewed creativity and unwavering positivity. Relationships fostered are meaningful connections built around an irreplaceable shared experience that you will cherish long after the program has ended. The true potential is yours to unleash.

# THE BOOKING TERMS

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A 30% NON-REFUNDABLE DEPOSIT is taken at time of booking to hold each space.

A confirmation email will be sent within 24 hours of your booking.

Remaining Balance is DUE IN FULL 60 days prior to arrival date.

If cancellation is received and confirmed 61 days or more prior to arrival date, balance will be paid to guest LESS 30% Non-Refundable deposit.

If cancellation is received 0-60 days prior to arrival date then the reservation is 100% Non-Refundable. Fees will be recovered by Jumby Bay Island.

**COVID-19 Policy:** A Negative Nasal RT-PCR test of less than 7 days to be presented upon arrival in ANU. A follow up test can be arranged for each attendee who may need one to return to their country which will be organized 2 days prior to departure back home.





## THE NEXT STEPS

For more details and information about our wellness week, please get in touch via the below channels:

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[JUMBY BAY ISLAND WEBSITE](#)



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EXECUTIVE HEAD OF SALES & MARKETING



# THE PARTNERS

A special display of gratitude and appreciation for our event sponsors, including:





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