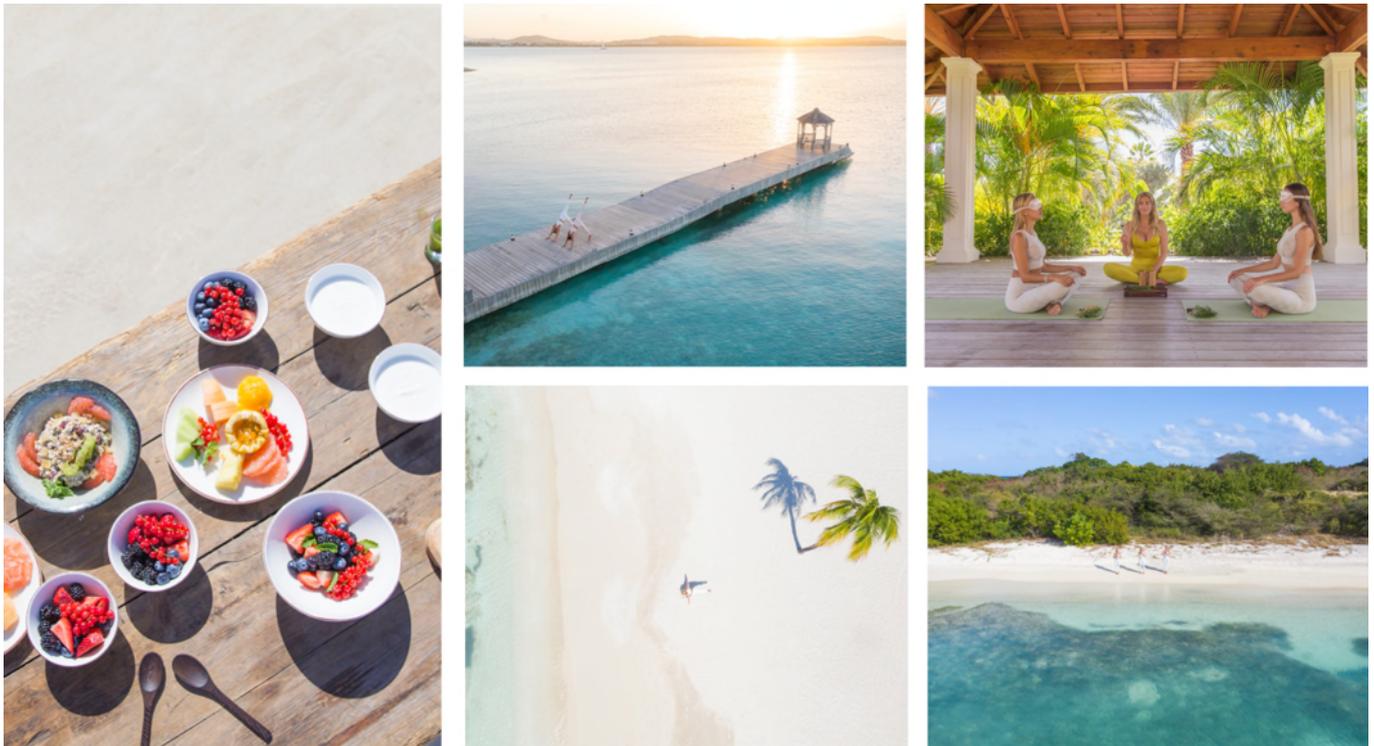




JUMBY BAY ISLAND  
ANTIGUA - WEST INDIES

## JUMBY BAY ISLAND ANNOUNCES AUTUMN WELLNESS WEEK – 'A JOURNEY THROUGH THE SENSES' IN COLLABORATION WITH PAPER & DIAMOND

**\*10<sup>th</sup> – 17<sup>th</sup> November 2021\***



Oetker Collection's Caribbean private island resort, [Jumby Bay Island, Antigua](#) is delighted to announce its first Wellness Week, taking place this autumn in collaboration with [Paper & Diamond](#) – *A Journey Through the Senses*, from **10<sup>th</sup> to 17<sup>th</sup> November 2021**. Drawing inspiration from Jumby Bay Island's ethos of living 'life unscripted' and combining this philosophy with the core essence of Paper & Diamond, *A Journey Through the Senses* will be an immersive 7-night/8-day wellness retreat that will equip participants with the tools to live a healthier, balanced and optimised life.

### THE RETREAT

Throughout the duration of *A Journey Through the Senses*, the Paper & Diamond wellness team will guide guests through a custom itinerary featuring daily culinary workshops, meditation, movement, mindfulness, breathwork and more, while drawing from the natural beauty of Jumby Bay Island. 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 sensory immersion into connecting with higher vibrations. Beyond this initial framework, the Paper & Diamond team can also build individual wellness programmes around particular challenges and personal agendas of retreat guests, allowing them to understand and empower their own healing across emotional, nutritional and spiritual realms.

### THE EXPERTS

Founded by Debbi Lee, Paper & Diamond creates luxury travel moments and highly sought-after wellness retreats. Their craft lies in designing sensorial travel experiences while unlocking elite access to leading hoteliers and hospitality brands. Paper & Diamond wellness retreats are designed to awaken mind, body and soul, guided by an expert team of health and wellness practitioners, holistic nutritionists, health coaches and more. Each retreat is enhanced by a curated selection of sponsoring brands across apparel, beauty, travel, wellness and more, with whom Paper & Diamond has exclusive agreements. Jumby Bay Island's *A Journey Through the Senses* will be led by Health & Wellness Expert, Claire Grieve; Nutrition Coach & Chef, Neda Varbanova; and Spiritual & Healing Guide, Susy Markoe Schieffelin.

### THE JOURNEY

A sample day during the *A Journey Through the Senses* retreat will incorporate:

- **New Moon Meditation** – as the New Moon rises, Susy will lead a New Moon Meditation Ceremony and Crystal Alchemy Sound Bath, for guests to define their goals for the week, relax deeply and recharge from day one.
- **Chakra Invitational** – utilising the Hatha practice of breathwork, this opens the body's chakras, the seven energy centres, to create balance.
- **Self-Care with Claire** – a restorative spa session including a full body volcanic ash and clay mask, followed by a CBD Epsom salt and botanical oil soak, and a guided journal session with Claire follows.
- **Hacking Your Microbiome** – Claire and Neda will provide insight into the complications that can arise when gut health is out of balance and offer tangible ways to improve microbiome health that can affect mood and mental health, energy levels, sensitivity to particular foods, autoimmune symptoms and more.
- **Feeling vs. Seeing** – aiming to immerse participants into a full sensorial experience, guests will practise a sequence of floor yoga and stretch poses while blindfolded, relying on Claire's instruction to learn to think via feeling rather than seeing.
- **Integrative CBD Cooking Instructional** – in a live demonstration sponsored by brand partner RESET BIOSCIENCE CBD, Neda and Claire will showcase creative ways to integrate CBD tinctures into recipes, while further teaching about its health benefits, dosage recommendations and other essential take-home tips.
- **Dinner at The Farm** – as the sun sets, visitors will savour local island flavours at dinner on Jumby Bay's farm. Working with local farmers, The Farm presents seasonal culinary workshops and an ever-changing menu.
- **Moonlight Sound Bath & Catamaran Cruise Intention Ceremony** – to conclude what will be a deeply curative day, a Moonlight Sound Bath will take place on the beach, followed by an Intention Ceremony aboard the resort's private catamaran. 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 brainwave frequencies, balance the hemispheres of the brain, and promote a sense of inner peace.
- **Additional Offerings** – in addition to the full itinerary, the Paper & Diamond wellness team will be breaking out into private sessions with guests. These will include reiki crystal sound healing, individual nutrition coaching, stretch and mobility sessions, mindful mixology workshops and kundalini yoga.

## THE DESTINATION

Set in one of the most beautiful untouched locations in the world, Jumby Bay Island is a private island of simple pleasures in the Caribbean nation of Antigua & Barbuda, just two miles off mainland Antigua. Ringed with coral reefs and reachable only by boat with no cars in sight, the isle comprises three stunning white-powdered beaches and countless winding bicycle paths, to create a one-of-a-kind hideaway known, quite simply, as the finest resort in the Caribbean. Retreat guests will have the option to stay in one of 28 recently refurbished suites – that key count returning the resort to the same number of rooms as when the hotel originally opened in 1983, making it more exclusive than ever – or one of 35 Villas and Private Residences. All accommodations are designed in a sophisticated tropical residential style, in a colour palette of turquoise Caribbean blues and vibrant coral reefs. Private Residences offer additional features such as infinity pools, tennis courts, gyms, yoga pavilions and even private beaches, and come equipped with dedicated staff, butler and chef. Surrounded by lush tropical foliage, Jumby Bay Island spans 300 secluded acres and is home to 4.5 miles of pristine shoreline, with the main resort presiding over some of the most spectacular and fiercely protected beaches in the Caribbean.

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**Rates for Jumby Bay Island's *A Journey Through the Senses* wellness retreat starts from \$3,600 per night (currently approx. £2,590 / €2,978) based on double occupancy, and includes:**

- 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 private island accessible only by boat.
- Welcome gift bag valued at \$750 including perks and products from Paper & Diamond's curation of wellness and fitness brands.
- Daily breakfast, lunch and dinner 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 (bespoke yoga and Pilates).
- Daily mindfulness sessions (journaling, meditation, relaxation, and other soul and spirit rejuvenation).
- Departure 'White Night Beach Party' send-off to symbolize renewal.

- Half day yacht excursion to Little Jumby Island for wellness offerings, snorkelling 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 and one-month free subscription upon departure containing recipes and self-care items from Paper & Diamond's team of wellness experts.
- Private access to the 300-acre Caribbean Island grounds including fitness facilities, tennis courts, beaches, pools, restaurants, boutique and more.

[www.oetkercollection.com/hotels/jumby-bay-island](http://www.oetkercollection.com/hotels/jumby-bay-island) / [www.paperanddiamond.com](http://www.paperanddiamond.com)

#### Press Office

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#### About Jumby Bay Island

Set in one of the most beautiful, untouched locations in the world, Jumby Bay Island is a private island of simple pleasures situated in the Caribbean nation of Antigua and Barbuda. Ringed with coral reefs and reachable only by boat, with no cars in sight, this isle of white-powdered beaches and winding bicycle paths is a one-of-a-kind hideaway known, quite simply, as the finest resort in the Caribbean. The 300-acre secluded island features 28 tastefully decorated suites, 14 luxury villas and 22 Private Residences spread across its beautiful expanse, two miles off the coast of Antigua. Just steps away from the pristine white beaches, each suite is a tranquil oasis offering spectacular views of the Caribbean Sea.

#### About Paper & Diamond

Founded by Debbi Lee, Paper & Diamond's craft lies in providing exceptional experiences and services for our discerning international clientele, from the initial destination to the flawless finish and every step of the way in between. Our deep understanding of the luxury travel and wellness industries is coupled with years of expertise in delivering awe-inspiring moments. We firmly believe the experience of a lifetime should happen more than just once-in-a-lifetime. We consider it an art form to execute something surpassing what is ordinary. Helping us achieve our carefully crafted travel and wellness experiences is our network of partners. While each professional may hail from a different diverse background and possess an individual skill set, at their core, the team is united around our singular aim of carrying out remarkable travel and wellness programs.