

the Spa at salterra



THE WINTER WELLNESS RETREAT

Return to Yourself

Led by psychotherapist and wellness
advocate Lorraine Kenlock

return to yourself



Led by psychotherapist and wellness advocate Lorraine Kenlock, this immersive retreat invites guests to pause, restore, and reconnect. Blending evidence-based therapy with Caribbean-rooted healing, Lorraine curates experiences designed to nurture emotional balance and nervous system calm. Guests will explore somatic practices, reflective journaling, and nourishing Ital cuisine—all within Salterra's tranquil landscape.



the itinerary

- 3-Day Wellness Package (accommodation included): \$1,500++ per person
- Wellness Retreat (non-room package, 3 days of wellness activities): \$750++ per person
- Wellness Day Plan (per day activities): \$350++ per person

DAY ONE — DECEMBER 12TH

2:00 PM — Arrival & Check-In

Welcome with a wellness elixir and time to settle into the resort.

4:00 PM — Opening Circle & Intentions

Gather at the Salterra Fireball to begin your retreat with grounding reflection.

5:30 PM — “Wind & Water Flow” Somatic Yoga

A gentle movement practice on the Salterra Beach shoreline, guided by ocean rhythms.

7:00 PM — Ital Welcome Dinner — Cobo Terrace

Enjoy a vibrant plant-based Ital dinner crafted by Chef Lorraine, set on the open-air Cobo Terrace overlooking the water. Expect bold Caribbean flavors, nourishing ingredients, and a warm communal atmosphere to open your retreat journey.

9:00 PM — Reflection Prompt + Herbal Sleep Tea

Wind down with a journal moment and soothing herbal tea.

DAY TWO — DECEMBER 13TH

6:30 AM — Sunrise Mindfulness Walk

A meditative walk through the island's historic Salt Flats, departing from the Lobby at Salterra.

8:00 AM — Ital Breakfast

A plant-forward, nourishing breakfast on the Regatta Terrace overlooking the pool.

9:00 AM — Therapeutic Workshop: “The Body Remembers”

Held in our Cacona Meeting Room, exploring emotional release and embodied wisdom.

11:00 AM — Saltwater Soak & Ice Bath Ritual

A cleansing and restorative ritual at The Spa at Salterra.

1:00 PM — Nourish Lunch + Midday Rest

Leisurely lunch at Cobo Bar & Grill, with a curated menu of house favorites prepared exclusively for our wellness retreat guests.

3:00 PM — Creative Healing Session: “The Art of Becoming”

A reflective, hands-on session hosted in the Cacona Meeting Room.

5:00 PM — Restorative Yoga & Sound Integration

A deeply calming evening practice, held on the Karaya Lawn.

7:30 PM — Fire Circle + Ancestral Drumming

Gather around the Salterra Fireball for rhythm, storytelling, and elemental connection.

the itinerary

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DAY THREE — DECEMBER 14TH

7:00 AM — Guided Meditation & Movement

Held on the Karaya Lawn, blending breathwork and gentle flow.

8:30 AM — Wellness Breakfast

Begin your morning with a leisurely breakfast buffet in Regatta Restaurant.

10:00 AM — Workshop: “Living the Ital Way”

A session on sustaining nourishment and mindful living, held in the Cacona Meeting Room.

12:00 PM — Closing Circle + Gratitude Ritual + Farewell Lunch

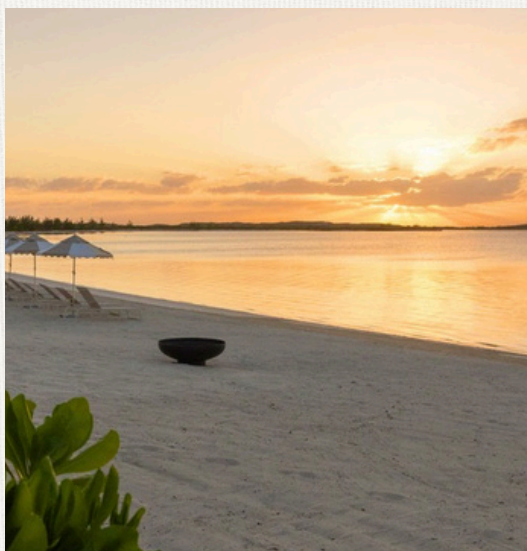
A final gathering to seal intentions and celebrate your journey.

2:00 PM — Departures & Optional Add-On Bookings

Extend your wellness experience with additional spa treatments.

INCLUDED GIFTS

Custom Retreat Journal, Salterra Gift Bag, Salterra Water Bottle, & Ritual Tools



spa information

Open for reservations from 9:00 AM – 7:00 PM

FACILITIES

Enjoy a luxurious range of experiences designed to restore and renew:

- Luxury bathrobes and slippers
- Separate male and female changing rooms with showers
- Relaxation spa lounge
- Spa refreshments
- Eight serene treatment rooms, including two private couples' suites
- Access to our tranquil adults-only pool and whirlpool
- Halotherapy room (arriving Summer 2025)

Spa facilities are complimentary for resort guests. For non-resort guests, a facilities fee of USD 50 per person applies and is waived with the purchase of a treatment. All treatments are available to residents of Salterra, a Luxury Collection Resort & Spa. Non-residents are welcome to book appointments with a minimum treatment duration of four hours. These bookings must be secured with a credit card and cannot be confirmed without one.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect the privacy and serenity of all guests by turning off your mobile phone while in the spa.

HEALTH CONDITIONS

Kindly inform us of any health conditions, allergies, or injuries that may affect your service at the time of booking.

CANCELLATION POLICY

Should you need to cancel or reschedule, please provide at least 24 hours' notice. No-shows will be charged the full price of the scheduled service.

PREGNANCY

We offer specially designed treatments for expectant mothers. Please allow our spa team to assist you in selecting treatments most suitable for you during this special time.

AGE REQUIREMENTS

Guests must be at least 17 years old to access the spa and use its amenities and services. Guests under 17 must be accompanied by a parent or guardian and a signed consent form is required.

PRICES & TAXES

All prices are subject to change. A 12% tax, 10% service charge, and 5% facilities fee will be applied.

VALUABLES

We are not responsible for personal items or valuables brought into the spa or left in lockers. We recommend leaving valuables in your guest room safe or at home.



SALTERRA RESORT & SPA

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