

# SIX SENSES LA SAGESSE GRENADA



Welcome, Six Senses La Sagesse Grenada, the newest member of the **CTO Chapter!**

We caught up with **Andrea Millar**, Director of Sales (Europe), to explore what makes this luxury Caribbean resort stand out.

Six Senses La Sagesse, Grenada, officially opened on 10 April 2024, marking the debut of Six Senses in the Caribbean.

**Highlight your Caribbean products/services that represent the flagship offerings of your company.**

Six Senses La Sagesse, located in Grenada, offers a range of signature experiences designed to immerse guests in the natural beauty, luxury, and wellness focus that the brand is known for.

 **Flagship offerings include:**

## 1. Wellness Programs

- **Personalised Wellness Retreats**
  - Tailored experiences combining yoga, meditation, fitness, and nutrition. Each retreat is designed around your unique health and well-being goals, with expert guidance from wellness professionals.

### Six Senses Integrated Wellness

- A holistic approach blending ancient healing techniques with modern therapies, including personalised fitness assessments, sleep consultations, and nutritional advice.
- **Ayurvedic Treatments**
  - Drawing from Grenada's natural resources, this program integrates Ayurvedic practices to restore balance and improve vitality.

## 2. Spa & Healing Treatments

- **Signature Therapies**
  - A wide range of spa services, including massages, facials, and body treatments focused on relaxation and rejuvenation.
- **Healing Waters**
  - The spa includes a hydrotherapy circuit with water-based treatments designed to detoxify and relax.

## 3. Gastronomy Experiences

- **Farm-to-Table Dining**
  - Locally sourced ingredients from the resort's garden and nearby farms, blending local flavours with global influences.
- **Chef's Table**
  - Exclusive meals crafted by the executive chef, featuring locally caught fish and regional specialties.
- **Cooking Classes & Wine Tastings**
  - Hands-on cooking experiences and wine pairings highlighting local ingredients and Grenadian cuisine.



#### 4. Sustainable Experiences 🌿

- **Marine Conservation & Eco-Tours**
  - Explore the surrounding natural beauty with activities like snorkeling, diving, and eco-conscious tours, all with an emphasis on sustainability and preserving Grenada's marine environment.
- **Sustainability Initiatives**
  - The property is designed with eco-friendly practices in mind, including the use of sustainable materials, energy-saving technologies, and responsible tourism practices.

#### 5. Water & Land Adventures 🏄‍♀️

- **Water Sports**
  - Enjoy activities such as kayaking, stand-up paddle-boarding, and sailing in the pristine waters of La Sagesse Bay.
- **Hiking & Nature Walks**
  - Explore the lush, tropical landscape surrounding the resort, including nearby forests, waterfalls, and scenic viewpoints.

#### 6. Private Villas & Luxury Accommodations 🏡

- The resort features exclusive, spacious villas and suites with private pools, offering guests the ultimate in luxury, privacy, and comfort.

#### Designed for an Unforgettable Caribbean Escape 🌴

Six Senses La Sagesse's offerings are crafted to deliver exceptional, personalised experiences. Whether you're seeking adventure, wellness, or tranquil luxury, every detail is designed to promote:

- Well-being 🧘‍♀️
- Sustainability 🌿
- A Deep Connection to Grenada's Natural Beauty 🌊

**What are your top three goals you aim to achieve through your CTO Chapter membership?**

- Increase Business!
- Create Awareness!
- Have Fun!

