

6 Best New Spas in the Caribbean



The FieldSpa at GoldenEye Hotel & Resort, Oracabessa, Jamaica

Despite this 52-acre resort -- owned by Chris Blackwell, founder of Island Records/Island Outpost -- being the former home of Ian Fleming (where he wrote all 14 James Bond novels), there is nothing dangerous about it. The spa (which opened in mid-December) is, however, definitely exotic. Ingredients for treatments -- like Jamaican wild lime, wild Jamaican ginger and pimento oil -- are sourced from a local farm, as well as seaweed harvested in Oracabessa Bay. You can arrive for your treatment, held inside of three intimate rooms, via a short kayak ride from your room. Activities -- such as bay rafting in a local lagoon, moon yoga or cardio Jamaican dance -- are arranged by resident fitness director Iona Wynter (a Jamaican triathlete who competed in the 2000 Olympics in Sydney).

Contact: www.goldeneye.com

Photo Caption: The FieldSpa at GoldenEye Hotel & Resort. Courtesy Island Outpost