

NIKKI <sup>TM</sup> BEACH  
RESIDENCES  
*Antigua*



BUYER'S GUIDE

WELLNESS AT NIKKI BEACH RESORT & SPA ANTIGUA

# WHERE VITALITY MOVES WITH THE SEA

WELLNESS AT NIKKI BEACH ANTIGUA IS GUIDED BY RHYTHM — THE RHYTHM OF TIDE AND TRADE WIND, OF SUNRISE LIGHT ACROSS THE WATER, OF MUSIC THAT LINGERS LONG AFTER SUNSET.

## WELLNESS AT NIKKI BEACH RESORT & SPA ANTIGUA

Set within 11,000 square feet of refined indoor and open-air space, the Nikki Spa & Wellness Centre is conceived not simply as a facility, but as a sanctuary shaped by the Caribbean itself. Here, wellbeing unfolds naturally — supported by science, elevated by environment, and attuned to the cadence of island life.

The philosophy rests on four interconnected pillars: Energy, Recovery, Rhythm and Social Balance. Together, they form a continuum rather than a sequence — a way of living that feels instinctive rather than scheduled.

### ENERGY

#### MOVEMENT BENEATH OPEN SKIES

**Yoga and Pilates** unfold in studios overlooking gardens and sea. Strength and conditioning spaces are designed for performance without confinement, where movement feels expansive rather than enclosed.

**Advanced therapies** complement physical vitality. Cryotherapy sharpens recovery after exertion. Hyperbaric oxygen supports cellular renewal. IV infusions restore hydration and micronutrient balance following long-haul travel or late evenings by the water.

Energy is drawn from the environment as much as from effort.

### RECOVERY

#### THE ART OF RESTORATION

Afternoons soften.

**Red-light therapy** encourages tissue repair. Contrast environments — sauna, steam and snow — quiet inflammation and awaken circulation. Hydrotherapy soothes and recalibrates.

**Eight private treatment suites and six open-air cabanas** offer secluded spaces for massage and bodywork, where the sound of the sea becomes part of the therapy. The spa pool invites stillness between treatments, sunlight filtering gently through palm fronds.

Restoration here is elemental — heat, water, breath, touch.

### RHYTHM

#### LIVING IN BALANCE WITH THE ISLAND

Wellness at Nikki Beach does not exist apart from leisure; it moves alongside it.

A vitality breakfast follows early movement. A moment of recovery precedes an afternoon at the Beach Club. Sunset becomes a transition rather than an ending — perhaps marked by guided breathwork or a twilight massage overlooking the horizon.

Nutrition reflects this balance — locally sourced, plant-forward and vibrant without excess. Wellness becomes part of daily life, woven into its natural flow.

## SOCIAL BALANCE

Connection with Discretion

Wellbeing is also found in shared experience.

**Curated group sessions, mindful gatherings and celebratory moments** reflect Nikki Beach's distinctive cultural energy, while designated Owner access periods preserve privacy within spa and performance spaces.

There is space for solitude. There is space for connection. The balance is intentional.

## SIGNATURE WELLNESS JOURNEYS

Three curated pathways articulate this philosophy:

### JETSETTER RECOVERY

A restorative sequence designed for global movement — combining IV infusion, hyperbaric oxygen, red-light therapy and guided mobility to recalibrate body and mind after travel.

### CARIBBEAN DETOX

A reset inspired by climate and sea, integrating contrast therapy, plant-based nourishment and restorative bodywork.

### SUNSET SERENITY

An immersive progression from breathwork to open-air massage, concluding in quiet reflection as the horizon deepens into evening.

Each journey moves seamlessly through the pillars of Energy, Recovery, Rhythm and Social Balance.

## A DAY IN RHYTHM

At Nikki Beach Antigua, wellness might unfold as:

Sunrise yoga in warm light.

A nourishing breakfast by the sea.

Midday cryotherapy or hydrotherapy.

An afternoon immersed in music and water.

A sunset massage beneath open skies.

There is no separation between vitality and pleasure — only flow.

## OWNER EXPERIENCE

**Residence Owners** enjoy full access to spa, fitness and wellness facilities, with designated Owner-only hours ensuring discretion during peak periods. In-residence treatments, private training and bespoke programmes are arranged seamlessly.

**Founding Owners** will be invited to private wellness consultations prior to opening, allowing individualised programmes to be shaped around personal travel patterns and lifestyle objectives.

*Wellness begins before arrival and lingers long after departure.*

*At Nikki Beach Antigua, wellbeing is not pursued. It is absorbed — from light, from water, from movement, from celebration.*

*A sanctuary where performance and pleasure coexist, and where vitality rises and falls with the Caribbean tide.*

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