

NIKKI BEACH  
RESIDENCES  
*Antigua*



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 evolves with each day, each season and each return to the island.



### 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 travel or long evenings by the water.

Energy here is not forced — it is drawn from the environment itself.



### RECOVERY

#### THE ART OF RESTORATION

Afternoons soften.

**Red-light therapy** supports tissue repair. Contrast environments — sauna, steam and snow — quiet inflammation and awaken circulation. Hydrotherapy recalibrates the body through heat, water and breath.

**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.

Restoration becomes instinctive.

## RHYTHM

### LIVING IN BALANCE WITH THE ISLAND

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

A sunrise session may lead to a vitality breakfast by the sea. Recovery treatments follow an afternoon on the water or at the Beach Club. Sunset becomes a moment for breathwork, reflection or a twilight massage overlooking the horizon.

Wellbeing is woven into the day rather than scheduled around it.



## SOCIAL BALANCE

### ENERGY SHARED, PRIVACY PRESERVED



Connection is also part of vitality.

Curated group sessions and mindful gatherings reflect the distinctive energy of Nikki Beach, while designated Owner access periods preserve privacy within spa and performance spaces.

There is space for solitude. There is space for celebration.

The balance is intentional.

## A WELLNESS PRACTICE THAT EVOLVES

For Residence Owners, wellness becomes part of a longer rhythm.

Prior to opening, Founding Owners will be invited to private wellness consultations, where specialists design personalised programmes aligned with travel patterns, health goals and lifestyle preferences.



These consultations establish a foundation that evolves with each return to Antigua — from travel recovery protocols to seasonal performance and longevity programmes.

Wellness becomes continuous rather than occasional.

## SIGNATURE WELLNESS JOURNEYS

Three curated pathways articulate this philosophy:

### JETSETTER RECOVERY

Designed for globally mobile lifestyles, combining IV therapy, hyperbaric oxygen, red-light treatment and guided mobility to restore equilibrium after travel.

### CARIBBEAN DETOX

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

### SUNSET SERENITY

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

Each journey flows naturally 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.

### WELLNESS AS PART OF RESIDENCE

For owners, this environment becomes part of everyday life.

Private training sessions before breakfast.

Recovery therapies after sailing or travel.

In-residence treatments delivered with discretion.

Wellness routines that continue season after season.



The objective is not simply relaxation, but longevity — a rhythm of vitality that accompanies life at Nikki Beach Antigua.

*At Nikki Beach Antigua, wellbeing is not pursued.*

*It is absorbed — from light, from water, from movement and from celebration.*

*And for those who call the resort home, it becomes part of the way life unfolds.*

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