



- Turndown service
- 24-hour room service
- Express overnight laundry and dry cleaning
- Yoga mat

Carlisle Bay also offers its guests a wide range of activities and services including many non-motorized water sports such as sailing, kayaking, snorkeling, windsurfing, and paddle boarding. All motorized water sports such as waterskiing, wakeboarding, and tubing take place in a neighboring cove in order to preserve the tranquility of the bay. The Blue Spa is a large facility with six treatment rooms, a sauna, plunge pools, a hair salon, a juice bar, and a state-of-the-art gymnasium staffed by a team of personal trainers. The Spa menu includes facials, massages and scrubs. Carlisle Bay's Yoga Pavilion is set in the property's lush tropical gardens and offers both yoga and Pilate's classes.

The resort's Screening Room is a fully equipped mul-

## AT A GLANCE

**WHO:** Carlisle Bay Resort

**WHAT:** Luxury hotel and spa in Antigua

**WHERE:** St. John's, Carlisle Bay, Antigua & Barbuda

**WEBSITE:** [www.carlisle-bay.com](http://www.carlisle-bay.com)

timedia space with DVD projection, 5.1 Dolby Digital Surround sound and an adjustable screen (widescreen to cinemascope) accommodating up to 45 with midnight-blue, Italian-made seats.



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