

*Health and Happiness on*  
**Mustique**

14-21 May 2026

11-18 June 2026



THE  
**HEALTHY HOLIDAY**  
COMPANY



*You're invited* to discover the unique, exclusive island of Mustique and immerse yourself in island life for a joyful, healthy and sociable week. It's a boutique wellness festival with time to retreat. It's a luxury retreat with uplifting festivities. It offers the very best of Mustique and gives guests the opportunity to experience the island through the lens of a villa-owner living their best life. This is a lively week, created to enable guests to delve into an array of activities that most reflect life on this blissful island, and is a unique opportunity to gain access to the private retreat of royalty, rock stars and discrete billionaires.

Mustique is a haven for healthy activities that islanders enjoy daily. Life for the in-the-know regular visitors or residents already incorporates coastal hiking, snorkelling with turtles, yoga on the ocean-facing pavilion, beach work-outs and sea-swimming with the island's horses. There's a bliss-out spa where the Bamford-trained therapists de-stress and soothe with their signature healing organic products. There's

an exceptional new gym and studio at the Cotton House Hotel run by their resident expert team. But Mustique's fun, festive, eccentric side is legendary too, and to complement the health-focused activities for regular island visitors there are sumptuous beach-side picnics, Cotton House cocktail parties and jazz and dancing at the iconic Basil's Bar.



*Sea-swimming with the island's horses.*

The Mustique Company has collaborated with The Healthy Holiday Company and with Bamford Spa to programme a Health and Happiness week – a unique and very special week to showcase the special elements of wellbeing and social connection that the island offers, as well as integrate some well-respected international wellness experts.

Wellness-travel entrepreneur Kathryn Brierley (CEO and founder of The Healthy Holiday Company and in:spa retreats) is a visionary in the world of wellness travel, having pioneered the 'wellness retreat' concept over 20 years ago. 'For this special week, we all felt drawn to create a celebration of all aspects of a 'best life' on the island so that visitors can experience the true essence of Mustique in an authentic 'feel-good' week. You feel a sense of real joy and happiness on the island which comes from a combination of its uplifting natural beauty with the genuine warm welcome from its residents. The island's sociable personality inspires connection and is energising. Its laid-back rhythm and unspoiled



*Yoga on the ocean-facing pavilion.*

natural beauty enables deep relaxation. The island's unmatched privacy provides the safest space to escape to.'

The programme weaves together a wide range of activities to create an uplifting wellbeing week to experience the full beauty of the island and get to know some of the island's key personalities. The programme will encourage exploring, moving, pausing, learning, creating, nourishing and connection. Activities on offer include sunrise hikes, snorkelling with the Green sea-turtles by Basil's, cardio-tennis on Macaroni Beach, bliss-out spa treatments at the Bamford spa, ocean-view yoga at Lagoon Bay, studio-based Pilates, sea-swimming with horses, beach picnics, cocktails at Cotton House, talks in the legendary Great Room on island life and conservation projects, in-villa nutrition advice and cookery workshops, outdoor cinema-screening, creative workshops, a sunset cruise on the Lady Anne and exuberant evenings at Basil's, the famous island hotspot.



*The iconic Basil's Bar.*





Accommodation is in luxury ensuite accommodation across exceptional contemporary private villas, each with sweeping sea views, indulgent living and dining areas and expansive private pools.

The week belongs to solo travellers, friends and couples, anyone who wants to experience island bliss for an unforgettable week.

**Prices include:**

*Return flights from St Lucia or Barbados with Air Adelphi*

*7 nights luxury villa accommodation*

*All meals within the programme across dining areas: your private villa, Cotton House, Basil's, Beach Cafe*

*Full programme of hiking, fitness yoga and Pilates activities, breathwork and meditation, Bamford spa treatment, snorkelling, kayak and paddleboarding, talks, workshops, tennis activities, equestrian activities, creative workshops, beach picnics, sunset cruise on the Lady Anne, cocktail party at the Cotton House, outdoor cinema screening, evening entertainment at Basil's.*

*All taxes.*

*All activities are optional.*

*Each booking includes a donation to the Mustique Charitable Trust.*



**Prices:**

*Single occupancy: £7900 pp*

*Shared occupancy (double or twin): £5790 pp*

[www.thehealthyholidaycompany.co.uk](http://www.thehealthyholidaycompany.co.uk)

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