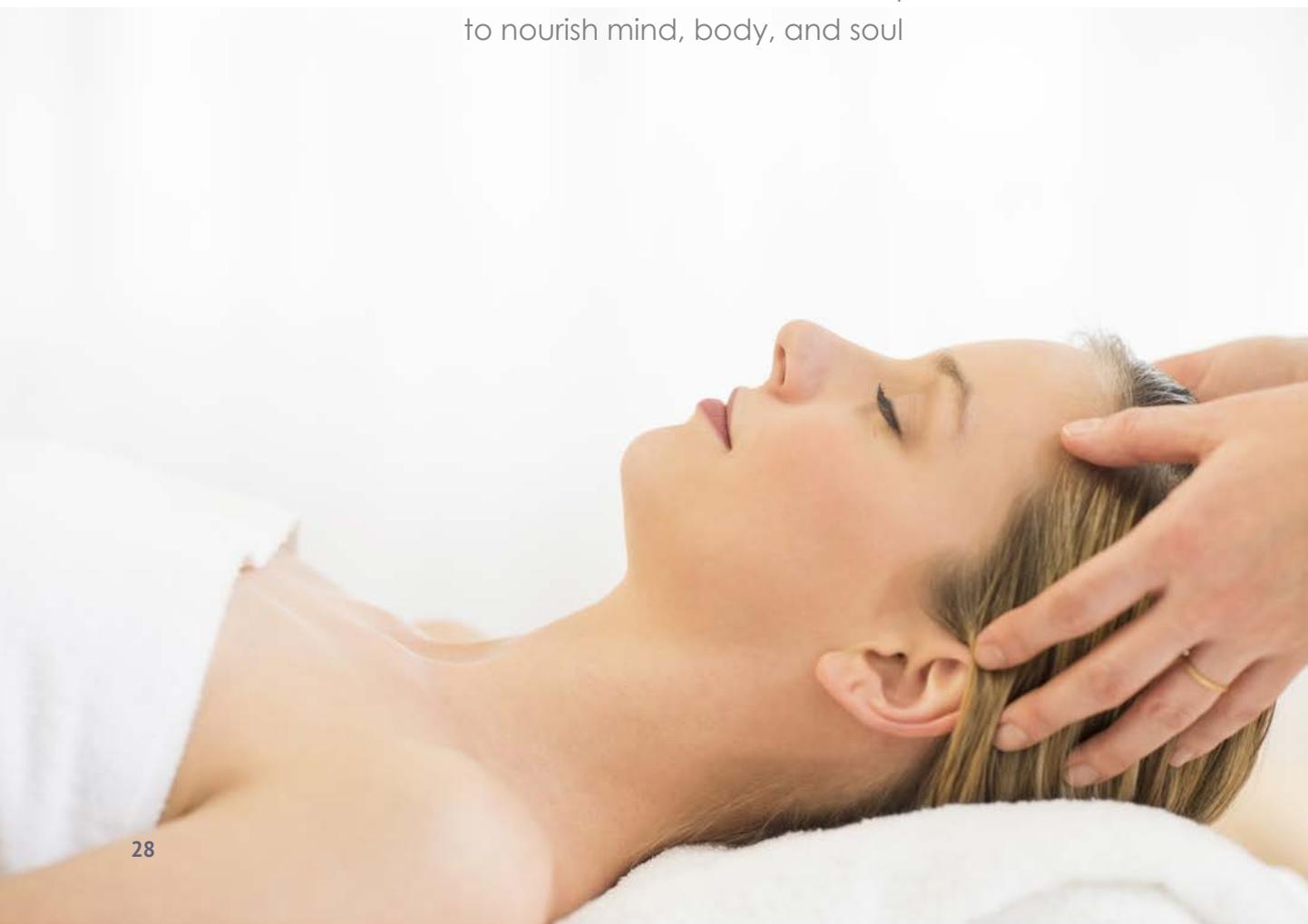


# TIME TO spaahh



Botanika Union offers holistic therapies  
to nourish mind, body, and soul



*By Joanna Lewis*

Worn out by the stresses of day-to-day life? Then head to Botanika Union, the Grand Cayman Marriott Beach Resort's newly opened spa.

Tucked away in the resort's lobby the spa offers wellness lovers a host of healing treatments, including rejuvenating skin-loving facials, relaxing massages, and cleansing body treatments alongside manicures and pedicures, all of which are designed to leave you looking and feeling your best.

There's also a fabulous retail space offering a range of all-natural skincare and wellbeing products, including incense, candles, tinctures, healing teas, natural elixirs, and herbal tonics. There's even locally-made kombucha on tap from Jessie's Juice Bar.

Laura Skec, director of sales and marketing, says that the aim of Botanika Union is to create a nourishing space that goes beyond offering guests a one-off indulgence, but instead features a changing programme of holistic treatments and therapies that can be enjoyed on a monthly or even weekly basis.

"The dream is to create an 'Art of Living' routine," Laura says. "Botanika Union recognises the power of rituals creating abundance, vitality, goodness, and balance in everyday life. What we offer – botanical therapies and soul nourishing activities – is our unique vision of a spa experience that is not offered anywhere else in Cayman."

Step into this calming space and you are instantly whisked away from the stresses of day-to-day life.

"Botanika Union recognises the power of rituals creating abundance, vitality, goodness, and balance in everyday life."



Featuring a clean, minimalist look, the spa's décor is designed around relaxation, showcasing clean lines and a palette of neutral, earth-coloured tones, all peppered with green foliage and inspirational handmade pieces of art.

"The ambiance is authentic, relaxed, approachable, casual, and flexible," Laura explains. "The aim is to generate an environment that is part of a community's weekly routine. At Botanika Union, we want to inspire guests to create daily rituals that will help enrich every component of their life – physically, mentally, emotionally, and spiritually."

She adds: "The aim is for our guests to walk away from their experience with us feeling like the best version of themselves."



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### ***A natural approach***

Botanika Union favours a natural approach to skincare, opting to harness the healing power of Mother Nature. The spa uses Naturopathica’s range of skincare products in many of its treatments.

The American skincare brand was founded by herbalist, aromatherapist, and skincare-pro Barbara Close in 1995 and has grown into one of the most popular skincare brands with natural beauty enthusiasts.

Naturopathica aims to take a holistic approach to health and beauty, seeking the source of imbalance rather than the symptom – something which is reflected across Botanika Union’s treatments.

“Botanika Union is proud to be collaborating with Naturopathica, who are highly respected in the beauty community and are one of the leading providers of organic skincare products,” Laura explains.

“Naturopathica is a company whose philosophy is inspired by herbalism and beauty rooted in wellness. They believe in the power of plants and are committed to clean and sustainable ingredients,” she adds.



Therapist Claudie exudes the philosophy of Botanika Union. She radiates vitality and her skin looks lit from within.

**My experience**

Shortly after Botanika Union opened I was invited to try one of the spa's signature treatments – the deliciously sounding Holistic Manuka Honey Facial.

This wonderful two-hour treatment is customised to individual skincare needs and includes detoxifying lymphatic brushing, relaxing aromatherapy, and massage, all coupled with targeted active ingredients from plant stem-cells to peptides.

Balancing a full-time job in addition to a rambunctious toddler, the treatment was just the ticket to help me find my inner calm and relax. Indeed, as I stepped into the calming interior of Botanika Union I instantly started to feel a sense of calm wash over me.

I was met by therapist Claudie and I instantly felt in safe hands. Claudie exudes the philosophy of Botanika Union. She radiates vitality and her skin looks lit from within.

Claudie kicked-off the treatment with a skincare questionnaire, designed to ascertain my skin personality. Stressed out and exhausted would be my words. Claudie kindly explained that my skin is simply dehydrated and needs a little tender loving care.

There're so many wonderful steps to the Holistic Manuka Honey Facial it was hard to keep track, especially as its soporific effects started to kick-in. Indeed, I could have easily nodded-off for a few hours of

blissful sleep. However, to summarise the treatment, it included cleansing, exfoliation, facial massage, extractions (if needed), a treatment mask, along with a gentle enzyme or glycolic peel.

Post treatment I felt like my complexion's dreams had come true. My skin was positively glowing and I truly felt ready to face the day.

Following the treatment, I headed to the spa's relaxation room. Claudie brought me some herbal tea and gave me a list of recommended skincare products to help keep my skin in tip top condition at home.

All too soon though it was time to face the rest of the day. Armed with a range of skincare and wellbeing products from the spa's retail space I made a promise to carve out just a few moments to myself each day so as I can enjoy a little slice of Botanika Union's restorative powers at home.

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