

# Resort Directory

## **HOLIDAY CONCEPT**

Amazing things happen when you introduce your body to your mind! **LaSource** offers you an amazing first-class holiday experience - one that imaginatively combines the best of an active beach vacation with spa treats and cares designed to give you a sensual source of profound body and mind rejuvenation - and it's all included!

## **LOCATION**

**LaSource** is situated on the Southwest tip of the Spice Island of Grenada. The Resort is on Pink Gin Beach and is surrounded by 40 acres of lush tropical garden. It is 5 minutes from Point Salines International Airport and 15 minutes from the Capital, St George's.

## **THE ACCOMMODATION**

100 Guest Rooms

Ocean Front Junior Suites	Luxury Ocean View Rooms	Luxury Rooms
Ocean View Junior Suites	Luxury Ocean Front Rooms	Luxury Single Rooms

The Luxury Rooms are ground floor rooms on a hillside with a balcony or patio overlooking the gardens.

The Luxury Single Rooms are ground floor rooms on a hillside with a balcony or patio overlooking the gardens.

## **ROOMS THAT TAKE YOU AWAY FROM IT ALL**

A great deal of thought went into the accommodation at **LaSource** so that we could promise a new standard. Seasoned travellers tell us we created tasteful havens of luxurious and elegant comfort that are rarely seen in the Caribbean. Rooms have a colonial feel that invites visions of our island history. Jalousied wooden shutters rather than curtains provide shade from the brilliant Caribbean sunlight. Ceiling fans gently move the air. Cool marble under foot feels opulent. Hand carved mahogany furniture add warmth, as does a 4-poster king size bed (or a choice of two double beds) with off white bedspreads that add to the antique feel. Generous room size gives you desirable space, while a private balcony or terrace takes you outside to a view of the sea or our fabulous gardens. Bathrooms are also spacious and luxurious with abundant marble, a bath and shower, and a plentiful supply of necessary toiletries and treatment robes.

Of course, all rooms have air conditioning. Other amenities include international direct dial telephone, clock radio, mini fridge (not stocked), in-room safes, iron and ironing board. Room categories differ by location and view. Rooms on the top floor have vaulted ceilings for an even more desirable feeling of space and light. But kindly note that **LaSource** is not equipped for people with walking difficulties.

## **GUEST ROOM FACILITIES**

- Air Conditioning • Italian Marble Bathroom • Hair Dryers • Electronic Safe • Ceiling Fans • Robes • Shaving Mirror
- Balcony or Terrace • Direct Dial Telephone • Luxury Toiletries • CD/Radio/Alarm Clock • 110 and 220 Volt outlets
- Mini Fridge (not stocked) • Mahogany Furniture • Iron and Ironing Board

## **LASOURCE RESTAURANTS & BARS**

### **THE TERRACE BAR & LOUNGE**

Although it is covered by a high, vaulted ceiling made of beautiful hardwood the Terrace is completely open with a view of the pool and the beach. The

delicious tang of the sea air encourages relaxation and enjoyment of the great cocktails served here. The bar also serves a range of local, Caribbean and international drinks including well known premium brands like Johnny Walker Black Label Whisky, Glenfiddich Single Malt Whisky, Mt. Gay Rum, Beefeater Gin and Absolute Vodka.

#### **THE GREAT HOUSE RESTAURANT**

This is an elegantly decorated, fine dining restaurant with high ceiling made of beautiful hard wood that gives a fresh, airy feeling. Its outdoor verandah provides a spectacular view of the town of St. George's with its mountain range in the distance.

The Great House Restaurant serves globally influenced Cuisine **LaSource**. Authentic, international dishes made healthy without sacrificing flavor and taste. The atmosphere is very special. You will undoubtedly meet other guests to share the experience during the course of the day. Dinner is served a la carte and consists of several courses that include meats and fish as well as vegetarian selections. A variety of wine is served with finer vintages available at an extra cost. All this is done with first class service in elegant surroundings.

#### **THE GARDEN RESTAURANT**

The Garden Restaurant is set in a garden enclave and contains large decorative glass panel windows surrounded by tropical, well-lit greenery. This restaurant is air-conditioned. It is here that you might start your day with a full buffet breakfast. Choose from our variety of dishes including eggs cooked to order, sausages, bacon, baked beans and grilled tomatoes with daily specials like Egg Benedict. You can also enjoy some of our Caribbean specialty dishes or go continental with a selection of breads, Danish pastries, chocolate Danish, chocolate croissants and cereals. Lots of Tropical fruits including mangoes, melons, papaya and pineapple are served daily.

A themed buffet is served for lunch daily full of choices. In fact your only problem during your entire stay might be what to select for lunch!

The Garden restaurant serves up a Mediterranean dinner buffet with Asian influence nightly. Guests can enjoy dinner in air-conditioned comfort in a truly elegantly designed restaurant. Special diets such as vegetarian, vegan, low cholesterol and low salt are available on request to our restaurant proprietor.

#### **OSCAR'S BEACH BAR & RESTAURANT**

The Italians call it antipasto, the Chinese dim sum, the Turks meze, the French hors d'oeuvres and the Spanish tapas. Unlike their cousins around the world, our tapas are more than just appetizers. When savored at dinner-time with a glass of sherry, a full array of these tasty miniature morsels can be a meal in themselves. The word tapas mean lids or covers. Tapas were originally a piece of bread or cured ham placed on top of a wine glass to keep dust and flies out. Well, things have changed since then. The globally influenced Menu **LaSource** has adopted the concept of tapas and married it with our health and wellness cuisine (Healthy eating without sacrificing flavor and taste). Oscar's therefore conjures up the idea of healthy tapas served in meal size portions.

Oscar's Beach Bar & Restaurant is ideally located right on the beach. It is made almost entirely from hard wood imported from South America. Even the roof is constructed the way the South American Indians would have done it. Oscar's boasts one of the most spectacular views in the Hotel. St. George's is in the background and the mountains, hills and sea confirms the feeling that you are in paradise.

#### **CAFÉ DELI**

The Café Deli is set in the main facilities with a choice of indoor air-conditioned dining or dining outdoor on the patio and courtyard. The centrepiece of The Café Deli is two well-lit fountains, which create a relaxing atmosphere.

The Café Deli serves light snacks and salads including Greek, Nicoise and

Caesar salads, Panini with your choice of fillings like Parma ham, chicken pesto, jerk turkey and tuna. A selection of coffees, including cappuccino, espresso and café latte. Also available are health treats like carrot cake, oatmeal biscuits, fruits, sandwiches and soups.

*Afternoon tea served daily at The Café Deli*

#### **THE PIANO BAR**

This very chic night-spot feels like a plush London club. Dark wood and deep - cushioned furniture match this impression. The long bar is stocked with whatever your heart desires, and of course, there is a baby grand piano and a resident pianist tickling the ivories with just about any tune you request. It's where you might meet newly acquired friends for drinks before dinner or a nightcap after dinner.

Lively conversation and laughter often go on until the wee hours of the morning. Also available at the Piano bar are famous board games like chess and checkers.

#### **ROOM SERVICE FOR CONTINENTAL BREAKFAST**

Room service breakfast is available serving pastries and tea or coffee. To obtain this service please call reception.

#### **HOURS OF OPERATION**

**BREAKFAST** is served buffet style in the air-conditioned Garden Restaurant from 7:30am to 10:30am.

Continental Breakfast Service available in-room on request daily from 6:00am to 10:30am

**LUNCH** is your choice served buffet style in the air-conditioned Garden Restaurant from 12:30pm to 2:30pm or a la carte in Oscar's Beach Bar and Restaurant from 12:30pm to 2:30pm or a light lunch at the Café Deli that is opened from 11:00am to 6:00pm.

**DINNER** is served a la carte in the Great House Restaurant from 6:30pm to 9:30pm and a nightly themed buffet style in the air-conditioned Garden Restaurant from 6:30pm to 9:30pm and a la carte dinner is served in Oscar's Beach Bar & Restaurant from 7:00pm to 10:00pm (reservations required for dinner in The Great House Restaurant and at Oscar's Beach Bar & Restaurant). A Caribbean dinner/beach party served buffet style weekly with live entertainment.

**SNACKS AND AFTERNOON TEA** is served at the Café Deli from 11:00am to 6:00pm.

#### **BARS**

**THE TERRACE BAR AND LOUNGE** is open from 12:00 noon to 7:00pm and offers premier alcoholic and non-alcoholic beverages and cocktails.

**OSCAR'S BEACH BAR & RESTAURANT** is open daily from 10:00am to 11:00pm also servicing the pool and beach.

**THE PIANO BAR** is air-conditioned and beautifully decorated. Opens at 6:00 pm and remains open until the last guest retires.

#### **ENTERTAINMENT**

Part of our programme offers Caribbean delights such as limbo dancing, folkloric dancing with steel band music.

Music for dancing is played by a live band.

#### **DRESS CODE**

Breakfast and lunch are casual but guests are asked to cover swimming costumes

and men to wear a shirt.

Dinner elegantly casual (no shorts, t-shirts, jeans, caps or bare feet are permitted in the restaurant).

## Activities

### LANDSPORTS

**GOLF** - we feature a 9-green Executive, par 3 course on the grounds of the resort. While short, the course is laid out amid flowering trees and shrubs along a brook that cascades over waterfalls. With many hillside lies, the course presents a challenge and a great opportunity to develop the "short" game. Our guests can also enjoy golf at the Grenada Golf Club's course and the green fees are even included in the holiday package!

### OTHER LANDSPORTS FACILITIES

• Tennis - 2 courts • Fencing • Hiking • Archery • Beach Volleyball • Aerobics  
• Table Tennis • Bicycle tours  
• Weight Training • Jogging • Stretch Classes • Personal Trainer • Billiards Tables

### WATER SPORTS

Divers from all over the world come to Grenada for a superior dive experience in near-virgin waters.

The dive programme at **LaSource** is without peer, and there is good snorkeling right off the beach.

**LaSource** offers excellent diving opportunities for both certified and non-certified divers who are resort guests.

The west coast of Grenada has an abundance of dive sites that range from easy and relaxing to exciting and challenging for even the most experienced divers.

The **LaSource** dive crew will help tailor a dive holiday suitable for your level of experience, and guests who are not certified are offered the opportunity to 'try' diving without going through a full certification course.

Guests who would like to become certified divers while staying at the resort can take advantage of our comprehensive PADI certification courses. We offer courses from 'Open Water' to 'Dive Master', including fifteen specialities.

### NON-CERTIFIED DIVERS

The 'Try Dive' program or the PADI Discover Scuba Diving, allows you to experience the thrill of scuba diving in one day without taking a full certification course. This program is available at no additional charge to guests.

### WHAT WILL HAPPEN?

- You must sign up in advance at the Dive shop and fill out a medical form. Please check our website at [www.TheAmazingHoliday.com](http://www.TheAmazingHoliday.com) under the sports page by the PADI Fast Track section to view the medical form to give you an idea of the questions asked.
- You must be in reasonably good health with no contraindications for scuba diving. If you did not view the medical form prior to your arrival at

**LaSource**, a local doctor can review your form should you answer **yes** to any contraindications, however there will be a charge for this service.

- When you are accepted into the program, you will be scheduled for a 2-hour classroom and pool session.
- Upon successful completion of this, you will be scheduled for an ocean dive to 12 metres/40ft. This is a very safe program. We maintain very strict standards for these dives that include very low instructor-to-student ratios.
- Because the instructor-to-student ratios are do low on these dives, **we can only provide one try dive' experience per guest per stay**. Additional try dives may be available for US\$50.00, subject to availability.
- This program is very popular and please book in advance at the dive shop to avoid disappointment.

#### **CERTIFIED DIVERS**

Certified divers have an abundance of diving opportunities included in the price of their stay. We try to give to our guests the opportunity to visit most of the more popular dive sites (once they are suitably qualified to dive), including the famous Bianca C. **Each certified diver is entitled to one dive per day**. Additional dives may be purchased at US\$50.00, US\$70.00 for a night dive and US\$25.00 for a shore dive, subject to availability.

- **You must provide us with a valid certification card from an acceptable training agency**. If for some reason you do not have your card with you, we will assist you in trying to verify your certification if you are willing to bear the expense of the necessary fax and phone calls.
- If you are planning to do some of our advanced dives, please provide us with **logbook documentation**, which supports your qualification for such dives.
- For safety reasons our instructors must have the final determination of a diver's qualifications for diving on a particular site and this cannot be overruled.

#### **BOAT DIVES**

Our boat, conditions permitting, goes out on at least two trips every day. The first dive is at 9am which can be between depths of 60ft/18m - 130ft/40m. The second dive is usually to depths of 30ft - 40ft.

- Your first dive will have to be a check dive normally done on the afternoon dives.
- You may sign up for a trip at any time, but if you are signing up with less than 24 hours in advance of a scheduled trip, your booking will be honoured on a space-available-basis.
- Due to the high demand for boat space, we must request that you honour your bookings. Failure to show up for a booked dive will cause all future dives to be on a space-available basis.

#### **BIANCA "C" DIVING**

The Bianca C is an advanced and frequently arduous dive; even the experienced divers find this dive challenging. To dive the Bianca "C", you must hold an advanced certification or provide us with log book documentation showing recent (6 mths - 1 yr) deep diving to 35metres - 40metres/130ft. For safety reasons **LaSource** dive staff must make the final decision on whether you will be permitted to dive this site and this decision cannot be overruled.

## **BEACH DIVES**

After you have done a few boat dives with our instructors and received a beach dive briefing, you may do a beach dive any day from 9.30am - 3.30pm.

To do a beach dive, you must have a certified buddy, you must carry a float line, and you must return with at least 500 psi in your tanks.

If you do not have a buddy our staff will be happy to assist you in finding one provided you give us sufficient notice.

Please see our staff for best times for shore diving.

## **CERTIFICATION COURSES**

**LaSource** offers the following PADI courses for additional charge:

Open Water	US\$450.00
Open Water referral	US\$210.00
Advanced Open Water	US\$325.00
EFR	US\$150.00
Rescue Diver	US\$380.00
Dive Master	US\$650.00

We also offer 15 different specialities, which range from US\$275.00 including deep, wreck, navigation and drift.

*Please note that Dive Shop is closed on New Year's Day.*

## **PADI Fast Track Courses**

**LaSource** - PADI COURSES AND FASTRACK PADI (Professional Association of Diving instructors) is an internationally recognized organization which co-ordinates training allowing you to dive virtually anywhere in the world.

It is no longer necessary to spend all of your vacation time reading and learning about scuba diving with the FASTRACK option at **LaSource**. This option starts with you studying all the theory at home prior to your departure. We will send you the PADI manual and video OR CD ROM giving you the opportunity to progress with the theory. So ... on arrival at **LaSource**, you can complete your knowledge reviews from your study guide, complete the pool training and open water qualifying dives in 2-3 days with our scuba instructors, leaving you with loads of spare time for enjoying recreational diving or the other activities.

## **THERE ARE THREE SECTIONS TO THE COURSE**

1. Theory
2. Pool-work
3. Open water dives

Knowledge of the basic diving theory is covered by video and instructor reviews/presentations, diving skills are developed in confined water and finally completing the 2-4 training dives under the supervision of a PADI instructor.

If you think PADI Fastrack is for you, there are two courses you can choose from:

## **PADI OPEN WATER COURSE**

This course gives you the Open Water Diver certification, which allows you to

dive with any qualified diver to a maximum depth of 18m/60feet. This three-day course consists of five knowledge development sessions, five-confined water/pool sessions and four open water-qualifying dives to a depth of 18m/60feet. It is a pre-requisite course for any further training. This certification will be recognized at dive centers around the globe. You can even begin your PADI Advanced Open Water course right after you complete this course.

#### **PADI ADVANCED OPEN WATER COURSE**

This course gives you vast opportunities to dive in other more challenging areas and increases your knowledge and ability. This involves five adventure dives, e.g. deep, wreck, drift, boat, U/W navigation, U/W naturalist and night diving. All you have to do is read the related chapters in your manual and complete the knowledge reviews at the end of those chapters. When you come to **LaSource**, your instructor will then review the specific dives with you in 2-3 days. On completion of this course, as a bonus, you would be qualified to dive the 'Bianca C' wreck (the Titanic of the Caribbean) at a max depth of 130'/40m.

#### **IMPORTANT**

Before you decide or are accepted for any course, we must determine whether you are fit to SCUBA Dive. Please log onto our website at [www.TheAmazingHoliday.com](http://www.TheAmazingHoliday.com) under the Sports page and download and print the form.

#### **PADI MEDICAL FORM**

If you answer "NO" to each question you are approved for diving. Please bring your completed medical form to **LaSource**.

If you answer "YES" to any of the questions, please download and print the PADI MEDICAL STATEMENT AND GUIDELINES for Recreational Scuba Divers Physical Examination.

You will need to consult with a physician who will complete this form and determine whether or not you are fit for scuba diving. Please note that you will be required to bring the original signed PADI Medical Statement Form from your physician to the Resort saying that you are fit to scuba dive.

Once you have selected your course and ordered your PADI materials please allow 2-3 weeks for shipping. Please pay close attention to your study guides. Both courses use the same materials. You will be required to fill out the online form on our website to register for the course.

Fast track Prices per person:

- PADI Open Water Diver Manual/video US\$500.00 plus US\$10.00 shipping
- CD ROM US\$500.00 plus US\$10.00 shipping
- PADI Advanced Open Water Diver Manual US\$375.00 plus US\$10.00 shipping
- CD ROM US\$375.00 plus US\$10.00 shipping

\*Fast track courses include equipment hire, all learning material, log book, dive planner and certification fee.

#### **SOME DIVE SITES OF GRENADA**

##### **BIANCA C 90' - 120'**

A 600' cruise ship sunk in 1961. She lies on a sandy plain in 167' of water, edged on the south side by Whibble Reef. The top deck/ sides of the boat are at 90-110 with the central structure having collapsed downward and to starboard. In December 1992, the rear third of the ship was torn loose by the

severe swell collapsing to starboard. The ship itself is falling down inside the hull that is upright, but you get the feeling it leans starboard because of the slope of the decks. There are sometimes strong tidal currents so this can be an advanced deep dive. The ship is encrusted with hydroids; black soft and hard corals. There are schools of jacks, barracudas; Eagle Rays are common as well as the occasional Atlantic spadefish and reed shark.

This dive is spectacular, advanced and frequently arduous which even experienced divers find challenging. Please see our dive staff regarding prerequisites for this dive.

#### **WINDMILL SHALLOWS 60' - 130'**

A narrow ridge only 20 -30 foot wide, it rises from the plate coral at 90' on the land ward. This is a virgin reef, as the fish are merely curious. There is an abundance of fish due to the tidal currents flowing over the narrow reef. The slope is encrusted with grogonias, black and red corals as well as variety of sponges.

#### **PURPLE RAIN 20' - 80'**

Called Purple Rain because there are so many Creole Wrasse descending around you during the dive you feel as if you are diving through rain of purple drops. A reef that splits into 2 ridges that run parallel to the coastline, it lies between Grand Reef and Whibble Reef.

#### **KAHONEE 20' - 25'**

The head of the two ridges consist of a collection of sand channels with reef in-between. The last place that I've seen a nurse shark that was larger then two foot long... I've seen more turtles here that I've seen for a long time; there are more fish in a variety of different coral landscapes. It's also the first time I've seen an octopus trying to hide in the sand; and when it realized it wasn't working, it flew straight to the reef between everybody... This is also the place for brain coral, some of which extend six foot or so across.

#### **LOWER BOSS REEF 20' - 80'**

You start in sand canyons in 20-30' descend down a slope to 50' where you might see the elusive green moray big enough to make you wonder if you want to see it (don't worry they don't attack). Further along this gentle drift dive, you will come to the hole, a frequent hang out for barracuda. The coral on this reef is varied with, finger, stag horn, elk horn, and brain coral on the upper parts of the slopes. Further down there is a cascade of sheet coral with soldier fish and squirrel fish hiding under its edges. In the shallower parts of the dive you can see shy and barred hamlets, an abundance of parrot fish and an occasional porcupine fish.

#### **OTHER WATER SPORT FACILITIES**

- Snorkelling • Water Volley Ball • Swimming • Ocean Kayaking • Water Skiing • Wind Surfing • Hobie Cat Sailing
- Wake Boarding • Sunfish Sailing • Aqua Aerobics • Hydro Boarding

## Body Cares

#### **GENERAL OASIS INFORMATION**

**OPENING HOURS:** From 9 a.m. - 1 p.m. and 2 p.m. - 6 p.m.

**ON ARRIVAL:** Guests will be given their schedule of treatments and a Medical form to fill in.

**TREATMENTS:** All guests receive a different Spa treatment per day, excluding arrival day.  
Those treatments are non transferable.

**ADDITIONAL TREATMENTS:** May be purchased subject to availability.

**APPOINTMENTS FOR ADDITIONAL TREATMENTS:** These should be made at the Oasis Reception, Extension 337. A 24 hour cancellation policy exists, otherwise a cancellation fee of 50% of the cost of the treatment will apply.

**CLOTHING:** Guests should wear the robes supplied in the Oasis. Disposable underwear for water treatments is available. No jewellery should be worn.

**GIFT VOUCHERS:** Birthdays, Anniversaries or just because you want someone to feel good, Gift Vouchers are available at the Oasis Reception.

#### **LASOURCE ALL INCLUSIVE SPA TREATMENT LISTING.**

The Oasis features PEVONIA Products in all its treatments from the Mind Body and Spirit programme.

*Guests are entitled to One (1) Spa Treatment per person per day. These treatments are pre-scheduled by the Oasis and are not available on day of arrival.*

#### **MIND, BODY & SPIRIT PROGRAMME**

##### **SILK AND SMOOTH**

A gentle exfoliating body polish using silky skin body scrub. This deep pore-cleansing top to toe treatment removes dead skin cells, leaving the skin as smooth as silk, prepared for the sun. Promotes a longer lasting tan.

##### **FLOAT ON AIR**

A special foot massage, including exfoliation and massage from the knees to the toes.

It is relaxing and decongesting of the body's systems and nerve pathways.

##### **FULL BODY SWEDISH MASSAGE**

Massage is one of the most natural ways to de-stress the human body. With increasing physical and emotional pressures of modern living, making relentless demands on the body, massage has the potential to reduce strain and alleviate pain. The benefits of Swedish Massage are extensive - helps to break down adhesions and lactic acid, improves circulation, thereby improving the lymphatic system, soothes tired, aching muscles etc.

**OR**

#### **AROMATHERAPY MASSAGE**

Aromatherapy is the use of organic essences of aromatic plants for healing and the maintenance of vitality.

The one-hour Aromatherapy massage differs from that of Swedish massage, as it works directly on the lymphatic system rather than the muscular system. Several Oils are often used in combination to promote healing on different levels - physical, mental and emotional.

#### **LA SOURCE SIGNATURE MASSAGE**

A deep massage of the back, neck and shoulders, designed specifically to ease stress and muscle tension and bring vitality to the body whilst inhaling the diffused aromas of the spices from this beautiful Island.

#### **RESTORATIVE FACIAL**

A classic facial, which is deep cleansing and rebalancing, leaving your skin vibrant and radiant. It includes a hand and arm massage.

#### **ARAWAK**

An intensive head massage, which includes massage to the upper back, shoulders and neck. The many different movements of this massage will leave your neck and shoulders relaxed and your scalp feeling revitalized. Facial pressure points complete the massage.

#### **POINT SALINES WRAP**

Your body is wrapped in seaweed and a thermal blanket applied. This will increase the circulation and lymphatic system thereby helping to rid the body of built up toxins.

#### **LASOURCE A LA CARTE TREATMENTS**

##### **REFLEXOLOGY**

A method of activating the healing powers of the body through the feet. By stimulating specific areas on the feet will reduce stress, improve circulation, cleanse the body of toxins and balance all of the body systems

##### **REIKI**

This is pronounced (ray-key). It is a method of natural healing based on universal healing energy. Safe, natural, deeply relaxing, relieves stress and tension and allows your body's sophisticated self-healing processes to work to their fullest. It brings relaxation, healing and harmony on physical, emotional, mental and spiritual levels.

##### **WATER LILY BLISS**

Your body is wrapped in a mask of water lily after sun soothing gel, whilst acupressure of the scalp and soles of the feet aid relaxation. Particularly beneficial for the after effects of the sun.

##### **CHAKRA CLEARING AND BALANCING**

Your chakras radiate and receive energy constantly. When you hold negative thoughts, your chakras become dirty with dense dark energy which makes you feel sluggish and out of balance. Chakra clearing and balancing removes the negative energy and replaces it with positive energy, which then allows physical, mental and emotional healing to take place.

##### **MOUNT QUA QUA**

A hot stone therapy, which is the crème de la crème of all massages.

### **TROPICAL RAIN FOREST**

Enjoy a fantastic Vichy shower and massage under the water from Grand Etang

### **TAKES TWO TO TANGO**

A lesson on how to give each other a back massage.

### **OCEAN BREEZE**

Soak away your troubles in the hydrotherapy tub, using either aromatic seaweed, salts or aromatic mud.

### **CELLULITE PROGRAMME**

Three days exfoliation and massage to upper thighs interspersed with three days exercises in the gym.

### **SIMPLE INDULGENCE: (3 hour treatment)**

Manicure, Pedicure and Restorative Facial.

### **ULIMATE LUXURY: (3 hour treatment)**

Aromatherapy Massage, Reflexology and Restorative Facial.

### **HEAVEN AND EARTH: (3 hour treatment)**

Full body Swedish Massage, Reflexology and Reiki.

### **PARADISE: (3 1/2 hour treatment)**

Ocean Breeze, Mount Qua Qua, Restorative Facial and Float on Air.

### **RELAXEZ - VOUS: (4 hour treatment)**

Point Salines wrap, Tropical Rain Forest, Water Lily Bliss and Reflexology.

### **BEAUTY SALON**

Hair and Scalp Treatment:

*Cleansing, hydrating and moisturizing of scalp.*

Shampoo cut and blow dry

Shampoo and set

Deep conditioning treatment

Blow-dry only

Manicure

French Manicure

Pedicure

French Pedicure

### **Waxing**

Bikini Line

Half leg

Full leg

Full leg and Bikini Line

Under arm

Eyebrows

Upper lip.

### **PRICE LIST**

Silky Smooth (Salt & Oil Body Polish)	\$40
Float on Air (Special Foot Massage)	\$40
Full Body Swedish Massage	\$95
Aromatherapy Massage	\$110
<b>La Source</b> Signature Back Massage	\$50
Restorative Facial	\$85

Arawak (Indian Head Massage)	\$40		
Point Salines Wrap (Seaweed wrap)		\$95	
Reflexology			\$100
Reiki			\$100
Water Lily Bliss (After sun treatment)			\$95
Chakra Clearing and Balancing	\$95		
Mount Qua Qua (Hot stone therapy)		\$110	
Cellulite Programme (3 alternative days)	\$150		
Tropical Rain Forest (Vichy Shower/massage)		\$95	
Ocean Breeze (Hydro Tub)	\$95		
Takes Two to Tango (Couples Training)	\$100		
Special Facials	from \$90 - \$140		
Hair & Scalp Treatment		\$90	
Manicure	\$30		
French manicure	\$35		
Pedicure	\$35		
French Pedicure	\$40		
Waxing	prices vary according to body area		
Simple Indulgence	\$240		
<i>(Tropical Rain Forest, Manicure, Pedicure and Restorative Facial)</i>			
Ultimate Luxury	\$290		
<i>(Aromatherapy Massage, Reflexology and Restorative Facial)</i>			
Heaven and Earth	\$290		
<i>(Tropical Rain Forest, Reflexology and Reiki)</i>			
Paradise	\$325		
<i>(Ocean Breeze, Mount Qua Qua, Restorative Facial and Float on Air)</i>			
Relaxez-Vous	\$380		
<i>(Point Salines Wrap, Tropical Rain Forest, Water Lily Bliss and Reflexology)</i>			

All prices quoted in U.S. Dollars

#### **HOLISTIC ACTIVITIES**

• Yoga • T'ai Chi • Meditation • Stress Management

#### **MASTERCLASSES**

Guests can also enjoy the benefits of Master Classes at certain times of year, involving a series of highly skilled "Masters" conducting classes in a wide range of disciplines.

#### **HONEYMOONS**

Honeymoon couples receive a complimentary bottle of sparkling wine, fresh flowers and a couple's massage.

#### **WEDDINGS**

For couples wishing to be married at **LaSource**, weddings are complimentary for guests staying a minimum of 7 nights. Please ask for our wedding details. Vow renewals can also be performed at **LaSource**.

#### **NON-INCLUSIVE GUEST SERVICES**

• House Doctor (on call) • Trips and tours arranged with any operator • Boutique Hair and Beauty Salon  
• Long Distance Telephone Calls, • Facsimiles • Car hire • Manicures • Pedicure  
• Pharmacy and Drug store requirements • Flower arrangements

#### **CREDIT CARDS ACCEPTED**

• Visa • MasterCard • American Express

#### **RESORT CHECK-IN and CHECK-OUT**

The Resort check in time is 3p.m. Check out time is 11a.m.

Guests departing the Resort after 11a.m. will be provided the use of a

hospitality room to shower and change.

**AIRPORT TRANSFER**

Guests are asked to advise Resort of arrival flight details when booking. Complimentary transfer to the airport is provided at the check-in time required by the airline.

**INTERNET ACCESS**

Internet access is available in room from the local ISP. Details on connection procedure and access fees are available. Otherwise, guests can use the computer located at the Terrace Entrance for Internet access (there may be a charge for this service)

**BEACH TOWELS & ROBES**

Beach towels and robes are given to all guests on arrival.

**CHILDREN**

The minimum age for guests at **LaSource** is 16 years, except during the period June 20th - September 08th 2008 where the minimum age will be 10 years. Please note that spa treatments are only given to persons 16 years and over.

**GENERAL INFORMATION**

To learn more about **LaSource**, or to make reservations contact us directly:

In the UK & Europe:

**AMG Ltd.**, Suite 200, Parkway House, Sheen Lane, East Sheen, London, SW14 8LS  
Tel: 0870-220-2341    lasource@amgltd.biz

In the USA & Canada:

**LaSource Vacations**, 10 West Broadway, Suite 5E, Long Beach, NY 11561  
Tel: 1-888-527-0044    Fax: 516-432-5488    lasourcevacations@hotmail.com

In Grenada for reservations:

**LaSource**, Pink Gin Beach, PO Box 852, St George's, Grenada  
Tel: 473-444-2556    Fax: 473-444-2561    reservations@theAmazingHoliday.com

Public Relations:

**Cheryl Andrews Marketing Communications**,  
2655 Le Jeune Road, Suite 805, Coral Gables, Florida 33134  
Tel: 305 444 4033    Fax: 305 447 0415  
Email: sasha@cam-pr.com / Margie@cam-pr.com  
Or visit us at <http://www.theAmazingHoliday.com>

**DEPOSIT**

3 nights deposit to ensure booking

**FINAL PAYMENT**

Due 21 days prior to arrival

**CANCELLATION CHARGES**

- Cancellations as follows: 42 to 31 days: 30%; 30 to 16 days: 60%; 15 to 6 days: 75%; 5 to 0 days: 100%.
  - Should guests leave the resort prior to their original departure date, the charge will be equal to a maximum of 3 unused nights. Should the expected arrival not materialise, the Distributor will be charged 100% of the total cost.
  - Cancellations (with reference number) must be received in writing on a per booking basis.
  - The above charges will be payable to the Resort by the Distributor. This is non-commissionable.
- Payments are to be made directly to the Resort's bank account.

**CONFIRMATION OF BOOKINGS**

Immediately upon receipt of your final payment, your reservation will be

confirmed in writing to your address.

Travel Agency bookings will be confirmed directly to their office address.

**ALL LaSource HOLIDAYS INCLUDE:**

- Unlimited use of all the facilities at the resort
- Breakfast, Lunch, Afternoon Tea and Dinner daily
- All beverages including premium brand alcohol and wine by the bottle at dinner
- Full programme of fitness and relaxation classes including -  
Aerobics, Tai Chi, Yoga, Meditation, morning walks, bike tours
- Land and water sports including motorized sports and scuba dives
- Unlimited golf on our own 9 hole par 3 course
- Unlimited tennis on our own floodlit courts
- Nightly entertainment
- Taxes and gratuities
- Airport limousine transfers