



For Immediate Release:

Media Contact:
Tammy Petersen
LMP International
312-961-3280
Tammy@LMPInternational.com

**TREAT YOURSELF RIGHT WITH COTTON TREE'S
WELLNESS PACKAGE**

Hit a Healthy "Reset" Button at Beachfront Boutique Hotel's Three-Day Getaway, featuring fresh Caymanian cuisine, massage treatments and daily fitness or yoga seaside sessions.

Grand Cayman (March 2011) – If the demands of modern life have left you long on stress and short on time to eat right and exercise, let the new three-day wellness package from the Cayman Islands' luxurious Cotton Tree resort remind you how to relax and take care of yourself in a soul-nurturing, tropical beachfront setting.

The Cayman Islands' first luxury boutique cottage hotel, Cotton Tree beautifully evokes the spirit of the Cayman Islands with its collection of four pastel-hued, plantation-style cottages surrounded by tropical flowers and avocado, guava, banana, lime, mango and, of course, cotton trees for which the hotel was named. Owner Heather Lockington, a Caymanian, built her dream property on a 400-foot stretch of the secluded coastline of West Bay—the northernmost point of Grand Cayman, steps from the Caribbean Sea and just 10 minutes from famed Seven Mile Beach--creating an authentic haven where guests could embrace Caymanian heritage and lifestyle amidst its tranquil, natural beauty.

Cotton Tree's **Three-Day Wellness Package** includes:

- Upscale accommodation in a Caymanian-inspired two-bedroom beach cottage, each featuring 1,600 square feet of comfortable, well-appointed living spaces, French doors opening to sea and garden vistas; spa bathrooms with Jacuzzi, fully equipped gourmet kitchens restocked daily, plasma TVs, and complimentary Wi-Fi, local calls, and daily housekeeping services a media library of books, music and dvds;
- Fresh cut fruit and a selection of herbal teas replenished daily in your cottage, your choice of salad each day for lunch, and a light and healthy dinner prepared daily by a local chef;
- Two one-hour spa massage treatments (once during visit) given in open-air pavilions surrounded by seagrape trees and perfumed with a fragrant infusion of island scents and wafts of calming ocean breezes or the privacy of your cottage;
- A Personal Trainer for beach workouts, toning and stretching classes daily or one hour yoga session daily in Cotton Tree's seaside pavilion.
- Access to and the use of Cotton Tree's freshwater swimming pool; fitness center and weight room, and bicycles; a media library of books, music and DVDs; recreational activities including water sports, hiking, biking, and bird-watching; cultural diversions, on-site art and culinary classes; and
- Round-trip airport transfers.

“We love to pamper our guests and watch their stress melt away,” Lockington said. “A laid-back, healthy attitude is a way of life here, and we hope it rubs off on them for a while even after they leave.”

Rates for Cotton Tree's Three-Day Wellness Package are US\$3,025 for up to two persons (one bedroom) and US\$4,445.00 for three to four persons (two bedrooms). Call 345-943-0700 for reservations or visit our website at <http://www.caymancottontree.com>.

About Cotton Tree:

The Cayman Islands' new luxury hideaway, Cotton Tree offers four pastel-hued, plantation-style beachfront cottages in a lush garden setting of tropical flowers and avocado, guava, mango and cotton trees for which the hotel was named. Owner Heather Lockington, a global traveler who was born in the Cayman Islands, built her dream property in West Bay, the northernmost point on Grand Cayman. Four 1,600-square-foot, two-bedroom cottages resemble fully equipped houses featuring “Caribbean chic” décor, classic contemporary furnishings, French doors overlooking the sea, plasma TVs, state-of-the-art Kitchen Aid appliances, and more. Additional amenities include a freshwater swimming pool, fitness center and yoga and spa pavilions nestled among seagrape trees, perfect for a sunset massage. A personal chef can whip up gourmet meals accompanied by wines chosen by a sommelier, or Cotton Tree is a quick drive to Grand Cayman's best restaurants. Hotel services such as a reception/concierge, bellhop, housekeeping and turndown on request are also featured. Cotton Tree is recommended by Conde Nast Johansens and was recently accepted into Small Luxury Hotels of

the World, an exclusive group of more than 500 of the finest small independent hotels in more than 70 countries.