

For Immediate Release:

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Get Holiday Party Ready in Grand Cayman

*Detox Menu, Spa Treatments, Lifestyle Consult, Personal Training & More All Included
In 3-Day Wellness Retreat at Cotton Tree*

Grand Cayman, Cayman Islands (October 1, 2010) - Accommodations in luxurious plantation-style cottages, delicious detox menu for the ultimate body flush, lifestyle consultation, daily exercise classes, Healthy Cayman cooking class, spa treatments, and more are all included in the 3-day Jump-Start to Vitality now available through 2011 at Cotton Tree, the Cayman Islands' first boutique cottage hotel.

"Located just steps from the Caribbean Sea, the three-day wellness retreat at Cotton Tree purges toxins, revitalizes the mind, slims down the figure, and restores life's vitality," said Heather Lockington, owner of Cotton Tree.

Composed of cleansing, natural foods, which keep fat levels low and energy levels high, the Retreat menu features delicious shakes, vitamin and mineral packed fruits and vegetables, as well as fresh, lean local protein, all prepared by a personal chef. In addition to daily stretch, core strength, and toning classes; guided walks; a lifestyle evaluation, and 24 hour weight room access, guests also will also enjoy a daily one hour massage or spa treatment and one evening cooking class focused on Healthy Cayman Cooking. One-on-One and Small Group Personal Fitness training sessions will be instructed by Jennifer Bily, Cotton Tree's ISCA Certified Personal Trainer who specializes in spinal strengthening and structure and function.

Accommodations are in one of Cotton Tree's four 1,600 square foot, two-bedroom beachfront cottages that resemble fully-equipped houses and feature "Caribbean chic" décor, classic contemporary furnishings, French doors, plasma TVs, state-of-the-art Kitchen Aid appliances, and more. A media library of books, music and DVDs; WIFI and local calls; fresh fruit; bicycle rentals; Wii and roundtrip airport transfers are also included. Available now through November 30th and May 1-November 30, 2011, the 3-Night Jump Start to Vitality Package is US\$2,600 per person based on single occupancy, US\$1,500 per person based on double, US\$1,133.33 per person based on triple, and US\$950 per person based on quadruple. Packages do not include 10% government tax (taxes are waived for Caymanian residents). Please call 345-943-0700 or visit our website at <http://www.caymancottontree.com> for reservations.

About Cotton Tree:

The Cayman Islands' new luxury hideaway, [Cotton Tree](#), on the northernmost point of Grand Cayman (ten minutes from the famed Seven Mile Beach), beautifully evokes the spirit of the Cayman Islands with its pastel-hued, plantation-style cottages just steps from the Caribbean Sea amidst 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, creating an authentic haven where guests could embrace Caymanian heritage. 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. Additionally, hotel services such as a reception/concierge, bellhop, housekeeping and turndown on request are also featured.

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