

## Just For Parents Guide

Reconnect with yourself, your partner and nature

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### Private Chef

US\$275

Allow us to do the cooking and take your taste buds on a journey through the island as your private chef curates a thoughtfully designed menu within the comfort of your own villa. Whether you wish to mimic Zing Zing's "no menu" experience or guide our executive chef to prepare the meal of your dreams, you and yours can rest assured that the evening will be nothing short of unforgettable.

### Yoga

US\$103.50

Give your mind a much needed rest with a private yoga session in the comfort of your villa or in the serene Bwa Mang Wellness Pavillion. Our specially trained yoga professionals will help you find balance physically, mentally and emotionally.

### Massage

US\$150 - \$300

Give your body some much deserved TLC with one of Secret Bay's indulgent massages, perfect for soothing tense muscles, calming stressed minds and recharging your body from head to toe.

### Private Concert

US\$207

Dance the night away to a private on-man Jazz or acoustic guitar concert performed in the privacy of your villa terrace or on one of Secret Bay's oceanview decks. The perfect way to round out a night under the stars.

### Night Snorkeling

US\$120

Float in the moonlight as our guide shares the wonders of the sea with you, spotting marine life such as lobsters, octopus, moray eels, and nocturnal fish. After snorkeling, return to Tibay Beach to dry off and enjoy some hot soup. While your body warms, you will delight in the bioluminescence that lights up behind you.

### Meditation

FREE

Take time to reflect in the quiet isolation of one of the many serene spots around the property – such as the magnificent Wild Orchid Garden Deck located on a cliff's edge with the expanse of the Caribbean Sea below. Lie back in a comfortable chair and be at one with the breathtaking surroundings.

### Horseback Riding

US\$102 - \$124

Take the scenic route and explore the hilly, lush terrain of Dominica on horseback as you weave through the rainforest and wetlands surrounding Secret Bay. Whether for a few hours or a full day adventure, this horseback excursion will be anything but ordinary, leaving you with memories you won't soon forget.

**Indian River Tour****US\$83**

Spend time reconnecting with nature as you take a guided kayak or boat ride up this magical river. A haven for nature lovers and birdwatchers, the river leads you deep into the forest, past Mangroves and the amazing Bwa Mang trees.

**Sunset Sail****US\$531**

An evening entirely dedicated to you and your loved one. Cruise our gentle waters on a private sail boat set to the romantic backdrop of the Caribbean sunset on the distant horizon — a shared memory you'll always cherish.

**Forest Bathing****US\$193**

Slow down, unplug and enjoy your deep connection with the earth and yourself. One of the cornerstones of Japanese medicine, forest bathing aims to restore the mind, body and spirit through a process of soaking in the natural ambience of the forest.

**An Afternoon with Dr. Birdy****US\$108.75** Duration: 3-4hrs

Explore an easy nature trail with Dr. Birdy where children are introduced to native insects, tattoo plants, aged trees and unique birds that all dwell in the enchanted Syndicate Forests. Seek out the Majestic Sisserou Parrot and capture unique photos during this memorable experience.

**Face Painting****US\$72.50** Duration: 1-2hrs

This art-based session presents children with a wide range of tropical colors to use as creative expression. A choice of their favorite characters or favorite vacation discoveries can be painted onto their faces in this playfully colorful experience.