

CHECK OUT OUR  
CALENDAR  
OF EVENTS

# BAY GARDENS RESORTS NEWSLETTER

SEPTEMBER 2023



## *The Key to your Ultimate Caribbean Vacation Getaway*

Centrally situated in the heart of Saint Lucia's entertainment capital, Rodney Bay Village, the [Bay Gardens Resorts](#) family of hotels and luxury private villas offers inviting, island-inspired accommodations. With five properties positioned on the Reduit Beachfront and within Rodney Bay Village and the Rodney Bay Marina, Bay Gardens Resorts is a favourite hotel destination in Saint Lucia for families, couples, and island explorers.

Featuring a total of 241 rooms, seven conference centers, four restaurants, and six bars, our resorts are the perfect choice for a Saint Lucian getaway for families, couples, honeymooners, wedding parties, business travelers, groups, and more. Guests can stay at the property that suits them best and can still enjoy luxurious amenities from each. [Click here](#) to read more about our beautiful properties.



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## Weeks of Wellness at Bay Gardens Resorts



In a bid to promote holistic health, rejuvenation, and relaxation, Bay Gardens Resorts recently wrapped up its "Weeks of Wellness" month of activities for September. Wellness enthusiasts were treated to diverse events that sought to enrich the body, mind, and spirit. Whether a novice trying yoga for the first time or a seasoned meditation practitioner, there was something for everyone. One of the highlights was the Sunrise Yoga Sessions hosted by Tracy Rust, held on the golden sands of Reduit Beach.

The interactive seminars on nutrition and healthy eating were particularly popular, given the rising global interest in clean eating and sustainable food sources. Azelia Glace, a trained local nutritionist, hosted a group session with the health enthusiasts and provided them with one-on-one nutritional coaching, tailored to their personal needs.

Another exciting element of the Weeks of Wellness month was the series of massage therapy sessions. Trained therapists from the La Mer Spa at Bay Gardens Resorts showcased various techniques, from Swedish to deep tissue, highlighting the importance of regular bodywork in maintaining optimum health. Ayurvedic treatments were also offered by Dr. Maha from Ojas Spa. Ayurveda is a system of traditional Indian medicine with treatments such as acupuncture and herbal medicine. The addition of these services by Ojas Spa provided diversity to the wellness offerings which were well received by guests. Throughout their stay, participants also sampled locally sourced herbal teas, fruits, dishes, and fresh juices, prepared by our chefs, each promising a slew of health benefits.

Feedback from attendees was overwhelmingly positive as many expressed gratitude for the transformative experiences and the heightened awareness of their health while getting the opportunity to relax and unwind in Bay Gardens Resorts' picturesque and calming scenery.

Overall, Weeks of Wellness was undoubtedly a huge success and was not just a series of events but sparked a movement towards a healthier, happier, and more harmonious life. We thank all participants for sharing such an amazing journey with us and we look forward to the 2024 edition of Weeks of Wellness at Bay Gardens Resorts!



## Bay Gardens Resorts Shines at Saint Lucia UK Showcase



The Saint Lucia UK Showcase, held in London, served as a platform for travel professionals, tour operators, and travel enthusiasts to discover and connect with the best that Saint Lucia has to offer. The event featured a diverse range of businesses and services from the island. This annual event offered a unique opportunity for Bay Gardens Resorts to showcase their commitment to excellence in the hospitality industry and to promote the beauty of Saint Lucia to a UK

audience.

As a resort chain known for its collection of charming boutique hotels and resorts, this forum allowed us the opportunity to highlight our dedication to providing exceptional experiences to travelers. The showcase was also a great time for Bay Garden's Resorts to exhibit our commitment to sustainability, guest satisfaction, and authentic Saint Lucian experiences. Our Marketing Manager Ms. Yatsuri Marshall and our UK Representative Ms. Victoria Cranmer, represented Bay Gardens Resorts at the UK Showcase, networking, and forging meaningful partnerships with travel professionals and tour operators interested in promoting the island's unique attractions.

Key annual elements included a media lunch, a meet and greet for MICE buyers, the appreciation dinner for senior UK travel personnel and a full day of combined training and entertainment for travel agents. After the insightful and engaging UK Showcase, travelers seeking a perfect blend of luxury, sustainability, and Caribbean charm are certain that Bay Gardens Resorts in Saint Lucia is undoubtedly at the top of their list.

## Creole Heritage Sale

We haven't forgotten our overseas visitors this Creole. We're making it easy and affordable to experience Jounen Kweyol in Saint Lucia with Bay Gardens Resorts with our Creole Heritage Sale. Save 40% off accommodation plus a Creole heritage package when you book from October 1st – October 31st 2023.

For more information, [click here](#).



## Celebrating Creole Heritage Month – Bay Gardens Resorts Style



Known locally as 'Jounen Kweyol', the last Sunday of every October is International Creole Day as proclaimed by the United Nations Educational Scientific and Cultural Organisation, and across Saint Lucia the whole month is spent prepping for the big weekend.

Food is the centerpiece of the festival, with traditional favorites like breadfruit roasted whole on hot coals and served with smoked herring, the

national dish of 'saltfish and green fig' (green bananas and salted codfish), and sweet dessert favorites granny used to make, like sweetened cornmeal 'pemme' wrapped and steamed in banana leaves or shaved coconut candies.

During the month you will also notice a kaleidoscope of fashion mad from madras fabric to our traditional national dress called the "Wob Dwiyet". There is an exciting display of youthful haute couture Creole fashion from schoolkids and their teachers, civil servants and even the street vendors.

Here at Bay Gardens Resorts, we're proud to be an independent Saint Lucian owned resort chain in addition to featuring year round local creole dishes and flavors in our daily menus, all properties host unique Jounen Kweyol activities. The public is invited to sample our Creole Cuisine and hospitality at our day long family-friendly events. [Click here](#) for more info.

## Spa & Wellness – La Mer Island Bliss

The ultimate in St. Lucia sensory delights and relaxation, this spa package comprises of a 3-hour spa experience inclusive of exfoliating treatments, aromatherapy, and nail treatments. The La Mer Island Bliss Package includes the following:

- Tranquillity Massage
- Coconut Body Scrub
- Hydrating Facial
- Classic Manicure
- Classic Pedicure



To book your next spa treatment and for more information on our spa specials, [click here](#).

## Tour Feature – Saint Lucia Segway Adventure



You will be greeted by a fun & friendly Segway guide who will whisk you away on a scenic drive to Rodney Bay, a century's old pirate-haven on the North West coast of the island. After a quick orientation and safety briefing, head off on your state-of-the-art off-road Segway X2 for an unforgettable ride along a 2 mile nature trail up the iconic Mount Pimard. Ride along the lush trail of this 78-acre private nature reserve scattered with the ruins of ages past.

Marvel at breath-taking vistas and learn about the exotic plant-life and rich history of the area. Many surprises await you on your journey such as a hidden hillside gazebo, a naturally occurring fish pond and a local fresh seasonal fruit stop. Once you have completed the trail, get ready to head off on a short sightseeing adventure on your way back to the port. We look forward to helping you create new and unforgettable memories of time spent 'Segwaying' through this one of a kind nature reserve on our beautiful island of St. Lucia. More details on your next Segway adventure and the tour packages we offer can be found [here](#).

## HFTP's Member Spotlight - Mrs. Julianna Ward-Destang

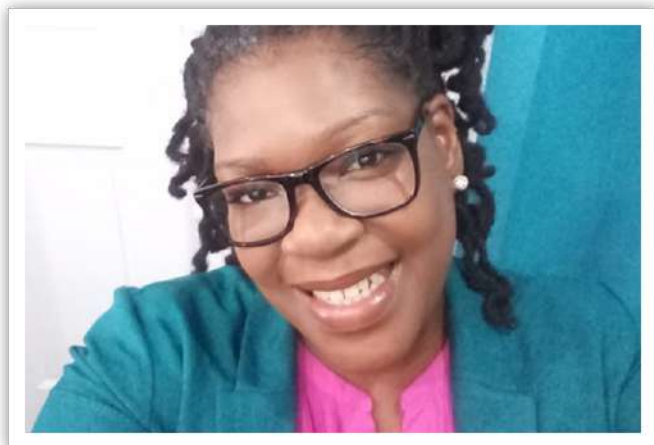
Hospitality Financial and Technology Professionals (HFTP) is an international, nonprofit association, recognized as the spokesgroup for the finance and technology segments of the hospitality industry with members and stakeholders spanning across the globe. In their weekly member spotlight, HFTP features transformative leaders who have been making strides in the industry. Our Splash Island Water Park's Managing Director, Mrs.



Julianna Ward Destang, was recently featured. Having worked in the hospitality industry for 15 years, Mrs. Destang spent the first six years spent as the Bay Gardens Resorts' finance director, after which she became the owner and managing director of Splash Island Water Park. Her prior experience also included four years as a chartered accountant at Deloitte in Toronto where she spent time in the audit practice, primarily for high-tech clients. When not engrossed with work, Julianna loves to travel and is a dedicated "Swim mom" for her children, especially her son Antoine who has swam competitively for Saint Lucia for nearly a decade now. She explains that she loves seeing her children grow up with the same love of outdoors, sports and the water that she grew up with in Saint Lucia and supporting them gives her great satisfaction and fulfillment. To read more on Mrs. Ward-Destang's HFTP feature, you can access the full article [here](#).



## Featured Employee – Knishnal James



Knishnal James is our featured staff member for September 2023. With a dedicated service span of 16 years since her start in May 2007, Knishnal has showcased her versatility by serving in various capacities. Beginning as a front office agent, she ascended the ranks, holding titles such as front office supervisor, and front office manager at the Bay Gardens Marina Haven. Throughout her journey, Nal, as she is affectionately known, has expanded her skills with cross-training in

accounts, housekeeping, and assisting other departments like the spa and maintenance. As a passionate advocate for the resort chain, she cherishes its local ownership and familial atmosphere and is especially inspired by the leadership of our managing director, Mrs. Destang, for her empowering vision, especially towards women, and the nurturing touch she brings.

Motivated by her children and reflecting on the challenges she's surmounted, she always seeks personal growth and mental health balance, finding solace in music, motivational words, and an exhilarating action film. A defining moment for her was witnessing the company's benevolence during the pandemic, from retaining employees to initiating financial assistance for staff. Knishnal's hopes for the future remain anchored in positively influencing lives at Bay Gardens and beyond. She emphasizes kindness, understanding, and sometimes the necessity of tough love. Reflecting on her time at the resort, she encourages everyone to persist against challenges, underscoring that kindness is a powerful armor in life's battles.

For Knishnal, her guiding principle is that hard work always bears fruit; she believes in being both the early bird and the night owl. As a testament of this, we celebrate Knishnal's newest title of Group Reservations Manager. We congratulate Knishnal on this amazing achievement and we wish her all the best in her new role!

## Recipe - Accra

### INGREDIENTS:

- 1/2 lb. boneless salt fish
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 2 tablespoon green onion
- 1 small red bell pepper
- 2 cloves garlic, minced
- 1 tablespoon parsley
- 1 teaspoon West Indian hot pepper sauce
- Dash fresh ground black pepper
- ¼ to 1/2 cup water
- Pinch of sugar
- Vegetable oil for frying (about 2-3 cups)



As we get ready to celebrate creole heritage month in St. Lucia, our recipe feature is one of our creole day staples. Fish cakes, or commonly known on island as “accra” are essentially small, fried saltfish fritters. They are savory and delicious and are easily eaten out of moderation when by yourself – which is why they make for a great starter or appetizer if you’re hosting a creole-themed dinner party or night of entertainment. Everyone has a different twist to their accra recipe, but here’s the Bay Gardens Resorts specialty accra recipe.

### INSTRUCTIONS

1. In a large pot cover the salt fish with water and bring to a boil and reduce the heat to simmer for about 20 minutes. Repeat this process if the saltfish is too salty.
2. Finely chop green onions, bell peppers, parsley and add to a large mixing bowl.
3. Drain boiled saltfish. Use a fork to shred it and remove any large bones. Add it to the mixing bowl with your chopped seasonings, then add the flour.
4. Slowly add in the water and stir. The goal is a nice thick batter.
5. Once the batter is ready, start heating the vegetable oil in a large frying pan at medium/high heat. It will take a few minutes on each side and when they start floating, they are ready to flip. The accras should be golden brown on each side.
6. Lay the cooked accras on paper towels to absorb the excess oil.

**We recommend serving these delicious accras with your favorite dipping sauce and a beautiful tropical view; Bay Gardens Resorts is an excellent choice!**

## Our Guest Experience

Have you seen what our guests are saying about us on TripAdvisor?

### **BAY GARDENS BEACH RESORT & SPA**

Reviewed by: [CLQtravels, Minnesota \(8/22/23\)](#)

We had an amazing vacation at this resort. We stayed seven nights in a 1 bedroom king beach front room. The sunsets were spectacular and it was fun to overlook Splash Island Water Park. The food was fresh and delicious and we liked everything that we ordered. The beach at this resort has super soft sand and is perfect for snorkeling and swimming.



### **BAY GARDENS HOTEL & INN**

Reviewed by: [Audeen Sundar \(8/23/23\)](#)

Beautiful place. It was a very special time for me and with a special friend I love very much. Will always be a great memory.

### **BAY GARDENS MARINA HAVEN**

Reviewed by: [George B \(8/10/23\)](#)

Very pleasant staff at every level, clean room, and generally a beautiful environment. When we arrived everyone was politely greeted and afforded a welcome drink. Wi-Fi was available and worked well. The general aesthetics and staff indicated that a pleasant atmosphere would be enjoyed.