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## HEALTH & WELLNESS

Recognized as having the “World’s Finest Aloe” since 1890, Aruba boasts a number of home remedies, products and rejuvenating spa treatments that boost the health and wellness of visitors and locals alike.

### Wellness

#### Aruba Home Remedies

In addition to traditional medicine, Arubans have several alternative healing methods known as *remedi di tera*, or Earth/home remedies made up of age-old recipes of herbs and amulets. Growing in popularity, modern and natural healing methods are practiced in Aruba by a healer known as a *curado* or *curioso*. **Some home treatments derive from the mixtures used by the indigenous Arawak Indians and African slaves who were brought to the island by the Dutch. During this time period, the Roman Catholics banned Indian and African medicine and spirituality practices.**

In Aruba, locals find homeopathic and herbal remedies to be an effective, natural way to treat an array of illnesses. Tea cooked with oregano, for example, can improve the digestive system and relieve earaches. Women coping with the affects of menopause are encouraged to add a daily dose of tropical sage to their diets. Those suffering from asthma opt for a holistic treatment that involves boiling gecko lizards and drinking the hot broth. According to the locals, this trick is known to cure asthma permanently.

#### Healing Power of Aruba Aloe

Discovered centuries ago, aloe vera’s healing properties have been used for medicinal purposes for thousands of years by cultures spanning the globe. Originally used to cure health ailments in the early Egyptian times, it is even said Cleopatra used aloe vera to enhance the natural radiance of her skin.

During the mid-1800’s, Aruba became the largest exporter of aloe vera products, earning its name “Island of Aloe.” This succulent aloe vera plant has been a cornerstone to Aruba’s history and culture; coupled with its desert-like environment, the island manufactures the Earth’s most potent aloe vera gel due to the constant sunshine that intensifies the aloe plant’s natural healing qualities.

Harvested, hand-cut and filleted within hours at the Aruba Aloe Factory, aloe vera leaves release a potent gel that in its raw form serves as a laxative. After the gel is processed, it transforms into a substance known as the powerful healer of the skin. In addition to acting as a wrinkle preventative, Aruba aloe serves as a powerful moisturizer

by softening damage, dry or aging skin. Aruba aloe also alleviates itching and redness caused by skin burns and sunburn, and heals cuts and scratches.

A well-known remedy among locals to cure asthma, Arubans often cut a piece of the aloe vera plant, remove its skin and slurp the gel. Although pungent and slimy, this traditional remedy aids the respiratory system and promotes proper digestion.

Arubans have also found other uses of the aloe vera plant, specifically in their homes. Many locals gather dried leaves and burn them in their homes, allowing the smoke and fumes to cleanse their houses. Whole aloe vera plants can also be found inside homes, hanging upside down above doorways in order to kill germs and bacteria.

Aruba's aloe is cultivated locally and freshly processed at the Aruba Aloe Factory, consisting of 150 acres of fields. Tourists and islanders can visit the factory for a tour or to pick up product for their personal use. Aruba aloe can be found at various retail shops throughout the island and in the U.S. and Canada, and can also be purchased online.

## **Spa Scene**

### **Body & Soul Spa**

Located at Tierra Del Sol Golf Course, Resort & Country Club, Body & Soul Spa has undergone major expansions and renovations, with the addition of several new treatment and massage rooms, manicure and pedicure stations and sauna/steam rooms. The spa also offers an outdoor Jacuzzi and luxurious couple's suite, as well as a wide variety of indoor or open-air treatments. Packages include Harmony of Nature, Jewel of Golfers, Desert, Spa Romance and Whole day packages featuring Swedish and sports massage, European facials, full body exfoliation, foot reflexology and salon services. For more information, call (297) 586-4861 or visit [www.tierradelsol.com](http://www.tierradelsol.com).

### **Indulgence by the Sea**

Known for its organic, natural products handpicked and tested by staff, the spa journey at Indulgence by the Sea begins with a pure essential oil footbath. With two locations, the Divi Aruba All Inclusive Beach Resort and Tamarijn All Inclusive Beach Resort, Indulgence by the Sea offers full service spa and salon experiences. From a sea of facials and elegant feet treatments to body renewal packages and a hair and nail studio, there is something for everyone. The menu includes the Citrus-C and the Wine and Roses manicure and pedicure; Green Tea and Seaweed body exfoliation and Mojito Citrus C body exfoliation. The signature facial is customized with luscious fruits, vegetables and herbs along with pure medical grade ingredients. Signature aromatherapy massage begins with a spray of signature blend of essential oils and warm pads to relax muscles, available in Swedish and Deep Tissue styles. For more information, call Divi Aruba All Inclusive Beach Resort (297) 583-0083 or Tamarijn All Inclusive Beach Resort (297) 525-5291 or visit [www.spaaruba.com](http://www.spaaruba.com).

### **Intermezzo Day Spas**

Popular with Aruba visitors are the Intermezzo Day Spas, with several locations around the island: Holiday Inn Resort Aruba, The Mill Resort & Suites, La Cabana Beach Resort, and Bucuti & Tara Beach Resorts. The Intermezzo Spas offer facials, massages and

other spa treatments as well as salon services including hairdressing and nail treatments. All Intermezzo Spas have a distinctive touch of expertise. The Intermezzo Spa at the Holiday Inn offers a special treat for outdoor lovers. Located just a few feet from the ocean, spa goers can enjoy outdoor therapy in a secluded beachfront area. Menu offerings includes fresh aloe and mineral wraps, refreshing facials; coffee, fruity and soothing body scrubs, and massages including Aromatherapy, Accupressure, Sports, Hot Stone and Deep Tissue. For additional information, contact the individual hotels or visit [www.arubaspa.com](http://www.arubaspa.com).

### **Larimar Spa and Salon**

The \$5.2 million oceanfront Larimar Spa at the Radisson Aruba Resort, Casino & Spa is a sanctuary for balancing the body, mind and soul. The 13,000-square-foot facility features nine beautifully appointed treatment rooms and offers a full menu of services including massages, body treatments, facials and nail care. Treatments include Larimar Stone Chakra Balancing, Aloe Vera and Rum Massage, Aloe Après Sun Relief, and Larimar Garden Ritual. For more information, call (297) 586-6555 or visit [www.larimarspaaruba.com](http://www.larimarspaaruba.com).

### **Mandara Spa**

Located at the Marriott Resort & Aruba Ocean Club on Palm Beach, the Mandara Spa is an intimate and luxurious facility offering everything from massages and facials to manicures and pedicures. Some treatments at the Mandara using materials indigenous to Aruba are the “Aruba Salt Glow and Tropical Rain Shower” and the “Massage de la Aruba.” Spa cuisine is available from the hotel’s in-room dining menu. Spa treatments include Honeymoon Delight Package, scientific skin therapy, body therapy with healing plants and flowers, full massage menu with indulgences that include hot stone therapy, Balinese body polish and bathing rituals. For additional information call (297) 520-6750 or visit [www.mandaraspa.com](http://www.mandaraspa.com).

### **Okeanos Spa**

The Renaissance Aruba Resort & Casino invites guests to discover a revitalizing tropical escapade and indulge the senses at the Okeanos Spa, which offers everything from facials to full-body treatments. Signature treatments include the Spice of Life Sampler or the Full Body Bliss Package. Rejuvenation continues during a delightful massage at the remote Spa Cove on Renaissance Island. Menu includes Myoxy-Caviar and Escutox skin treatments. Take the Burn Out facial, Banish the Burn and Fountain of Youth wraps, and Sabai Therapeutic Massage. For more information, call (297) 583-6000 or visit [www.renaissancearubaspa.com](http://www.renaissancearubaspa.com).

### **Orchid Spa**

The Brickell Bay Beach Club prides itself on its highly trained and skilled masseuses, manicure and pedicurists, and amazing Botox applications. Appointments are necessary, but ensure guests receive a relaxing and intimate range of exotic Spa treatments. Menu includes Cuccio pedicure and manicure; back, neck and shoulder; relaxing, deep tissue, Swedish, hot stone and aromatherapy massages; and strawberry, chocolate and mud therapy wraps. For more information, call (297) 586-0900 or visit [www.brickellbayaruba.com](http://www.brickellbayaruba.com).

### **Spa del Sol**

The intimate and luxurious facilities at the Manchebo Beach Resort & Spa and Playa Linda Beach Resort are appealing for their wide variety of open-air body treatments. The spas offer many packages, facial treatments, manicures and pedicures and yoga classes. Menu includes After Sol Aloe Cooling Wrap, Luminous C & Sea Facial, Balinese Scrub, Reflexology, and Hot Stone Massage. For more information, call (297) 582-3444 or visit [www.spadelsol.com](http://www.spadelsol.com).

### **ZoiA Spa**

The Hyatt Regency Aruba unveiled its renovated spa in February 2012. The 5,200-square-foot ZoiA Spa – meaning balance or poise in Papiamentu – houses eight treatment rooms, many of which offer an indoor/outdoor experience, and an extensive spa menu featuring luxurious treatments and native ingredients. The Aruba-inspired, all-natural spa treatments are based on four key Caribbean elements – sun, sand, sea and love – and the colors of the Aruban flag: yellow, white, blue, and red. Menu includes Sun Worshipper (Aromatherapy Body Salt Glow, facial, foot reflexology massage), Water Lily After-Sun Wrap, Aromatic Moor Therapeutic Body Wrap, Desert Heat Mineralizing Body Wrap; Firm Swedish, Intense Muscle and Aromatherapy Massage, Good Sport complete body treatment for men. For more information call (297) 586-1234 or visit [www.aruba.hyatt.com](http://www.aruba.hyatt.com).

### **The Ritz-Carlton**

The resort's 15,000 square foot spa sanctuary features 13 tranquil treatment rooms with a complete range of ocean-inspired natural body and facial treatments, massage therapies and three specialty spa showers. Adjoining the spa is a full-service beauty and nail salon and state-of-the-art fitness center offering a variety of workout classes, including yoga, spinning and Pilates.

For more information, call (800) 241-3333 or visit [www.ritzcarlton.com](http://www.ritzcarlton.com).

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