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## **Sublime Samana in the Dominican Republic Features New Spa: Coconut Whispers**

*The Indigenous Coconut is Incorporated in Ancient Energy Balancing Treatments*

*Las Terrenas, Dominican Republic, June 2016* – Nestled between the palm-tree dotted shore and the gentle beach of Playa Cosón, Sublime Samana is reminiscent of paradise. With a brand new spa, called Coconut Whispers, Sublime’s spa provides an unparalleled atmosphere, experience and a new offering in the Samaná Peninsula. The coconut, the most abundant fruit in the region, is a manifestation of this local, natural environment in this spa’s palm-filled sanctuary. This unusual 5,382 square foot spa redefines paradise, delivering a spiritual experience.

Serene and secluded, Sublime Samana is beautifully situated on the Samana Peninsula, the Dominican Republic’s northeastern coast. One of the islands most lush regions, it is abundant with coconut groves, tropical forests, birdlife, flora and fauna and large, protected national parks. Sublime Samana is set in a breathtaking alcove overlooking endless turquoise waters, with a crystalline white sandy beach.

### **A Soothing Retreat**

Using ancient and modern techniques gathered over many generations, Sublime merges the two worlds into Coconut Whispers. As soon as the guest enters the indoor retreat filled with orchids and rustic decor, they are immersed in a soothing and restful experience. Enclosed in wood and nature, they are transported to a place where no rain or harsh sun can find them.

“We wanted to create a spa that rejuvenates both the body and the spirit. Our techniques make the best of both worlds, equalizing these two elements. Stress isn’t just felt in the body, but as mental and spiritual anguish as well. In Coconut Whispers, we utilize our natural environment with therapies that are soul deep,” explained Azucena Montes, the Spa Director.

### **Coconut Whispers Signature Treatment**

The signature treatment, Coconut Whispers, awakens all five senses, interweaving aromas, tastes and textures to renew the self and spirit. The coconut symbolizes resilience, fortitude and inner peace. Many of the ingredients derived from the coconut give the guest a full experience from head to toe. A coconut salt and herb mixture, comprised of rosemary, rue, mint, and basil, exfoliates the skin, and afterwards a coconut water rinse soothes it. Aromatic incense wafting in air eases the spirit. Seawater, brought from the ocean, rinses the guest after they’ve been scrubbed. Finally, a coconut oil massage releases any remaining knots in the body. This treatment unites the body with nature and rebalances it with natural local ingredients from the region.

## **Realigning Energies**

Using the ancient techniques of Mesoamericans, the coconut is the main ingredient for realigning the chakras — the energy points within the body. A massage from the base of the spine to the crown cleanses the weary tensions accumulated from busy lifestyles. Even the circular cabins were designed to draw upon the strong energies of the earth and to stimulate a sense of peace.

## **Seek New Adventures**

Coconut Whispers is offering traditional treatment used across Latin America, the Temazcal, which embraces the guests as a mother does her child in the womb. Our palm-filled haven is the first spa in the Caribbean to offer guests an ancient tradition, the Temazcal, built from brick and wood.

Upon entering this structure, a vapor shower opens the pores, and all the toxins are released, purifying the body and soul. All the negative energies of the body are excreted relaxing the muscles and elevating joint tension. At the end, seawater bathes the body to calm the soul and cleanse any lasting energy blocks.

Our spa has a new twist on the traditional Temazcal experience by also offering guests full treatments inside. Guests emerge from the Temazcal cleansed, refreshed and with a new sense energy.

Coconut Whispers offers an authentic Samaná experience. As the finishing touch to every treatment, all guests are offered coconut water to drink straight from the coconut itself which replenishes the soul and rejuvenates the mind.

For further information and reservations visit [www.sublimesamana.com](http://www.sublimesamana.com) or call (888) 896-9416. If you're interested please visit our spa menu for more information about our spa treatments.

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