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**Sublime Samana Integrates Healing Properties Of Coconut In Organic Rituals
Innovative Twist On Temazcal In Circular Cabin, Unique Floating Dream Therapy
-- New Circular Cabins For Holistic Indigenous Therapies--**

Houston, Texas, April 17, 2017 – With sixty percent of individuals in a global economy experiencing workplace stress, it is time to escape the daily routine and experience a wanderlust environment enveloped by the sounds of the azure Caribbean Sea. Sublime Samana Resort’s Coconut Whisper Spa entices spa lovers to explore its one-year-old palm-filled sanctuary. The organic spa has added a new circular cabin for holistic therapies bringing its spa facilities to 5,400 square feet.

Deriving its name from the plentiful use of the coconut, which grows freely on the island, the Coconut Whispers Spa uses the fruit’s oil, water, meat, and husk as the main ingredients. The spa offers groundbreaking and innovating ways using all aspects of the abundant coconut. This allows guests to relax rejuvenate and recharge the body, mind, and soul. A highly nutritious fruit rich in fiber, minerals and vitamins, the entire coconut has been revered for its healing properties for centuries on the island of Dominican Republic, where Sublime is located.

The Coconut Whisper Spa now has three circular indoor treatment rooms, two exterior beach cabins, and one circular Vichy shower. This circular spa sanctuary also has the first ever brick and wood Temazcal nestled in the heart of this Caribbean heaven. Offering a new twist on the popular Temazcal experience, Coconut Whispers carries out this therapy within a dome-shaped structure, symbolizing Mother Earth’s womb. Guests emerge feeling cleansed and refreshed with a new sense of energy.

The fully organic spa fuses ancient and modern techniques to provide guests with one-of-a-kind therapy sessions to help eliminate stress. Other natural ingredients include the use of honey, sand and stones from the Samaná River in the body wraps, facials and massages.

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Here are details of the new therapies:

- **Floating Dream Therapy** begins when guests come dressed in comfortable cotton clothing and comfortable cotton pants. If they choose to come in their bathing suit, which we also encourage, we provide them with a cotton robe. The technique starts with an all-natural purple gel prepared from an herbal mix of rosemary leaves and eucalyptus salts. The mixture is applied to the feet to release the body from impurities.

Then, the feet are cleansed using an herbal tea made from either rue leaves or chamomile leaves. An acupressure hand massage comes next. For the height of pampering, spa lovers are slowly swayed in the hammock on a journey of self-discovery. While swaying, copal is placed under the hammock directly behind the individual's back allowing the incense and the natural aromas of mint and rosemary to purify all internal energy points.

The hammock creates a safe environment as it hugs your body associating it with an infant's state of mind. The experience subconsciously transports you to those blissful days when you were cradled in your caretaker's arms feeling safe and protected. The therapy ends with a gentle back massage performed with the soles of the therapist's feet to stimulate blood flow and muscle connection. This ancient treatment lasts 60-minutes and costs \$110 plus tax and tip.

- Prior to the **Temazcal Energizing Massage**, the therapist gathers stones from the Samaná River. The stones are heated until they are red. Then they are transferred to a center pit within the Temazcal. Next, a combination of seawater, mint, rosemary and flower essence is poured over the hot stones to create a therapeutic steam bath. This clears the air and releases impurities from the lymphatic system.

Then guests receive an energizing massage using centuries-old techniques and therapeutic ingredients such as cocoa, cane, and coconut. The treatment ends with a purifying bath mixture of salt and tea extract to balance energy points on the body. This session lasts 70-minutes and costs \$110 plus tax and tip.

- **Coconut Whispers**, the spa's signature treatment, is a sacred ritual inside the Vichy shower. The therapy begins with a coconut-infused hair cream, followed by a face mask using coconut oil and organic bee honey. The treatment continues with a coconut and salt-based body exfoliation followed by an energizing seawater bath with aromatic flowers to tone the skin and leave traces of an all-natural fragrance. Then, guests are fully submerged in a warm coconut milk bath.

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Coconut milk contains both Vitamin C and copper that work together as a natural moisturizer to maintain the elasticity and flexibility of the skin preventing wrinkles, sagging skin and age spots. The session ends with a massage to stimulate muscle relaxation and the circulatory system. The 80-minute session costs \$135 plus tax and tip.

All guests, regardless of treatment, are given a complimentary refreshing and all-natural coconut drink to complete their inner purification ritual.

About Sublime Samana

Coconut Whispers complements Sublime Samana hotel's exclusive collection of 26 private suites and casitas providing guests spacious floor-to-ceiling windows, private balconies or terraces, elegant furnishings, dining areas and fully equipped kitchens. Sublime Samana Hotel is a member of the Small Luxury Hotels of the World™. For more information go to www.SublimeSamana.com and call (809) 240-5050 or e-mail spa@sublimesamana.com for reservations.

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