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# The Crane Resort

## THE LUXURY HEALTH AND WELLNESS HAVEN OF BARBADOS

BY NORAH BRADFORD

**T**he Crane Resort, a luxury health and wellness haven in Barbados for more than a century, is enriching its holistic approach to hospitality and well-being with the opening of a new onsite juice and smoothie spot, Serenity Bar.

Conveniently located adjacent to The Crane's full-service Serenity Spa, the bar is a wholesome new take on both nutrition and indulgence, serving fresh juices, smoothies as well as light lunch options daily in a tranquil poolside setting overlooking the property's breathtaking Crane Beach.

Ideal for sun-seeking travelers who truly take their health to heart, Serenity Bar allows guests to follow a relaxing facial at the spa with a "Vitality Plus" juice of kiwi and honey, or refuel after a workout at The Crane's fitness centre with a protein powder and blueberry-blended "Super Food Shake."

The world-renowned swimming pool at The Crane remains the centerpiece of this luxury resort, being set at the top of a cliff and framed by a row of classic Doric columns, overlooking the naturally spectacular Crane Beach.

The Crane is the Caribbean's first resort hotel. First opened in 1887, this truly unique property combines old-world charm and incredible natural beauty with a romantic sense of seclusion. With 252 luxuriously appointed residences and suites, this cliff-top resort looks out onto the powder pink sands of Crane Beach, voted one of the world's best beaches. The Crane goes beyond the typical Caribbean vacation packages, and offers unparalleled service and spacious, luxurious accommodation including private pools, gardens, and rooftop terraces. The resort also boasts award-winning cuisine (five restaurants, two bars), a relaxing spa, six outdoor pools including a cascading waterfall and

whirlpool, and duty free retail shopping.

Many guests at The Crane visit simply to enjoy the resort's natural beauty and tranquility -- and therefore spend much of their time relaxing on Crane Beach, lounging in their private pools, or tanning at the several pools overlooking the ocean. Nearby nature activities include the "Bat Cave," a natural bat habitat within walking distance of the resort, and Hawksbill turtle watching, just south of The Crane at Foul Bay. For those who wish to have a little more activity during their stay, The Crane also offers a weekly catamaran cruise for guests in residence and can book a variety of additional activities, including deep sea fishing, island tours, golf or dinner theatre shows..

[thecrane.com](http://thecrane.com)