

Tropical Living for a Healthier Lifestyle

Solutions for a Happier, Healthier, More Balanced Life

Living the tropical lifestyle encourages simpler, healthier living. It's about drinking more pure water, breathing the sweet, clean air of the tropics, and relaxing with long tropical massages, body scrubs and floral baths. It's about relaxing, sleeping in, enjoying afternoon naps, lounging in a hammock and reading on the beach, being outdoors in the fresh air, riding a bike, playing in the sand, swimming in the ocean, walking along the beach and exploring. It's about enjoying the simplicity of clean cuisine, eating more salads, fresh tropical fruits, fish and rice.