



WHERE THE SPIRIT OF SAINT LUCIA COMES ALIVE

RESORT DIRECTORY

YOUR GUIDE TO EAST WINDS AND YOUR CARIBBEAN HOLIDAY.

I LOVE



t. LUCIA

LOVE

JOY ^{J.P.}

PEACE



WELCOME TO *East Winds*

SAINT LUCIA'S ORIGINAL BOUTIQUE RESORT

The whole team at East Winds is delighted to welcome you.

East Winds has a long history on the island of Saint Lucia, and it is a history we are proud of. While you are here, we will do our very best to ensure your holiday is exactly as you imagined it would be. We will be attentive to your needs and promise you an authentic and friendly Caribbean experience.

Do log into our App on www.eastwindsguest.com where you will find the check in forms, newsletters and information about our daily menu and wine list. Or log in by scanning the QR code:



Thank you for joining us in Saint Lucia and for choosing to spend your holiday with us at East Winds.

A handwritten signature in black ink that reads 'Judith Milne'.

Judith Milne
Managing Director





CONTENT

- 01 **Welcome**
- 02 **Your Hosts**
- 07 **Food and Drink at East Winds**
- 13 **Activities & Recreation at East Winds**
- 17 **Guests Services at East Winds**
- 23 **Telephone & Contact Information**
- 24 **How to prevent Mosquito bites**
- 27 **East Winds Garden Spa**
 - Garden Spa Menu
 - The Medicinal Values of Plants & Herbs
 - The Benefits of Essential Oils
 - Paw Paw Leaf Tea
- 33 **The Medicinal Values of Plants & Herbs**
- 37 **The East Winds Family Foundation**



YOUR HOSTS

As you will soon discover, or may have discovered already, we are all your hosts at East Winds while you are on holiday with us. We promise to personally fulfill any requests you have.

While enjoying your time at East Winds we have several formal hosts with a special interest in making your stay exactly as you wish. Our resort hosts are available to assist you in booking daily excursions, making travel arrangements including our resident chauffeurs, or simply to answer your questions about the resort and the day's activities. To ensure you enjoy your holiday to the fullest please meet your hosts for your holiday:

Simeon

Social Coordinator

Find Simeon either walking around the resort chatting to guests or in the Good Vibes Beach Hut waiting to give you advice on arranging your trips or call from your room by dialing 6016.

Charmion Florent

Guest Services Manager

Charms is supported by a team in reception

Lucretia | Jennell | Lilia

Reception is open from 7:00am – 10:00pm daily. After hours, our switchboard and security are available 24 hours a day by calling extension 0.





FOOD AND DRINK AT EAST WINDS

The Flamboyant Room

The Flamboyant Room, our restaurant at East Winds, sits next to the beach, with every table overlooking the Caribbean Sea. At East Winds, there is no need for reservations as our restaurant is designed with a space for every guest to come and go freely as they wish. All meals are served in the Flamboyant Room at the times indicated below.

Breakfast

Breakfast is served from 7:30am – 10:00am daily. Our breakfast features a wide selection of fresh fruits, breads, cereals, cold cuts, and homemade yogurt. The highlight of every breakfast is Gurvey's freshly prepared hot food where you may choose from an array of breakfast entrees prepared before your eyes in our open air grill. We invite you to start your day with a glass of our "therapy" made from fresh fruits and vegetables every morning.

Lunch

Lunch is served from 12:30pm – 2:15pm daily. Lunch is always a selection of salads, local vegetables, and fresh fruit to compliment our Chef's choice of fish and meat entrees each day. Our Chefs will prepare your food to order at our Sugar Pot Bar-B-Que on various days each week as well as featuring a number of Caribbean dishes throughout your stay.

Dinner

You are welcome to sit down for dinner anytime between 7:30pm to 9:30pm. Our four course Table D'hôte menu, which changes nightly, offers three choices for each course by blending international and Caribbean dishes together with vegetarian options. Friday evening, our Sugar Pot Bar-B-Que on the beach comes alive to offer the best in steaks, grilled fish, and fresh seafood, including lobster when in season. On this night dinner also features a local Saint Lucian soup served in an authentic coal pot as well as local Rum Baba cake for dessert. The restaurant closes when the last person leaves.

Wines of the World

To compliment dinner at East Winds, we have carefully selected wines from around the world, which are paired to our dinner menu. Our guests may choose from a selection of five different wines each evening.

At lunch your choice of red, white and rose wine is offered, selected from among the best of International table wines.

Lite Fare All Day Menu

The all-day menu is available daily from 12:30pm to 6:30pm. This small dish menu is a perfect choice for our guests on a day trip who return after lunch service has finished or for those wishing to try something different during their stay. Please ask your restaurant server for this menu at any time.

Afternoon Tea

Our afternoon tea features coffee and herbal teas, as well as freshly baked cakes, cookies, and scones daily at 4:00pm. Join us in the Bamboo Lounge and dress as you wish.





Vegetarian Fare & Dietary Needs

Vegetarian options are presented for each dinner course as well as salads, fresh fruit, cheese, and seafood available for each lunch service. We also welcome guests with special dietary needs to contact Reception to arrange a meeting with our Executive Chef who will be pleased to arrange appropriate menu items for you personally.

Private Beach Gazebos

Close to the restaurant several thatched gazebos sit on the beach and are perfect for a quiet lunch or private dinner. Please do not hesitate to reserve one of these spaces. For a romantic dinner with your own personal waiter just request one of our oceanfront gazebos, all part of your all-inclusive rate.

Special Requests

Special requests including breakfast and lunch hampers or special occasion celebrations are always welcome and always included in your all-inclusive rate. We ask that you speak with your hosts at Reception, 24 hours prior to your special request being needed, so we may personally arrange it for you.

Dress Code

Daytime dress at the resort is informal. For dinner, gentlemen wear collared shirts and long trousers except on Friday which is casual. Bar – B – Q night.





Bars & Entertainment

East Winds features a number of picture perfect spots to share in the Saint Lucian hospitality of our own bartenders,

Our Swim Up Bar

Is open 10:00am – 5:00pm daily where the fully stocked bar and your pool side cocktail master is ready with all the necessities to make a perfect poolside libation.

The Bamboo Lounge

is open daily for drinks from 7:00pm – midnight. The lounge is also open throughout the day and evening for our guests to relax or socialize as they wish.

Our Sunset Bar

is open 10:00am – 11:00pm daily for enjoying your favourite cocktail, aperitif, and the company of fellow guests. Our bartenders will also visit you on the beach and are happy to deliver your favourite cocktail directly to your chosen spot in the sun.

A mix of traditional and island inspired live music takes place nightly during dinner in the Flamboyant Room as well as during our Bar-B-Que lunch on Saturdays with our popular steel drum band.

Mini Fridge

Your in room mini fridge is stocked upon your arrival and replenished daily based on what you use. Should you wish to have something different in your fridge on a daily basis, please do not hesitate to contact Reception to make your request, just dial 0.



ACTIVITIES & RECREATION AT EAST WINDS

Exclusive Experiences

Refer to our Exclusive Experiences social schedule. Copies of our schedule are also available Simeon's GoodVibes Hut and Reception. Each day a number of exclusive events take place at East Winds, hosted by our Social Coordinator Simeon, and designed with your holiday needs in mind.

Activity List

In addition to the many activities offered as part of our Exclusive Experiences, you will also find lots of other things to do. From the relaxing to the highly active our guests always find the perfect way to spend their day.

- Swim in the Caribbean Sea, watch for sand bluffs upon entry. The slope can be quite steep at certain times of the year so a rope handrail system is available for those needing assistance in and out of the sea
- Snorkel our very own reef, be careful not to damage the coral with your feet or your feet on the coral
- Enjoy a tour or learn to sail with the beach team on board our Hobbie Cats
- Explore using our kayaks, pedalos, canoes, view boards and stand up paddle boards
- Stretch your body on our walking and fitness trail, entrance located next to our Oceanfront Rooms and just behind Reception
- Play shuffleboard next to the sea, located at the southern most section of our beach
- Enjoy cards or a board game in the Bamboo Lounge & explore our lending library with over 100 books to choose from
- Take our self-guided garden tour highlighting over 100 plant species, birds and wildlife found in the garden, look for the Nature Guide in your room. There is a guided tour of the garden every Thursday – you will find it in our Exclusive Experiences schedule.
- Soak up the sun and have a cooling swim at the pool.



WELCOME

DO NOT DISTURB

Spa Pavilion

East Winds is pleased to offer our guests a spa experience perfectly matched to the authentic Caribbean spirit of our resort. Our Spa Pavilion provides a specially selected list of treatments available six days each week, 9:00am – 4:00pm* in a peaceful and open-air environment. Please visit the GoodVibes Hut to book an appointment and feel free to visit with Teresa at the Spa Pavilion should you have any treatment specific inquiries.

The Spa Guide is located at the end of this manual.

Yoga & Pilates

We invite all of our guests to participate in our yoga and pilates classes offered four days each week (2 of each). Both are complimentary and take place in our Yoga Pavilion located at the foot of our walking trail, next to our Oceanfront Rooms. Our classes are tailored to suit a wide variety of skill levels.

There is no need to sign up in advance for our classes, simply check our Exclusive Experiences schedule for day and time. Guests not wishing to join an organized class are welcome to use the pavilion for personal practice and meditation at any time.

Fitness

East Winds is set on 12 acres of beautiful island land and although we do not have a formal gym we have walking trails and an outdoor Fit Trail to help you keep fit and healthy during your stay. Ask any member of the team to direct you there and let us know if you need assistance.





GUESTS SERVICES AT EAST WINDS

Babysitting

Babysitting arrangements can be made through Reception at an additional fee to be paid directly to your babysitter. Please provide 24 hours notice.

Beach Loungers & Beach Service

Our beach provides a generous number of beach lounges and individual gazebos for the enjoyment of all guests. Set up for couples, our beach gazebos can comfortably accommodate up to four loungers each should you wish to do so. Each comes with a small table, garment hooks, and a small whiskbroom for clearing away beach sand. At each you will also find a blue flag. To let our bartenders know you would like service to your gazebo, simply leave the flag at the foot of your lounge on the beach. There is no need to reserve a gazebo, as there are plenty for everyone.

Beach Towels

Housekeeping will provide clean Beach towels in your room daily. You will also find three towel huts, two on our beach and one at the pool, where you can drop off your used towels and pick up a fresh towel if you need one.

Food Hampers

Food hampers are available for guests who wish to take breakfast or lunch on the go during island excursions and day trips. Breakfast hampers are available for pick up as early as 7:30am. Arrangements for food hampers can be made by contacting Reception with a minimum of 24 hours notice. We also remind our guests that East Winds is happy to offer an all day lite fare menu for those who return to the resort after lunch but who desire a proper meal upon their return.

Island Gifts

There are a great many shopping options on island and we would be delighted to arrange a shopping trip for you with recommendations on the best places to visit. Our unique silver jewellery hand crafted from shells and seeds collected from our property can be found in Reception. We also sell our own natural products in the Garden Spa.

Housekeeping

We provide daily housekeeping service to all rooms. Should you have any special requests, please feel free to contact our Housekeeping Department directly at extension 6013 or by contacting Reception.



Laundry & Dry Cleaning

Personal daily laundry service is provided for items of clothing only. Dry cleaning will be sent out to a local cleaning service. Laundry is returned within 24 hours and dry cleaning may take up to 72 hours. Please contact Housekeeping to arrange for laundry to be picked up and to inform us of any cleaning preferences.

Medical Assistance

Please contact Reception should you require the services of a doctor, dentist, or any other form of medical assistance. East Winds has an on call doctor with a practice in very close proximity to the resort with house calls made to your room for most requests. All security staff at East Winds are first aid response trained and available 24 hours to assist. In case of an emergency, please call Security at extension 6008.

Room Entertainment

All rooms have televisions with access to cable TV. A channel guide has been provided. Our collection of complimentary DVD's is available at Reception.

Room Service

Due to the layout of our property, we are unable to provide this service. However, in room meal services are available for special occasions or in the case of illness. We will do our best to accommodate your every request in these special circumstances.

Safe Deposit

Although East Winds provides a very safe environment for our guests, we recommend that your valuables be kept in your in room safe. Your in room safe is easy to use and is activated by setting your own code upon arrival. The resort does not accept responsibility for lost or stolen personal articles. A reminder that the beaches on St Lucia are all open to the public so although our own beach area is private property, the area close to the sea is public.

Transportation

Should you wish to arrange transportation on the island you may do so by contacting Reception. East Winds offers our guests a private chauffeur service by select drivers chosen for our guests for the high level service they provide. We are happy to arrange transportation to specific destinations, driving tours of the island, as well as airport transfers if you wish.

Wireless Internet Services

The resort grounds and guest rooms are equipped with complimentary wireless internet services. A password is not required. Although we know just how important staying connected is for our guests, please note that our wifi service will not provide signal strength equivalent to the strength you are accustomed to in major city centers.

Foreign Exchange

In Saint Lucia, the currency is the Eastern Caribbean Dollar or more commonly referred to as “EC”. Both Eastern Caribbean and United States currency are widely accepted on the island. An exchange service is available from Reception.

Check In & Check Out

Upon check in you received a copy of our personal information card and resort waiver. We ask that you complete each of these forms and return them to Reception upon your second day at East Winds. Check out is 12:00pm but for those guests with a later departing flight, please do not hesitate to request a late check out or courtesy room. Depending on resort occupancy, we will happily fulfill your request. Please note that Reception opens at 7:00am daily and guests departing prior to this time are asked to check out the night before departure.

Electricity

Electricity in Saint Lucia is 240 volts. A universal adaptor is provided in your room and can be used for most electronics including all cell phone and computer chargers.

Fire

A fire extinguisher is provided in all rooms. In the event of a fire, please vacate your room immediately and contact Reception (0) or Security (6008). Please familiarize yourselves with the fire procedures shown on your desk and head to your Muster Point should the fire alarm sound.





Local Beach Visitors

One of the most enjoyable aspects of visiting a Caribbean island is joining in with the local culture. In Saint Lucia all beaches are designated public areas and for the shared use of all inhabitants, both locals and travelers alike. Although our beach is known for its exclusivity, from time to time you will find yourself sharing the beach with a lively group of local “Lucians” enjoying a day of rest at the water’s edge. It is important to note that all beach loungers and resort facilities are for the exclusive use of our guests as enforced by our security team. We hope that you will enjoy the coming together of cultures while you enjoy a truly authentic Caribbean holiday.

Maintenance Concerns

In the unlikely event of a fault in your guestroom please contact Reception to report it to us. Our Maintenance staff will be dispatched quickly to rectify the situation. Issues reported after hours will be rectified the next day.

Security

Our friendly security staff are on patrol of the resort grounds 24 hours a day, every day. Please note that the front gate of the resort is locked every night at 1:00am. For guests returning to the resort after this time, please inform security upon departure and the gate will be monitored upon your return.

Smoking

Please note that our guestrooms, porches, and all public food and beverage spaces are declared non smoking areas at all times. We respectfully request that guests who do smoke do so in outdoor areas away from those that are designated non-smoking.

Tipping & Gratuities

Your all-inclusive rate at East Winds includes a fee for gratuities. However, if you would like to show your personal appreciation to our staff, we ask that you do so by leaving your tip at Reception. All gratuities are pooled and shared with our staff each month. All letters of appreciation left with your gratuity are shared with our staff and your kind words mean so much to us. Thank you.

Water Supply

Water on all Caribbean islands is a precious commodity and we ask that all guests keep a watchful eye on any opportunities you may have to conserve water. The water from your tap is safe to drink and is sourced from the rivers of the Rain Forest and treated both prior to and upon being received at the resort. For those who prefer to do so, bottled water is always provided in your room and at all bars.



TELEPHONE & CONTACT INFORMATION

Reception	Extension 0
Security	Extension 6008
Restaurant	Extension 6019
Good Vibes	Extension 6016
Housekeeping	Extension 6013

East Winds Contact Information

Telephone	758-452-8212
Fax	758-452-9941
Email	info@eastwinds.com

La Brelotte Bay, Gros Islet,
P.O. Box 1477, St. Lucia, West Indies

Local and International Calling

The telephone in your room offers direct dialing for local and international calls. All calls are automatically billed to your room including a 30% surcharge.

Local Calls	Dial 9 + local number
North America & Caribbean	Dial 9 + 1 + area code + local number
UK	Dial 9 + 011 + 44 + area code + local number
All Others	Dial 9 + 001 + country code + area code + local number

HOW TO PREVENT MOSQUITO BITES

Use EPA-registered insect repellents that contain at least 20% DEET (there is a DEET repellent provided in your room) for protection against mosquitoes and other bites.

Other repellents protect against mosquitoes:

- Picaridin (also known as KBR 3023, Bayrepel, and icaridin)
 - Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)
 - IR3535
 - 2-undecanone (methyl nonyl ketone)
-
- Find the EPA-registered insect repellent that is right for you. The effectiveness of insect repellents that are not registered with the EPA, including some natural repellents, is not known. There is also a natural insect repellent in your room if you prefer not to use DEET, but if you find that you are being bitten swop immediately to the DEET spray.
 - When using insect repellent, follow the instructions on the package and reapply as directed. In general, higher percentages of the active ingredient provide longer-lasting protection. However, this increase in protection time maximizes at about 50% DEET.
-
- If you are also using sunscreen, apply it first, let it dry, and then apply repellent.
 - Do not use products that contain both sunscreen and repellent.
 - Do not spray repellent on the skin under clothing.
 - Mosquitoes do not like air-conditioning, so if you can, use the air conditioning in the evening before sunset and until you get back from dinner.
 - Thoroughly spray your room with the insecticide provided just before you leave for dinner, keep the air conditioning on and any mosquitoes and the insecticide smell will be gone before you get back.
 - Do not use insect repellents on babies younger than 2 months old.
 - Do not use products containing OLE or PMD on children younger than 3 years old.

- Children should not touch repellent. Adults should apply it to their hands and gently spread it over the child's exposed skin. Do not apply repellent to children's hands because they tend to put their hands in their mouths.
- For babies under 2 months old, protect them by draping mosquito netting over their carrier or car seat. Netting should have an elastic edge for a tight fit.
- Some infections, including Zika, can spread from a pregnant woman to her fetus, so pregnant women should strictly follow steps to prevent mosquito bites while traveling. In the case of Zika, because infection in a pregnant woman is linked to serious birth defects and miscarriage, CDC recommends that pregnant women not travel to areas with Zika outbreaks. When used as directed, EPA-registered insect repellents are safe and effective for pregnant and breastfeeding women.
- Every week we carry out a misting treatment around the property. Misting is like spraying insecticide in your room, it lands on all surfaces including plants and trees. When mosquitoes land on any area that has been misted, they are killed. We also fog the whole property regularly; this kills and airborne mosquitoes and weakens their instinct to lay eggs.
- All public areas are treated weekly, including the Bamboo Lounge, the restaurant and the Sunset Bar. Our intention is to minimize the risk of mosquito bites, but the most effective prevention is personal use of sprays containing DEET. Please make use of the spray provided in your room. If it needs replenishing, please don't hesitate to ask.





EAST WINDS GARDEN SPA

The Philosophy behind the East Winds Garden Spa is to stay at one with nature. In our beautiful and ancient tropical garden, we grow many medicinal plants and herbs. At East Winds, we care about the environment and avoid using any harsh chemicals on your skin, preferring instead to focus on natural organic treatments using ingredients from the environment around us to relax, rejuvenate and energize you. Both inside, and out.

Relax using Age-Defying Hibiscus
Rejuvenate with Soothing Aloe
Energize rosewood, geranium and orange

The Garden Spa is open from 9am to 5pm Monday to Saturday.

Please arrive at the Garden Spa 15 mins before your appointment to enjoy our special signature Spa tea made with Herbs and plants from our own garden. You will be asked to complete a spa consultation form before your treatment.

Make your appointment either at Reception or GoodVibes at least one day before your appointment. Walk in requests will be subject to availability. If you decide to cancel your treatment, let us know 24 hours in advance.

We hope that you enjoy our wonderful garden spa experience, if there is something that you would love to try that doesn't appear on our list.... just ask.



GARDEN SPA MENU

Facials

All facials are 60 minutes (US\$75).

RELAX AND ANTI-AGE

With its alpha-hydroxy acids, antioxidants and high mucilage content, Hibiscus has been crowned “the Botox of plants”. Our wonderful facial, with this powerhouse ingredient, will give you fresher, younger, smoother skin that appears more supple and flawless.

REJUVENATE & SOOTHE

100% pure aloe gel with herbal extracts of gotu kola and horse chestnut will soothe, firm and tighten the skin naturally. Wonderful for irritated or sunburnt skin.

ENERGIZE & STIMULATE CELL RENEWAL

This creamy facial is great for dry skin, giving skin extra moisturizing and a luxuriant glow.

Massage

All massages are 60 minutes (US\$110) except the back, head and neck massage which is 30 minutes (US\$60).

Note: all East Winds Massages include the whole body, including face and head. If you prefer that we avoid any part of your body, just let us know before the treatment starts.

RELAX WITH A SWEDISH MASSAGE

You choose the level of pressure that suites you best

Using a combination of essential oils, Geranium and Orange and classical Swedish Massage strokes, this treatment relieves tension, improves blood circulation and releases stress from your body leaving you relaxed and rejuvenated.

SOOTHING TRADITIONAL MASSAGE

Light to Medium pressure

Using a combination of Rosewood and Tangerine essential oils this gentle palm stroking massage which originated in Bali, revives the body and mind creating feelings of positivity while soothing your cares away.

ENERGIZE & STIMULATE WITH A DEEP TISSUE MASSAGE FIRM PRESSURE

Based on Lemon and Peppermint essential oils this deep tissue massage breaks down tension and muscle spasm leaving you energized and relaxed.

REJUVENATING BACK MASSAGE

You choose the level of pressure that suites you best

Using Natural Coconut Oil, this back, head and neck massage will relieve tension and leave you stress free.

Aromatherapy Massage

You choose the level of pressure that suites you best

This wonderful complex therapy founded on Palmarosa, Patchouli and Sandalwood will draw on the power of plants and flowers to drain the lymphatic system of toxins and lactic acids, helping the body to heal, rebalance and rejuvenate.

REFLEXOLOGY

60-minute treatment (US\$110).

Reflexology is a non-intrusive ancient healing art which harmonizes the body's systems, promoting healing while releasing toxins from the body leaving you with a feeling of positive mental attitude and

renewal. Based on the theory that different points on the feet, lower leg, hands, face or ears correspond with different areas of the body, we concentrate on the feet to identify areas of tension and stress.

Body Wrap

Wraps are 1hr & 15 minutes and will take place in an indoor cottage spa with shower facilities close at hand (US\$110).

FEED YOUR BODY WITH CHOCOLATE

Using St Lucian natural chocolate your body is scrubbed and then enveloped in a chocolate wrap, feeding your skin with the nutrients and antioxidants it craves.

SOOTH YOUR SKIN WITH ALOE

This soothing body scrub and wrap calls upon Aloe to treat sunburn, purify the body and sooth the nerves.

RELAX YOUR BODY AND SKIN WITH SULPHUR

Using a relaxing Sulphur mud wrap and scrub to help replace vital amino acids. Containing enzymes and ante-bodies to mineralize the body leaving you relaxed and tension free.

Manicure & Pedicure

All treatments are 60 minutes (US\$30) except our special manicure & pedicure which is 1 hr. and 15 minutes (US\$65) and the speedy clean and polish which is 40 minutes (US\$20).

MANICURE OR PEDICURE

Your hands or feet are left smooth and silky using our scrub, massage, buff, clean and polish. Finished off with your choice of polish.

COMBINED MANICURE & PEDICURE

As above for both hands and feet.

SPECIAL MANICURE OR PEDICURE

Add a special mineral mask to our standard treatment for a truly luxurious experience.

SPEEDY CLEAN AND POLISH

Clean and shape followed by polish for either hands or feet.







THE MEDICINAL VALUES OF PLANTS & HERBS

Hibiscus (flower)

Helps lower Cholesterol, prevents the risk of heart disease and lowers blood pressure. Used to nourish the hair and scalp and could be used as a hair shampoo. The flowers are rich in Iron.

Gros Pom Pom (Leaves)

Infused in hot water for coughs and fever.

Aloe Vera

An anti-inflammatory, anti-bacterial and anti-fungal, used to treat burns, wounds, ulcers, lowers cholesterol, re-generates, improves blood circulation and acts as a laxative.

Fit Weed (Shadow Beni)

Uplifting, revives people who have fainted, heals fever, flu, pneumonia and diabetes, good for male sexual organs.

Leaf of life Good

For shortness of breath, has anti-inflammatory properties, prevents infections. Used to treat

respiratory tract infection, especially Asthma, coughs and bronchitis, as well as chest colds. Good for kidney failure. Used as tonic to cleanse the bladder. The leaves when heated could be used to stop bleeding, good for bruises, ulcers and Arthritis.

Peppermint

Good to stimulate the stomach, cools digestion warming, stimulates excretion of saliva, good for headaches, morning sickness in women and congested lungs. Anti-fungal, anti-bacterial and stimulates excretion.

Lemon grass

Helps fight bacterial infection, combat the common cold, fever, malaria and pneumonia. Used as an essential oil, good mosquito repellent.

Cassia (Lebernum)

Detoxifying and cleanse.

Tarragon

Excellent source of minerals, antioxidant, rich in vitamins A-C.

Carpet Dazy (Wedelia)

Treats infection and clear the birth canal, used to treat diseases of the womb like fibroids, great for inflammation.

Oregano (Go-di-tien)

Ant-inflammatory, anti-fungal and good for digestion. Great Herbs for the Nervous system Rosemary, Almond, Basil, Sage, Cinnamon, Garlic, Chamomile, Bay Leaf, Ginger and Turmeric.

The Benefits of Essential Oils

Palmarosa

Hydrating, Relaxing, Stimulating and Antiseptic.

Patchouli

Anti-inflammatory, cell rejuvenating, very good for skin conditions, such as Eczema, acne, cracked skin, aged skin, irritated skin, antiseptic, anti-fungal, diuretic (good for water retention) good for anxiety and depression and relaxing.

Sandalwood

Tonic to the reproductive areas, kidneys, bladder, spleen, strong antiseptic to the urinary systems, diuretic (water retention) good for dry skin and relaxing.

Tangerine

Fights Arthritis, lowers cholesterol, rich in vitamins A, C and Iron, good for the skin, stimulates digestion, relaxing, hair growth, good antioxidants and eyesight.

Rosewood

Soothing, refreshing, may help headaches, uplifting and balances the nerves and emotion, also detoxifying.

Petitgrain

Soothing, relaxing, calming, eases anxiety, good for insomnia, tonic to the nervous system, mild astringent, diuretic (water retention) and refreshing.

Geranium

Calming, uplifting, good for anxiety, emotion and physical balancing, good for water retention, helps regulate hormonal system, menopause, PMT (pre-menstrual tension) good for inflammation of the breast (mastitis) good for diarrhea, all round tonic, good for healing cuts wounds, good for dry skin, refreshing and relaxing.

Atlas Cedar

Antiseptic to the urinary system, good for skin, increases elasticity and relieves itching, good for respiratory tract problems, catarrh (mucus), coughs, bronchitis and sedative.





Paw Paw Leaf Tea

Benefits

Health and Vitality, increases appetite contains antioxidants that boost the immune system and stave off cardiovascular disease, strokes, rich in vitamins, A, B, C, D and E.

Medicinal purposes

Good for Dengue Fever, Indigestion, Heartburn, reduce inflammation of the stomach lining and heals gastric ulcers. The papaya leaves contain agents that are thought to be beneficial for cancer, especially cervix, prostate, liver, breast and lung cancer.

Helps with fungal infections of the skin, warts, scars and helps get rid of freckles.

To Make Paw Paw tea

Take 10 leaves cut them up and boil them in ½ gallon water until it boils down to a quart, then let it cool. Keep the tea in the fridge for 2 days in a glass jar with a tight-fitting lid. Drink as much as possible.

As a natural remedy for Menstrual pain

Take 6 papaya leaves and boil them in a Ltr of water for 15 minutes. Then add any kind of juice that you like the taste of. Let it cool and drink one large glass 3 times a day.

If you would like to take a copy of this recipe home with you or any of the other information in the guest directory, please ask at reception.





THE EAST WINDS FAMILY FOUNDATION

When I first came to St Lucia, I discovered that children from low income families often had to leave school early because their parents were unable to buy the books, they needed each year to stay in school. The average cost of books is EC \$1,000 per year or US \$370. Those families who did manage to keep their children in school often did so by borrowing the money to pay for books, at high interest rates, with the result of causing general hardship for the whole family as they struggle to pay off the loan before the next set of books is needed.

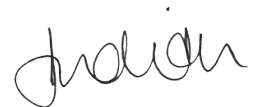
In a country like St Lucia, education for future generations is a powerful tool to support the families that we have come to care about and to help create a positive future for their children.

Helping to keep children in school results in educated young people who can contribute to their communities and their family, breaking the cycle of poverty that affects so many families in the Caribbean. If you would like to help us help our families, either through a one-off donation or ongoing support then please contact me at judith@eastwinds.com.

When you fill in your registration card you will notice a tick box that invites you to opt in or out of donating to our foundation. The donation will be added to your final bill when you check out. We suggest a donation of US \$1 per night per room.

If all our guests make this small donation then we will be able to keep all the EastWinds family children in school until the age of 16. Now wouldn't that be a wonderful achievement?!

Thank you and warm wishes,



Judith Milne

Managing Director





Meet some of the children we have helped since the Foundation began in 2017







ENJOY YOUR STAY

CONTACT US AT

East Winds Resort Ltd
La Brelotte Bay, Gros Islet
P.O. Box 1477
St. Lucia, West Indies

T: + 1 758 452 8212
F: + 1 758 452 9941
E: info@eastwinds.com
www.eastwinds.com

UK SALES & MARKETING

Essential Detail Ltd
7 Hampton Court Road
Kingston upon Thames
Surrey
KT1 4AE

T: +44 (0) 20 8977 6099
E: office@essentialdetail.co.uk
www.essentialdetail.co.uk

US ENQUIRIES

Martin Larsson
Hotel Labs

T: 1 646 673 2130
E: mlarsson@hotellabs.com
www.hotellabs.com