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Press Kit 2010



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MARKETING COMMUNICATIONS

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RESORT FACT SHEET

DESCRIPTION	LaSource offers a first-class, luxury-inclusive holiday experience that combines the best of an active beach vacation with a relaxed spa retreat, designed to provide complete body and mind rejuvenation. As part of the luxury-inclusive program, guests receive one complimentary spa treatment per day except days of arrival and departure. The minimum age for guests at LaSource is 16 years.
LOCATION	LaSource is located on the southwest tip of the "Spice Island" of Grenada. The resort is on Pink Gin Beach and is surrounded by 40 acres of lush tropical gardens. It is just five minutes from the Point Salines International Airport and 15 minutes from Grenada's capital, St. George's.
ADDRESS	P.O. Box 852 Pink Gin Beach St. George's, Grenada West Indies
RESORT	473-444-2556
RESERVATIONS	1-888-527-0044 reservations@theamazingholiday.com
WEBSITE	www.theamazingholiday.com

ROOMS

LaSource has 100 guest rooms, with categories including oceanfront and ocean view junior suites, luxury ocean view and oceanfront rooms, as well as luxury single rooms. Each room offers guests a balcony or terrace, ceiling fan, air conditioning, electronic safe, Italian marble bathroom with luxury toiletries and shaving mirror, mini fridge (not stocked,) hair dryer, robes, mahogany furniture, CD/radio/alarm clock and iron and ironing board.

DINING

Cuisine LaSource is a globally influenced fare designed for healthier eating without sacrificing the art of good cooking. Menus rotate on a weekly basis.

Oscar's Beach Restaurant features an open air dining room and ocean views. Serves a la carte lunch from 12:30 to 2:30 p.m. and dinner from 7 to 10 p.m. (dinner reservations required).

The Garden Restaurant serves buffet-style breakfast from 7:30 to 10:30 a.m. and lunch from 12:30 to 2:30 p.m. An a la carte dinner menu is served from 6:30 to 9:30 p.m., in addition to nightly themed-buffets.

The Great House Restaurant offers a more formal a la carte dinner from 6:30 to 9:30 p.m.

The Café Deli serves a light lunch, snacks and afternoon tea and is open from 11 a.m. to 6 p.m.

Continental breakfast service is available in-room by request daily from 6 to 10:30 a.m.

The dress code for breakfast and lunch is casual, however guests are asked to cover bathing suits and gentlemen are asked to wear a shirt. Dinner dress code is elegantly casual (no t-shirts, hats or bare feet are permitted.) Guests can also visit the resort's three bars – The Beach Bar, The Piano Bar and The Terrace Bar where nightly entertainment is featured.

ACTIVITIES

Guests at LaSource can choose from a variety of land and water sports including snorkeling, waterskiing, sailing, windsurfing, aqua aerobics, ocean kayaking, hydro-boarding and SCUBA diving, among others. Certified divers are entitled to one complimentary dive per day except the day of arrival and departure. Additional dives can be arranged at an extra charge. Land activities include tennis, archery, fencing, aerobics, stretch classes, bicycle tours and a nine-hole, par three executive golf course. The resort also offers a range of holistic activities such as yoga, Tai'Chi, meditation and stress management. Guests can also enjoy expert led Master Classes in a variety of disciplines at certain times of the year.

OASIS SPA

Guests receive one spa treatment each day following days of arrival and departure. These treatments range from the Arawak head massage to exfoliation treatments, massages, facials. A full a la carte menu is also available with more extensive treatments.

ADDITIONAL GUEST SERVICES

All service charges and government hotel tax at the resort are included in the rate. Transfers to and from the airport, gratuities, use of reception safety deposit box and book exchange are also included.



OASIS SPA FACT SHEET

At LaSource, each guest receives one complimentary spa treatment per day following the day of arrival as part of the Mind, Body and Spirit program. LaSource uses Pevonia products for all of its relaxing inclusive treatments which include:

SILK AND SMOOTH

A gentle exfoliating body polish using silky skin body scrub that promotes a longer-lasting tan.

FLOAT ON AIR

A special foot massage including exfoliation and massage from the knees to the toes that helps clear the body's systems and nerve pathways.

FULL BODY SWEDISH MASSAGE

The benefits of Swedish massage are extensive as the treatment helps to break down adhesions and lactic acid and improve circulation.

AROMATHERAPY MASSAGE

The aromatherapy massage works directly on the lymphatic system to promote healing on different levels – physical, mental and emotional.

LASOURCE SIGNATURE MASSAGE

Using island spices, this deep massage of the back, neck and shoulders, is designed specifically to ease muscle tension and bring vitality to the body.

RESTORATIVE FACIAL

This deep cleansing facial rebalances skin for a vibrant and radiant glow. It is tailored to treat individual and specific requirements and also includes a hand and arm massage.

ARAWAK

An intensive head massage including facial pressure points, upper back, shoulders and neck.

POINT SALINES WRAP

This seaweed body wrap improves circulation and helps flush toxins from the lymphatic system.

Grenada Fact Sheet

DESCRIPTION:

This small nation consists of three islands: Grenada, Carriacou (pronounced Carry-a KOO,) and Petite Martinique (pronounced Pitty Mar-ti-NEEK.) Grenada is the largest of the three, with a width of twelve miles (18 km) and a length of twenty-one miles (34 km.) Its 133 square miles are mountainous, volcanic terrain, reaching heights of over 2,750 feet atop Mount St. Catherine, its highest point.

Known as "The Spice of the Caribbean," visitors will be enticed by the sweet scents of nutmeg, cinnamon, ginger and vanilla wafting on the balmy breeze. In fact, there are more spices in Grenada per square mile than anywhere else on the planet. Nutmeg is the most abundant spice, and Grenada produces about a third of the world's supply.

LOCATION:

The three islands of Grenada, Carriacou & Petite Martinique are located in the eastern Caribbean at the southern extremity of the Windward Islands, only 100 miles north of Venezuela. To the north lie St. Vincent and the Grenadines and to the south lie Trinidad and Tobago.

CLIMATE:

Average temperatures range from 75°F to 85°F (24°C to 30°C,) tempered by the steady and cooling trade winds. The lowest temperatures occur between November and February. Due to Grenada's remarkable topography, the island also experiences climate changes according to altitude. The driest season is between January and May. Even during the rainy season, from June to December, it rarely rains for more than an hour at a time and generally not every day.

PEOPLE:

Approximately 101,400 people inhabit Grenada, including the 8,000 inhabitants of Carriacou and the 600 residents of Petite Martinique. The nation's citizens are primarily of African, East-Indian and European descent, with the largest proportion of the population, approximately 75%, of African descent. Grenada is an English-speaking nation.

CURRENCY:

Major credit cards are accepted by most hotels, car rental companies, and shops. Travelers checks are accepted everywhere. The Eastern Caribbean Dollar, linked to the US Dollar, is the local currency.



Banks will exchange EC\$2.67 for US\$1.00 cash and EC\$2.68 for US\$1.00 in travelers checks. It is advisable to exchange currency at the banks, as the most favorable exchange rates may not be obtained elsewhere.

U.S. FLIGHTS:

Air Jamaica will serve Grenada with non-stop flights from New York's JFK until March 9, 2010. American Airlines offers direct service from Miami. (American Eagle operates connecting flights from San Juan daily.) Delta will offer two non-stop flights from New York's JFK beginning June 5, 2010.

DEPARTURE TAX:

Persons 13 years of age and older are required to pay EC \$50 or US \$20.

