



WellCode

25th of February - 4th March, Anguilla

**WellCode Sheriva** in Anguilla is a luxury retreat in the Caribbean offering a genetically guided wellness programme to optimise your energy, wellbeing, and longevity. The six-day all-inclusive retreat is a unique opportunity to discover your genetic constitution and experience, the best nutrition and fitness regime most suited to your genotype.

**Anguilla** is an island of prominence: The first (northernmost) island in the Leeward Island archipelago, located only 18 minutes north of St. Maarten (SXM) by sea or 7 minutes by air; alphabetically, the first of the Caribbean islands; and first in myriad global awards ranging from best villas, best beach bars, best restaurants and, of course, best beaches.

## Programme

- As a first step, you will undergo DNA testing to identify your genetic variations associated with nutritional requirements, body composition management and response to physical activities
- Detailed genetic analysis performed by our specialists will help to formulate diet and exercise regime, specifically tailored to your genotype
- Combining test results with your other biological data and wellness goals we will design a personalised and practical retreat programme
- For six days you will experience the benefits of following a nutritional and fitness programme that is personalised to your genetic profile
- Through workshops, daily interactions with our on-site wellness professionals and therapists, physical activities and foods at the retreat you acquire invaluable knowledge about what works best for your body and learn how to implement these strategies in real life

## Getting to Anguilla

Anguilla's most popular arrival route is via St. Maarten (SXM) from the US, Canada, Europe and Central/South America and then a quick boat ride or flight to Anguilla. Most major airlines such as Jet Blue, US Air, American, KLM, Air France, Copa, Delta, etc. fly into St. Maarten regularly. Other options include flying from San Juan, Puerto Rico (SJU) or other islands to Anguilla via smaller air carriers such as Anguilla Air Express and Liat.

There is a direct flight from London operated by Norwegian airline

Jet Directly to Anguilla - Anguilla's Clayton J. Lloyd International Airport.





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## Villa Harmony, Sheriva

This 10-bedroom residence style villa successfully harmonizes the relaxed Caribbean style with elegant contemporary touches from around the world.

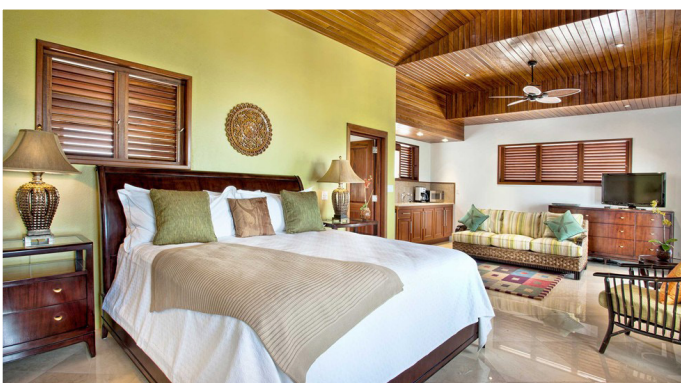
Only the finest materials accent almost every inch of this 14,000 square foot haven including exquisite marble floors and balustrades, exotic hardwood ceilings and immaculate granite countertops. The sunken living room exudes the richness of elegant island living, while the kitchen offers contemporary comforts such as GE Monogram appliances. Outdoor dining affords dazzling views of Cove Beach, Maundays Bay beach and the coastline of St. Martin.



On the Second floor of Villa Harmony, the massive master suite houses a walk-in closet and dressing room, private bathroom lounge area with Balinese daybed, European jet stream double showers and a unique infinity-edge marble bathtub. On this level, there is also 1 King room with 2 twin beds and 1 King en-suite. All 3 main-level rooms have marvelous see view and direct access to the expansive terrace which leads to the infinity pool with hot tub.

The Loft Suite sits atop the villa with the crystalline views of St. Martin and other islands, nearby resorts and the azure Caribbean Sea. This mesmerizing King ensuite has its very own private balcony, kitchenette, and sun terrace - perfect for rejuvenating massages or private yoga session.

The ground floor offers a voluminous 3-bedroom pool suite, which houses the entertainment/media room with wet bar and kitchenette - a perfect area for children and grown ups alike to enjoy a day of fun, games and swimming. The very private King ensuite, the 4th room on this level, has a lovely garden view and is complete with kitchenette, living room with pull-out sofa and a "tunnel" design which opens to a deluxe closet and bathroom.







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## Services & Amenities included:

- Transfer from St. Maarten to the Villa via private or semi private speedboat
- \*Exclusive signing privileges at neighboring Cap Juluca's restaurants, boutiques, water sports, etc.
- Complimentary long distance calls to USA/Canada
- Oversized golf cart per villa for beach runs (8-10 passengers)
- Fine bath essentials, robes, hair dryers
- Safes in most suites
- Laundry (Wash & Fold)
- Alfresco showers in each 2-car garage
- Wi-Fi Internet

*\*Cap Juluca guest signing privileges are exclusively available to guests of Sheriva. A credit card guarantee is required to activate your resort account. Cap Juluca is JUST 2 minutes away by provided golf cart.*

## Available on the property:

- Exceptionally private enclave with a total of 22 rooms, 7 pools
- Unobstructed oceanviews to St. Martin and beyond
- Office Niche in each villa, complete with computer/ printer/VOIP phone
- Fitness Suite: treadmill, elliptical bikes, free weights, two Apollo full body gym systems, etc.
- Games Lounge for kids (and kids at heart)
- Air-conditioned bedrooms, living and dining rooms
- Screened windows and doors
- Contemporary kitchens with GE Monogram appliances
- Events Pavilion
- Additional parking spaces per villa
- Slate driveways / Marble floors / Travertine decks / Hardwood ceilings
- Reception Building/Main House
- Lush gardens





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## What's included?

### What does it take to make the power of your DNA to work for you?

- DNA tests and analysis for nearly 50 DNA variants related to nutrition and fitness
- Six-night accommodation in luxury Villa Harmony, Sheriva in Anguilla
- Delicious personalised meal prepared by our functional food expert
- Healthy Snacks and juices
- Supplements selected to address specific gene-based requirements
- Two one-to-one consultations with our genetics –specialised nutritionist
- Two individual fitness assessments and consultations with DNA qualified trainer
- Unlimited group fitness and yoga classes
- One SPA sessions\*: massage or facial
- Educational talks and seminars about health and wellness
- Cookery classes and food demos
- Post Retreat personalised meal plans and fitness schedules
- Day/Boat trip to the Islands

Based on your tests results and wellness goals, the program can be centered around weight loss, digestion, hormonal balance, reproductive health, healthy ageing, inflammation, stress or abundant energy helping you manage particular health concerns and genetic health conditions/risks.

\* There is a SPA facility will be availbe at the villa to book massages, therapies, beuty tratments



**Meals:** All meals are prepared by our functional food expert and are suited to sugar-free, gluten- free, and dairy-free dietary requirements and can be adapted to vegan, paleo, ketogenic, or FODMAPs diets. Moreover, each meal is bespoke: it is tailored to genetic profile and individual's health goal whether it is weight loss, fitness performance, digestive, hormonal or cardiovascular health.

**Group training options:** boot-camps on the beach, group circuit, yoga, hiking, meditation, aqua rehab, resistance strengthening, triathlon, biking, stand up paddle group class

Work-shops/lectures and seminars Nutrigenomics and epigenetics, anti-ageing skin health, reflexology and posture, gluten-free, sugar-free, grain-free and lactose-free recipe planning, food demonstrations and workshops, cook-ery classes according to your genotype, digestive health, hormonal balance.

**Other activities (additional charges):** Private car/ boat excursions, wake boarding, water ski, horseback riding, tennis lessons, sailing, quad-biking





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## Meet the Team

### Head of Nutrition - OLGA

Olga Hamilton passionately believes in the power of nutrition and the effect it can have on every aspect of our health and wellbeing. Olga designs personalised nutritional programmes based on unlocking individual's genetic potential and incorporating the science of nutrigenomics to determine an individual's genetic response to nutrients and various dietary patterns. She has a special interest in skin conditions, anti-ageing, hormonal imbalances and weight management. Olga is registered with BANT and CNHC, graduated from world renowned Institute for Optimum Nutrition, and in the last stage of her MSc in Nutritional Medicine at the University of Surrey.

<http://www.olgahamilton.com>



### Head of Fitness - DIVAN

Divan Kombrink specializes in injury rehabilitation and postural corrective training and has been working as a master trainer and sports therapist for over a decade. He holds a Sport Science degree from Stellenbosch University and various sport related diplomas. Divan believes that recent advances in genetic profiling can optimise the way he tailors a program for his clients. He uses corrective and functional movements and mix in some fun to make his sessions very specific and tailored to his client's needs.

<http://www.divankombrink.co.uk>



### WellCode Founder - NINA

Nina has 10 years experience in the financial services industry and a life-long passion for nutrition, fitness, and wellness. Dedicated to her busy professional life she noticed her own health was suffering due to lack of time to exercise and consume nutritious food. By trying a myriad of fad diets and fitness routines and wasting a lot of time and efforts she eventually realised that there is no "off the shelf solution". To achieve your own optimal health one has to understand his/her own individual biology and genetic composition.

Inspired by the idea to equip busy professionals with the skills and information necessary to make informed science-based modifications to their diet and lifestyle, Nina founded WellCode, a leading supplier of genetically guided wellness programs.

