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Press Release

Healthy Diver Trip May 3rd to 11th 2009

Grenada, March 15th, 2009: In our fast moving world wellness and healthy choices becoming more and more essential. Why not apply it for your next dive trip? Not just haste to catch the flight, arrive tired and get going underwater adding new stress with unfamiliar equipment and surroundings. There is a better way – the Healthy Diving Trips organized by **Diversitea**, giving you a chance to really rejuvenate in the healing seas. This years destination is Grenada and Aquanauts @ True Blue Bay Resort.

True Blue Bay Resort and Aquanauts; the islands only diver dedicated resort is the perfect place for Janine Davies' – founder of **diversitea** - healthy diver trip. The program includes daily gentle HATHA yoga class, Reiki upon request, Swedish massages at the resort's spa, relaxed and safe diving with Nitrox. But not only activities are designed to rejuvenate your body, healthy menu choices, unlimited diversitea, fresh local fruits and vegetables, vitamineral green smoothies, raw crunch bars and more add to the holistic approach of a dive vacation.

Packages start from US\$ 980.—for a diver including 10 boat dives, accommodation, double occupancy, airport round trip transfer and all taxes.

Aquanauts dive dock is just steps from the True Blue Bay Resorts well appointed rooms And provides comfortable boats equipped with all amenities a diver may wish for. Buoyancy improvement classes and other specialties are offered to make the most out of a dive vacation to the "Wreck Capital" of the Caribbean. The resort provides a great back drop for Yoga classes right at the waters edge, massages overlooking the bay and enjoying the gorgeous Caribbean sunsets. A trip not to be missed for Scuba Yogis, health conscious or Spa vacation seeking divers. The trip may be booked secure online at: <http://www.grenadadiveresorts.com>



More information and to book:

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