

# End The Summer with Serenity at Calabash Cove Resort And Spa

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August: the dog days of summer are still long and warm, and there's still time to indulge in an adults-only vacation before the pace picks up in the fall with a return to school schedules and the impending holidays.

The Caribbean remains a hot spot all year round, including August, and island breezes keep the heat at bay.

Calabash Cove, a secluded luxury resort on the island of Saint Lucia, is a place where adult singles and couples can enjoy an intimate beachfront location with no crowds and plenty of peace and quiet for reading, relaxing, and reflecting.

Some top reasons to choose the Caribbean in August:

- Good deals: August is often a slower travel time, so flights are often cheaper than they were earlier in the summer and

many resorts, such as Calabash Cove, offer special promotions for the end-of-summer vacationers.

- No kids: August is a great time to send the kids to camp or to Grandma's, so busy parents can take a break and recharge on their own before school schedules take over with the soon-to-be hustle and bustle of the impending holidays.

- Special events: Summer is festival season at many Caribbean islands and Saint Lucia is no exception. Visitors considering an August trip may want to include the Roots & Soul Festival, which takes place August 23-25. The festival features musicians on the cutting edge of reggae, conscious hip-hop, Afro-punk, and R&B, and includes performances and master classes.

Whatever the reason or season, Calabash Cove offers a perfect change of pace.

The Unconditional All-Inclusive package covers all food and drinks, including room service, daily specials, an in-room bar, lobster (in season), and more than 20 wines by the bottle from an extensive wine list. For those who want to relax, but not unplug, WiFi is included (as are tips).

Calabash Cove's property of 26 guest suites features not only a private beach, but also a nearby coral reef, tropical gardens, and architecture designed to promote relaxation and enhance the sunset views.

Guests looking for a bit of adventure can explore the nearby Rodney Bay Village, which boasts approximately 40 bars and restaurants, and those craving action can take advantage of Calabash Cove's paddle boats, kayaks, and snorkeling gear at no charge.

Guests who miss their traditional workouts can work up a sweat at the resort's Cybex cardiovascular fitness center, while those who seek more pampering can indulge in a full range of

services at the spa.

For more information, visit [www.calabashcove.com/summer-days/](http://www.calabashcove.com/summer-days/)