



Cayo Levantado Resort

Slowing Down in Samaná: A Private Island Sanctuary for the Soul

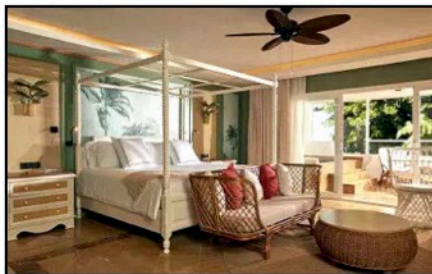
by Parm Parmar

The journey to Cayo Levantado Resort begins not with a traditional lobby check-in, but with a swift boat ride across Samaná Bay. From the moment you step onto the dock, it becomes clear that this is not a typical Caribbean escape. Here, luxury is redefined through stillness, salt air, and thoughtful, intentional design. There are no thumping basslines or crowded swim-up bars. Instead, a discreet clientele drifts quietly beneath swaying palms, moving in rhythm with the island’s gentle cadence. Accessible only by water, the resort’s seclusion enhances its appeal, offering guests and celebrity travelers a rare and genuine sense of privacy.

Your Personal Sanctuary

Whether tucked into a spacious junior suite or unwinding in a private beachfront villa, accommodations feel less like hotel rooms and more like carefully curated island homes. The resort’s 218 rooms pay homage to Dominican heritage, blending vibrant tropical textures with understated sophistication.

Life here unfolds effortlessly thanks to a personal ambassador assigned to each guest. With a simple WhatsApp message, they



manage everything from dinner reservations to spa bookings and room service requests. Each morning, they send a thoughtfully crafted outline of the day’s offerings, allowing you to ease into your schedule without ever feeling rushed. Small details elevate the experience further: a customized pillow menu, cloud-like beds, a well-stocked minibar, and reliable high-speed Wi-Fi. Every comfort is seamlessly integrated, creating a sense of complete ease.

The Soul of the Island

On our first morning, we visited Yubarta, named after the humpback whales that migrate through these waters each year. Tucked beneath a soaring palapa and surrounded by lush greenery, it serves as the spiritual heart of the island. We participated in an energy-cleansing ritual led by Luzdivinia, where rosemary and frankincense smoke drifted softly through the warm air while she chanted.

Later, we experienced aerial sound healing with Yosarah, reclining in silk hammocks as she played a meditative symphony of instruments. Suspended gently above the ground, we felt both grounded and weightless — a restorative hour that offered a rare pause for both mind and body. For those seeking more traditional wellness amenities, the island also features a full-service spa and a well-equipped fitness center.

Nature’s Roots

The resort’s environmental commitment is most visible at El Conuco, its thriving organic

garden. More than a source of fresh herbs and edible flowers for the kitchens, it functions as a living cultural space. During our visit, Randy Jimenez introduced us to the island’s Taíno heritage. We kneaded cassava bread by hand and explored the meditative craft of neo-papiro paper making — experiences that deepened our connection to the land.

Sustainability is woven into everyday operations. Innovative atmospheric water generators extract moisture from the Caribbean air, producing up to 6,000 liters of fresh water daily. Served in chilled, reusable glass bottles.

A Global Culinary Journey

Dining at Cayo Levantado moves far beyond the traditional all-inclusive format. Each restaurant feels distinct, offering a culinary journey that spans continents while honoring local ingredients.

Mornings begin at Palma Real, a vibrant market-style venue with an expansive breakfast spread and a colorful juice bar. For lunch by the sea, Carey delivers a Mediterranean-meets-Japanese fusion menu — the sushi is particularly memorable. Santa Yuca Slow Food offers sustainably sourced comfort dishes rooted in Caribbean tradition, while Olah Beach Club provides relaxed beachfront cocktails with uninterrupted ocean views. For a midday pause, La Molienda Café serves premium Dominican coffee alongside delicate pastries.

Guests seeking a more elevated evening experience can reserve Senda, an immersive celebration of Dominican cuisine, or Manaya, a refined steakhouse featuring premium international cuts from the United States, Japan, Spain, and Australia.

For travelers in search of an alternative to the classic Caribbean getaway, Cayo Levantado Resort offers something rarer: private-island stillness paired with a meaningful commitment to wellness and sustainability. Even better, for Canadian travelers, reaching this restorative retreat is seamless, with direct flights to Samaná available through Air Transat. ■

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