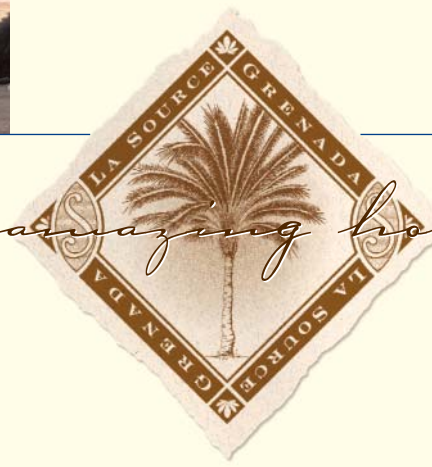




The amazing holiday



Dear Personalised,

No doubt you, like me, regularly see offers of the holiday of a lifetime ...

A sun-kissed, far-away island ... set like a jewel amidst clear, crystal waters ... with a glorious white sandy beach - and so on ...

The difference between promises and reality may have made you a little cynical. And this was quite a problem when I started to write to you.

You see, my family runs a small, exclusive hotel in the Caribbean. The sea here really is crystal clear, the white sand on our own beach incredibly fine, the palm trees sway, the breeze is soft, the food delicious and the island sun-kissed.

What's more, our guests repeatedly say we do offer the holiday of a lifetime. Quite different to anything they have experienced - which may be why some two thirds of our guests at any given time have either come previously or been recommended by friends.

But it's hard to convince you of that without dragging you out here.

So let me tell and show you, what makes LaSource unique. The pictures, by the way, are not extracted from a photo library- we shot them all ourselves here on location, either at LaSource or in Grenada.

Have you been to or heard of Grenada?

If this is your first trip to the Caribbean - or even if you've already visited other islands, believe me, Grenada is going to stun you. In fact if you visit other islands *after* you've been here, you may well be rather disappointed.

Most people consider it the *most* beautiful of the many Caribbean islands. The beaches are certainly the finest.

It is called the Isle of Spice because of the rich plantations of cinnamon, clove, ginger, nutmeg and cocoa and other spices. St George, the capital, set by a natural harbour, is the most picturesque in the Caribbean, retaining almost all its colonial charm.

But the beauty doesn't stop at the coast. The



LaSource: Beautiful surroundings, your own private beach, first class accommodation and hundreds of activities and treatments on your doorstep. You can just relax - or try our wide range of watersports and activities.





Golfer? Our 9-hole course is both beautiful and challenging.

interior is an enthralling tropical rainforest, teeming with life and colour. (We run guided tours there.)

Now, about the hotel...

You will find us on the southernmost tip of the Island on our own private beach, the rather evocatively named - Pink Gin Beach.

Its white sands are surrounded by a secluding ridge - home to our 9-hole executive golf course. Almost every room looks across the sea. But what makes us different is that we cater for very different kinds of people.

Tell me, what kind of holiday do you prefer?

My wife and I are quite different. She likes to lie on the beach for a week or so with maybe the odd beauty treatment, while I get bored after 2-3 days and wander off in search of excitement.

At LaSource you experience the best of both worlds - a glorious private beach with almost constant sun, *plus* a huge range of other activities. More than enough for one, two or even three weeks' holiday.

Your holiday is all-inclusive. One price pays for all the extras mentioned here. Let me give you an idea of what you can look forward to:

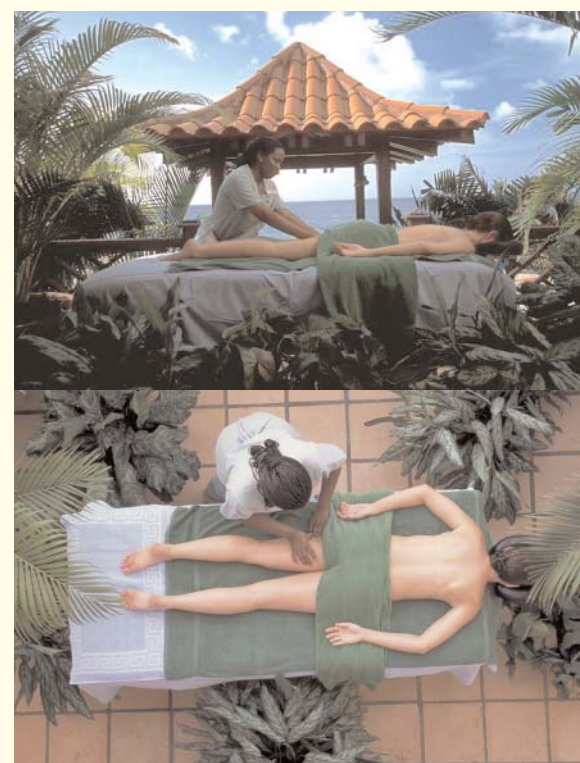
One of the finest spas anywhere in the world

The 1.3 million readers of the US travel magazine Travel & Leisure - a most demanding group - voted us the fifth best spa in the world. A quite unexpected achievement for us as we tend to view ourselves as a hotel-with-spa-attached, rather than a dedicated, professional spa.

We make sure you get exactly what's right for you. First, you have a consultation and assessment from our resident nurse. Based on that, you decide on your personal programme of one treatment a day. You choose from:

Reflexology,	Salt & Oil Loofah Rub,
Swedish Massage,	Seaweed Wrap,
Couples Massage - helps couples build physical and emotional closeness,	Hair Treatments,
Aromatherapy Massage,	Foot Massage,
Facials,	Sauna,
	Manicure & Pedicure (for a small additional charge).

If you'd like to know more about any of these (or indeed,



Each day choose from eleven revitalising spa treatments. LaSource is rated one of the top five spa hotels in the World.



This is what our guests say...

"...The food, treatments and service as well as the location are all superb. I will highly recommend the resort to anyone looking for an escape.

Although vacations are never long enough, I am completely rested and rejuvenated and back at work in the cold winter weather...."

Hans Koechling
Montreal, Quebec

"...The food was the most outstanding feature at LaSource. We found our taste buds were ever amazed at the dishes we were served.

The spa treatments were very relaxing and just the right extra touch that will bring us back again....

... We certainly recommend LaSource to our friends."

Mr. & Mrs. V. Kawonen
Scarborough, Ontario

"...Each time I return to LaSOURCE I wonder whether it will be as good as previous visits. Each time it actually gets better.....

Having traveled widely over the years, I have come to the conclusion that what keeps drawing me back to LaSOURCE is the staff.

They have, each in their own way, made my time in Grenada so special that I am of the opinion that I would find it very difficult to choose an alternative location for my holiday...."

Jill Fordham
Swansea, England



"... Unexpectedly, we enjoyed our second stay at LaSOURCE even more than our first in October 1995 and believe you have achieved a special formula in the resort. If at all possible, the standards have improved still further!"

Susan & Thomas Stratton
Worcestershire, England

"...This was our first visit to the Caribbean and although we anticipated something of the beauty of Grenada, we were overwhelmed by the stunning location and wonderful layout of LaSOURCE.

... The facilities at LaSOURCE were extremely well balanced and we experienced the range on offer with great enthusiasm. Unfortunately, all attempts to raise our fitness levels were counter balanced by the wondrous variety of food presented to us at LaSOURCE.

The variety, quality and presentation of food was outstanding....

... We have been singing LaSOURCE's praises since our return and we will come back to savour yet more of your comforts before too long...."

Peter & Hilary Bowys
Roxburghshire, Scotland

"... First, of all the islands that we have been to, Grenada I would say is by far the friendliest island we have stayed on. Second, is your resort. I fully understand in today's competitive world we must all strive to succeed and believe you and your staff have definitely found the formula. Talking about staff, I can't remember the last time I went to a resort, hotel, etc. where the staff was as friendly and helpful as yours..... This was my first visit to LaSOURCE and also Grenada. I would not hesitate a moment to recommend LaSOURCE to any of my personal clients nor to clients coming into the agency"

Patrick J. Cummings
Tour & Travel Inc.
West Hartford, CT



anything else in this letter) please call us on **0800 XXXXXX**. Your call is free

And that's not all.

Each of those treatments is wonderfully relaxing and invigorating but you can also try *Yoga, T'ai Chi, Meditation or even Stress Management* classes. Expert instructors run all our courses.

A new idea for you

We are always trying new ideas for our guests. In 2002 well-known "Masters" held master classes in a range of disciplines including *Hatha Yoga, Reiki, Pilates, Nutrition*. These proved so popular we have made them an annual fixture.

The masterclasses run from June to November. We'll send you a separate schedule if you call **0800 XXXXXX**.

You can also enjoy a bewildering variety of outdoor activities. All here, on our beach, at the hotel. So no queues, no long drives and plenty of personal attention.

Get a recognised diving qualification

In the water you can go *windsurfing, scuba diving (and get internationally recognised PADI certificates), water-skiing, snorkelling, swimming and Sunfish and Hobie Cat sailing*.

On land you can enjoy *two floodlit tennis courts, fencing, archery, volleyball, badminton, table tennis and, of course, golf on our own course*. We can lend you everything you need – so don't worry if you forget your tennis racket or golf clubs.

Keen golfer? Here's a word about our course.

It's a 9 green/18 tee executive par 3 course, laid out amongst flowering trees and shrubs along a water feature and with many hillside lies. Even though it's a short course, our guests find it pretty challenging.

Our professional, Alwyn, is a long-standing Grenadian champion and is available for instruction and as a playing companion, six days a week. All at no extra charge.

And if you're interested in fitness training...

There's nothing quite like getting fit in paradise

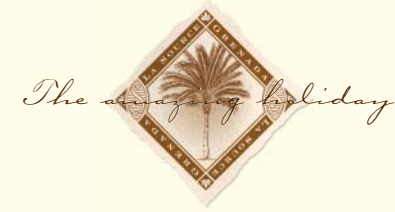
You can choose to train on an ad hoc basis, continue your existing programme, or we can help you work out a fitness programme that's exactly right for your body. Our "Bodyguards" will coach and advise



Relax with professionally led yoga classes or T'ai Chi on our private beach.



No queues, no fuss, lots of personal attention. You can even achieve internationally recognised PADI scuba certification.



LA SOURCE GRENADA

We're a little biased – so here's what the top Guide Books say

FROMMERS

This was the first completely all-inclusive hotel on Grenada spread across 40 acres of a former cocoa and nutmeg plantation, with two white-sand beaches separated by a rocky knoll.

It's not as intimate as Calabash, but if you want an all-inclusive with top spa facilities, you'll be happier here. La Source stresses revitalization of the body and mind through spa treatments and experiences with nature.

Meals, drinks, water sports, entertainment, and most (but not all) spa treatments are included in the all-inclusive price. Everything's laid out for you on a platter, from diving courses to limbo dancing.

Guest rooms are located in a hillside compound of white-walled, terra-cotta-roofed buildings. Rooms are furnished with mahogany four-poster beds, Italian marble floors, and ceiling fans, evoking a dignified colonial plantation house. The marble-clad shower-only bathrooms are extremely roomy with plenty of shelf space.

The plush Great Room serves some of the island's best cuisine; less formal is the open-sided Terrace Restaurant.

Facilities: 2 restaurants, 1 bar, 1 piano bar; pool; 9-hole golf course; 2 tennis courts; health club & spa, massages; sauna; dive shop, water sports; laundry

FODORS

Minutes from the airport (but away from the flight path), this all-inclusive resort and spa unfolds on 40 acres facing Pink Gin Beach. The complex is reminiscent of a 19th-century West Indian colonial village, with the gracious main building resembling a governor's residence.

You can experiment with the chef's light spa cuisine or choose richer menu selections. In

addition to the usual resort sports, yoga and fencing are offered. Rates include everything even spa treatments (aromatherapy, wraps, rubs, massages, and facials) – and tipping isn't allowed.

FIELDINGS CARRIBEAN

Please note: This book is out of print.

Grenada's sole all inclusive resort is situated along a half-mile beach on Grenada's southwest tip. Accommodations are lovely, with Persian rugs, mahogany furniture, four-poster beds and original artwork by Canute Calliste (of Carriacou), some upstairs units have terrific cathedral ceilings.

The price is steep, but includes all meals, drinks, watersports (including scuba, water-skiing and sailing) and – best of all – pampering treatments in the spa (one a day included in the rates). When you're not being spoiled by a massage, you can play tennis or a short nine holes of golf, work out in the gym, swim in the ocean, or try one of the more eclectic offerings like a class in fencing, archery or yoga. All in all, one or the more relaxed and pleasant all-inclusive properties in the region. 100 rooms.

CARIBBEAN HIDEAWAYS

LaSOURCE, Grenada. This is one of the newest of the health and fitness spa resorts, a cousin of LeSport in St. Lucia, but for my money it's more attractive (although I wish they'd turn down the air-conditioning in the reflexology cubicles). Lovely cove setting, stylish rooms, great views, two restaurants, upbeat service, 9-hole pitch-and-putt golf, tennis, water sports, and a Cadillac to meet you at the airport (just 3 min. away but aircraft noise is no problem) 100 rooms and suites.

(We've turned down the air conditioning now. Ed.)

LA SOURCE GRENADA



you on any of the following machines:

Weight training, Universal Weight Machines, Step Machine, Rowing Machines, Stationary Bicycles, Treadmills, Leg Press Station and Hip Flexor Station. In addition...

And you can also attend any of these fitness classes:

Stretch, Tone and Stretch, Low Impact Aerobics, Step Aerobics, Water Aerobics, Walking, Power Walking, Jogging and Cycling. If you want to burn fat, there's no better place. Which brings me neatly onto the subject of food.

Fresh fish and seafood straight from pure Caribbean waters



If you've ever been to the Caribbean you will know that the food can sometimes be so-so. Not so at LaSource. The seas around us are rich with delicious seafood (although availability varies with the seasons). And the island's fresh, aromatic spices inspire dishes that tingle every sense.

While our cuisine leans towards lighter calories, we're not a health farm. Our chef, Juhn Agard, creates light, contemporary, fusion-style meals. He mingles the best of European and New World cooking in a healthy, mouth-watering way.

You have plenty of choice at every meal. Superb ingredients, light textures and rich natural colours are combined with wonderful presentation.

Every day you get a full breakfast, followed by lunch and tea served at 4pm. Five days a week there is an a la carte dinner in the evening, one night a week there is a buffet and on the remaining night there is a barbeque. I've included a typical a la carte dinner menu at the end, please take a look at it.

And if you need a vegetarian, vegan, low cholesterol or low salt diet, just ask.

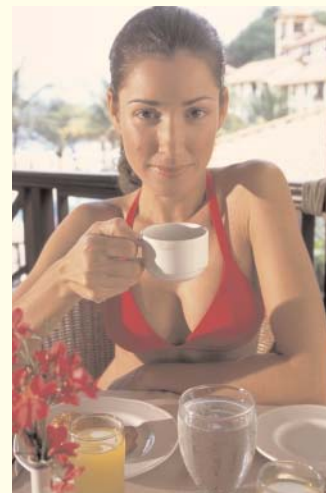
What if you're single?

As you might imagine, many guests are couples or friends travelling together. However, we get quite a few single visitors too.

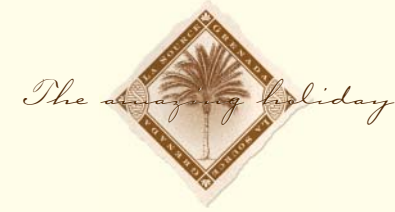
Our single guests say it's a great place to go and just *be single*. People are friendly, but there's no hassle. You'll feel very relaxed here.

And finally, what is your room like?

We're not a huge impersonal resort; we have just 100 spacious, luxury rooms and suites, all air conditioned with ceiling fans. You sleep on a



The island's fresh, aromatic spices inspire dishes that tingle every sense.



A typical dinner menu at LaSource *Tasty?*

ENTRÉES	
Tomato and Coconut Gazpacho A delicate infusion of fresh chilled clear coconut & tomato essence with cucumber pepper & shadow benni.	Carbonara Noodle Pancake Italian influenced carbonara noodle pancake topped with olive oil poached tomatoes and shaved parmesan, served with your choice of miso rubbed chicken or five spiced duck confit.
LaSource Fusion Salad Three petite salads for you to savour. Heart of palm tartare, mixed local leaves with a carrot dressing and plantain souse timbale with Asian spiced tomato dressing.	East West Beef Tartare A raw black Angus beef tenderloin tartare dressed with Eastern flavours on a bed of cucumber raita.
Vegetable Futo-Maki Sushi Roll Rice roll with assorted vegetables wrapped in nori with pickled ginger, wasabi and tamari soy dipping sauce.	Lambi and Crab Cake Caribbean influenced lambi and crab served on a crisp papaya salad with coriander and garlic flavoured yoghurt dressing.
Vietnamese Rice Paper Rolls Rice paper rolls with shredded duck, pork, shrimps, bean thread noodles and vegetables with fresh mango & Hoi Sin sauce.	
MAIN COURSES	
Caribbean Rim Blackened Mahi-Mahi Fresh mahi-mahi dusted with our special LaSource spiced blend served on a crisp oriental papaya salad with tsaziki dressing.	LaSource Black Bean Chicken Pan-fried chicken breast with sesame mashed potato, wok stir-fried vegetables and a black bean essence.
Mixed Satay Beef, pork and chicken satay grilled on our hibachi served with nasi goreng stir fried gado-gado vegetables in peanut sauce	Scottish Salmon Baked marinated fresh salmon filled with crab and Asian spices with Shanghai bokchoy and a saffron & coconut reduction.
Grenadian Lobster Grilled lobster with garlic butter or Thermidor sauce served with a garden salad (EC\$80.00 Supplement).	Vegetable Ensemble Spicy chickpea galette, vegetable ravioli, lemongrass risotto and vegetable spring roll.
Waiheke Braised Duck Braised duck in our master stock, finished with plum wine served with garlic, leek mashed potato and berry compote.	Key West Pink Shrimp Tom Yam Wok-seared Pacific jumbo shrimps in a piquant sauce flavoured with ginger, coconut, chilli and coriander with pumpkin & lemongrass risotto (EC\$40.00 Supplement)



mahogany four poster, king size or double bed. The pocket-sprung mattresses are ultra-comfortable.

You have an international direct dial telephone, clock radio, mini-fridge, safe, marble floor throughout, en-suite bathroom with bath and shower, marble sink and hair dryer. You also have your own balcony or terrace.

The room prices differ by location and view – once again, you can get more details from our free number, **0800 000000**.

Before I end this letter let me say a couple of important things to you.

I really cannot tell you just how glorious it is here. Whether you want to do nothing or everything, we really do offer an unforgettable holiday. In fact the only people we are *not* equipped for are those with walking difficulties. Why not read the comments from our guests and the major guide books – because they really say more than I ever could.

If it's time you booked your next break, please call us now on **0800 XXXXXX**. We can tell you everything you need to know about prices, flights, facilities and excursions. We offer so much that I could easily have missed something out here

You will not be surprised, if you have read this far, to know that we are very popular amongst those who know of us – a fairly small but rather discriminating group. So rooms book up fast.

Not everyone can afford to stay here – but with everything included, the cost for a week including flight starts around £1,400 in Summer and £1,750 in Winter. I think you'll agree this represents remarkable value.

So why not pick up the phone and give us a call right now – while this is fresh in your mind? Even if you're not thinking of a vacation soon, believe me, we are well worth keeping in mind when you do.

I very much look forward to welcoming you here.

Signature

Name Surname
Hotel Manager



We have a 100 spacious, luxury rooms and suites, all air conditioned with ceiling fans and a balcony.



Like to sail? We can arrange it. The nearby Grenadine islands are out of this world

PS. We believe the perfect holiday relaxes and refreshes every part of you. Your mind and your body. I don't think there's anywhere else in the world that does that better job than we do. Yes, of course I'm biased! But if there's any question you have which I haven't covered please call free on **0800 XXXXXX**.



PPS. By the way, if you want to come but aren't sure about flights, when you call we can help you find the best way to fly.