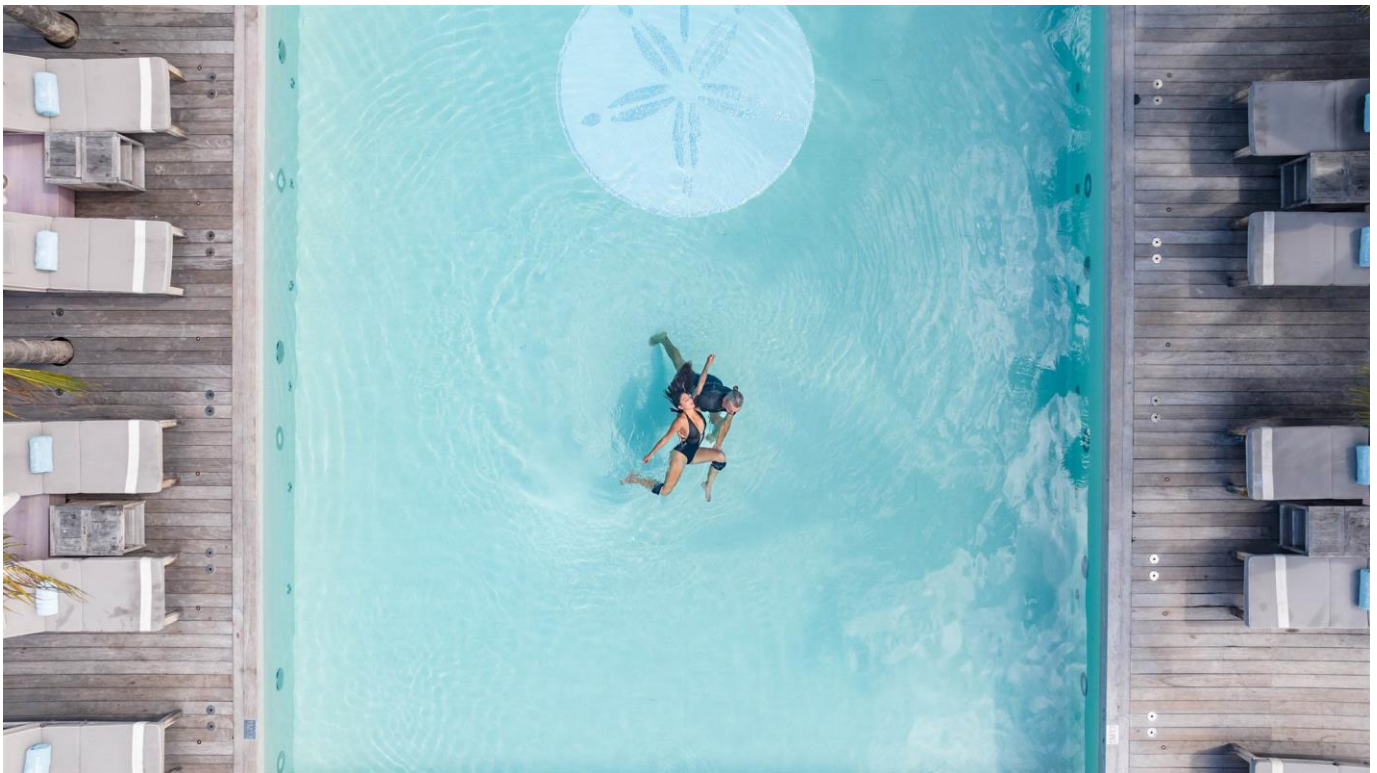


Men's Health

The Craziest Vacation Activities Around the World

APR 5, 2023



Le Barthélemy Hotel & Spa

Experience Janzu, a Holistic Water Sound Healing in St. Barths

[Le Barthélemy Hotel & Spa](#) offers a unique holistic wellness concept that incorporates the healing powers of water. The concept features two rare water healing experiences – Janzu and Aquatic Tibetan Sound Healing, which promotes a deeper sense of calm and connection to self. Janzu is a therapeutic psychocorporal experience that involves guided rhythmic movements in the water to help relax, realign, and reharmonize the mind, body, and spirit.

It helps guests enter the deepest state of relaxation as the weightlessness and gentle support of the water allow the mind to completely surrender and transform. These sessions are experienced in the pool, and are quite the tranquil sight to see.