



# Our Get Here Guide

August 2020

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## Our Get Here Guide

We have carefully curated this Experience for guests who continuously give of themselves, from all walks of life who are ready to align their mind, body, and spirit with their purpose.

At Soulful Joy, we recognize we all need to develop a restorative practice where we are awake enough to intentionally take the controls for our journey.

The Experience begins October 8-12, 2020 at Negril Treehouse Resort, Jamaica.

We have prepared this guide to provide you with tips for traveling to Jamaica and to prepare for your Immersion with the Soulful Joy Family.

The Experience Agreement documents must be signed.

**These will be provided once you have completed the [Registration form](#) to reserve your spot.** Please read carefully and complete the forms using an e-signature app or download & sign and resend to [Family@SoulfulJoy.com](mailto:Family@SoulfulJoy.com)

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## Covid-19 Announcement

During this Experience, we will be safely distanced and taking the highest level precautions in partnership with the property and our providers, and therefore have to reduce and limit the number of guests to a first come first serve basis.

We suggest that you secure personal insurance to reimburse your expenses in the event that you feel unwell (high temperature, sore throat, general malaise) or have been exposed to persons with COVID-19 one day all the way up to two (2) weeks prior to your scheduled flight.

Our Hotel partner the Negril Treehouse Resort has implemented safety protocols for the use of their facilities. You can review their Re-Opening announcement [here](#)

In general, all staff will participate in sanitization briefing sessions and daily check-ins to ensure global standards are being adhered to.

**Enhanced cleanliness measures include:**

Disinfectant is used to clean the property

High-touch surfaces are cleaned and disinfected

Sheets and towels are washed at 60°C/140°F or hotter

Follows regional sanitization guidelines of Clean & Safe (Jamaica)

**Social distancing**

Protective shields and masks in place at main contact areas.

**Safety measures**

Personal protective equipment worn by staff

Temperature checks given to staff

Hand sanitizer provided via stations throughout property



**Personal Protection Precaution (PPP)** - During the new era of Covid-19, we recommend everyone take the highest personal protection precautions possible. We recommend that guests bring their own brand of desired sanitizer and the following supplies: Masks, Gloves, and Shields for flight.

**Preparation for Massage**

Face Covering is required for both client and practitioner during the massage session.

Solutions will be implemented to ensure the comfort and safety of the client, while adhering to the requirements. Such as unique draping, adjustment to treatment protocol, and use of masks in some positions.

Upon Entry and Exit of the treatment area hand sanitizer must be used.

## Get Here Now!

**Travel Guidelines** for Jamaica can be found at <https://www.visitjamaica.com/>

Please review at your earliest convenience. You must adhere to these requirements and submit an application to the proper authorities with a negative covid test to secure an approval at least three days in advance of boarding your flight. These are Jamaican government required steps in order to travel to Jamaica and participate in the Soulful Joy Experience.

### How to get to Jamaica

Flights to Jamaica can be found easily with a few airlines out of the US, UK, Canada and the Caribbean.

We are not affiliated with any of the following carriers/ service providers:

[Expedia](#)

[Jet Blue](#)

[American Airlines](#)

### What to pack for your Experience

Be sure to bring what you need to have a safe, comfortable experience. For a relaxing and refreshing stay, here are the “must-haves” for your packing list:

**Comfortable clothes** - Not every moment of a retreat will be dedicated to exercise and water activities – there will be plenty of time to relax and safely socialize. Bring unrestrictive clothing that you feel comfortable in, so you can focus on your wellbeing, not only how you look.

**Flip Flops** - You’ll likely find a pair of slippers to stay cozy in your room and a pair for around the property and facilities, but when you’re around the pool and outside facilities (weather permitting), they’ll keep the germs at bay. Let’s not forget keeping the soles of your feet cool on the hot sand.

**Good shoes** - It’s tempting to buy a pair of brand-new workout shoes/sandals before your trip but be sure to break them in first. Your shoes should provide protection and support during workouts, hikes and daily wear, without distracting your focus.

**Clothing that matches the weather** - Check both day and night weather in Negril, Jamaica for your travel dates. Bring versatile separates that you can layer up or down, depending on the time of day. Weather forecast is typically in the high 80s but can pass 90 degrees and drop to the high 70s during nighttime lows.

**Bathing suit** - Since our experience is on the beach, it's ideally smart to bring two bathing suits for swimming and other water activities. You'll have one to wear while the other is drying. If you plan to work out in your swimsuit, we suggest toting along a one-piece (it's less likely to fall off ☺), otherwise bring whatever you feel good in!

Although the large pool is only open, there are extensive wet therapies including just swimming in sea.

**Loungewear** - Not every minute during a experience is spent in the spa or working out — you'll likely have downtime to just relax or to even participate in cooking, leadership, self-care, nutrition and overall wellness classes or workshops. This is when you'll want to transition into comfy clothes like a pair of shorts, t-shirt, or oversized T, halter top or comfy summer dress. Of course, you can always just stay in your robe all day.

Evening meal/Smoothie/Juice time is often another occasion when you might want to swap the robe for more casual attire, but don't feel like you need to hang up that robe if you don't want to!

**Sports undergarments** - You'll work up a sweat during your stay, so be sure to bring moisture-absorbent underwear and at least two sports bras (for women), so you can use one set while the others are being laundered.

**Workout Clothes** - First determine how much physical activity you plan on doing during the experience. Will you participate in the yoga, fitness, water activities or movement or food and mindset workshop? Will you be joining at least a class every day, or do you plan to mostly do everything you fit in to your customized schedule? Cropped stretchy pants and shorts are our favorite, since they work for yoga, but also the activities that require movement. Definitely don't forget those shorts if you're going to be in the heat and a variety of tops and bras for women and ts for men will help mix things up. Look for tops that are 100% cotton— they'll breathe, so you can concentrate on your class.

**Watch** - Even if you're not the type who normally wears a watch, be sure to bring one along. With your phone back in your room, you'll need a trusty timepiece to let you know how much time is left in your activity and when to start getting ready for your next activity.

**Medications** - Don't forget your meds! Being away from home might make it difficult to get replacements and the medical staff at your retreat will want a complete rundown of all your current prescriptions. In addition to stay in tip top shape we suggest bringing along your Vitamin C, elderberry, golden seal/echinacea and any other supplements you need.

**A small backpack or Canvas Bag** - You aren't going to want to haul a purse around during your experience, so bring a light backpack for your room key, notebook, extra sunscreen, sunglasses and water bottle. If you want to travel even lighter, wear a waist pack instead of trying to carry it all awkwardly, bring along a small bag (we like canvas) you can throw everything into.

**Sunscreen** - Remember to pack sunscreen! It's important to lather it on during beach hikes, lounging on beach, by the pool or any other activity you plan to do outdoors. The last thing you want is to come home with a burn.

**Aromatherapy** - Those calming aromas don't have to end on the massage table. We suggest bringing your own aromatherapy for back in your room. A travel diffuser or just essential oils are perfect remedies to keep those chill vibes going all the way until dreamland.

**Reusable water bottle** - Hydration is your best friend during any wellness experience, even more so in the Jamaica heat. Bring your water bottle and refill it often instead of wasting cup after plastic cup (glass during these times is always a no-no). Not only is it better for the environment, but you'll be hydrated all day.

**A journal & notebook** - In addition to written exercises that are part of your Soulful Joy activities, journals can aid in documenting any feelings that come up during your experience track your progress and take notes on what you learn.

**Reading Materials** - A good book goes a long way during a residential wellness experience, honoring your unplugged moments - limiting checking in on social media or watching TV, let your mind wander into a pure escape. A few magazines don't hurt either.

**Friends & family mementos** - If you're headed to the Soulful Joy solo, bring along photos and notes of encouragement from your loved ones. These mementos can remind you that you're supported and give you a boost if you start to feel homesick.

As a wellness experience, we also recommend the following cleansing and disinfecting essential oils to add to your personal protection regiment. These are not mandatory. (sourced from

<https://www.backdoorsurvival.com/8-best-essential-oils-for-disinfecting-and-cleaning-2/> and revised by Soulful Joy on 8.27.20)

- **Cinnamon Essential Oil.** Cinnamon essential oil has beautiful sweet and spicy aroma that can be used for deodorizing and purifying air at home. *Natural cinnamon essence is a better alternative to the scented candles that have been a topic of concern for quite some time now.*

**Cinnamon essential oil is not only known for its pleasing scent but for its powerful antibacterial mechanisms as well.** The rise of drug-resistant bacteria has forced the medicine to start exploring and embracing the antibacterial activity of cinnamon essential oil.

According to [the recent 2018](#) study published in the Microbial Pathogenesis, **cinnamon essential oil and its two constituents called cinnamaldehyde and cinnamic acid successfully inhibit bacteria by damaging their cell membrane.**

Once the membrane is destroyed, all cell processes and motility of given microbe are altered. Using cinnamon essential oil in your daily cleaning routine will help you kill those stubborn, disease-causing germs.

- **Thyme Essential Oil** Thyme essential oil is rich in thymol, carvacrol, and linalool. **All these constituents will help you stay protected from bacteria and other environmental threats, even those found in food.** Salmonella, for instance, is a bacteria genus that often contaminates eggs, poultry, and other raw meats. According to the *International Journal of Food Microbiology*, thyme essential oil is potent enough to inhibit the salmonella.

In addition, a recent study published in the *Journal of Food and Drug Analysis* determined that thyme essential oil can be used as a natural food preservative due to its high anti-fungal and antibacterial activities. If thyme essential oil is safe enough for food, then it surely is safe enough to be used as a non-toxic cleaner for your home.

- **Tea Tree Essential Oil** Tea tree essential oil is a staple cleaning product in many households. **Due to its purifying properties, melaleuca oil can be found as an ingredient in many skincare products and shampoos.** It cleanses the skin and purifies the air.
- **Oregano Essential Oil** Oregano essential oil is packed with bactericidal phenols that can help you improve your cleaning routine. You can feel free to substitute your store-bought bathroom chemical cleaners with oregano essential oil. **The potent essence of oregano is strong enough to inhibit *E. coli* and bacterium called *Pseudomonas aeruginosa*.** This germ is mostly found in hot tubs, pools and other standing water as well as on the objects that are regularly exposed to moisture.
- Peppermint essential oil is an amazing natural cleaning agent. **Its impressive antiseptic properties can be attributed to the constituent called menthol.** Menthol is an active ingredient covering up to 60% of the oil's chemical composition.

Such potent antibacterial formula can be used for disinfecting surfaces and repelling insects, such as spiders, ants, mosquitoes, and cockroaches. Fresh minty aroma of peppermint will help you purify your home and keep it free of creepy crawlies.

We recommend you use peppermint oil cleaner for sanitizing your bathroom. According to the 2017 study published in the *Journal of Applied Microbiology*, **peppermint oil showed the best antibacterial activity against *C. difficile* out of all tested processed products.** *C. difficile* is a bacterium that thrives in toilets, bathing tubs, and other objects that may be in contact with feces. Healthcare providers are often transmitters of this germ.

- **Eucalyptus Essential Oil** Eucalyptus essential oil is a widely used natural remedy. **Diffusing just a few drops into the air can help you kill germs, relieve a cough and clear sinuses.** Using eucalyptus during flu seasons is especially recommended.

The antiseptic value of eucalyptus oil can be attributed to the component called eucalyptol also known as 1,8-cineole. **This major constituent showed [antimicrobial effects](#) on bacteria that cause tuberculosis, drug-resistant bacteria causing staph infections, different viruses, and fungi, including Candida.** Eucalyptus essential oil without a doubt one of the most versatile natural agents you can get your hands on.

- **Clove Essential Oil** Clove essential oil is a natural antiseptic agent known for its spicy aroma. Its antibacterial and antifungal activity can be attributed to the compound called eugenol. Clove bud oil contains about 80 to 90% of eugenol. **[The research](#) shows that E. coli, acne-causing *Staph aureus*, and pneumonia-causing *Pseudomonas aeruginosa* are especially sensitive to clove essence.**

These antibacterial and antiviral properties of clove essential oil can help you disinfect your home, especially during cold and flu season. Airborne particles of essence will help you boost your immune system and give you a better chance at fighting bacteria and viruses.

- **Lemon Essential Oil** Lemon essential oil is a widely used natural remedy known for its disinfectant attributes. **Limonene and b-pinene are two main components that give this volatile oil its antimicrobial properties.** Feel free to use lemon essential oil around your home to get rid of harmful pathogens. The citrus lemon smell will enrich your kitchen and bathroom with a hint of freshness as well.

According to [the scientific research](#), lemon essential oil is strong enough to inhibit bacteria *Listeria monocytogenes* inoculated in minced beef. **The study suggests that lemon oil could be used as a natural agent for preventing food contamination.** Harmful bacteria, such as salmonella, E. coli, and *Staph aureus* can cause serious illnesses. Regular use of homemade lemon oil cleaners around the house will help you lower the chances of bacterial infections.



## What Not to Bring



(As far as we know, picture is public domain)  
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Overpacking for a wellness experience happens, so it's wise to curate your essentials carefully. Here are three things to cross off your packing list:

**“Cheat” foods** - If you're trying to cheat, what's the point of attending the Soulful Joy Wellness experience?

**Workout equipment** - Save yourself the luggage space. Your Soulful Joy Wellness team will have everything you need onsite.

**Bedding** - Unless you have a specific therapeutic need for a particular type of bedding or sleep support, no need to bring along pillows, towels or blankets. The property will be fully stocked, and extras will be available on demand.

## 10 Tips to Evaluate your Wellness

Evaluating your overall wellness and setting new goals is something that can linger on your to-do list forever. While you might want to make a change, figuring out how to get from where you are to where you want to be - can be a challenge. Here are ten tips that will help you move forward in your goal to live a happier and healthier life.

### 1. Envision what you want your life to look like.

Don't be afraid to visualize big. Imagine the best daily experience, long-term goals, and overall sense of wellbeing possible. Specifically outline a long-term vision into smaller, accomplishable tasks. For example, if you want to be less stressed after work, determine the specific changes that will have to happen (keep your laptop in your bag, turn off the email function on your phone, return work calls on your own schedule, if at all) .The point is to articulate a clear ultimate objective and outline the required steps to get there.

[Add a workshop](#) **that speaks to living your passion lifestyle to your selection list.**

## 2. Take an honest look at where you are.

Speak with people around you. What do they see as your biggest challenges? What are the most common complaints they hear from you? What concerns them about your health and happiness? Listen to their insight. It might open you up to a new perspective, revealing previously unseen wellness that can populate your list. Organize your personal Mbongi feedback campaign or listening tour).

Add a workshop that speaks to work/lifestyle balance to your selection list.

## 3. Set realistic goals.

Setting realistic goals is a critical step on the path of accomplishment. When you establish goals that are difficult to meet, you set yourself up for to fall short, which is both disappointing and demoralizing. Work with a fitness trainer and nutritionist to determine healthy, realistic, achievable weight loss and fitness goals for you. Be honest about your lifestyle, likes and dislikes, cravings, patterns and weaknesses. This information will help you set objectives that you can live up to, which will build your momentum.

Add a workshop that speaks to mindset, nutrition & fitness lifestyle to your selection list.

## 4. Get blood work done.

Gain a greater understanding of the challenges your body faces on the path to wellness. Blood work can make you aware of cholesterol, blood sugar, hormonal and metabolism imbalances that you might be unaware of. Equipped with this diagnostic information, you and your doctor can determine the correct combination of lifestyle and supplements (if necessary) to help you move toward optimal health.

Add a workshop that speaks to detox, herbology or nutrtnion to your selection list.

## 5. Seek professional support.

It's tempting to try to make major lifestyle changes alone. Read a few articles online, draft a new diet plan and dust off that gym membership...sounds easy, right? While it sounds simple in theory, lasting change requires knowledge combined with action. Trained professionals have the experience and expertise to guide you in the right direction, based on your own unique set of physical and lifestyle challenges. Speak with a physician about your weight. Work with a personal trainer for your fitness.

Empower yourself by partnering with experts who prioritize your wellbeing and can support you along the way.

Add a workshop that speaks to your lifestyle growth area to your selection list.

## 6. Stop making excuses.

Here it is: a healthy lifestyle is an ongoing commitment. It's a perpetual flow of choices. Please do not allow yourself to delay your quest for better health any longer. There's no

reason to wait until Monday/the first of the month/your birthday/or any other date or time. If you want to make the change, there is no better time than right now.

Add a workshop that speaks to your desired area to improve your lifestyle to your selection list.

## 7. Be accountable.

It's too easy to let yourself off the hook when the going gets tough. Share your goals with a trusted friend or community that inspires and motivates you. Or, post your objectives and progress on social media (**#soulfuljoyblackfitchallenge**). Be honest about your weaknesses ahead of time, so your friends and supporters can gently guide you back onto the path when you start to drift off course. Going public with your aspirations can be a major asset in transforming your goals into reality, if in supportive communities such as the **#soulfuljoyblackfitchallenge** community.

Add a workshop that speaks to building your tribe to your selection list.

## 8. Measure your progress.

Measuring your progress helps you see how far you've come, and reminds you that you're moving forward, even if it appears otherwise. Give yourself a pat on the back for small gains. Praise yourself for that workout zoom or yoga class, for NOT indulging in your craving, and for choosing to eat healthy (even when it's inconvenient). Weigh yourself at intervals that make sense (ex. weekly, not daily). Don't get stressed measuring the trivia but be sure to applaud yourself on your wins.

Add a workshop that speaks to nutrition lifestyle balance to your selection list.

## 9. Register for Soulful Joy's Wellness guest complimentary fitness activity.

Sometimes the most effective goals are the ones with a calendar date attached. Register for an activity that gets you excited about your own health and fitness. Shake off the restraints of your personal patterns and climb out of the bed at 5am on Monday, Wednesday, and Fridays and Sunday's at 8am. Shift the energy from the ordinary by adding some fun (and community) into your wellness goals.

Add a workshop that speaks to fitness lifestyle to your selection list.

## 10. Work with a counselor.

Many wellness limitations have causes that are entirely non-physical. Trained counselors, therapists, coaches and experienced elders can help you identify unhealthy mental patterns that manifest themselves in your physical and mental wellbeing. For the best chance of success, look for a counselor with a philosophy and approach that resonates with your own belief system.

Evaluating your wellness and setting new goals requires you to take an honest look at where you are and where you want to end up. With the right mixture of support, encouragement, expertise, and enthusiasm, no goal is beyond your reach.

**Add a workshop that speaks to relaxation lifestyle to your selection list.**

## Our Experience Agreements

We are aiming to remain paperless on this journey, no hardcopies of your signed documents are required. The Experience Agreements will be sent after you have [registered online](#). Please be sure to read these terms very carefully and sign in the sections provided using an e-signature app (DocuSign, PDF Filler or Doc-Hub). Otherwise please download documents, sign, and scan.

**These documents must be submitted by September 30, 2020.**

**to [family@soulfuljoy.com](mailto:family@soulfuljoy.com) with the subject (\*Your Name\* Experience Agreement)**

### Refund Policy

*50% of the deposit is non-refundable for all travelers after September 25, 2020. In the event of withdrawal, a refund minus the non-refundable deposit will be permitted until September 30, 2020. No refunds will be permitted after October 1, 2020, for any reason.*

*Please carefully read the Travel & Payment agreement for more information*

**If you have any questions or concerns please email us at**  
**[Family@SoulfulJoy.com](mailto:Family@SoulfulJoy.com)**

**Welcome to the Soulful Joy Movement!**