

Sunset Heal Testimonial



“My deadline-driven, technology-dependent world makes for a life filled with stress. By the end of the workday, my shoulders are tense, my nerves are frazzled, and sleep never comes easily.

It was such a delight and change of pace to visit Sunset Heal and concentrate on myself and my husband, for once. No phones, no TVs, just the sounds of the Jamaican countryside, the beauty of a mountain setting fringed by palms and bougainvillea and daily massages that physically and mentally washed away that stress. It was great to be able to do something positive just for us – eating healthy, getting a workout on the mountain steps, horseback riding, and just enjoying each other’s company.

My husband and I spent hours each night sitting on our cottage porch talking – something we rarely do at home without a TV in the background. Although the visit was short, at just three days, the sense of inner calm and well being I tapped into in Jamaica lasted long after my return home to that hectic schedule.”

– Nanci Theoret

About Nanci Theoret

A former newspaper reporter and staff magazine writer focusing on luxury real estate and interior design, Nanci Theoret segued into travel writing after her daughter left for college in 2006. **An award-winning journalist, Nanci also writes about food, wine, shopping and lifestyles, and is a regular contributor to *Florida Travel + Life* and has written for *Gulfshore Life*, *Naples Illustrated*, *Florida Design* and *Wine Enthusiast*. She is the editor and writer of *IN Good Company*, a Southwest Florida lifestyle magazine that is the 2007 and 2008 recipient of the Florida Magazine Association’s first-place Charlie Award for best custom publication.** Nanci lives in the Naples, Fla. area.