

real life

CARIBBEAN LUXURY LIFESTYLE, PROPERTY AND DESIGN MAGAZINE

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KAI MANA

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VISION IN GRAND CAYMAN

EXCLUSIVE SHOWCASE PROPERTIES

THE ORCHARD

A PLACE APART IN GRAND CAYMAN

KINGS CROWN

AN ELEMENT OF SURPRISE IN THIS BAHAMIAN HOME



FEATURE PROPERTIES

THE PALMS, LITTLE CAYMAN
FOUR SEASONS RESIDENCES NEVIS



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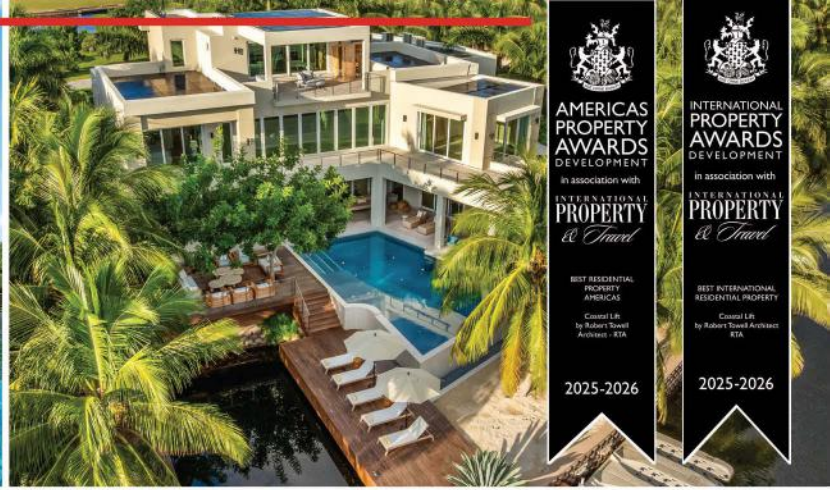
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THE RTA HOUSES



hello!

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Summer in the Caribbean is an invitation to slow down a little. It's the season to travel, to disconnect, and to refresh both our homes and ourselves before the busy season arrives.

In this issue, we once again step inside some of the region's most exceptional homes, learning how architects, developers and owners transformed ambitious visions into remarkable retreats.

We explore evolving conversations around property and design, from the importance of shared social spaces and wellness-led architecture to the growing appeal of branded residences – including a visit to one such development in Nevis.

Elsewhere, we share ideas for refreshing kitchens, guest rooms and gardens, talk to local wellness experts and meet some of the personalities shaping our community, from artists and lawyers to celebrity chefs and creative entrepreneurs.

We hope these pages inspire your own summer plans and projects.

Cheers & enjoy!



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DIRECTORY

KAI MANA

A celebration of sea and sand,
family and friends, activity
and relaxation.

Words by Natasha Were. Photography by www.tenzophotography.com

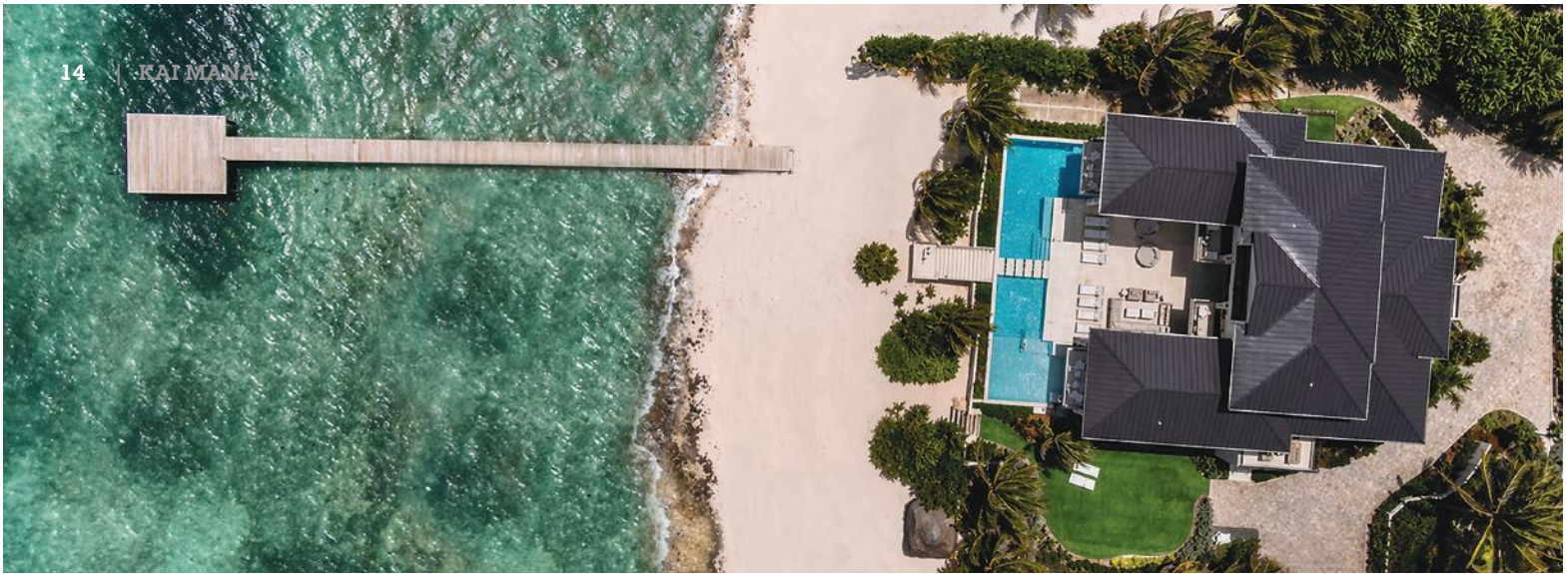
Positioned on a prime stretch of beachfront at Rum Point, Kai Mana is the result of an evolving vision. Originally conceived as a luxury vacation rental, the project gradually transformed into something far more personal as its owners fell increasingly under the spell of both the location and the home taking shape around it.

With an active family and a wide circle of friends, the owners, Scott Somerville and Valentina Pollon, and their sons Matthew and Benjamin, envisioned a retreat capable of hosting multiple generations under one roof: generous enough to host a crowd without ever feeling chaotic, with plenty of entertainment for all ages, but also offering opportunities for privacy and retreat.

Having purchased the beachfront lot from Encompass, they worked closely with Eric Kline to fine-tune their vision. At 13,000 square feet, Kai Mana is ambitious in scale, but what distinguishes it is the balance it achieves between grandeur and openness and its constant connection to the water.

Constructed on the retaining walls of the original property, the house occupies an elevated position, and the arrival is suitably regal. A shellstone staircase rises from the driveway, flanked by gently cascading water features – a subtle precursor to the sea sounds and views within. Overhead, a cantilevered pergola extends over the walkway, apparently suspended in space, drawing the eye forward to the hardwood front door. →





THE LAYOUT

The door opens into the great room – the physical and metaphorical heart of the home. The first thing one sees is a towering atrium window framing unbroken views across the pool to the horizon, accentuating the scale of the space. The room is generous but carefully composed, its different functions arranged with an easy logic. “Because of its size, we wanted two separate zones: one for conversation and relaxation, another angled toward the TV,” Scott explains.

Beyond the sitting areas, a full bar opens to a sunken outdoor bar, creating a seamless entertainment flow. On the other side, a waterfall-edge island marks the transition to the kitchen; this opens in turn into a dining room where glazing on three sides offers wraparound views. When the doors to the screened outdoor kitchen are open, indoor and outdoor dining areas merge into one continuous space.

The two wings of the second floor mirror one another. Pavilion bedrooms, raised on columns, project beyond the main footprint, their walls of glazing immersing occupants in the seascape. Two further bedrooms sit within the main structure, alongside a bunk room for younger family members, with a sixth garden bedroom on the first floor.

Above it all, the primary suite – a later addition to the design – occupies its own floor. “We wanted to ensure our bedroom provided an escape – a place to enjoy privacy even with a full house,” the owners say. Vaulted ceilings, a wide ocean-facing terrace and an adjoining office give the suite the feel of a self-contained retreat.

The whole concept was centred on creating spaces large enough for a full house to be together, but plenty of options to also be apart. Ultimately, Kline says, the options allow each person to choose their own experience. →







DESIGN AND DETAIL

The couple worked in close consultation with the Encompass team, IDG and Nest & Co. Interior Design and Home Décor, for interior finishes and millwork but Valentina took the lead on selecting most of the lighting, décor and furnishings. "Our aim was always to create a home that was liveable and welcoming, rather than a showpiece," the owners say. The result bears that out. The blend of West Indian, Hawaiian and Baja California influences has created a unique aesthetic: contemporary but not minimalist, sophisticated but informal, coastal without tipping into cliché. Natural tones of taupe, stone and warm timber run through every room, texture is added through tiles and soft furnishings and artworks add pops of colour at intervals.

In a residence of this scale, a few carefully considered design statements were required. The double-height gallery space called for a light fixture with real presence, and the three 350-pound chandeliers the owners sourced on their travels were perfect. Constructed from overlapping pieces of recycled glass that shift between white and pale green depending on the light, they echo the tones of the shallows outside. In the kitchen, delicately veined white quartz countertops and matte white Molteni&C cabinetry are offset by bronze hardware and a walnut wood hood, bringing warmth to the otherwise cool canvas.

The primary bathroom is a bold departure from convention. Rather than a vanity running along one wall, here it occupies the centre of the room, the two sinks facing each other, a double-sided mirror suspended from the ceiling above. No matter which side one stands – looking directly out of the window or catching a reflection – the sea is always in view. →





THE SPACES BETWEEN SPACES

Alongside these bold statement pieces there is a multitude of smaller details – a cushioned bench in the hollow beneath the stairs, a window seat and a coffee station that provides a place to pause, artfully backlit bookcases, or a pair of mirrors positioned to reflect the sea – that ensure that whatever one’s vantage point, there is always a pleasing vignette upon which to rest one’s gaze. “Often, it’s the spaces between the spaces – the corridors and landings – that are overlooked, that have no purpose,” Kline observes. “We try to avoid that, so that even the spaces between the spaces have intent – we design so that you could stop at any point and just soak up the scene.” →







ACROSS THE ROAD

"We have a very active family, and as beautiful and relaxing as Rum Point is, it can also be very quiet," the owners acknowledge. So when two adjacent parcels of land across the road became available during construction, they seized the opportunity to create a recreational compound tailored entirely to their interests. Rather than functioning as an extension of the main house, it became a destination in its own right: a place for activity, competition, wellness and gathering across generations.

Housed in three smaller pavilions, connected by bridges, trellises and stairs rather than one imposing structure, architecturally it complements but does not compete with the main house. One houses an air-conditioned three-car garage with a two-bedroom apartment above; another features a bespoke golf simulator and full bar on the lower level, and a fully equipped gym above. The third includes a wellness centre with a sauna and cold plunge, alongside a billiards and ping-pong room. Outside, the pickleball court is fitted with LED lighting for both day and nighttime use. At 6,000 square

feet, the compound is a substantial addition but, the owners say, one that transforms stays at Kai Mana into a resort-like experience.

THE OUTDOORS

With an oceanfront location and a constant sea breeze, the outdoor spaces were central to the design. The pavilion bedrooms create generous shaded terraces below: a full outdoor kitchen and living space on one side, a sunken bar on the other.

The 75-foot pool wraps around two sides of the deck. "We designed it with all ages in mind, so it's almost three separate pools," Somerville says. "There's a shallow tanning ledge, then a three-foot deep section for younger kids. A bridge – which provides access to the beach – separates this from the seven-foot deep section which gradually rises to a swim-up bar at the far end that adjoins the sunken bar." Surrounding it, multiple seating areas provide options for sun and shade, to be together or apart, throughout the day. The dock, another late addition, enables the family to travel to Kai Mana by boat from the Cayman Islands Yacht Club.➔






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Kai Mana was conceived as a family retreat for the future. Having lived in Cayman since 1996 and raised their sons on-island, the owners conceived it as a place where grandchildren-to-be, siblings and cousins will be able to spend time together. That long-term view extends to the fabric of the buildings, too. In such a challenging coastal environment, Kline and his team took great care to select materials that would withstand the constant exposure: aluminium

pergolas and handrails painted to look like timber; porcelain slabs instead of natural stone and, of course, hurricane-rated doors and windows. As Rum Point is a critical turtle nesting habitat, to ensure nesting females and hatchlings are not disoriented, exterior lighting emits low-wavelength amber light, and the special glazing limits light transmission to the beach – details that underscore the care with which this home was conceived and built. 

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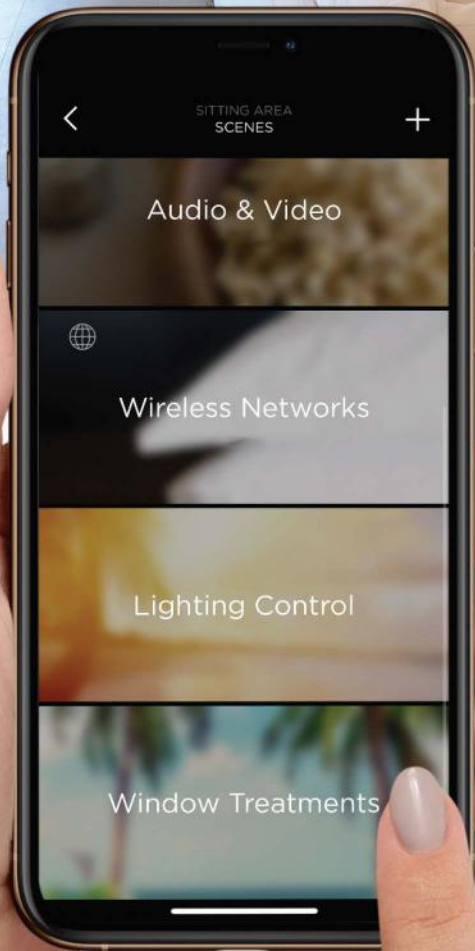
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THE VALUE OF SHARED SPACE: ENGINEERING COMMUNITY IN CAYMAN



Cayman is changing, not just in what is being built, but in how the islands are experienced. Beyond new homes, hotels and developments, a different transformation is taking place. Increasingly, investment is shifting towards the spaces between buildings: the parks, waterfronts and civic areas that shape how people live, gather and connect.

These are largely government-led strategic investments. They are not driven by individual ownership, but by collective value. They are redefining what it means to build well in Cayman. Because the measure of a place is no longer simply what you own; it is also the shared spaces you have access to.

From Buildings to Places

For many years, development in Cayman has been largely site-focused: individual plots, individual buildings and individual outcomes. What is emerging now is something more integrated. The revitalisation of George Town shows the promise of this vision, and the future should continue to lean in this direction. Rather than continued urban sprawl, the city centre can become increasingly appealing as a place to live, supporting local businesses and everyday activity.

This is not an aesthetic shift; it is a functional one. It is about creating a capital that works not just for business or tourism, but for everyday life.

This shift also enables a different development pattern. As public spaces become more usable, resilient and attractive, development set back from the immediate waterfront becomes more viable and desirable. Value is no longer tied solely to frontage, but to access to parks, walkability and shared infrastructure that supports daily life.

At present, the cost of construction often drives development towards high-rise waterfront units that are out of reach for much of the population. By contrast, making inland areas more liveable and connected has the potential to rebalance this dynamic, opening up more accessible forms of housing and reducing pressure on the coastline.

Delivering that shift, however, is complex. The real challenge lies in execution. This hinges on involved engineering throughout the whole lifecycle: pre-design detailed surveys, stakeholder engagement, construction administration and closeout, all of which are essential to delivering successfully in live, constrained urban environments. Reed Consulting Engineers has been actively involved in coordinating infrastructure in these contexts, where existing utilities, drainage systems, road networks and adjacent properties must be resolved within tight constraints and with minimal tolerance for disruption.

Parks that Work

Projects such as Central Scranton Park illustrate this shift at a more local scale. What was once an underutilised site is being reshaped into a structured, multi-functional public space, one that accommodates recreation, community use and everyday gathering.

What appears, on the surface, to be an open space is, in reality, a coordinated engineering system. Drainage infrastructure manages intense rainfall. Electrical and lighting systems support safety, usability and night-time activation. Irrigation and water services sustain landscaping in a demanding climate. Structural and material decisions account for durability, maintenance and long-term performance.

These systems are largely unseen, but they determine whether the space performs. Reed Consulting Engineers' involvement in projects such as Central Scranton Park reflects this approach, where multidisciplinary coordination underpins usability and resilience.

The same applies across the islands, from beach access improvements to spaces like Watering Place in Cayman Brac. These are, at their core, community projects designed to bring people together across income levels, uses and daily routines.

The Rise of Shared Living

At the same time, a parallel shift is taking place within private developments.

Higher-density, mixed-use developments that combine residential, hospitality and commercial uses are emerging in George Town, often set back from the immediate waterfront. These developments introduce a model of living defined not only by private space, but by shared amenities and stronger integration with the surrounding city.

This model supports a broader mix of housing – high-end, mid-market and more attainable options – within a single cohesive environment, if well executed. In doing so, it reflects a more balanced approach to growth, one that supports social cohesion and collaboration between all walks of life in the community.

Well-integrated mixed-use environments also have practical benefits. By reducing the need to travel between disconnected zones, they can ease traffic pressures and support more efficient use of infrastructure. Government initiatives, including the strategic use of public land and ongoing zoning reviews, continue to play an important role in enabling this transition.

Engineering the Invisible

What connects all these projects, public and private, is that their success depends on the systems that cannot be seen.

Stormwater systems that prevent flooding. Safe and flexible electrical and lighting systems. Water, irrigation and mechanical systems that sustain both landscape and residents. Structural solutions that withstand coastal and environmental forces.

In a small island context, these decisions carry disproportionate impact. Good engineering, in this context, is invisible. And it is felt only in the absence of failure.

A Different Measure of Value

As Cayman continues to grow, the relationship between public investment and private development is tightening. Government-led projects are establishing the framework within which communities grow, while private developments are increasingly shaped by, and dependent on, that foundation.

The result is a more connected approach to building with meaningful social impact.

The Real Luxury

There is a tendency to associate luxury with privacy, with what lies beyond gates, walls or property lines. But increasingly, the most valuable spaces in Cayman are the ones that are open: accessible waterfronts, parks that hold up after heavy rain and a town centre that supports life beyond working hours.

These are the spaces that define daily experience. They are engineered, coordinated and delivered through projects that bring people together.

This represents a broader shift towards a more liveable, sustainable and resilient Cayman. One that acknowledges a growing population and responds to the pressures that growth creates in a considered and integrated way.



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THE ORCHARD

A Place Apart

Words by Natasha Were. Photography by www.ten20photography.com

Moments from the bustle of Seven Mile Beach, The Orchard exists in a different time and place. From this quiet corner of Salt Creek, views of untouched mangroves stretch northward, the still waters of the canal wrap around two sides of the property, and silence fills the air.

Such seclusion is rare, even within a gated community, and it has been carefully preserved by design. Along the water's edge, dense seagrapes form a natural curtain, shielding the gardens from view. The entrance, framed in soft-hued Cayman stone, sits at the midpoint of a long breezeway that connects

the Manor House and Garden House; enclosed on its exterior face it ensures that what lies within remains completely private.

One of the owners, a seasoned property consultant with a well-trained eye for exceptional plots, had long admired this particular parcel – and it is easy to understand why. Before the estate home came to be, the double lot was, in her words, an 'enchanted garden': a veritable food forest laden with fruit trees – mangoes, dragon fruit, grapefruit, limes, cherries – along with chicken coops and winding paths threading through the greenery. →





So when the opportunity to acquire the land arose, it was a decision driven as much by the heart as the head. Here, in this hidden green pocket of the island, they would create their family home.

It was a project as personal as it was ambitious: designed and project-managed by the owner, with the decoration developed in collaboration with local design firms, and shaped

around the family's needs and interests, the result is grand in scale yet warm in atmosphere, with a level of customisation and detail that is genuinely rare. "We spent a lot of time working on our wish lists upfront," the owner says. "And while no build is without challenges, we had the luxury of knowing what we wanted, understanding what that meant, and ensuring every element was designed before breaking ground." →







THE KITCHEN

For the couple, both passionate cooks, the kitchen was the natural heart of the home. Glazed on two sides with views down the canal, it is an airy, light-filled space that any serious cook would covet.

"We envisioned a generously sized kitchen, which naturally led to the inclusion of two islands rather than a single oversized one," the owner explains. "We sourced the countertops first to ensure the largest possible size without seams, and then designed the islands around those dimensions." Custom millwork in stained oak paired with bespoke white lacquer offsets the dark grey of the countertops. But it is behind the cabinetry that the attention to detail really lies, from a refrigerated drawer accessible to children to custom knife inserts, roll-out pantry shelves, and spice drawers flanking the 60" professional range.→





LIVING AND DINING

Years of experience not only designing homes but observing how people actually live led to some deliberate departures from convention. In the great room, there are no sliding glass doors onto the terrace. Instead, three tall casement windows, dressed in sheer drapes, create a rich, layered gathering space – one that is not used as a corridor to the pool.

Similarly, the dining room is separate, with a discreet door connecting to the butler's kitchen. Ideal for entertaining, the crisp white wainscoting sets a formal tone, but this is beautifully balanced by the mural above it, that brings drama and a playful element to the room.

RUM BAR

One of the husband's particular wishes was a space for his prized rum collection. Built in the same oak as the kitchen, the custom bar houses wine towers either side of brass shelves displaying rare rums. Deep leather armchairs lend a sense of relaxed indulgence, with pocketing doors allowing it to flow into the great room, or be closed off for a more intimate gathering. →



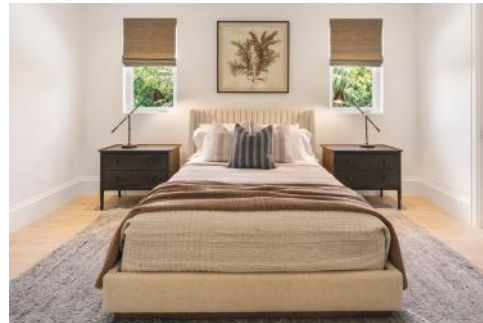




THE PRIVATE FLOOR

The hardwood staircase – one of the most complex elements, yet one that now appears to sweep upwards effortlessly – leads to the upper floor. Here, the primary suite opens onto a long terrace overlooking untouched greenery. Furnished simply but tastefully and decorated in soft greys and greens, it exudes an elevated sense of calm. Marble-look porcelain paired with brushed brass hardware in the spacious bathroom capture the glamour of a classic luxury hotel and walk-in closets are equally bespoke: natural light and a built-in vanity for her; darker, more masculine millwork, with a bench seat and watch winders for him.

The daughter's request – a romantic window seat flanked by bookcases – was designed in from the outset, allowing every detail, from the lighting to the ceiling fan, to be perfectly centred and symmetrical. The same meticulousness extends to each bedroom, all of which are distinct in layout but united by a common colour and material palette.



THE GARDEN HOUSE

Completely independent from the Manor House, the Garden House serves as both guest accommodation and a wellness space. Two separate apartments, each with a kitchenette and open plan living space overlooking the garden, are spread across two levels; within the same building a yoga room, gym and steam shower ensure wellness is equally well provided for. →







OUTDOOR LIVING

Extending parallel to the canal and finished in dark green, the 65-foot pool mirrors the tones of the water beyond, with a wide bathing ledge designed both for leisure and accessibility.

A screened, covered Lanai, complete with a summer kitchen, ample dining space and comfortable seating area, plus a stylish bathroom accessible from the pool terrace, make unhurried days outdoors entirely self-sufficient.

Between the Manor House and Garden House, an immaculate lawn sweeps down towards the seagraves, where an arched opening between the trees provides discreet access to one of two private docks. Winding flagstone paths follow the contours of the lush landscaping, connecting the expansive outdoor spaces without interrupting them.

Although it pained the owners to remove the existing fruit trees prior to construction, none were lost: each was carefully relocated to another development. Since completion, a smaller orchard has been planted, where papaya and banana trees are already bearing fruit. The Orchard thus takes its name from what was there before and what in a smaller way, has been lovingly restored.→







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THE PALMS

LITTLE CAYMAN COTTAGES

Words by Melanie Roddam.

Sandy lanes, swaying palms and two extraordinary cottages ready to call home

The water here has no single colour. It shifts throughout the day, pale silver at first light, then a green so clear you can count the blades of turtle grass fifteen feet below the surface, then by mid-morning something so purely, insistently blue that it seems less like the sea and more like the sky has fallen sideways. Little Cayman sits within all of this, quiet and unhurried, a sliver of island that has never been in a rush to become anything other than exactly what it is.

The southern shore is where the land feels most itself. Palms stand tall against the sky, their fronds catching and releasing the trade wind in a long, unhurried sigh. Frigate birds hang motionless above the ironshore. The reef runs in close, and the sound the water makes as it moves across it, that low, rhythmic breath – the only clock that matters here. Time on Little Cayman is not lost. It is simply measured differently.

It is here that Davenport Development has placed The Palms, two Caribbean cottages on the south shore, resting easy in the dappled shade of the palms that give them their name, as though they have always been here.

LIFE AT THE PALMS

Picture the morning: coffee on the veranda, the trade wind moving through, the sea catching the early light. Each cottage was made for exactly this. Generous, barefoot living that spills naturally between inside and out. The open-plan kitchen and living space flow onto a wide shaded veranda without fuss, the kind of layout that makes you wonder why you would ever want walls at all.


Three beautiful bedrooms and three-and-a-half bathrooms sit beneath pitched ceilings that lift the air and the mood in equal measure. The loft bedroom tucked under the roof-line is the one

every guest quietly claims, with its own particular stillness and the feeling of sleeping close to the sky. Below the cottages, cool shade gathers under the raised structure: the perfect spot for a sundowner as the afternoon gold turns long across the water.

Then there is the pool. Wide, gleaming, surrounded by a sun deck that asks nothing of you except that you stay a little longer. Whether you slip into the water at dawn or drift there after a long day out fishing or diving, it becomes the quiet centre of every day.

CRAFTED FOR THIS ISLAND

Davenport Development brought the same love and imagination to every corner of The Palms that they gave to its setting. These are hurricane-resistant homes raised on stilts, lifted for the views, for the breeze that moves freely beneath them, for that wonderful feeling of being held lightly above the landscape. Every finish, every fitting, every board was chosen with Little Cayman in mind: warm, lasting and completely at home here.

The Palms is now complete and for sale. On an island where homes of this quality and character simply do not come to market, this is a moment worth pausing for. The south shore, the palms, the pool, the reef just offshore, and two cottages that already, unmistakably, feel like yours, on a site with space to grow. 

ENQUIRE ABOUT THE PALMS, LITTLE CAYMAN COTTAGES:

For all sales enquiries, contact Mark Jordan at Davenport Development:

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FOUR SEASONS RESIDENCES NEVIS

Where History, Landscape and a New Era of Living Converge.

Words by Melanie Roddām.

Nevis has never sought the spotlight. Defined by rainforest slopes, preserved Georgian architecture and a pace of life that feels increasingly rare, the island attracts those who value authenticity over display. There are no towering hotels, no cruise terminals and, famously, no traffic lights to interrupt daily rhythm. This quiet confidence has shaped Nevis into one of the Caribbean's most understated destinations, with generations of visitors returning.

The short water crossing from St Kitts feels less like a transfer and more like a shift in tempo. Nevis Peak rises ahead, green and volcanic, its summit often brushed with cloud. The shoreline remains largely uninterrupted, and landscape dominates.

A COMMUNITY ROOTED IN THE ISLAND

When the Four Seasons Resort opened in 1991, transforming the grounds of a former sugar plantation into one of the Caribbean's most respected luxury properties, it established a model that balanced hospitality with private ownership. Villas, estate homes and residences gradually emerged across the estate, some overlooking the Robert Trent Jones II championship golf course and others positioned along the sands of Pinney's Beach. Over time, the resort became woven into the fabric of the island, not only as a destination but as one of its most significant economic and social anchors.

Today, that story enters a new chapter with the introduction of the Nevis Peak Residences and the Villas at Pinney's Beach. Rather than representing expansion for its own sake, these homes reflect a community shaped not simply by growth but by landscape, governance and long-term stewardship.

DECADES OF DEDICATION

The origins of the project are rooted in long-standing personal connections to the island. Richard Maltz first came to Nevis in 2004 on a family visit that would prove transformative. What began as a holiday evolved into something more permanent when his family purchased a home within the Four Seasons community at Palm Grove, a residential enclave within the estate.

Over time, the more he travelled elsewhere in the Caribbean, the clearer Nevis's unique appeal became. "What Nevis has that is truly irreplaceable is the people. The warmth, authenticity and genuine happiness of the Nevisian community is unlike anywhere else we have experienced."

That connection deepened into long-term commitment. "For the past decade Nevis has really become our family's happy place," Maltz explains. "We have very little desire to vacation anywhere else."



The development itself emerged from a gap within the Four Seasons residential offering. Having spent years within the community, Maltz recognised the opportunity to introduce a new typology that responded more directly to both the landscape and evolving buyer expectations.

His partnership with David Chekemian brought that vision into focus. Chekemian first arrived on Nevis in 2008, spending more than a decade with the resort estates operation – latterly as Vice President – and developing an intimate understanding of both the property and the island. After leaving in 2019 to establish his own firm, he returned in 2022 alongside Maltz to acquire the development company, re-launching it as FSRE Holdings Limited to lead the next phase.

Between them, Nevis Peak Residences and the Villas at Pinney's Beach are designed by people who know the island intimately.

NEVIS PEAK RESIDENCES

Positioned along the slopes of Nevis Peak and overlooking the seventh and eighth fairways of the golf course, the Nevis Peak Residences occupy one of the final development parcels within the Four Seasons estate. Architecture by 79 Design, with landscape by PLAN led by Henry Dowling, unfolds gently across the hillside, with six low-rise buildings comprising 58 condos, designed to preserve sight-lines toward both the Peak and the Caribbean Sea.

“The massing of each building was driven by views of the mountain and the sea,” says Chekemian. “That relationship between architecture and landscape was fundamental from the beginning.”

Residences range from one to three bedrooms across approximately 1,725 to 3,730 square feet, each configured to respond to its position on the slope. Covered terraces extend living spaces outward into the Caribbean climate, softening the boundary between interior and landscape.

Environmental sensitivity underpins the design. Deep overhangs and high-efficiency cooling systems reduce energy demand, while the buildings' footprint has been carefully managed to respect the existing topography. Materials are drawn from the island's own palette: local stone, tropical hardwoods and hand-finished surfaces that weather gracefully in the salt air.

Interiors by Ward & Co take a similarly considered approach, informed by time spent on the island and a close reading of its natural palette.

“Our design approach was to remain true to the surroundings and capture the essence of Nevis,” says Sarah Ward. “The natural light, the soft heather tones of the local stone and the richness of the indigenous flora were incredibly inspiring, and it was important to blur the boundary between inside and out, creating a seamless flow throughout the apartments.” →



Within this framework, deeper tones of aubergine and copper are layered with neutral, textured fabrics, bringing a sense of contemporary calm while maintaining a strong connection to place. "Four Seasons provides clear guidance," Ward adds, "but it is about understanding those parameters and translating them into something that feels unique and rooted in its setting."

PLAN, the landscape architects, have created a lush, garden-style environment using indigenous planting and locally sourced stone, allowing the buildings to settle naturally into the volcanic hillside.

"The landscape approach preserved many of the century-old trees to frame views to the ocean, St Kitts and Nevis Peak beyond," says Henry Dowling of PLAN. "These, together with additional indigenous planting, ground the three-storey buildings, creating a sense that the development has always been there while providing privacy for owners and guests."

Ownership extends seamlessly into the wider Four Seasons lifestyle, with access to Pinney's Beach, oceanfront pools, spa and wellness facilities, tennis and pickleball courts, the championship golf course and multiple dining venues, all supported by a dedicated residential services team.

THE VILLAS AT PINNEY'S BEACH

If Nevis Peak offers elevation and outlook, the Villas at Pinney's Beach provide a more immediate relationship with the sea. This intimate collection of 15 residences sits along one of the Caribbean's most remarkable stretches of sand, where calm, luminous water meets a wide expanse of pale gold shoreline.

The architecture responds to climate and light while the landscaping continues the emphasis on indigenous planting and

material authenticity. Interiors by Ward & Co maintain the same sense of restraint and warmth seen at Nevis Peak.

Private pools, landscaped gardens and generous outdoor living spaces allow the villas to function as self-contained retreats. Select homes also offer fractional ownership, reflecting a growing preference for flexibility among internationally mobile buyers.

A STRATEGIC HORIZON

For many, Nevis's appeal now extends beyond lifestyle. According to Dan Merriam of St Kitts and Nevis Sotheby's International Realty, the island's stability and governance are central to purchasing decisions.

"Citizenship by investment and the stability of Nevis as a jurisdiction are major drivers," he explains. "We are seeing families looking at Nevis as a Plan B destination, combining real estate ownership with long-term planning strategies."

As evening settles across Pinney's Beach and Nevis Peak darkens into silhouette, the distinction becomes clear. The appeal of Four Seasons Residences Nevis lies not in spectacle but in alignment with landscape, heritage and restraint.

By building with the island rather than over it, the development preserves the delicate balance of the Nevisian ecosystem. In a region where development often moves quickly, Nevis remains deliberate. In the long term, that patience may prove its greatest luxury.TM

For further details about the Four Seasons Residences Nevis, contact: Dan Merriam, St Kitts and Nevis Sotheby's International Realty: CALL 1.869.662.3388 EMAIL dan.merriam@sothebysrealty.com CLICK www.fsrenevis.com



AT A GLANCE: OWNERSHIP OPPORTUNITIES AT THE FOUR SEASONS RESIDENCES NEVIS

NEVIS PEAK RESIDENCES

- 58 fully furnished contemporary residences
- Set along the 7th and 8th fairways of the Robert Trent Jones II golf course
- One to three bedrooms, 1,725 to 3,730 sq ft
- Whole ownership from US\$1.49M; penthouses from approx. US\$3.35M

THE VILLAS AT PINNEY'S BEACH

- An intimate collection of 15 detached villas with private pools
- Steps from the sand, between the 4th fairway and the southern resort boundary
- Four and five-bedroom villas from US\$3.9M
- Fractional ownership available, offering five to eight weeks annually
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RESORT AND RESIDENTIAL BENEFITS

- Access to pools, spa, pickleball and tennis courts, golf and four dining venues
- 24-hour care, housekeeping and optional rental management by Four Seasons



BUILT ON EXPERIENCE:
Leanne
 LEADS REAL ESTATE AT PRIESTLEYS



Leanne Murray has joined Cayman law firm Priestleys to head up its real estate practice. With 21 years' experience built at the sharp end of property law, she has advised some of the UK's largest housebuilders and led major development teams.

RL: You have recently joined the team at Priestleys. Can you tell us a little about the firm and your role there?

LM: I'm delighted to have joined Priestleys. It is a genuine privilege to be part of such a dynamic and highly regarded firm here in Cayman.

Established in 2007 by Daniel Priestley, the firm is a boutique, full-service practice offering a comprehensive range of legal services, including real estate, construction, development and planning, immigration, corporate and commercial, restructuring and insolvency, litigation and dispute resolution, and family law.

In my role, I am focused on leading and supporting the growth of the real estate team. I will continue to specialise in real estate, development, construction and planning, and property finance, bringing both sector experience and a commercially grounded perspective to the practice.

RL: What attracted you to this role and what are your future goals?

LM: Stepping into a leadership role within such a talented and dynamic team was particularly meaningful. Development and construction law has traditionally been seen as a demanding and competitive sector, so being part of a firm where collaboration, expertise and high standards are genuinely valued is both refreshing and inspiring. The team's shared commitment to excellence, professionalism and client care strongly aligns with how I practise.

I am proud to work in an environment where strong leadership is visible and influential. There is a natural emphasis on clear communication, attention to detail and emotional intelligence, underpinned by strategic and commercial thinking.

For me, it is also important to encourage greater representation and fresh talent across the development and construction side of the industry. I am looking forward to creating opportunities for connection through industry events, bringing together professionals across real estate, construction and development to share knowledge and support the next generation.

RL: Why did you choose to specialise in property law?

LM: I grew up immersed in the world of construction and property. With both my grandfather and father working in major UK and overseas construction firms, and my mother as a realtor, it was always part of daily life.

While most children play with dolls, I was surrounded by toy dump trucks and cranes, which perhaps says everything about the direction my career would take.

What I enjoy most is the client relationships and the fast-paced nature of the work. There is real satisfaction in helping clients navigate significant life or business milestones. Closing a deal or resolving a complex issue never loses its appeal.

RL: Prior to moving to the Cayman Islands, what was your career trajectory?

LM: I completed my training contract at a highly regarded UK law firm, gaining hands-on experience across residential conveyancing, commercial property, landlord and tenant matters, and property finance.

After qualifying as a solicitor in England and Wales, I specialised in property law and built a strong UK practice advising top-20 PLC housebuilders, local developers and contractors. I progressed into senior leadership roles, including partner and Head of Property positions, where I led large residential and development teams.

My work has spanned major infrastructure projects, new towns and large-scale mixed-use developments across both public and private sectors.

I also spent several years working in-house for a developer and contractor, serving as the sole female director on the board. That experience provided invaluable commercial insight and shaped the pragmatic approach I now bring to advising clients.



RL: What can you tell us about the team and their expertise?

LM: The team includes our founder, Daniel Priestley, who is widely recognised for his expertise in commercial property and his involvement in some of the largest development and infrastructure projects in Cayman, including the redevelopment of the George Town Port.

Our team also includes Deidre Garcia-Daniel, a Cayman Islands attorney born and raised in Cayman, and Michelle Taylor, also Caymanian, both of whom focus on real estate and local practice. Together they bring a strong blend of international experience and local insight.

Deidre's work also extends to key local services such as Trade and Business Licensing, immigration, work permits and wills.

Within the wider team, Rachel Kelly specialises in litigation and property dispute resolution, adding further depth to the firm's offering.

RL: Priestleys emphasises a boutique approach. What does this mean in real terms for clients?

LM: It means clients receive highly personalised, specialist advice directly from experienced lawyers.

Whatever we're advising on, our focus is always on delivering clear, tailored guidance shaped to each client's circumstances.

Clients benefit from direct access to senior expertise, bespoke strategies and transparent, flexible billing throughout.

The real advantage of a boutique firm is the ability to move quickly, with clear accountability and strong, lasting client relationships.

RL: For many, purchasing property in Cayman is both a lifestyle investment and a financial one. Where do you see clients needing the most guidance right now?

LM: Clients are looking for clarity. In particular, how title, strata arrangements and intended use, whether for personal use, short-term rental or long-term investment, align with their wider financial and family planning goals.

For those new to Cayman, there is often a need for reassurance around process, timing and legal protections. Guidance on contract terms, particularly with off-plan developments, is increasingly important, as is advice around deposit protection, financing contingencies and the conveyancing framework.


Understanding Permanent Residency pathways, stamp duty and closing costs is also key to ensuring buyers can proceed with confidence.

Legal advice today is less about resolving issues after the fact and more about helping clients enter transactions fully informed, with a clear view of both lifestyle benefits and long-term implications.

We are also seeing growing interest in emerging areas such as tokenisation of real estate, fractional ownership and blockchain-enabled structures, which is an exciting space for future growth.

RL: Outside work, what activities or new interests do you hope to pursue in Cayman?

LM: I am looking forward to spending time offshore fishing, which has always been a passion.

I am also keen to explore Cayman's reefs through snorkelling and to make the most of the island's waters. Alongside that, I hope to become involved in local volunteering, particularly beach clean-ups and environmental initiatives. 

For more information about Priestleys real estate practice and services contact, Leanne Murray:

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FOUR BEDROOM HOME MLS 420112



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KARMA SEAVIEW

SOUTH SOUND MLS 420360



Karma Seaview is an exclusive new boutique condominium in South Sound offering just eight contemporary residences with expansive Caribbean Sea views. Chic interiors, open-plan living and premium finishes create a refined coastal retreat, complemented by a rooftop terrace, pool, gated entrance, covered parking, private storage lockers and gourmet kitchens with custom cabinetry throughout. **CONTACT KERRI OR LESLIE FOR MORE DETAILS.**

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SALES SPECIALIST

Natasha Valerio

PROVENANCE PROPERTIES CAYMAN ISLANDS
A CHRISTIE'S INTERNATIONAL REAL ESTATE AFFILIATE

Born and raised in the Cayman Islands, Natasha Valerio brings a natural understanding of the island and people to her role at Provenance Properties. With a background in marketing she has now moved into sales, where she brings warmth and knowledge to client relationships. Here she shares her journey, her perspective on Cayman's evolving property market and her approach.

RL: What is your role at Provenance Properties?

NV: I've been with Provenance Properties for seven years, starting as a Senior Marketing Sales Coordinator, where I supported the sales team and developed a strong understanding of the local market. My passion for working directly with clients led me to transition into a sales role, where I now guide clients through the process and help them achieve their property goals. As I continue to grow within a sales role, I look forward to building relationships, collaborating with clients and further developing my expertise. That early foundation continues to shape a considered and well-informed approach to every transaction.

RL: How did your studies and previous work prepare you for a role in real estate?

NV: My background in communications and marketing has shaped my understanding of branding and people. It has also given me a strong appreciation for positioning and how properties are presented within the market. Moving into sales felt like a natural progression and I am excited to apply this knowledge in my new role.

RL: What do you most enjoy about working at Provenance Properties?

NV: I really enjoy meeting new people and sharing what makes Cayman so special. I am also grateful to be part of such

a supportive team at Provenance Properties. No two days are the same and I am constantly learning, which makes the role both fulfilling and inspiring. That balance of collaboration and growth is something I value greatly in my day-to-day work.

RL: The real estate market is booming. What type of properties are most in demand at present?

NV: Working alongside two Christie's International Real Estate Masters Circle agents, I have consistently seen strong demand for canal-front single-family homes and condominiums along Seven Mile Beach and in West Bay. These properties continue to define the evolving Cayman market. Buyers are increasingly drawn to properties that combine lifestyle appeal with long-term value.

RL: What advice would you give to those considering investing in property in Cayman?

NV: Take the time to understand the market and clearly define your investment goals. Cayman offers a range of opportunities, whether driven by lifestyle, location or rental income. Working with a knowledgeable agent can help ensure your investment is both considered and rewarding. Clarity at the outset makes for far more confident and successful decisions.



RL: For first-time buyers, what key considerations should they keep in mind?

NV: Having purchased my first home in 2024, I understand how important careful planning is. It is essential to consider your budget, location and long-term goals, while also understanding each step in the process to ensure a smoother experience. Taking the time to prepare properly can make the entire journey feel far more manageable and enjoyable.

RL: When you are not at work, where can we find you?

NV: Outside of work, I love to travel. If I am not on a trip, I am usually planning one. Exploring new places is how I recharge and return feeling refreshed. It also gives me a broader perspective that I bring back into my work.

RL: How would your perfect day off in Cayman unfold?

NV: My perfect day off is simple: an early dog walk, breakfast at a favourite café, followed by either a gym session or a beach walk and ending with dinner out with friends or family. These simple, balanced moments define island living for me. 🌴

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BRANDED RESIDENCES: WHY BUYERS, DEVELOPERS AND BRANDS ALL WIN

Words by Fleur Peck, Managing Director, Blue Point Consultants Ltd.

The world's wealthiest have never been more mobile. According to the Henley & Partners Private Wealth Migration Report and Knight Frank Wealth Report 2025, approximately 142,000 millionaires relocated internationally last year, representing the largest recorded movement of private wealth to date. Over the same period, the global population of ultra high net worth individuals grew by 9.3%, pointing to continued cross border capital flows in the years ahead.

This increasingly mobile global elite, often holding multiple residences across jurisdictions, is driving demand for branded residences, defined as residential developments delivered in partnership with established hospitality or lifestyle brands. Over the past decade, this segment of the global luxury real estate market has grown by well over 150%. While the United States, Dubai, Mexico and Thailand remain established centres, the Caribbean is emerging as a market of growing significance. In 2025, there were 26 branded residences across the region, with projections indicating substantial expansion by 2030.

The appeal of this sector is frequently attributed to its alignment of interests, creating clear advantages for buyers, developers and brands alike.

For buyers, particularly those acquiring a second or third home in an unfamiliar jurisdiction, the appeal centres on trust and ease of ownership. Brand affiliation provides reassurance around build quality, service standards and long term management, reducing perceived risk both at acquisition and throughout ownership.

This is reinforced by a fully serviced, turnkey model that typically includes property management, access to hotel style amenities and optional rental programmes. In the Caribbean, branded residences have regularly achieved rental yields in the region of 5-8% annually, depending on location and operator.


Branded residences also command a measurable pricing advantage. Premiums of 10-30% over comparable non branded properties are widely observed, with that uplift often sustained at resale, reflecting both product quality and brand equity.

For developers operating in an increasingly competitive and cost-conscious environment, branded residential projects offer both differentiation and a degree of risk mitigation. The association with a recognised brand enhances market positioning while supporting stronger buyer demand and pricing resilience.

Critically, the model facilitates earlier and more robust pre sales, generating upfront cash flow and providing tangible validation of demand. In a financing environment where lenders are more selective, this can materially improve access to capital and reduce reliance on debt. As a result, branded residential schemes are often better positioned to secure funding than standalone residential or hotel developments.

For global hospitality groups – and increasingly for brands in fashion, jewellery and automotive sectors – branded residences present a compelling route to expansion without the need for direct real estate ownership or significant capital deployment.

In addition to upfront licensing and branding fees, operators benefit from long term management agreements, creating recurring revenue streams tied to both service provision and ongoing operations.

In a market defined by mobile wealth and increasingly selective capital, branded residences align the interests of buyers, developers and brands in a way that supports both demand and delivery. For the Caribbean, still in the early stages of this growth cycle, the opportunity lies in how effectively that alignment is maintained as the sector evolves. 

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WHERE WATER BECOMES ART

Exploring the artistry, craftsmanship and luxury pool designs of Ray Corral and Mosaicist, Inc.

In the Caribbean, where outdoor living is central to the experience of the home, the luxury swimming pool is rarely an afterthought. At the finest residences, it becomes something more: architecture, landscape and art held in a single frame of water.

For more than 25 years, Miami-based artisan Ray Corral has been creating underwater artworks that belong firmly in that category. Through his company, Mosaicist, Inc., he has earned an international reputation for transforming pool interiors into hand-crafted works composed from thousands of individually cut pieces of glass. Commissions span from Miami to destinations including Cyprus, Switzerland, Abu Dhabi and throughout the Caribbean.

Stand beside a completed pool and the effect registers at once: sunlight fracturing across Venetian glass, colour deepening and softening through the day, a floor reading as mural, water as part of the composition.

FROM STAGE TO STUDIO

Corral's route into mosaics was far from conventional. Born and raised in Miami, he spent his early years in the city's 1990s music scene, working as a percussionist before another creative language began to call.

"I performed at night and made mosaics during the day, selling them on consignment," he recalls. "I grew a passion for mosaic art."

He travelled throughout Europe to study traditional techniques, learning the discipline of hand-cutting tesserae, the small pieces of glass or stone from which a mosaic is built, setting patterns and understanding how colour, texture and geometry work together within a composition. Those lessons remain central today, rooted in patience, precision and the human hand.

THE CONVERSATION COMES FIRST

Every custom pool design begins not with tile samples but with conversation. Corral meets with clients to understand the architecture, the surrounding landscape, how the pool will be used and the atmosphere they hope to create. Some seek classical symmetry and old-world detailing. Others want contemporary minimalism, reef-inspired movement or a family crest worked into the floor.

"Since 90% of my jobs are new construction, I get the architect's plans of the unbuilt pool and design on top of it," he explains. "I consider the architectural style of the home and its relation to the surrounding landscape."

Concepts are refined into scaled renderings, then developed into layouts that map every curve and tonal shift across the pool structure. Because pools are often viewed from terraces and upper floors, designs must perform from multiple vantage points.

CHOOSING THE MATERIALS

Materials are chosen with equal care. Venetian glass and Italian smalti remain favoured for their depth of colour and ability to hold light beneath water. Iridescent finishes create movement as the sun travels across the surface. Earth glass tones add warmth, while select projects incorporate gold-leaf glass, in which a fine sheet of precious metal is sandwiched between two panes of molten hand-blown glass to produce a shimmer.

Every material must also withstand chlorine, salt, UV exposure and constant immersion, with colour stability weighed alongside aesthetics so the work remains beautiful for decades.



THE MASTER'S HAND

Corral's craft has been shaped by several masters of the discipline, a handful he counts as lifelong mentors and under whom he apprenticed. Of notable mention is Master Mosaicist Luigi Scodeller, who for many years was the commercial director of the respected Perdomo Family – MVM mosaic studio. Scodeller was a formative influence from Corral's earliest years. Following Scodeller's passing, that mentorship has continued through Master Mosaicist Giuseppe Semeraro, a leading figure on the industrial manufacturing side of the mosaic industry. Both trained and taught at Scuola Mosaicisti del Friuli in Spilimbergo, founded in 1922 and widely regarded as one of the world's most prestigious mosaic institutions, where Corral himself now lectures.

IN THE STUDIO AND ON SITE

Fabrication remains hands-on. Each piece of glass is cut and shaped by hand. Sections of the composition are dry-assembled first so tones can be adjusted by eye, then fixed onto numbered panels so they travel intact. On-site, Mosaicist's in-house installation artists transfer and align each section with millimetre precision.


"Underwater mosaic applications remain relatively young compared with centuries-old mosaic traditions," Corral notes. "It's still a specialist discipline and one that is evolving." Grouts and adhesives are now selected specifically for submerged environments, ensuring permanence and longevity.

DESIGNED FOR THE CARIBBEAN

For a Caribbean pool, a mosaic must be intimate at close range, striking from above and built to endure chlorine, salt, UV exposure and years of constant immersion. Many residences are built around negative-edge pools designed to read as extensions of the sea. Before a single tessera is cut, Corral studies the colour of the water at the time of year owners will most often be in residence. "A lot of clients want me to match the colour of the sea in their pools," he explains. "We study the average hues and tones, then manufacture custom colour tones and glass finishes to tie the whole environment together."

When marine life enters a design, species are always native to the region, rendered with accurate colouring and drop shadows so the scene reads as biologically real from above. "It makes the experience as real and relatable as possible," he says.

The best of these pools give themselves up slowly. First the field of colour, then the pattern, then, the longer you look, a quieter layer of detail beneath.

A Ray Corral mosaic pool is, of course, a place to swim. It is also a place to pause, to look through clear water and see that luxury, in the right hands, can still be made piece by piece. 

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THE BEAUTY OF WOOD

ENGINEERED TO LAST Words by Natasha Were.

In a climate as harsh as the Caribbean, choosing the right roofing material often means making a compromise: opt for the charm and character of natural wood and accept constant maintenance and a frustratingly short lifespan, or choose an alternative product like asphalt or metal and sacrifice aesthetics. Enviroshake, however, offers a third way – one that delivers the beauty of traditional cedar combined with the strength and performance of engineered composites.

Founded in 1998, the North American manufacturer has spent nearly three decades formulating composite roofing products that replicate the appearance of traditional cedar and slate while dramatically outperforming them in extreme climates. Its products have been used across the Caribbean on luxury resorts, private residences, schools and government buildings, including Atlantis Resort in the Bahamas, Sandy Lane in Barbados, and Sugar Beach in St. Lucia.

PRINCIPAL PRODUCTS

The company's flagship product, and the one most widely used in this region, is Enviroshake – designed to emulate the texture and appearance of taper sawn cedar shakes, without any of their weaknesses.

Enviroshake moulds are made from 3D scans of real cedar shakes, ensuring that grain, size and width are virtually indistinguishable from the original. Unlike purely synthetic products, Enviroshake materials are made from recycled plastic polymers blended with natural fibres and elastomers, a proprietary formulation that closely mimics the texture of natural wood while delivering greater strength and durability than plastics alone.

Other products include Enviroshingle, which replicates the look of natural cedar shingles, and Enviroslate, which captures the elegance of natural slate without the weight.

ENGINEERED FOR THE CARIBBEAN

Natural cedar may be beautiful, but it deteriorates quickly in hot, humid, coastal environments. Moisture causes cracking, warping and rot; mould and mildew thrive in damp conditions, and intense UV exposure and salt spray accelerate the ageing process further.

Without ongoing maintenance, a cedar roof in the Caribbean may last as little as five to ten years – and that's before considering potential hurricane damage.

Enviroshake is engineered to overcome all these vulnerabilities. With a moisture absorption rate of less than 2%, it does not crack or warp. The material is embedded with fungicides that inhibit mould, mildew and insect infestation and UV inhibitors that prevent degradation and discolouration, and third-party testing has confirmed the products are unaffected by salt spray. Critically, Enviroshake has been tested to withstand winds of up to 180 mph and holds both Miami-Dade and Florida High Velocity Hurricane Zone approvals.


SUPERIOR SUSTAINABILITY

The environmental credentials are equally strong. Enviroshake products are manufactured using 95% recycled materials and are 100% recyclable. Runoff water from Enviroshake roofs is non-toxic and safe for reuse in grey water systems.

Additionally, the company's optional Envirocool formulation (available on any product) turns a standard roof into a cool roof, by reflecting rather than absorbing solar radiation, substantially reducing air-conditioning needs.

LONGEVITY AND WARRANTY

For homeowners and developers, Enviroshake's durability may be its greatest appeal. Enviroshake roofs are virtually maintenance-free and backed by a fully transferable 25-year warranty.

In the Cayman Islands, homeowners, developers and contractors can purchase Enviroshake direct from the manufacturer. The company also works closely with architects and builders on-island, with factory-trained roofing contractors already operating in Grand Cayman. 

For more information about Enviroshake:

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Living Well

BY DESIGN

HOW THE HOMES WE BUILD SHAPE THE LIVES WE LIVE. *By Donal McGrath, BDCL Cayman*

The architecture of luxury homes is increasingly moving beyond aesthetics and size to address something less visible but equally important: how design shapes the daily experience of living. How a home is oriented, how spaces relate and contrast with one another and how it supports the rhythms of its occupants, all determine whether a house is simply beautiful or genuinely good to live in.

NATURAL LIGHT

Light is the most powerful tool in the architect's kit. Orienting bedrooms and kitchens to the east allows the day to begin with soft natural light rather than artificial illumination, supporting the circadian rhythms that govern sleep, energy and mood. Generous window openings with high heads bring light deep into a room, while deep overhangs, shutters and screens give occupants precise control over the glare and intensity of the tropical sun as it moves through the day.

PASSIVE COOLING

The Caribbean vernacular understood something that modern air-conditioned architecture often forgets: a home can be cooled by design. High ceilings, cross-ventilation and shaded outdoor spaces reduce dependence on mechanical cooling and create a thermal environment that feels alive rather

than sealed. Designing a variety of spaces, some breezy and open, some sheltered and still, gives occupants a richer daily experience and a closer relationship with the climate they chose to live in.

ACOUSTICS

Sound is among the most overlooked aspects of residential design. Quiet spaces matter for sleep, concentration and recovery, but complete acoustic isolation is rarely desirable. Allowing the rustle of palms, the punctuation of a sudden rain shower or the distant sound of the sea to filter into social areas creates a layered acoustic landscape that is far more comfortable than total silence. The goal is not to exclude sound but to curate it.

SPATIAL PLANNING


Layouts that encourage incidental movement, through split-level sections, well-placed staircases and paths connecting indoor and outdoor areas, promote physical activity without effort or intention. Open kitchens linked to dining and outdoor spaces make cooking a social act, which tends to encourage more mindful eating habits. Scale matters too: high ceilings promote openness and sociability, making them the natural choice for living and entertaining, while lower more enclosed spaces suit reading rooms and studies where concentration and rest are the purpose.

MATERIALS

Cayman's salty humid air rewards materials that are honest about where they are. Timber, stone and textured lime finishes do not fight the climate – they respond to it, ageing with character and developing a patina that synthetic materials never achieve. A wall of coral stone that has weathered a decade of Caribbean weather carries a warmth and weight that no imported finish can replicate. Beyond durability, natural materials provide a tactile depth that contributes quietly but consistently to the psychological comfort of a home.

OUTDOOR LIVING

The most straightforward contribution a home can make to the health of its occupants is also the most easily overlooked. Gardens, terraces and courtyards – designed from the outset rather than appended as afterthoughts – encourage repeated daily contact with fresh air, greenery and natural light. In a climate this generous, the boundary between inside and outside should be as easy to cross as possible.

Architecture should always be shaped around the life of the people who live in it. But it is the creation of variety within each design – open and enclosed, breezy and sheltered, acoustically rich and quiet – alongside the ability to adjust light, temperature and air, that truly makes a house a pleasure to come home to. 

To learn more visit www.bdcl.ky





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An Element of Surprise

At Kings Crown, unexpected details and dramatic moments reveal themselves one at a time.

Words by Natasha Were. Photography by Brett Davis and Ana Lui.

Perched at the edge of Dunmore Harbour, on the western shore of Harbour Island, Bahamas, Kings Crown is a property that reveals itself slowly. From the driveway, the single-storey silhouette and dormer windows peeking from the shingled roof suggest an unassuming island cottage, one that settles into its surroundings with quiet ease.

Step through the red-painted front doors, however, and this impression dissolves. Red – long associated with the safe return of seafarers and a subtle nod to the island’s shipbuilding past – recurs throughout the house, but nowhere more dramatically than in the entry foyer, where two oversized crimson Chesterfields face one another beneath a cluster of delicate shell chandeliers.

Beyond them, the real drama unfolds. An almost invisible wall of glass draws the eye along an elevated lap pool, its black-and-white checkerboard tiles stretching 75 feet toward the horizon.

What appears to be a modest bungalow is, in fact, a 7,500-square-foot, eight-bedroom residence with a private dock

and sweeping harbour views. Conceived and designed by Paul and Rita King, experienced developers whose roots on Harbour Island run deep, the home bears all the hallmarks of owners who know and love their island.

Built across two storeys, Kings Crown is a family home first and foremost and a vacation retreat second. Daily life unfolds on the upper level with the pool as its central axis, the main living spaces running along one side and the family’s three bedrooms along the other. Below, five guest suites and a series of leisure spaces accommodate the ebb and flow of visitors, while preserving the intimacy of the floor above.

“We’ve always been inspired by the traditional architecture and craftsmanship of Harbour Island, so while the structural core is poured concrete, the exterior is clad in cypress siding, with white shiplap lining the interior walls and maple ambrosia warming the ceilings above,” the owners say. →

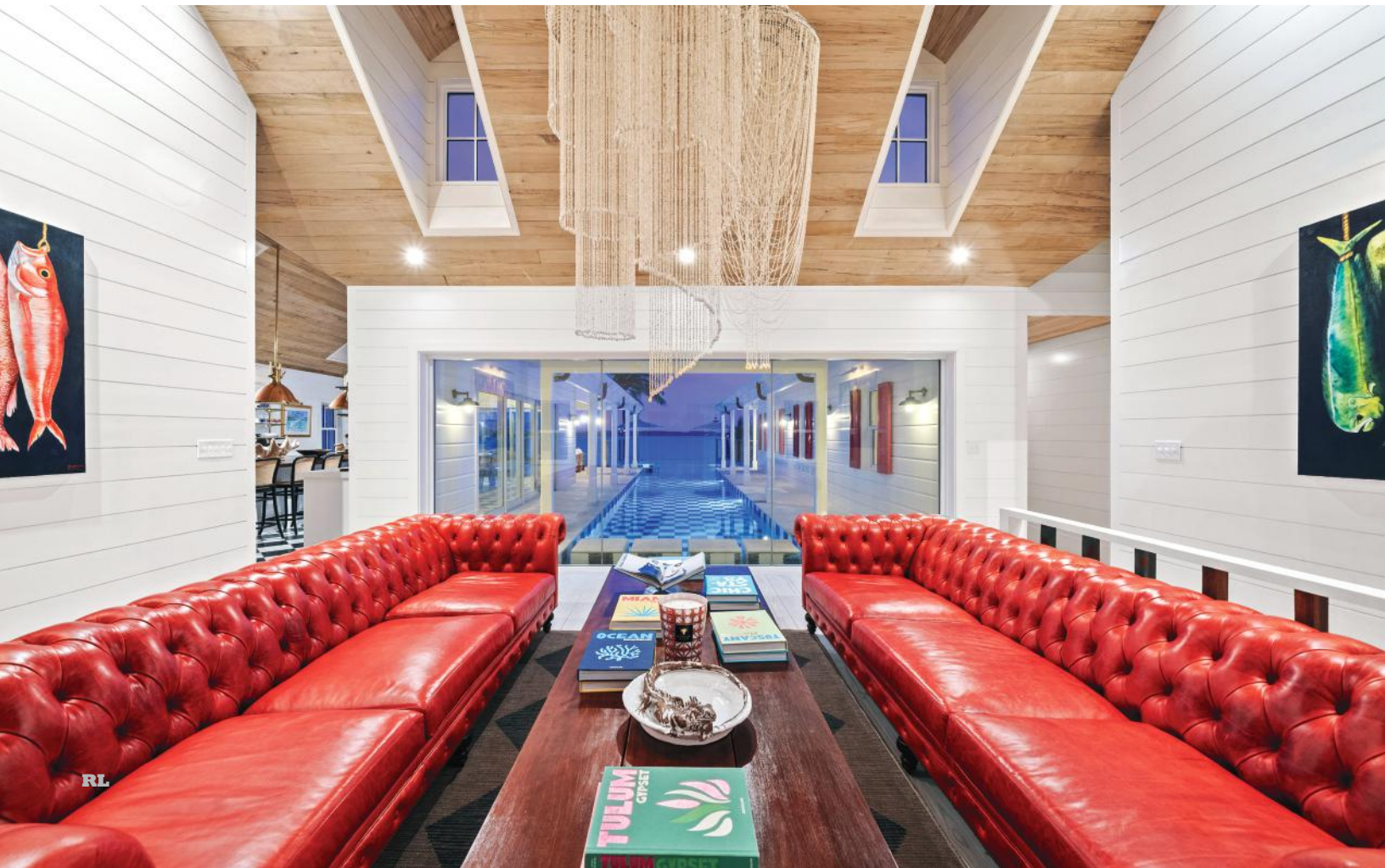




“Over the years we’ve also salvaged traditional building materials – local limestone and Abaco pine – from derelict houses and used these in accents throughout the property.”

If the exterior is an exercise in restraint, the interior is where the Kings’ flair for creativity emerges. Their playful approach to design grounds the grand proportions, turning what could feel imposing into something decidedly inviting.

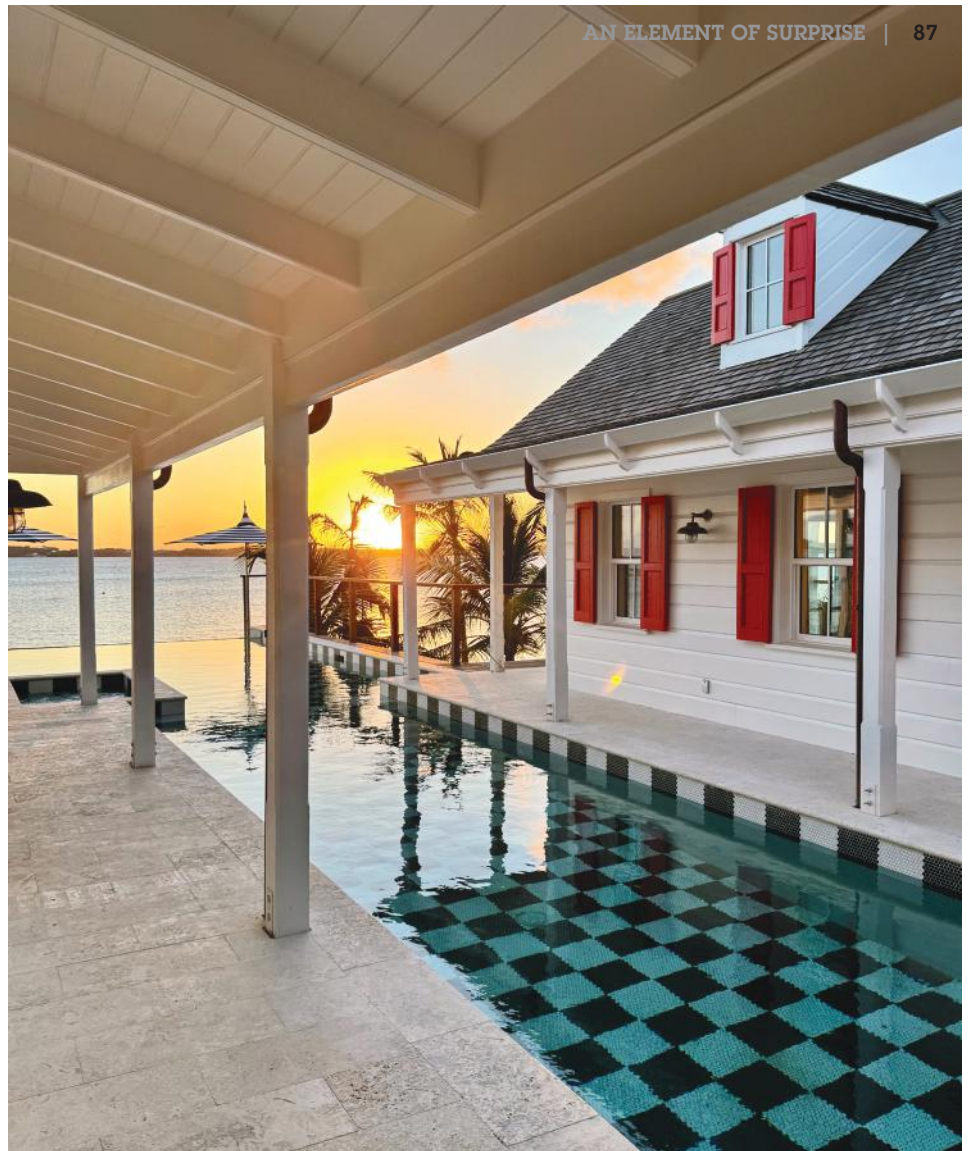
In the open-plan kitchen, above the poured concrete countertops, a wall of hand-painted tiles, commissioned from an artist in the Netherlands, depicts local marine life in red – stone crabs, spiny lobsters, octopus and wahoo. This colour is echoed in bold Big Chill appliances, while salvaged brass ship lights hang above the island, their metallic warmth repeated in fixtures and hardware throughout.→





The kitchen and dining room flow onto a deep covered terrace, where low-slung couches and an outdoor bar are perfectly positioned for casual sundowners. Beyond, a sunken deck sets the stage for meals almost suspended over the water. The furniture is arranged in descending height order – bar stools, dining chairs, sofas and lower deck – ensuring that wherever one sits, sightlines to the sea remain unobstructed. →







The Kings' instinct for balancing resourcefulness with whimsy is perhaps most evident in the principal suite. Here, offcuts of timber from the ceiling are arranged in a herringbone pattern to create a one-of-a-kind headboard, with vibrant wallpaper depicting a giant flamingo above it. The bathroom is equally eclectic: the combination of botanical prints, industrial-style

copper taps, elegant shell chandeliers, and a concrete bathtub is an unorthodox composition, but one that just works. A discreet wine and coffee bar in the corner of the bedroom seems to encapsulate the Kings' sense of irreverence and their commitment to celebrate life from first pour to last.→







The children's bedrooms are equally considered. In the daughter's, fuchsia bougainvillea appears to cascade down one wall, while up in the loft, a desk fitted neatly into the dormer window creates a study nook flooded with natural light. The son's room is calmer, with white walls and a built-in bunk bed, offset by striped tiles and fish-print wallpaper in the bathroom.

Descending to the lower level, more unconventional details await. Each of the five guest suites opens onto either a private garden or, in the case of the second principal suite, a waterfront deck with bay views. While the shiplap walls lend Caribbean character, distinctive wallpapers – a stormy seascape, delicate orchids, seashells and swaying palm fronds – give each room its own identity.

The windowless spaces beside and beneath the pool have been reimagined rather than concealed: one houses a fitness room, with a Peloton bike, treadmill and rowing machine, another is a playroom (affectionately known as the 'kids dungeon') where monstera-print rugs cover the walls, transforming it into an unexpectedly exuberant space.→








Perhaps their most experimental concept, however, is the rec room: a gathering space for all ages, it houses multiple sofas, a full bar, a pool table and a wine cellar constructed from reclaimed timber. Here, glass garage doors roll up and out of sight, providing endless views over the bay, and the floor is covered in sand, dissolving the boundary between indoors and outdoors.

From there, it's only steps to the private dock, from which one can climb down into the sea and snorkel on the Kings' artificial reef, home to grunts and snapper, green morays, and a handful of turtles, or take a seat on one of the in-water swings, with toes dangling in the warm, Bahamian sea.





In Kings Crown, the owners have created a true design paradox. What defines it is not any single space or detail, but the cumulative effect of moving through it, experiencing how the restrained exterior gives way to a dramatic interior, how tradition and innovation coexist comfortably, and how grand proportions maintain intimacy. This is a home simultaneously shaped by a deep respect for the Harbour Island vernacular, yet also unpredictable, unexpected and unafraid to be boldly, unapologetically itself. 



Night Shift

That persistent tiredness you keep putting down to a busy life may have a more precise cause and a clearer solution.

Words by Dr. Nadine Yammine MD MSc FRCSC, Otolaryngology (ENT) Head & Neck Surgery, Laryngology (airway sub-specialist)

There is a particular type of fatigue that takes hold in midlife. It is the feeling of not being fully rested, even after a full night's sleep. Energy levels may be low and concentration may be poor. There can be a sense of functioning, rather than performing at your best.

All too often, we put this down to busy calendars, hormonal changes or simply getting older. But sometimes the cause of poor sleep is more precise: it may lie in the upper airway.

WHILE YOU WERE SLEEPING

When you fall asleep, the muscles of your upper airway relax and the tissues of the nose, palate, tongue and throat begin to crowd the airway. As air pushes through this narrowed space, it creates a vibration. That vibration is snoring.

While it tends to be treated more as an inconvenience to your partner than to you, it is actually a sign that your airway is restricted and your body is working harder than it should simply to breathe while you sleep.

However, when the narrowing becomes more pronounced, or the airway collapses during sleep, it becomes something more than snoring: obstructive sleep apnoea. This can happen dozens, even hundreds, of times throughout the night. Your breathing stops, oxygen levels drop and your brain wakes you just enough to restart breathing. Many people have no recollection of waking at all. What they notice, however, is that sleep no longer feels restorative.

BEYOND THE BEDROOM

The impact of fragmented sleep creeps up on you. People often describe themselves as less sharp, less patient, less motivated or simply not quite themselves. It is not usually a dramatic shift. More often, it is a gradual erosion of energy and performance.

But sleep apnoea also has significant long-term health consequences. It is associated with high blood pressure, cardiovascular disease, stroke, diabetes, dementia, day time sleepiness and impaired cognitive performance. These are meaningful long-term costs. The good news is that snoring and obstructive sleep apnoea can often be managed effectively.

THE SYMPTOMS NOBODY MENTIONS

The textbook picture of sleep apnoea is loud snoring, pauses in breathing and daytime sleepiness. That is how it typically looks in men.

Women, however, particularly those in perimenopause or post-menopause, may present quite differently. Often, they do not snore at all. Instead, they may complain of lighter sleep, frequent waking, insomnia, headaches, low mood or the feeling of never waking up fully refreshed.

Unfortunately, because these symptoms do not immediately raise the sleep apnoea flag for doctors – and that is why women may be dismissed.

The fact is, women can have significant sleep-disordered breathing without the stereotypical symptoms. Hormonal changes in menopause and perimenopause can also disrupt sleep at precisely the stage in life when sleep apnoea risk rises, which only adds to the complexity. If this sounds familiar, it is worth asking whether sleep apnoea could be at play.


HELPFUL STRATEGIES

In Cayman's hot and humid environment there is a tendency to crank up the air conditioning and set fans at their highest speed. However, air that is too dry, too cold, or directed at the face all night irritates the nose and throat and leaves the voice rougher than usual. So keep your indoor climate balanced – the bedroom should be cool but not chilly – and avoid directing fans and air-conditioning at the face. As mould and dust mites in indoor environments can also irritate the airway, wash bedding regularly and use hypo-allergenic pillows and mattress covers. It is also wise to clean air conditioning filters regularly and, if allergies are a factor, consider an air purifier.

THE NEXT STEP

Occasional snoring is not necessarily a cause for alarm, but if you:

- snore regularly, or someone has noticed pauses in your breathing or gasping for air during the night
 - sleep lightly, or do not feel rested regardless of how long you have slept
 - suffer from fatigue that affects your mood, work, ability to exercise, focus or drive safely
- it is important to seek medical advice.

An Ear, Nose and Throat (ENT) doctor who specialises in airway and sleep-disordered breathing can assess the issue properly, arrange appropriate testing and recommend treatment tailored to the cause. 



Sage Slate

Among the trend drivers that inspired this color choice is that of mindful living—slowing down time and injecting restorative design to appreciate small moments. Color that is restful to the eye is restful to the soul.

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Knot your Standard

Handmade rugs are an art form as old as civilisation – but the ability to commission bespoke pieces is attracting a new generation of admirers. *Words by Natasha Were.*

A mass-produced rug, made by machine from synthetic fibres and available to order at the click of a button, is one thing. A handmade rug, crafted from wool or silk and tied with painstaking care one thread at a time, is quite another.

“Handwoven rugs are an art form almost as old as time,” says Andrew Ledger, owner of Ledger & Looms, “and the mechanics of rug-making have barely changed for centuries.”

Wooden looms, strung with vertical warp threads form the framework onto which weavers knot individual threads. Working upwards from the base, the pattern or design emerges gradually, one row at a time. Depending on size and complexity, one to three weavers may work on the same piece, usually taking several months to complete it.

CUSTOM DESIGNS

In the golden age of carpet weaving in the 15th and 16th centuries, weavers created opulent palace-sized silk masterpieces that royalty often commissioned as diplomatic gifts. Within the intricate borders, the designs might contain lush garden scenes, or complex patterns and repeating motifs, that were rich in symbolism and meaning.

But while the mechanics of carpet making have barely changed, styles have evolved.

“Fifteen or so years ago, we began receiving requests for rugs that looked like the ocean, designs that captured the blue tones of Cayman’s seas, but nothing like that existed,” Ledger says. “So we took photographs of beaches around the island and asked the weavers we worked with to create designs based on them. That became Rugs Oriental’s *Caribbean Blue Collection*.”

Now, with the interior design pendulum swinging away from minimalism and towards colour, pattern and texture, custom rugs are back in the limelight: homeowners can commission floor coverings that reflect their character and personality, rather than simply matching their curtains.

Specialised rug-design software enables suppliers to work with interior designers and homeowners to create bespoke pieces in almost any palette, pattern or fibre.

Once the digital design is finalised, it is sent to weavers who first produce a miniature sample, so the colours, materials and workmanship can be checked before the full-size piece is commissioned.

Custom rugs also solve practical design challenges. “Sometimes designers need a rug for a very specific space,” he says. “Custom rugs can be made in

any size or shape – whether it’s an extra-long hallway runner or an oversized piece for a hotel foyer or corporate meeting room.”

WHEN RUGS BECOME ART

Perhaps the most intriguing direction in rug design today is the collaboration between weavers and visual artists. Last year, Ledger & Looms collaborated with local artist Jo Austin to create a series of rugs inspired by her sketches and paintings.


Rather than producing exact replicas, the weavers used the artwork as inspiration, bringing their own interpretation to the designs.

The results were not, therefore, reproductions, but original works by the weavers, made in response to Austin’s sketches of chickens, orchids and other Caymanian images.

“I wanted to show that handmade rugs are art you can touch, feel and walk on,” Ledger says. “And commissioning pieces from Pakistan, Afghanistan, Turkey and Morocco allowed us to showcase how techniques and materials differ across countries.”

SLOW LUXURY

For those who appreciate the craftsmanship that goes into a bespoke, handwoven rug, the months-long wait to receive the finished piece often becomes part of the appeal. Thanks to smartphones and messaging apps, weavers can share photos and videos of each stage of the process – the loom being strung, the wool being dyed, the final wash – allowing customers to watch their rug come to life one step at a time.

Commissioning a bespoke rug means more than simply ordering a floor covering to exact specifications. It’s a quiet rejection of the instant gratification we have grown accustomed to, an exercise in patience and anticipation – and a reminder that the value of an object lies not only in how it looks, but in how it came to be. 





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Stay Awhile

Designing a Thoughtful Guest Room

Words by Georgia Austin.

Design Studio

A beautifully designed guest room is more than a storage space with a bed; it is an expression of hospitality. It shapes how friends and family experience your home in the quiet moments – the early mornings, the late nights and the in-between hours – when comfort matters most. Designed well, a guest room feels less like an afterthought and more like a private retreat. A calm, comfortable and considered space that grounds guests in the warmth of your welcome.

ONE STEP AHEAD

To design a guest room that truly welcomes, consider what makes you feel at ease as a guest. It is often the smallest details that make the greatest impact: drinking water within reach, a place to charge your phone, seamless WiFi access or knowing there is an extra blanket should you need it. True hospitality anticipates rather than reacts.

Although tempting, a guest room should never double as disguised storage. Clear the closet, empty the drawers and leave plenty of hangers. The ability to unpack with ease, even for a night or two, makes guests feel welcome rather than merely accommodated.

SWEET DREAMS

If there is one non-negotiable, it is the bed. A decades-old multi-purpose futon and threadbare linens do not suggest restful sleep.

But a quality mattress, dressed in high thread count sheets, layered blankets and more pillows than strictly necessary, will have your guests falling gratefully into bed.

FUNCTION AND FLOW

Small accessories can elevate the space further. An upholstered headboard adds softness to the room. A bench at the foot of the bed or an armchair provides somewhere practical to perch, remove shoes or lay out tomorrow's outfit.

Beside tables with a reading lamp, accessible charging points and space for personal belongings ensure comfort. A tray with a carafe of water and glasses, tissues and a clock are quiet conveniences that speak volumes.

It is these subtle details that shift a room from carelessly to considered.

LAYERED LIGHTING

Lighting allows guests to create the mood they desire. From blackout curtains that block the early morning sun to sheer drapes that offer privacy without sacrificing natural light, window treatments form part of the overall lighting plan. Pair this with lighting options that go beyond a single overhead fixture: sconces or table lamps with warm bulbs, a task light on a desk and dimmer switches where possible.

SPACE TO LIVE

A guest room is not only for sleeping. A comfy chair or small desk creates space to read, catch

up on emails, or simply take a moment alone and a full-length mirror allows for a final check before heading out. A luggage rack or dedicated suitcase storage keeps floor space clear and signals that you have considered the practicalities.

SOFTLY SPOKEN

While it can be tempting to use the guest room as a space to experiment with décor, guests often appreciate a softer touch. Neutral palettes such as warm whites, sandy beiges or muted blues create a soothing backdrop that appeals to a variety of tastes. Layer texture rather than pattern – a woven rug, linen curtains or grass cloth wall covering. The result feels inviting without overwhelming the senses.

Keep scent subtle. Fresh flowers or lightly fragranced candles add atmosphere without triggering sensitivities.

FINISHING TOUCHES

A small tray of travel-sized toiletries, thick matching towels and a welcome note with the WiFi password are gestures that elevate the experience. Extra blankets in the closet or a fan provide temperature control without asking.

At its heart, a guest room is generosity made visible. When comfort, function and consideration come together seamlessly, your guests will not simply feel accommodated, they will feel genuinely cared for. And that, ultimately, is a well-designed home. 🏡



IDG



BrandSource Home Gallery



Oppen Cayman



Kempa Home



With over a decade of experience designing homes and developments across the Cayman Islands, I work on one principle: an architect's job isn't done at the drawing set. It's done at the final inspection.

From first sketch to final inspection, every drawing carries the same authorship. The building that gets built is the one that was designed, fully.

I design homes and developments where light moves, shadow shifts, and the sea breeze passes through. Inside and outside read as one space, and architecture frames the work nature does on its own.

Architecture that *truly belongs.*

- ALEXI EBANKS, FOUNDER · PRINCIPAL ARCHITECT





Design Studio

The 345 Method

A Deceptively Simple Interior Design Formula

Words by Natasha Were.

The most inviting interiors rarely happen by chance. They feel layered but not busy, expressive yet restrained. The 345 method offers a deceptively simple framework for achieving that balance.

Developed by New York City-based interior designer Nancy Cavaliere, the formula works in any location and in any room, building spaces that are characterful without becoming chaotic, considered rather than cluttered.

The formula is simple:
3 patterns
4 period styles
5 colours and/or textures

PATTERNS

It starts with a pattern – and for those who lean towards a simpler, more minimal style, solids can count as one of your three patterns. The key here is scale. Choose one large-scale pattern as your hero pattern. This could be a botanical wallpaper, a striped rug, or block-printed drapes, for instance. The second pattern should

appear in smaller pieces, such as accent chairs or cushions, and the third is a subtle, barely-there pattern, visible in accessories. For those who prefer a richer scene, take three as your minimum and layer on the pattern.

PERIOD STYLES

Homes that feel like they have evolved over time, rather than been assembled in a day, are rarely tied to a single era. Indeed, nothing dates a room faster than having every piece match from the same period, so this is where the second part comes in. Select furniture in four different styles: mid-century modern or minimalist, colonial or contemporary, art Deco or antique.

This, Nancy says, helps you develop your own style while achieving a visually interesting mix. Aim to balance old and new, simple and ornate, so that the result looks like it has been built up over time – a space that embodies your travels, heirlooms and favourite accent pieces.

COLOURS AND TEXTURES

Lastly, the method advocates for five colours and/or textures in each space. This works for all styles. If you prefer pared-back palettes, go for fewer colours and more textures. Wood, rattan, grass cloth or brushed metal, for example, will add depth to a largely white and cream space, while to create a richer scene, five colours and five textures are an option. Just avoid more than five to ensure the space looks intentional rather than busy.

The beauty of the 345 method lies in its ease. It provides just enough structure to prevent mistakes while leaving room for personal expression. Working within these parameters makes shopping easier – that fourth pattern or sixth texture stays in the store – and gives you a framework for editing your space.

Perhaps it is fitting that Cayman's country code mirrors such an elegant formula. Three patterns. Four eras. Five tones or textures. A simple structure, and a reminder that thoughtfully layered spaces are rarely accidental. 🇰🇲



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Curvaceous Kitchens

Words by Natasha Were.

Pedini Cayman

For decades, kitchen design has been driven by practicality: straight rows of flat-fronted cabinetry, rectangular countertops, precise angles. The focus has been on maximising storage, simplifying installation, and keeping the aesthetic as clean and uncluttered as possible.

But so many clean lines and hard surfaces can feel cold and uninviting – the opposite of what we want in the heart of the home. With interior design trends increasingly leaning into biophilic principles, it's no wonder that curves are finding their way into the kitchen.

CONTOURED CABINERY

For a long time, fitted kitchens were dictated by how cabinetry could be made. That was essentially straight lines and flat doors. Modern materials and manufacturing have changed that though: in the hands of the right professionals, cabinetry and countertops can now be crafted in almost any shape.

Curved cabinetry lends a refinement and fluidity to kitchens that flat-fronted units can't achieve. The benefits are particularly striking in compact kitchens, where corners eat into available space and interrupt the flow of movement. Rounding off the corners of units results in a softer appearance and the illusion of more room – and also removes those sharp points that frequently catch hips.

RETHINKING THE ISLAND

The kitchen island has become ubiquitous in modern homes – but rectangular is not the only option. A curved or elliptical island can look like a sculptural centrepiece, plus it's easier to move around, more flexible in terms of seating, and far better suited to informal entertaining.

When it comes to the countertop, stone, porcelain and solid wood can all be crafted into gentle curves. Even replacing the countertops but leaving square cabinetry beneath them, will dramatically change the feel of a kitchen.



Molteni&C by Kempa Design



Pedini Cayman

ARCHITECTURAL ARCHES

For thousands of years, arches have been used both for their structural strength and their grace. Adding arched doorways, pantry alcoves or windows in a kitchen not only balances out the rectilinear grid of cabinetry and but also injects a sense of timeless elegance.

BACKSPLASH AND SHELVING

Another simple way to introduce softer forms is in a backsplash: whether tiled or cut from a single slab, a curving backsplash creates a focal point that feels intentional. Equally, open shelving with rounded corners and edges is one of the simplest ways to introduce curves without major structural work. Style shelves with glassware, cookbooks and trailing plants, and they become decorative as well as practical.

COCOONING FURNITURE


Curves don't have to be designed in from the outset. Oval or circular dining tables help to soften the straight lines elsewhere while seats with curved backrests aren't just more visually inviting; they wrap around you, instilling a sense of comfort and safety.

ACCENT ACCESSORIES

Swapping angular light fixtures for generous spherical or domed pendants, especially when made from natural materials, adds a more organic element, while rounded handles and pulls and gracefully arching taps gently nudge the dial from clinical towards convivial.

THE BIGGER PICTURE

In open-plan spaces, the shift from a soft, furnished living area to the clean lines of a kitchen can feel abrupt, even jarring. Curves help bridge that gap, blurring the boundary so the whole space feels cohesive.

A kitchen doesn't have to sacrifice beauty and warmth to be functional. With the right shapes, it can be both – and feel like somewhere you genuinely want to be. 



Oppein Cayman



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THE KITCHEN BACKSPLASH: SMALL SURFACE, BIG IMPACT

Words by Natasha Wera.

Ask any interior designer how to add a little character or refinement to a kitchen, and the backsplash is likely to be top of the list. A backsplash can be the design element that subtly ties the whole room together, or the slightly daring choice that packs a visual punch.

With so many options for colour, pattern and style, choosing the right backsplash can feel overwhelming, but the following tips should help narrow it down.

LEAVE IT TO LAST

It may be the first thing people notice when they walk into a kitchen, but the backsplash should be the last element you choose. There are far fewer options for countertops and cabinetry than there are for backsplashes, so selecting those first not only narrows down your backsplash choices but also ensures it works with the rest of the design.

CONTINUITY OR CONTRAST

Decide whether you want your backsplash to blend in or stand out. If your countertops are already dramatic – strong veining, a bold colour, a striking material – keep the backsplash simple, or you risk visual overload. If your cabinetry and countertops are

simple, the backsplash is where you can have some fun. A strong colour, a rich pattern, or textured tiles can make it a genuine focal point and give the space real character.

GO FULL HEIGHT – WITH CARE

Extending the same material from countertop to ceiling, particularly with natural stone or large-format porcelain, has become popular in recent years. It creates a seamless, sophisticated look and makes a strong impression – but as a design feature, it should be used with restraint.

If you also have a waterfall edge island, where the countertop material flows down to the floor, avoid combining it with a full-height backsplash in the same material. Choose one hero moment: full height or waterfall edge – not both.

LET THE COUNTERTOP LEAD

If you want a connection between countertop and backsplash without an expanse of the same material, look for a secondary colour in the veining or pattern and choose tiles in that tone. It creates a common thread between the two surfaces without being matchy-matchy.


SIZE MATTERS

Large-format tiles in a small kitchen can feel oppressive; tiny mosaic tiles across a large wall can look restless and busy. So choose your tile size with the available surface area in mind.

If you're opting for a repeating pattern, also consider how a large pattern will look in tighter spots – beneath wall cabinets or around window ledges. A pattern that gets awkwardly cropped can undermine the whole effect.

PLAY WITH LAYOUT

The same tile can look quite different depending on how it's laid. Rectangular tiles in a classic brick pattern are timeless and functional, but stacking them vertically adds the illusion of height, while a herringbone arrangement introduces a touch of drama. When you want something a little different, but don't want to commit to bold colour or pattern, an unconventional layout is a subtle way to make the backsplash your own.

A well-chosen backsplash is the detail that makes the whole kitchen feel intentional. 



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HYDRATION, ISLAND STYLE

Words by Charlotte Beales Hart, Island Nourish

Living in the tropics means sunshine, sea breezes and long days outdoors. But the climate that makes island life so good also means something many of us overlook: hydration is not just important here, it is essential.

When temperatures rise and humidity climbs, our bodies lose fluid far faster than we may realise. By the time thirst registers, you are likely already 1-2% below optimal hydration, a level that measurably affects energy, concentration and mood. Fatigue and that familiar mid-afternoon slump are among the earliest signs, easy to miss precisely because they feel so ordinary. One of the genuine pleasures of living in the Caribbean is that nature gives us beautiful, flavourful ways to go well beyond a plain glass of water. Here are four of my favourites:

PASSION FRUIT is one of those ingredients that tastes far more indulgent than it is. Rich in vitamin C, fibre and powerful plant compounds including piceatannol – studied for its role in metabolism and skin health – it delivers genuine nutritional value in a small, intensely flavoured package. The seeds are edible and worth keeping in the drink for texture. A little goes a long way.

PASSION FRUIT ELIXIR

Ingredients

- Pulp of 2 ripe passion fruits
- 2 cups cold water or coconut water • Juice of ½ lime
- 1 teaspoon honey or agave • Ice

Method: Stir the passion fruit pulp into the cold water and lime juice. Add honey or agave to taste and pour over ice. Strain if you prefer it without seeds, though keeping them in adds texture and fibre.

Why it works: Tart, tropical and faintly floral, this is the kind of drink that makes you forget you're being virtuous. The coconut water option adds a subtle creaminess and a quiet hit of electrolytes – worth trying when the heat is serious.

FRESH GINGER brings anti-inflammatory properties and supports digestion in the warm months. The compounds responsible for its heat, principally gingerols, are the same ones that make it so effective at settling the stomach and reducing inflammation after physical activity. Grate it directly into your drink rather than slicing to release far more of the essential oils.

MANGO GINGER SPRITZ

Ingredients

- ½ cup ripe mango chunks • 1 cup cold water or coconut water
- Small knob of fresh ginger, grated • Juice of ½ lime • Ice

Method: Blend the mango, ginger, lime juice and water until smooth. Pour over ice and serve immediately.

Why it works: Rich in beta-carotene and vitamin C. The ginger cuts the sweetness and adds warmth. Particularly good after a morning swim.

SORREL, made from dried hibiscus flowers, is loved throughout the Caribbean but underused outside of Christmas. Brewed cool and poured over ice, it is one of the most refreshing things you can keep in the fridge year-round, its organic acids carrying antioxidant properties and helping slow sugar absorption. Dried flowers are available at most local supermarkets.

CHILLED SORREL SODA

Ingredients

- 1 cup brewed and chilled sorrel • Juice of ¼ lime
- Sparkling water • Fresh ginger slices • Ice

Method: Fill a glass with ice and ginger slices. Add the sorrel and lime juice then top with sparkling water.

Why it works: One of the most polyphenol-rich drinks you can make at home. The tartness helps balance sweetness naturally, earning this a place on the table every day of the year, not just in December.

COCONUT WATER is naturally rich in potassium, magnesium, and sodium, helping replace electrolytes lost through sweat in a way plain water simply cannot. Young green coconuts have the highest concentration of all, and unlike manufactured sports drinks, the electrolytes are naturally occurring and come without the sugar load.


COCONUT LIME TONIC

Ingredients

- 1 cup fresh coconut water • Juice of ½ lime
- A few fresh mint leaves • Sparkling water (optional) • Ice

Method: Fill a glass with ice and add the coconut water, lime juice and mint. Muddle the mint lightly. Top with sparkling water if desired.

Why it works: Natural electrolytes, vitamin C and the digestive benefits of mint. As functional as it is simple.

Hydration does not have to be complicated. By incorporating fresh Caribbean ingredients, we can nourish our bodies while celebrating the flavours of island life. So the next time the sun is shining, reach for something refreshing, vibrant and naturally hydrating. 



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José Andrés!

Chef, restaurateur, TV personality, humanitarian: José Andrés has spent a lifetime proving that the ability to feed people, whatever the circumstances, is the most powerful force in the world. *Words by Natasha Were.*

A much-anticipated participant at the annual Cayman Cookout, José Andrés always arrives in flamboyant style. He's made his entrance jumping from a helicopter, emerging from the sea in full dive gear, and this year, tore in at full throttle aboard a car-shaped jet boat. One of the finest chefs of his generation, he is certainly a showman when the occasion calls for it. Yet the motivation that drives him is to do much more than entertain.

The Spanish chef who delights glamorous crowds at the Caribbean's premier food and wine event is just as likely to be found cooking in the aftermath of a catastrophe – because Andrés holds an unshakeable conviction: that food is a human right and that providing a hot meal to someone in the darkest moments of their life, is one of the most profound acts a human being can perform.

LEARNING TO COOK

Growing up in Asturias, northern Spain, weekends meant paella – the world-famous rice dish prepared over an open flame, always in quantities large enough to feed a gathering.

While his father prepared the paella, Andrés' job was to tend the fire. His father would tell him, "Everyone wants to be in charge of stirring the pot, but if you control the fire, you control everything." That wasn't merely a cooking instruction. It was a philosophy for life that the celebrity chef has carried into every venture since.

Lingering over those long, convivial meals, Andrés understood that food was the ultimate connector: it was where family, conversation, and culture were formed. And it was where his future lay.

By 19, he had landed one of the most coveted roles a young chef could dream of: working under Ferran Adrià, the pioneer of molecular gastronomy, at El Bulli. Cooking at the legendary restaurant opened his eyes to what food could be, and two years later, he moved to New York, determined to introduce America to the food of his homeland – Iberico ham, proper paella and the social spirit of tapas.

Dozens of restaurants, Michelin stars, James Beard Awards and, last year, the Presidential Medal of Freedom, followed. But the accolades were never the end goal. As the child of two nurses, being of service was instinctive, and during his time in Washington DC he had volunteered with DC Central Kitchen to feed the city's homeless. That was when an idea crystallised. "If I had the talent to feed the few," he says, "surely I could turn that into a talent to feed the many."

BORN IN THE CARIBBEAN

When Haiti was struck by the devastating earthquake in 2010, Andrés was in Cayman.

"I knew I needed to do more – not just watch from a distance," he says. "So I went to Haiti thinking I could watch and learn. What I saw changed everything. People didn't just need food – they needed a system that worked, one that respected local culture and could respond quickly."

Amid the devastation of Port-au-Prince, local families showed him how to prepare black beans their way – an exchange that became a founding principle of World Central Kitchen (WCK), the humanitarian organisation that grew out of that trip.

"Food is not just calories – it's dignity, identity, comfort. When someone has lost everything, a familiar meal can bring



a sense of normalcy," he observes. WCK works with a network of local chefs, restaurants and communities to set up food trucks and field kitchens using locally available produce to prepare meals that are culturally appropriate.

When Hurricane Maria devastated Puerto Rico in 2017, Andrés boarded the first commercial flight to San Juan and began cooking sancocho in a friend's restaurant. Two years later, he flew by helicopter to the Abaco Islands to deliver thousands of meals to Bahamian communities that had lost everything to Dorian.

Last year, in the wake of Hurricane Melissa, WCK, supported by the Sandals Foundation, turned a convention centre in Montego Bay, Jamaica, into a space where local cooks could prepare tens of thousands of plates of barbecued chicken and warm, flaky patties daily.

Although WCK was born in the Caribbean, it goes wherever the need is greatest, from wildfires in California to floods in Pakistan and the destruction of Gaza. This year, it marked 600 million meals served.

The key to the organisation's success is its agility. It does not attempt to implement pre-established solutions; it responds to conditions on the ground. "We don't plan," he explains. "We adapt. Because if you plan everything it can paralyse you."

For Andrés, adaptability may be the most valuable skill one can possess. Whether you're missing ingredients for a recipe or operating in a disaster zone, you flex and bend and work with what you have.

COMING HOME TO CAYMAN

The glitz and glamour of the Cayman Cookout may seem at odds with his humanitarian mission – a celebration rather than a crisis – set against a sunny Caribbean backdrop. But whether it's a high-end event or cooking for those in need, he says, it is ultimately about bringing people together.

Andrés frequently advocates for longer tables, not higher walls. And at a point in history where division – physical, political, cultural – seems only to deepen, eating together is an act of hope.

"When we build longer tables, we create space for people to come together, to share, to understand each other. Higher walls divide us. Longer tables remind us that we have more in common than we think."

Whether that table is set on the sands of Seven Mile Beach or amid the ruins of a war zone, the goal is always the same. Light the fire, cook the food, make room at the table. 🍲



Flight of the Night

Once reserved for pirates and seafarers, rum is now an immersive cultural experience in the Caribbean. From swashbuckling sailors' swig of choice to a slow-sipped and savoured special occasion treat, rum is the reliable backbone of Cayman's colourful cocktail scene.

So follow our tasting tips and let the night take flight – in rum. *Words by Georgia Austin.*



BRIGHT | CAYMAN BREEZE SAINT JUNE, THE RITZ-CARLTON

The perfect start to an evening of tasting, the *Cayman Breeze* leans fresh rather than sweet, with lively notes of ginger and mint arriving first, while lime keeps everything crisp and lifted. A touch of absinthe adds delicate bitterness, prosecco brings a fine sparkle, and the Facundo rum lends smooth depth beneath it all. Light, clean and expertly balanced, it is best enjoyed with your toes in the sand, lit by the glow of another perfect Seven Mile sunset.

www.ritzcarlton.com



FRUITY | JAMAICAN VIBES ARIA, HARBOUR WALK

Built on Jamaican rum, the *Jamaican Vibes* cocktail is a celebration of Caribbean flavours. Passion fruit brings a ripe sweetness, balanced by lime and pink grapefruit for brightness, while sorrel adds a subtle spice and depth that lingers. Amidst the Mediterranean-themed delicacies of Aria, this vibrant drink keeps you firmly rooted in the Caribbean, capturing the fresh flavours that feel unmistakably like home.

www.ariacayman.ky



SPICED | MERIDIAN OLD FASHIONED AGUA, CAMANA BAY

A classic, spirit-led turn, Agua's *Meridian Old Fashioned* brings depth and structure built on a blend of rum and Mackintosh Scotch whisky. The rum blend keeps the drink rounded and grounded, while the whisky adds a subtle smokiness that lingers just beneath the surface. Lime syrup offers a lift to the drink without pushing it too sweet, and the bitters tie everything together with a gentle spice. It's a slow, smooth sip for a classy and considered evening.

www.agua.ky



STRONG | IVAN THE TERRIBLE THE LOBSTER POT, GEORGE TOWN HARBOUR

As a coastal breeze blows on the balcony of George Town's long-standing, much-loved local institution, sip on a Caribbean classic. Built on a blend of four rums that add both complexity and depth, The Lobster Pot's *Ivan The Terrible* is softened ever-so-slightly by a mixture of tropical juices, while 151 proof rum floater tops the drink off, giving it its 'Category Five' reputation. Beneath, flavours of burnt sugar and citrus keep the cocktail balanced. A true Caymanian classic.

www.lobsterpot.ky

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Listening to the Landscape

A beautifully designed garden is always visually pleasing, but the most inviting outdoor spaces engage all the senses. Beyond landscape design there is another, often overlooked layer: soundscaping, the intentional shaping of what you hear as much as what you see, feel or smell. Done well, it can transform even a modest garden into a space that feels calming and deeply restorative. *Words by Natasha Wera.*

LISTEN FIRST

Every successful soundscape begins with attention. Notice the natural acoustics of your space: where the trade winds move most freely, where unwelcome noises drift in and where moments of near silence exist. Let this awareness guide your design decisions about where to soften, where to shield and where to amplify the sounds that nature already provides.

SOFTENING THE UNWANTED

Both materials and plants play a quiet but powerful role in dampening intrusive noise. Solid stone walls, timber screens and engineered wood fencing help prevent sound from travelling through gaps, while dense hedges and shrubs, especially those with thick, waxy leaves, absorb and diffuse ambient noise. Other plants create a soundtrack of their own when positioned to catch the breeze. Whispering grasses, swaying palms and gently knocking bamboo mask intrusive sounds with something far more lyrical.

THE ROLE OF WATER

Moving water has long been a cornerstone of outdoor design, valued as much for its acoustics as for its cooling effect. A softly trickling fountain, a perimeter overflow pool or a discreet rain curtain introduces a restful murmur that feels both soothing and sophisticated. The key is subtlety. Aim for a soft, continuous background sound, rather than splashing or abrupt, intermittent noises.

WELCOMING WILDLIFE

Few sounds are as evocative as birdsong at dawn, the gentle hum of insects in the afternoon heat, or the chirping of tree frogs after rain. Bird baths, feeders and berry bushes invite feathered visitors. Vibrantly coloured, sweetly scented flowers attract pollinators, while small ponds and damp, shady spaces create a home for tiny tree frogs. Providing a habitat for wildlife not only enriches the sensory experience but also supports a healthy, thriving garden. The result is a living soundscape: one that shifts gently with the time of day and season.

UNDERFOOT ACOUSTICS

Hard surfaces such as stone and concrete reflect sound, while softer, porous materials such as bark chips, mulch or earth absorb it. Gravel, pebbles and timber decking each produce their own subtle acoustic response underfoot, adding another layer of auditory richness as you move through the space.

TECHNOLOGY, DISCREETLY APPLIED

Weatherproof speakers concealed among planting allow for an even greater variety of sound. Rather than distributing speakers evenly, consider placing them selectively to create pockets of music or natural sound, balanced by areas of silence. Keep the volume low and the choices considered; the aim is to complement the garden's own voice rather than compete with it.

A thoughtfully designed soundscape lends an outdoor space a sense of calm and connection to its surroundings. Much like lighting transforms a garden after dark, sound design reshapes how it is experienced throughout the day. Soundscaping is subtle, yet when thoughtfully applied, it can be transformative. 🎧



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MOVING AHEAD

EXERCISE FOR THE FUTURE YOU

Words by Natasha Were.

After age 40, the purpose of exercise stops being about how we look and becomes about how we want to age. Building and maintaining strong bones and muscles in our 40s and 50s is critical if we want to lead active, independent lives in our 60s, 70s and beyond. In mid-life, the goal is no longer fitting into your skinny jeans or having solid abs: it's ensuring quality of life for the decades ahead.

WHAT'S ACTUALLY HAPPENING IN YOUR BODY

For women, hormonal changes in perimenopause and menopause have profound implications. "As oestrogen declines, the body shifts toward losing muscle and gaining fat – particularly around the abdomen – and reducing bone density," explains Ava Gruszka, a women's health and fitness specialist and owner of Evolution Fitness. "Hormonal changes also affect energy levels and cardiovascular function. This is why women often notice they tire more easily during this stage of life."

Loss of muscle mass and bone density greatly increases the risk of fracture. Globally, one in three women experience osteoporotic fractures. Hip fractures are particularly common and, beyond the physical consequences, it is often the loss of independence such an injury brings that hits hardest.

The single best way to mitigate these changes is through exercise – but for most of us, sticking to the same fitness habits we had in our 20s and 30s is not enough. "Both men and women require a balanced programme which includes strength training to maintain muscle and bone, cardiovascular exercise to support heart health and energy, and mobility and balance work to keep the body moving well and reduce injury risk," Gruszka says.

STRENGTH TRAINING

As we age, strength training becomes more important than ever. By placing demand on our muscles, we signal the body to maintain and build lean tissue, which supports our bones and prevents the falls that can result in fractures. Weight training and weight-bearing activities such as running, jumping and walking are also proven to stimulate bone growth, slowing and even reversing osteoporosis.

ENDURANCE TRAINING

Aerobic exercise – walking, running, swimming, cycling – that gets the heart pumping is essential for cardiovascular health and stamina. It also improves the body's ability to produce and use energy at a cellular level – something that becomes increasingly important as hormonal changes affect how efficiently we generate it.

HIIT AND SIT

High Intensity Interval Training, which involves short bursts of intense exercise, followed by recovery periods, is known to be beneficial on many levels. It improves cardiorespiratory fitness, boosts metabolism, reduces abdominal fat and lowers cortisol (which is elevated during menopause) improving sleep and stress.


However, the buzzword in the mid-life fitness space right now is Sprint Interval Training, Gruszka notes. A subset of HIIT, SIT involves shorter bursts of all-out effort followed by longer periods of rest or low-intensity activity. Research shows this type of workout is even more effective than HIIT and can be completed in less time. It is an intense workout, however, and should not be attempted by beginners.

With both forms of interval training, recovery is crucial, so no more than two sessions per week are advised.

MOBILITY AND BALANCE

Mobility and balance training supports how we move in everyday life and is therefore the fourth pillar of a solid mid-life fitness routine. Yoga and Pilates-style workouts, or routines that involve squats, lunges, twists and hip rotations keep joints supple and preserve ease of movement as we age, while practicing balancing exercises regularly reduces the risk of falls and injuries.

No single exercise is enough to combat all the changes that mid-life brings, but a varied routine with strength training as its foundation, along with a mix of interval and steady-state cardio, and regular mobility and balance work, is one of the best investments you can make in your future well-being.

The overall goal must also evolve as we move through mid-life. "In our 40s, the focus is on building and future-proofing our body," Gruszka says. "In our 50s, it becomes about maintaining strength and adapting to change; and in our 60s, the priority shifts toward preserving function, stability and independence." 



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PEAK PERFORMANCE IN PARADISE

CARIBBEAN RESORTS FOR THE ATHLETE IN YOU

Relaxed days filled with sun, sea and sand have traditionally defined the Caribbean escape. But a select group of resorts is reshaping that narrative, catering to travellers who view vacations less as downtime and more as a chance to pursue their favourite sports and refine their form. From championship golf courses and equestrian centres to elite racket programmes and perfect watersports conditions, these resorts prove that peak performance and vacations in paradise are not mutually exclusive. *Words by Natasha Were.*



SADDLE UP IN STYLE | CASA DE CAMPO, DOMINICAN REPUBLIC

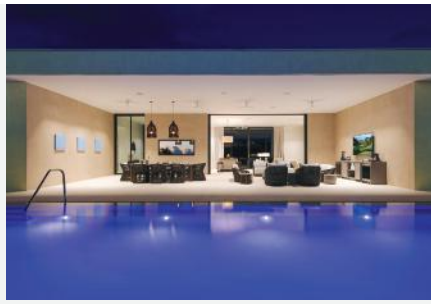
Spread across 7,000 acres, Casa de Campo is not only a world-class resort, but a vast sporting estate. Beyond the three championship golf courses and renowned racket and shooting centres, the equestrian programme is one of the Caribbean's finest. Guests can take private riding and jumping lessons, explore the resort's off-site ranch on horseback or venture into the world of polo, from playing light-hearted "donkey polo" matches to watching professional tournaments. It's not all about sports though, as there's a replica 16th-century artists' village, full-service marina, award-winning spa and eight restaurants on site, and both the guest rooms and private villas include golf buggies, making it effortless to navigate this expansive playground. www.casadecampo.com.do



TENNIS & PICKLEBALL | HALF MOON, JAMAICA

Hosting royalty, celebrities and discerning travellers since 1954, Half Moon is one of Montego Bay's most iconic resorts. Yet beyond the championship golf course, award-winning restaurants and two-mile private beach, it is the racket sports programme that many guests return for. Nine floodlit tennis courts and eight pickleball courts shaded by towering palms are an idyllic setting for relaxed social games, while clinics and private lessons with resident pros provide ample opportunity to sharpen one's game. Off the court, the Caribbean's largest spa, extensive water sports and excellent equestrian centre ensure ample variety. This, paired with accommodations that open onto shady verandas and secluded gardens, balances world-class facilities with the timeless charm of classic Jamaica. www.halfmoon.com





ABOVE PAR GOLF | APES HILL, BARBADOS

Perched 1,000 feet above sea level on a former sugar plantation, Apes Hill delivers spectacular views and sublime sea breezes. The recently renovated, sustainably designed 18-hole course winds through high-altitude jungle and lush gullies, making it as beautiful as it is challenging – with a bonus island green 19th hole to truly test one’s skill. A cutting-edge performance centre provides serious players with the tools to elevate their game, while the three-hole Little Apes course offers an approachable introduction for novices and younger guests. Away from the fairway, explore the 475-acre estate’s nature trails, fitness facilities, restaurants and exclusive beach club, before retiring to enjoy the serenity of your refined hilltop villa. www.apeshill.com



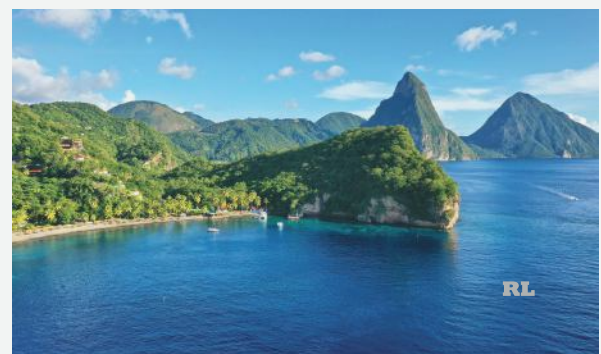
WIND, WATER, ADRENALINE | H2O RESORT, TURKS AND CAICOS

Perfectly positioned before the calm, glassy waters of Long Beach in Providenciales, H2O Resort pairs serene, modern beachfront suites with some of the Caribbean’s most reliable conditions for kitesurfing and wingfoiling. The on-site Kite & Wing Academy equips guests with the latest gear, experienced IKO instructors and even dedicated kite butlers who handle equipment setup, allowing riders to focus purely on time on the water. Lessons range from beginner sessions to advanced downwinders and exhilarating full-day kite safaris – an unbeatable way to explore the island’s coastline. When the wind drops, two pools, a well-equipped gym, paddleboards, kayaks and multi-sport courts offer a change of pace, without sacrificing activity. www.h2oresorttci.com



THE DIVERS’ DOMAIN | ANSE CHASTANET, SAINT LUCIA

At Anse Chastanet, the star attraction lies just ten feet offshore, where a vibrant house reef forms part of a protected marine reserve, in the shadow of St Lucia’s iconic Pitons. The resort’s full-service dive centre caters to every level, offering certification and specialty courses, three dive boats, 200 tanks and a dedicated photo and video centre for those keen to document their underwater encounters. Above the surface, the 49 individually designed guest rooms frame jaw-dropping views while the surrounding estate harbours dozens of hiking and mountain biking trails, as well as organic gardens that supply the resort’s restaurants with fresh produce and the Chocolate Lab with homegrown cocoa – a perfect balance of adventure and indulgence. www.ansechastanet.com



The Spirit of Nevis

A Masterclass in Nevisian Living

Step onto Nevis and the arithmetic is simple: thirty-six square miles, one volcano rising to 3,232 feet, eleven thousand people and two miles of water between this island and St Kitts across The Narrows. What the numbers cannot capture is the quality of what has been preserved here: an intact coastline, a pace of life that answers to no one and a cast of characters whose passion for this volcanic island is, it turns out, the greatest attraction of all. *Words by Melanie Roddam.*

The Road is Part of the Experience

Nevis is straightforward to explore independently. The island road makes a 20-mile circuit, tracing a course between the rough Atlantic coast to the east and the calm Caribbean Sea to the west, passing donkeys, goats and sheep that treat the tarmac as their own. Most destinations are no more than 20 minutes from the Four Seasons.

Hiring a car gives you the freedom to stop at will, but to do so without first taking at least one ride with a local taxi driver is to miss something essential. These are storytellers and unofficial island ambassadors, navigating the winding roads with a deep knowledge of Nevis that no map or app can replicate.

Ask where to eat, what to see or simply how the island works and the answer will come with a story, a recommendation, an impromptu lesson in Nevisian and quite possibly a burst from Kenny at EZ Taxis performing his own composition, "Welcome to Nevis". They are, in every sense, the connective thread of the Nevisian experience.

Sunsets and Storytelling

Tucked into the dense tropical flora of historic Hamilton Estate, Bananas Restaurant feels less like a place you arrive at and more like one you discover. A treehouse of Caribbean effervescence, its terraces suspended between canopy and sky, the Caribbean Sea glimmering far below.

Arrive in time for sunset and watch the sun dissolve into the horizon in a wash of colour, cocktail in hand. The setting alone would be enough. The food and Gillian Smith-Lowe's presence make it something more.

Gillian's second venture, L'Escale, located at Jones Bay, brings a French Caribbean sensibility to a striking seafront setting. The menu draws on the island's trading history and the culinary traditions of Martinique, Guadeloupe and Saint Barths. Accras de morue, colombo and tourment d'amour sit alongside an excellent wine list and service that moves at the right pace. It rewards those who seek it.

The farm-to-table experience moves into an entirely different register with Ras Iroy, arranged through Nevis Sun Tours. His Ital philosophy is not a trend but a way of life rooted in volcanic soil. Guests harvest ingredients directly from the land before cooking over an open fire in traditional Yabba pots.

The Architects of Heritage

Greg Phillip, former CEO of the Nevis Tourism Authority and founder of Nevis Sun Tours, has spent a lifetime translating the island's history into experiences. His Alexander Hamilton Island Tour offers a documentary-like circumnavigation of Nevis, tracing the formative years of one of America's founding figures through the island that shaped him.

Beginning in Charlestown and extending across the island, the tour moves between personal narrative and historical context with ease. It is storytelling at its finest and among the most compelling guided experiences in the Caribbean.

On Hamilton Estate, history takes a different form. The ruins of the sugar mill present a rare, legible timeline of industrial evolution, from wind-powered processing to steam-driven production. Guided by Dr. Patrick Meredith, these remains shift from static structures to a vivid account of the forces that shaped both Nevis and the wider region.

Nearby, Vanilla Paradise Nevis offers a more contemporary story. Founded by Gina Empson, a former chartered accountant, the farm cultivates more than five thousand vanilla vines. Each flower blooms for a single day and must be hand-pollinated within a narrow window, a process that demands patience. Tours end at the Vanilla Café, where the results speak for themselves.

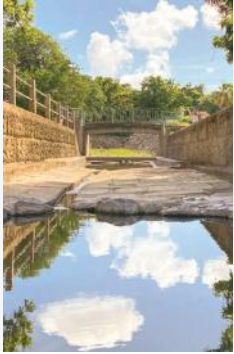




The Vertical and the Volcanic

To climb Nevis Peak is to experience the island in its most elemental form. Guided by Michael Morton of Island Buzz Tours, the ascent winds through dense forest, climbing roots and rock toward a summit that opens onto views of St Kitts, Montserrat and beyond. It is a physical journey that recalibrates perspective.

The counterpoint is found at the Bath Hot Springs near Charlestown, where mineral-rich waters have drawn visitors since the 18th century. Recently restored, the springs offer a quieter form of restoration. To sit in these waters alongside locals is to understand something essential about Nevis. The island does not demand attention. It waits for you to be still enough to hear it.



Craft and Culture on Pinney's Beach

No visit to Nevis is complete without a Killer Bee at Sunshine's Beach Bar. Created by Llewellyn "Sunshine" Caines, who arrived on the island in 1991 with a grill, a cooler and an idea, it has become something of an institution. Barefoot billionaires and first-time visitors sit side by side on the sand, united by a rum cocktail whose recipe Sunshine has no intention of revealing.

A short walk from the shoreline leads to Nevis Peak Brewery, the Federation's first craft brewery. Established by the Wagner family in 2020, it produces a range including a Pinney's IPA and a mango ale brewed with local fruit. A beer flight on the terrace overlooking the Caribbean is a quiet reminder that pleasure here is rarely complicated.



A Sanctuary on the Fairway

The Palm Grove Villas at the Four Seasons Residences offer a coveted experience of the island's delicate balance of privacy and access. Set within the greenery of the golf course and quietly positioned within the wider resort, each villa offers private pools, generous indoor and outdoor living and views that feel uncontrived.

Yet the full Four Seasons experience remains within reach. Pinney's Beach, three miles of golden sand, the spa, restaurants and residential services team are all present when needed, and invisible when not.

Even the vervet monkeys feel part of the rhythm here. It is the kind of stay that makes the return flight feel faintly unjust. 🙈



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Ways of Seeing

JO AUSTIN

Words by Georgia Austin.

From above, Cayman shifts. The shoreline fractures into colour and movement, swimmers scatter into patterns of pink caps and long limbs, and the sea, so often flattened into postcard blues, becomes a dynamic stage, alive with shifting hues. It is from this aerial vantage point that Jo Austin has begun to reimagine the island she has always called home.

Her now-recognisable aerial paintings did not begin in a flash of inspiration, but with a slow-burning idea that had lingered in her head for the better part of a year. "I've usually got at least four fully formed projects circling around up there, just waiting for the perfect opportunity," she says.

The opportunity to act on the idea came when she pitched painting the Flowers Sea Swim from above to a couple commissioning a large-scale piece. From there, her idea took flight, along with her newly purchased drone. From above, she found a way of seeing that would shape what came next.

This delicate balance of instinct and curiosity has long defined Austin's approach to creating. Raised in Cayman, creativity was never something she chose so much as something that was simply always present. "I've started to understand how my entire life of drawing and doodling and making has led me to today's confidence in what I can do," she reflects. "Looking back, it's really just been a lifetime of practice."

Austin's childhood memories surface in fragments: a Pirates Week drawing competition victory, hand-painted plates sold at craft fairs and a mural painted at the National Trust office as a teenager. Small moments, perhaps, but each one part of a steady accumulation of identity that has led to the artist she is today.

"Art has been a constant in my life," she adds. "It's not so much something I love doing as something I have to do. It keeps me sane and constantly thrills me."

This driving instinct to create led her to the Edinburgh College of Art, where she spent her early years exploring and moving between disciplines before settling on illustration. But, like many artists, she wrestled with the idea of finding a distinct style.

"It felt elusive at the time," she recalls. "As it turned out, I've had my style all along in my drawing, I just didn't really realise it until recently."

Returning to Cayman brought renewed clarity. The island itself had not changed so much as her perspective had evolved. Where others might pass through a scene, Austin pauses, drawn not to grand vistas but to smaller, more human moments.

"People," she answers simply when asked what catches her eye. "People just doing their thing. I find a drawing way more interesting with someone in it."

That sensitivity to everyday life runs through much of her work, grounding her compositions in something lived rather than imagined. Even in her sweeping aerial pieces, where the lines between human and nature blur, a figure can often be spotted, a moment of presence within the wider scene.→





For Austin, much of her process begins with observation. With her camera and drone, she searches for ‘treasures’ – compositions that hold energy and capture her excitement. “I love taking photos straight down,” she explains. “It’s a little more abstract and can be really dynamic.”

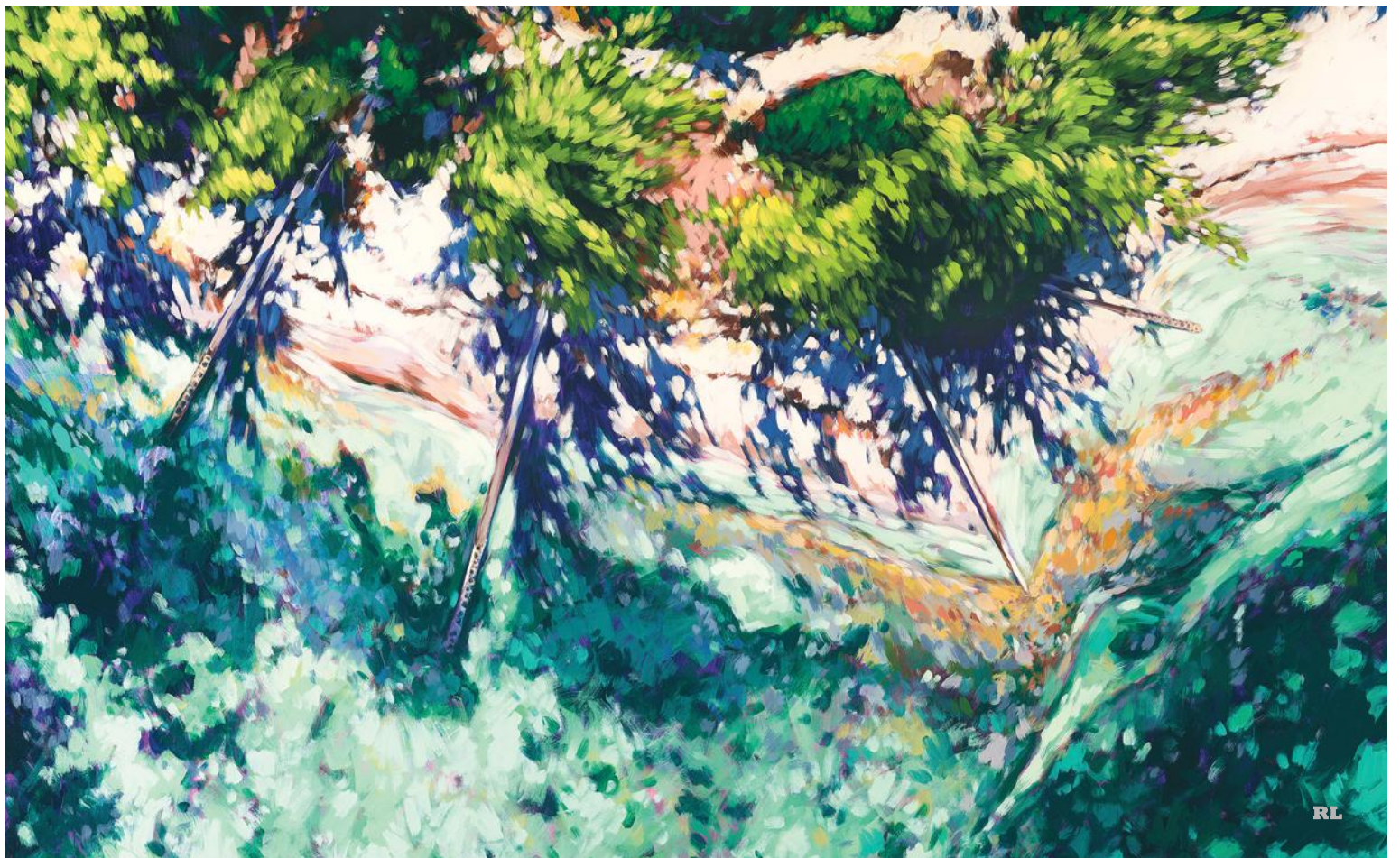
From there, images are cropped and revisited until one sparks a sense of urgency, and the painting begins. Hand-stretched canvases are layered first with a vivid magenta background that lends depth and vibrancy to the island tones laid above. Across mediums, that balance remains steady. Whether sketching passing scenes in pen and ink, layering oils to capture the glint of a silver thatch palm, or using acrylic to render a contrasting ‘walk of whelks’, she works steadily towards the moment when a composition settles, when colour, form and movement align.

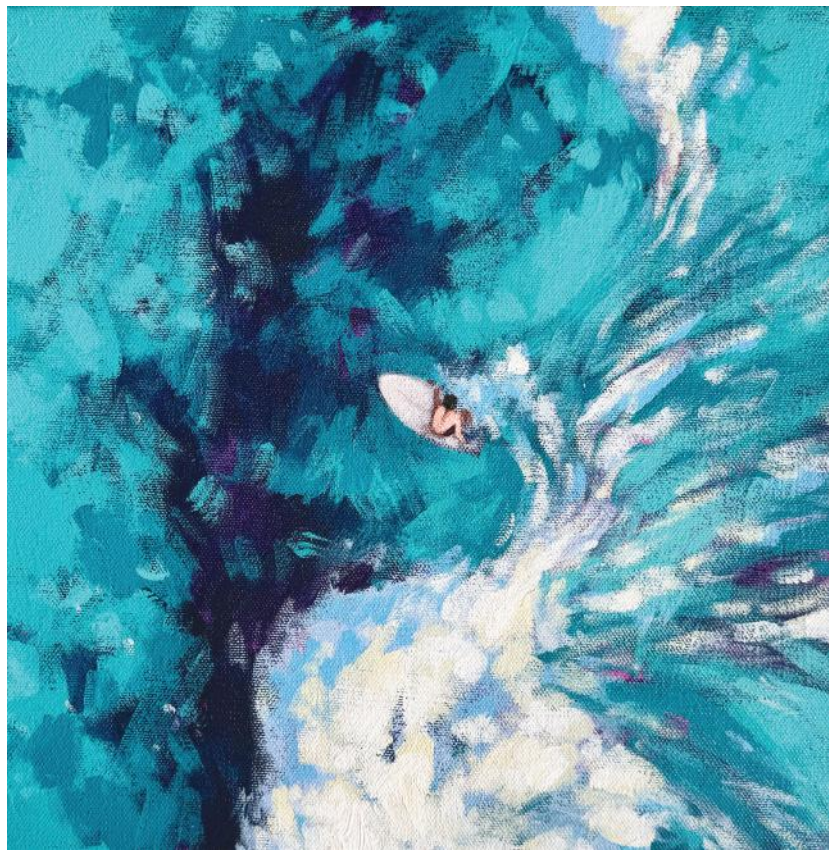
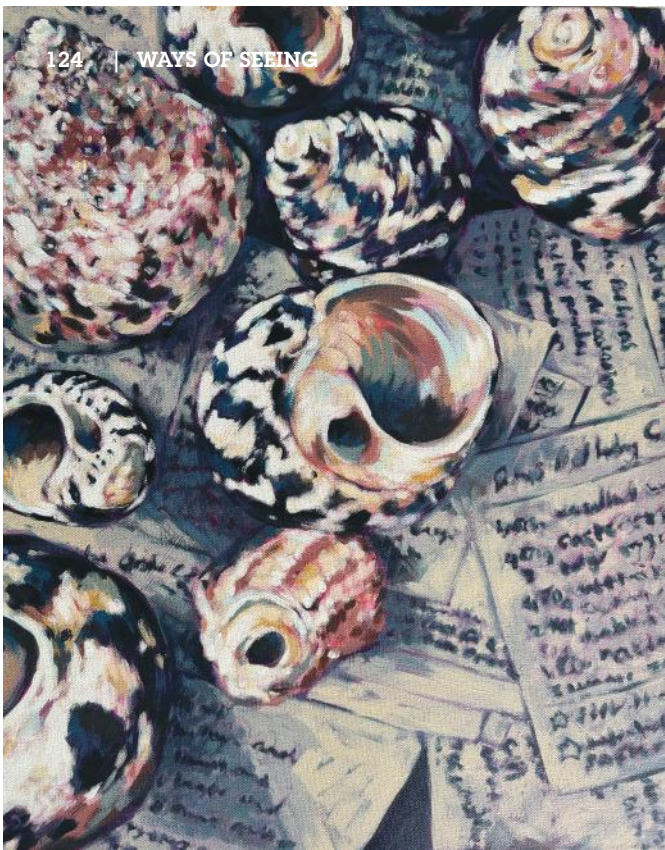
Like many artists, her practice unfolds around the edges of daily life, when her son sleeps and the world quietens around her. Evenings, weekends and moments carved out between work and family. Still, in these quiet, stolen moments, the act of making brings pure satisfaction and contentment.

Beyond the canvas, her connection to Cayman’s art community is beginning to take clearer shape. Though she describes herself as not yet as involved as she’d like, exhibiting in the Cayman Islands Biennial felt like a step closer, one underscored by her being jointly awarded the Biennial’s highest honour, the Bendel Hydes Award, alongside Randy Chollette for her piece titled *Streetview* (2025).

This experience, beyond recognition and accolade, offered Austin a deeper sense of belonging to a community of artists whose work she has long admired.

In some ways, this sentiment feels familiar. Like the style she once struggled to define, her place within that community may have been there all along, only now coming into focus. →






That growing sense of belonging sits alongside a Cayman that is changing in its own ways. The island Austin grew up on still exists, but now shares space with something busier, louder and more layered.

Her art is grounded in the present moment: "I think it's important to recognise the empty beach scenes of the past are not the reality now – and will be even less so in the future. I count myself lucky that I grew up in a less busy Cayman and I count myself lucky that my son is growing up in what is still a wonderful place to live."

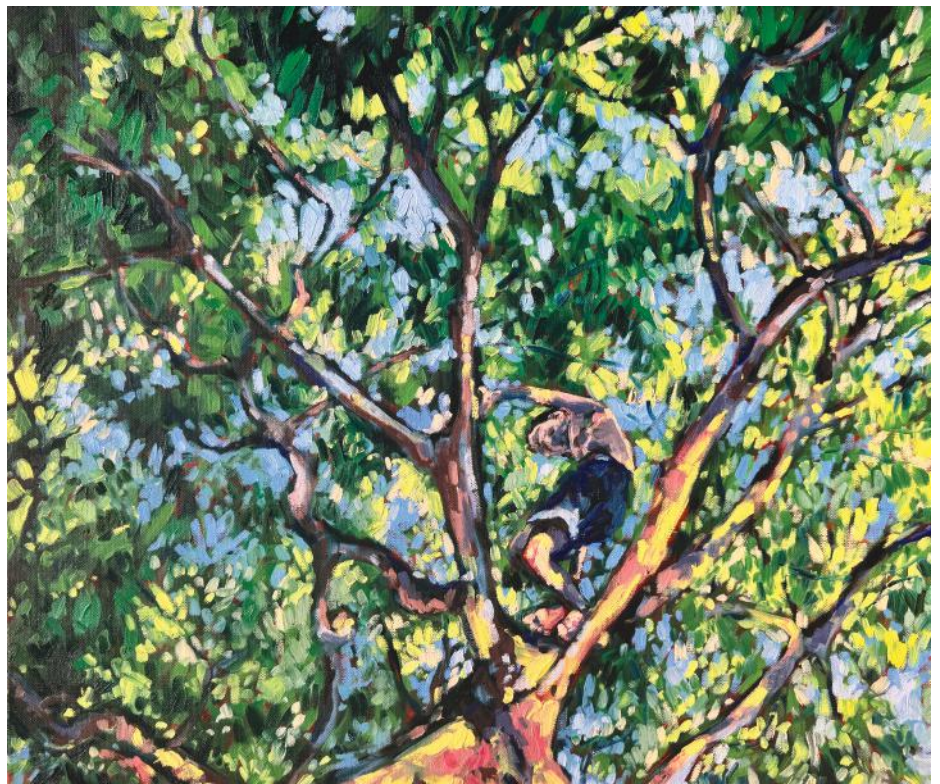
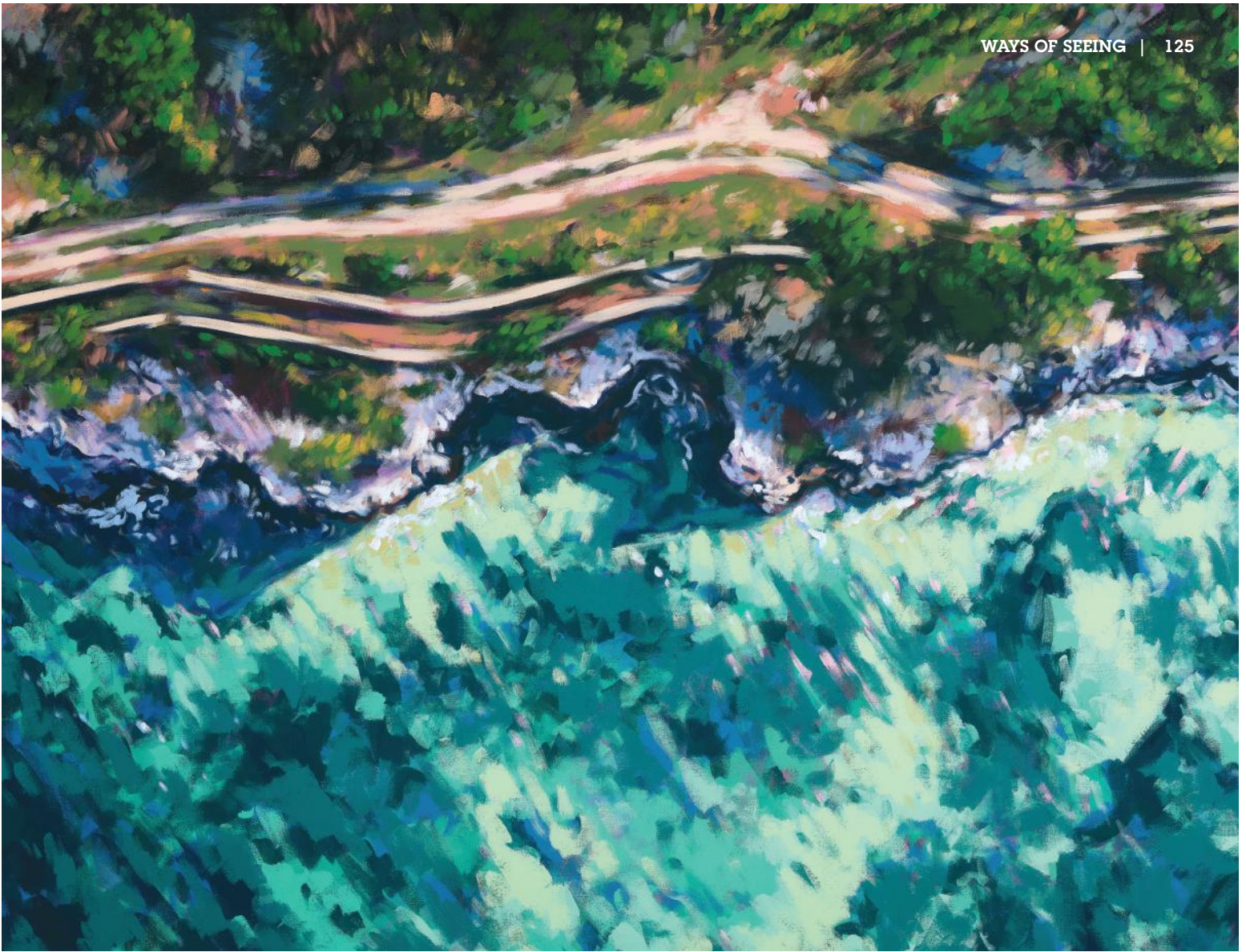
Her work, like her perspective, doesn't try to hold onto one version of Cayman over another. Instead, it reflects on the small moments directly in front of us: sometimes stillness, sometimes movement, sometimes both at once. Minute details, zoomed right in, or sweeping landscapes where people and nature move easily together. In Austin's work, ways of seeing begin to shift. Cayman is neither fixed in the stillness of a pristine, packaged beach scene, nor weighed down by imposed meaning. Instead, it feels honest, clear-eyed and alive.

Looking ahead, she continues to build on this steady and instinctive way of working. New ideas are always in motion. Some are already taking shape through painting and drawing projects. Others remain, for now, in that familiar stage of quiet possibility.

For Austin, the way of seeing comes first. The art follows. 

For more info about Jo Austin and to view more work: CALL 345.526.4680
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Why Cayman's Future May Lie in its Past

Reactivating Traditional Environmental Knowledge

Words by Hannah Reid.

In the 1950s, when naturalist Archie Carr set out to learn whether sea turtles embarked on vast, annual breeding migrations, he found himself travelling to three remote Caribbean islands in search of the people who knew the animals best – the 'Cayman turtle men.' The intimate understanding the Caymanian turtle rangers had of their quarry is an example of traditional environmental knowledge. Caymanian traditional environmental knowledge evolved as early settlers interacted with the land, sea, plants and animals around them, learning what could harm them, heal them, nourish them, and shelter them.

Although dismissed by Western science for many years as little more than folklore, traditional environmental knowledge is increasingly acknowledged across a variety of fields as a source of important insights about the natural world and sustainable solutions to modern-day challenges.

As the Cayman Islands has grown more developed, our collective reliance on traditional environmental knowledge has lessened. But the importance of these ancestral wisdoms to survival on these islands has not.

Resilient developments

As we seek to ensure our homes and businesses can withstand the challenges of climate change, traditional Caymanian cottages offer lessons for building resiliency through design that works with the natural environment instead of against it.

These small, sturdy homes embody traditional environmental knowledge in every aspect of their design. Homes were oriented to embrace the prevailing breeze and built away from the coastline, floors raised up on ironwood posts offered both natural cooling and protection from flooding, aerodynamic hip roofs covered with durable silver thatch repelled heavy rains and resisted high winds, and walls made from candlewood, cabbage or strawberry wattles combined strength with flexibility.

The features that define Cayman's architectural heritage are inherently resilient and resource-efficient. Indeed, many historic Caymanian cottages still stand today, a testament to the ingenuity of their builders and the durability of their design. By taking Caymanian traditional environmental knowledge into where developments are situated and how they are built, modern buildings can combine the best of today's technology with the common sense solutions of the past.



Sustainable landscaping

As climate change affects local rainfall patterns, sustainable landscape design can draw inspiration from the xerophytic design of traditional Caymanian sand yards.

A quintessential feature of traditional homes, Caymanian sand yards combine elements from African and English gardens, showcasing a blend of medicinal plants, fruit trees and flowering shrubs. Out of necessity, these gardens are drought, salt, pest and heat tolerant.

Modern landscape design often results in thirsty and expensive gardens which negatively impact biodiversity rather than supporting native species. By embracing native and endemic species for their aesthetic and utilitarian qualities, Caymanian sand yards offer lessons for integrating beauty, practicality and sustainability through naturally water-efficient, low maintenance landscape design.

Food security

In the early days of Cayman's history, when shipments of dry goods from overseas were few and far between, Caymanians relied on what they could grow or forage from the land, and what they could catch from the sea. Adapting to our islands' rugged landscape, Caymanians developed unique growing techniques, cultivated food crops that are suitable to our environment, made creative use of local ingredients – and demonstrated a remarkable ability to turn almost any ground provision into a delicious cake!

Today, residents of the Cayman Islands have access to foods from all over the world, but our supply chains are not immune to disruptions that can leave shelves bare. Meanwhile, our farmers markets are bursting with local flavours and homegrown foods.

By supporting local farmers, embracing the seasonality of local produce, reviving old family recipes and substituting homegrown ingredients for imported options, every Caymanian kitchen can support efforts to enhance food security.

A Caymanian sense of sustainability

Above all, Caymanian traditional environmental knowledge offers a culturally appropriate lens through which to view modern challenges and potential solutions. Caymanians may not have used the word 'sustainable' to describe the way they built their homes, cultivated their gardens or produced their food but the principles of wise resource, resilient design and adaptability are embedded in these traditional practices. As we seek new and creative ways to adapt to the challenges of climate change and food security, Caymanian traditional environmental knowledge holds important lessons for developing a sustainable future. 🌱



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Design Studio has expanded beyond interiors and is now collaborating with exceptional artists and makers, from Jacob Burke, who hand-shaped a series of Alaia surfboards in the Bahamas, to local talents Pat Nicholson, Elena McDonough and Claire Pettinati. Design Studio looks forward to unveiling more collaborations with Caymanian and international craftsmen at curated events held throughout the year. www.designstudio.ky

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ND BEYOND THE BEACH: NEW REASONS TO GO OUT IN CAYMAN AT NIGHT

Cayman nights are shifting beyond the beach. At Next Door, DJs rotate throughout the night, each bringing a different sound as the night unfolds. Cocktails stay sharp, the energy builds and the night stretches longer than you expected. www.nextdoor.ky

KIRK FREEPORT INTRODUCES A NEW CHAPTER AT BAYSHORE MALL

Kirk Freeport, the Cayman Islands' premier luxury good retailer, proudly introduces a new chapter at Bayshore Mall with the unveiling of exceptional waterfront spaces for Rolex, Patek Philippe and Omega. These beautifully enhanced areas combine elegance, prestige and breathtaking views to create an elevated shopping experience for residents and international visitors alike, further cementing Kirk Freeport's status as a world-class retailer in the Caribbean. www.kirkfreeport.net



LEDGER & LOOMS INTRODUCES VIBRANT NEW COLLECTION

Ledger & Looms is proud to be Cayman's premier destination for fine quality handmade rugs and curated luxury accessories. Alongside its signature collection of affordable neutral rugs, both modern and traditional, the company has introduced a vibrant new range inspired by the return of expressive, personality-filled interiors. From bold colourful rugs and playful animal-print velvet pillows to funky ceramics, handwoven Moroccan baskets and sculptural pendant lighting, each piece is chosen to bring joy and style into the home. www.ledgerandlooms.com

MAREA: ONLY THREE REMAINING UNITS

MAREA is changing the script on Little Cayman – 10 design-driven villas that feel more like private beach houses than 'units' in a development. Currently rising on the island's quiet south shore, each four-bedroom home wraps around a central resort hub with pool, cabanas and dock. Hotel-style services are built in so that owners never have to sweat the details. With completion targeted for September 2026, MAREA signals a new era of curated, low-density island living in Cayman's most untouched destination. www.marea.ky



PROVENANCE PROPERTIES – TOP RECOGNITION SIX TIMES AND COUNTING!

Provenance Properties Sales Specialists Antonette Baptist and Ewelina Cimring have been named to the 2026 Christie's International Real Estate Masters Circle, an elite recognition for top-performing advisors across the global network. It marks Baptist's second consecutive year and Cimring's fourth, recognising outstanding sales performance, client service and excellence in luxury real estate. www.provenanceproperties.com

TRIO ARCHITECTURE HAS RELOCATED TO THE GROVE TOO

TRIO

ARCHITECTURE
INTERIOR DESIGN
ENGINEERING
SCENARIOS

Trio Architecture continues to shape Cayman's built environment through integrated architecture, interiors and engineering. With a portfolio spanning luxury residences, high-rise, multi-family and hospitality, the firm delivers fully coordinated design solutions. Trio has relocated to The Grove Too, offering clients an elevated, immersive experience reflecting its commitment to innovation and quality. www.trioarchitects.com

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