

# Shape Your Life

{travel}

## Get Out of Town!

Spring break isn't just for kids. Whether you're looking to de-stress or dive into a new sport, welcome warm weather with one of these amazing escapes.

by ABIGAIL LIBERS



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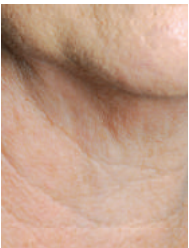
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When staying at **The Standard Spa, Miami Beach**, you can bring your yoga mat out onto the private boat docks to strike a pose and take in the spectacular view of Biscayne Bay.

**YOUR GETAWAY GOAL**

***“To find a relaxing  
 yoga retreat with  
 a hot scene”***

**CHECK OUT THE STANDARD SPA,  
 MIAMI BEACH, Miami Beach, FL**

This ultra-chic hotel is close to the hustle and bustle of the South Beach strip but removed enough to get your Zen on with daily Vinyasa and Ashtanga classes. Get a fresh start from April 17 to 22 by trying the Spring Detox Retreat: In addition to enjoying unlimited yoga sessions, you'll fuel up each morning

with a healthy breakfast and choose from a variety of wellness courses, like Mastering the Art of Life, led by the property's resident life coach. (Packages from \$265 for single occupancy, including breakfast, classes, and spa treatment; [standardhotels.com/spa-miami-beach](http://standardhotels.com/spa-miami-beach))

**YOUR GETAWAY GOAL**

***“To totally unwind”***

**CHECK OUT MONTEUCIA RESORT  
 AND SPA, Scottsdale, AZ**

Nestled at the base of a mountain, this desert destination truly lets you kiss stress



**WHOLESOME**  
SWEETENERS

# DATE NIGHT... SWEETENED

WITH YOUR  
"SECRET"  
FOODIE  
WEAPON



## *Rapturous Red Sangria*

### Ingredients:

- 2/3 cup Wholesome Sweeteners Organic Blue Agave Syrup
- 1 bottle red wine
- 1 orange, squeeze half and slice half
- 1 cup fresh strawberries, halved or sliced
- 1 red apple, diced
- 1 cup fresh blackberries or cherries
- 1 shot brandy
- 1 cup cranberry juice
- 2 cups club soda or sparkling water

### Directions:

Pour Wholesome Sweeteners Agave Syrup and red wine into large pitcher. Add fruit, orange juice from half of an orange, brandy and cranberry juice. Refrigerate overnight. To serve, pour 1/2 cup club soda over ice into your favorite chalices. Then gently pour sangria and fruit over club soda to blend. Enjoy responsibly.

See Date Night Video at  
[WholesomeSweeteners.com](http://WholesomeSweeteners.com)

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goodbye. First stop: the Moroccan-inspired Joya Spa, where you can take advantage of the four-hour Grown-Up Spring Break package (\$190 per person), offered throughout April and May. The morning begins with either a yoga, circuit training, or cycling class, followed by a rejuvenating 50-minute body scrub (choose from the Joyambrosia Signature Body Polish or Cranberry Orange Summer Body Treatment). Afterward, take a few laps in the pool and enjoy lunch on the rooftop terrace. The special also includes a spray tan, so you'll return home with a safe summer glow. (Rooms from \$249 for single or double occupancy; [montelucia.com](http://montelucia.com))

### YOUR GETAWAY GOAL

*"To be active outdoors while exploring a new locale"*

### CHECK OUT WILD DUNES RESORT, Isle of Palms, SC

Located just 15 miles from downtown Charleston, this sprawling oceanfront resort offers the best of the city and country. Through September 1, book the Doing the Charleston package, which includes accommodations for three nights at the property's Boardwalk Inn, a one-hour horse-drawn carriage tour through



The carriage tour from **Wild Dunes Resort** leaves from Charleston's famous City Market and includes stops at beautiful historic homes, gardens, mansions, churches, and parks.



Charleston's historic downtown district, and a two-hour morning-on-the-marsh kayaking experience led by a master naturalist. For more calorie-torching fun, play a round of tennis on one of the resort's 17 clay courts. (Packages from \$299 for double occupancy, including activities; wilddunes.com)

**YOUR GETAWAY GOAL**

***"To challenge myself with an exciting new sport"***

**CHECK OUT WESTIN LAKE LAS VEGAS RESORT & SPA, Henderson, NV**

Fitness fanatics flock to this lakeside mecca of adventure sports like rock climbing, kayaking, and whitewater rafting. When you register for the one-day Fit-cation package (happening until December 31), you'll start your morning with a stand-up paddleboarding lesson on the resort's private lake. Then wind



Lounge by the Westin's serene pool, overlooking Lake Las Vegas.

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- 4 Delivers Heart Healthy Omega-3's

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease. Optimal results from taking CLA alone, could result in weight loss up to 4-5 pounds if used consistently over a 12-16 week period. Greater results can be achieved when combined with regular exercise and balanced diet.

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The Santa Monica Pier's Ferris wheel offers a panoramic view of the coast.

down with a yoga session before enjoying a massage at Spa Moulay. If the urge to gamble or see a show strikes that evening, you can head to Sin City, just 30 minutes away. (Rooms from \$234 for single or double occupancy, including all meals and activities; westinlakeslasvegas.com)

### YOUR GETAWAY GOAL

***“To find a cool spot that’s kid-friendly”***

### CHECK OUT SHORE HOTEL, Santa Monica, CA

Never hear “Mom, I’m bored!” again. Just steps from the ocean, this eco-friendly boutique hotel is offering a two-day

Play All Day package (available until April 13). You get four attraction passes to the Santa Monica Pier, home to Pacific Park, a mini-amusement park where youngsters can take a spin on the solar-powered Ferris wheel or historic carousel, enjoy a dozen rides, or vie for prizes playing carnival games like the Riptide Ring Toss. The next morning’s agenda includes surf lessons with a personal instructor, followed by a picnic on the beach. If the gang still has energy, head to the nearby aquarium to see more than 100 species of marine animals and plants. In the mood for something a little more low-key? Relax by the heated outdoor pool, or go for a dip in the hot tub. (Rooms from \$999, for four-person occupancy, including activities; shorehotel.com)

## WORK IT OUT

23 PERCENT OF PEOPLE SKIP A VACAY BECAUSE OF CONFLICTING FAMILY SCHEDULES. SOURCE: EXPEDIA SURVEY

HOLA IMAGES/GETTY IMAGES



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PREPARE TO PERFORM.

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Sign up for the Prickly Pear Challenge at [Travaasa Experiential Resort](#) and you'll get an unparalleled view of the Balcones Canyonlands as you zip-line over the awe-inspiring treetops.

### YOUR GETAWAY GOAL

***“To meet people while traveling solo”***

**CHECK OUT TRAVAASA EXPERIENTIAL RESORT, Austin, TX**

You may be vacationing alone, but you'll never be lonely at this southern oasis that's like summer camp for adults. You'll bond with other guests while taking archery and mechanical bull-riding classes or traversing the Outward Bound ropes course and hiking trails. Spend some time at the new on-site farm, where classes like Tending Chickens in the City or Harvest to Table Dining are on the “experiences” menu. Before dinner, hit the spa or lounge by the infinity pool overlooking the breathtaking hill country, then close out the evening sitting around the community bonfire—no singing required! (Packages from \$375, including select courses, meals, spa services, and lessons; [travaasa.com/austin](http://travaasa.com/austin))

### YOUR GETAWAY GOAL

***“To eat great food and learn how to make it too”***

**CHECK OUT LAKE PLACID LODGE, Lake Placid, NY**

Discover how to re-create the resort's mouthwatering dishes at its acclaimed teaching kitchen. With classes led by chef Nathan Rich, who was recently honored with the 2013 Relais & Châteaux Rising Chef award (one of only three in the world), you'll learn kitchen basics—like the right way to chop an onion—as well as tasty, good-for-you recipes for breakfast, lunch, and dinner. Sign up for a one-on-one session (\$250 for 90 minutes) or a group class (\$95). After indulging, burn off those calories by hiking or biking one of the thousands of trails winding around the magnificent Adirondack Mountains. (Rooms from \$450 for double occupancy; [lakeplacidlodge.com](http://lakeplacidlodge.com))